

How a scientific society progresses - regardless all the *craps* - to a serious fostering of sustainable medicine

Roberto Nardi

Internal Medicine, Maggiore Hospital, Bologna, Italy

The *crap* (so called by some *Italian vernacular idioms* as *fuffa*), is a typical light wool that forms in the tissues and which is typically removed as anti-aesthetic. Just this connotation has caused to be used *sensu lato* in indicating an excess useless. It can also contribute to the definition of accumulation of hair that occur in animals or dust accumulation in cotton balls.

Charlie Brooker, forty-Guardian columnist, journalist, author and TV host, wrote on Sunday 28th July 2013 in his weekly column to feel overwhelmed by all of this continuous chatter that is in the world: an immense cloud of *bla-bla* which - he admitted - he contributes same.¹ *Everyone is talking at the same time and one on the other; all around the world write words on their computers, forever [...].* The *cloud* of *bla-bla* feeds the ego of the writer and enhances the egotistical and narcissistic side of everyone. One of the cornerstones of the west literary and figurative wants that art is truly successful when you do not see when it is concealed, so as to produce an impression of ease, spontaneity, grace, ease, without effort and study.²

Many words, but which facts?

In the real world, in fact, the management of complex internal patients needs some pointed new rules and inventions, techniques and creativity, based upon traditions, but also experience and innovations, without any self-accreditation. In 2013 the Federation of Associations of Hospital Doctors on Internal Medicine

(FADOI) has published its *position statement*, to develop a sustainable medicine, based upon the real needs of hospitalized patients in the internal medicine wards.^{3,4} Together with at ANIMO Association of nurses internists, we proposed ten further fundamental points⁵ and, in succession, a *Decalogue FADOI for a Slow Medicine* by condensing ten points in our vision, just joining the program Slow Medicine entitled *Doing more does not mean better*.⁶

In such ways as internists, both together doctors and nurses, we all want to contribute to address frugality and sustainability in the public healthcare system. Without unnecessary further words, such as *fuffas*, *craps* and *bla-bla* crowding. With substantial contents.

Roberto Nardi
Editor-in-Chief,
Italian Journal of Medicine

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Correspondence: Roberto Nardi, via C. Pavese 16/2, 40141 Bologna, Italy.
Tel.: +39.335.8291342.
E-mail: nardidoc48@gmail.com

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