

Why is it easier to get doctors to the top of Mount Everest than it is to change their clinical practice?

*Monty Mythen MBBS, FRCA, MD
Smiths Medical Professor of Anaesthesia and Critical Care,
University College London, UK
National Clinical Lead,
Enhanced Recovery Partnership Programme
Department of Health (UK)
m.mythen@ucl.ac.uk*

Key components of a successful medical expedition to the summit of Mount Everest:

- A defined goal
- Adequate funding
- Carefully selected World-class team
- Appropriate skill mix and respect for expertise
- Training to hone skills and fitness
- Practice and scenario testing
- Enthusiasm and energy
- Total buy in
- Strong leadership
- Clear chain of command
- Crisp, clear communication
- Delegated authority
- Safety and happiness of the team is a top priority
- World-class equipment
- Expectation management (it will be hard)
- Unequivocal support of your sponsors
- Support from the broader community
- Mutual trust
- Corporate identity
- Easily understandable metrics
- Clear measure of success
- Positive press
- Huge rewards
- Big Party!

Now imagine trying to make a step change in clinical practice in your Institution tomorrow.