The thought process can help both the patient and the doctor arrive at a ‘good’ answer—and hopefully informs a shared decision. The ‘When Enough-is-Enough’ course teaches this concept in a straightforward way that empowers junior doctors to explore their patient’s values. The concept is not new: In the early 1900s the great physician, Sir William Osler stated: “It is much more important to know what sort of a patient has a disease than what sort of a disease a patient has.” His words are more pertinent today than ever.