

Hospital Medicine Journal Club

ACOI 2021

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(Applicant Status - Seeking Accreditation)
OCOM



Medicine 3.0

How Medicine is Going to Change After COVID

Innovator Health





“the design of which is to improve on our present system of surgery, obstetrics, and treatment of generally, and place the same on a more rational and scientific basis.”

-AT STILL, MD

About 2,780,000,000 results (0.89 seconds)

COVID-19

Coronavirus disease

Overview

Statistics

Testing

Symptoms

Prevention

Coping

News

Variants

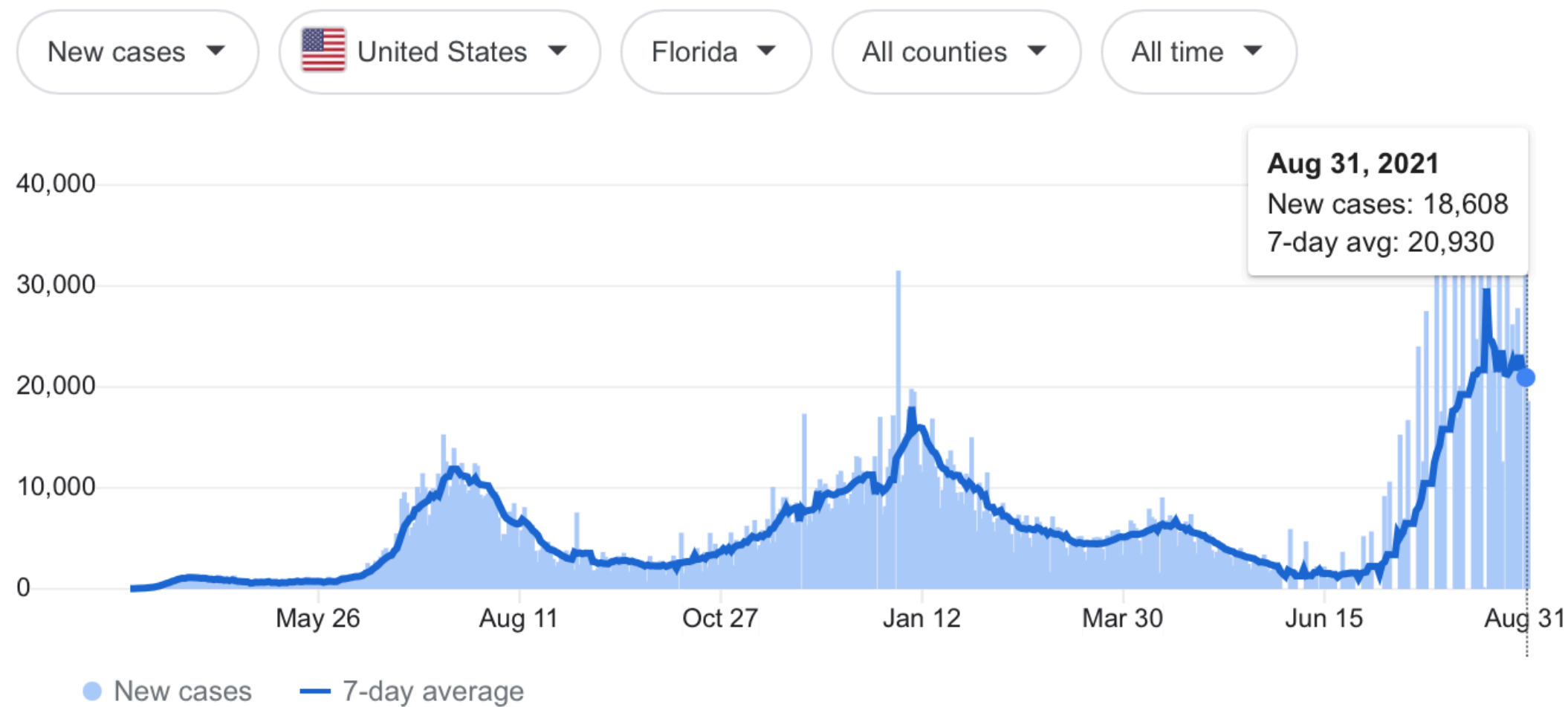
Treatments

Share

Statistics

New cases and deaths

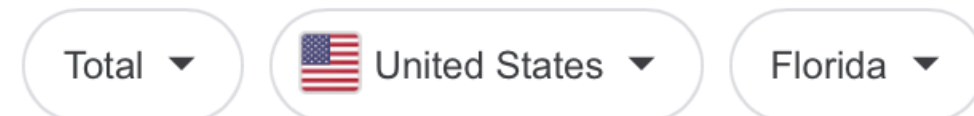
From [The New York Times](#) · Last updated: 1 day ago



