

The Longevity Loop

A field guide for better follow-through

Use one clinical question to connect the evidence, the patient's goal, and a next step someone owns.

PRIORITIZE / MEASURE / DECIDE / ACT / REASSESS

How ready is this use?

Classify a specific use in a specific patient. The same test or treatment can belong in different states.

01 Ready now

Use it.

Evidence supports the use; the result leads to a clear decision.

02 Specific use cases

Use selectively.

A defined question, suitable patient, and action plan justify the choice.

03 Too uncertain

Wait with a reason.

Name the missing evidence and what would make you reconsider.

04 Evidence says no

Decline this use.

The claim has failed, or likely harm outweighs benefit for this use.

A practical framework from the talk, not a validated scoring tool. Uncertainty and evidence of harm call for different explanations.

One patient. One next step.

Use this sheet with the patient and care team. Start with the action most likely to matter now.

01 What matters to this patient?

Name the goal, symptom, function, or risk you are trying to change.

02 What decision needs an answer?

Order or review a measurement only if the result could change care.

03 What will happen next?

Write one concrete action. Check the readiness state on page 1.

04 Who owns it, and by when?

Name who acts, who reviews the result, and the review date.

05 How will we know what happened?

Define completion, the review plan, and any stop-or-change rule.

Before the patient leaves

- ☐ The patient can explain the next step and how to reach the team.
- ☐ We addressed a likely barrier: cost, time, access, or uncertainty.
- ☐ We set a review date and a plan if the action is not completed.

Turn a result into a plan.

A worked example from the talk

56 years old

Office BP 146/86 mm Hg. ApoB 118 mg/dL. Father had an MI at 54. Overdue for colorectal screening.

Illustrative case. These findings prompt assessment; they do not set a prescription.

Confirm the BP

Agree on a validated device, measurement method, and how readings will reach the team. Name the reviewer and review date. [1]

Review cardiovascular risk

Gather the missing history and review the overall risk with the patient before choosing treatment.

Finish screening

Choose an appropriate colorectal screening option and track completion. A positive stool test needs colonoscopy. [2]

Try it this week

Choose one open action in your practice. Assign its owner, set a review date, and check whether it happened.

1 USPSTF. Hypertension screening. 2021.

2 USPSTF. Colorectal cancer screening. 2021.

For clinical discussion; tailor care to the patient and current guidance.