Each day shows new cases reported since the previous day · [About this data](#)

Cases

From [The New York Times](#) · Last updated: 1 day ago



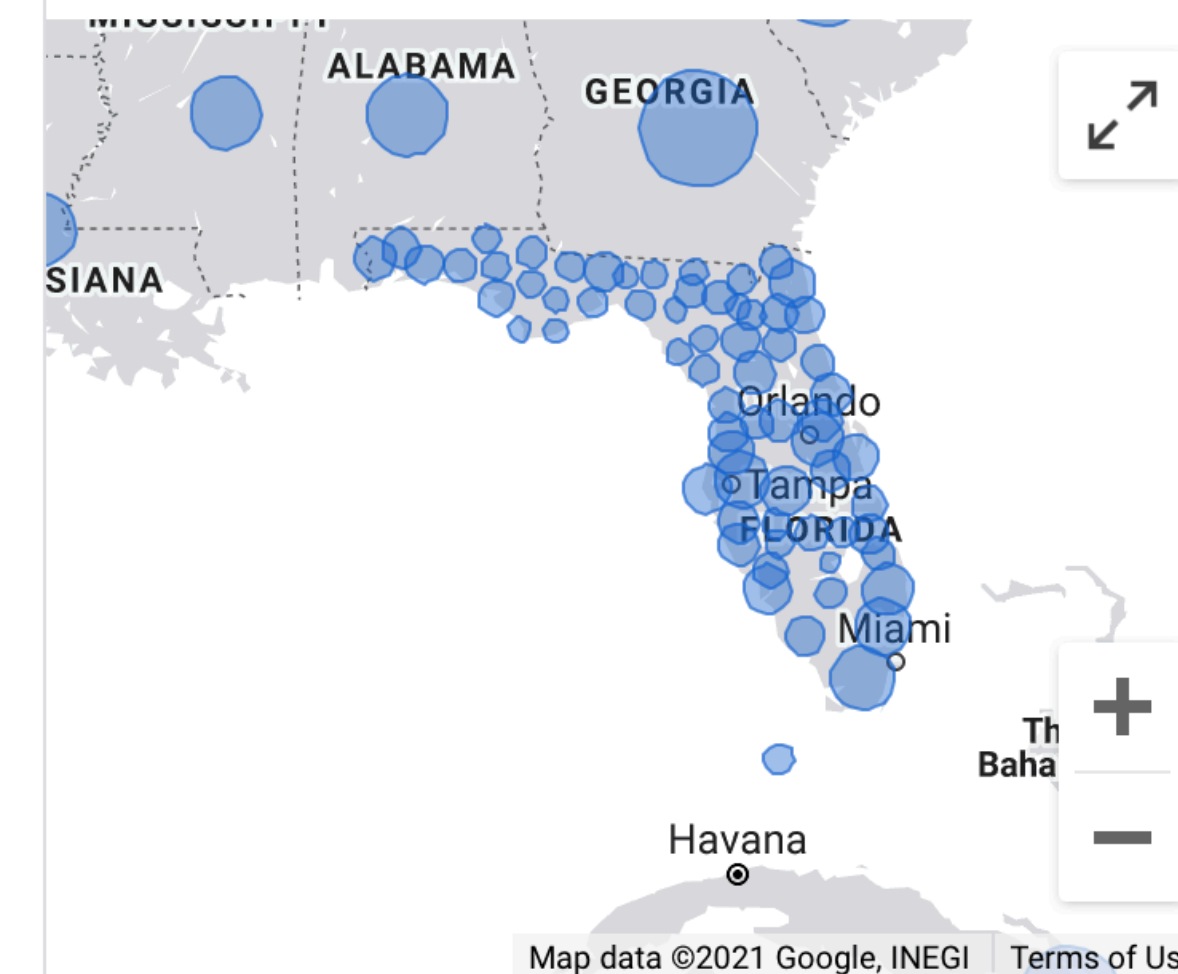
COVID-19 vaccine

See updates and local info



Map of cases (last 14 days)

From [The New York Times](#) and [others](#)



[About this data](#)

Cases overview

From [Wikipedia](#) and [others](#) · Last updated: 40 mins ago

Florida

Total cases

3.25M

+18,608

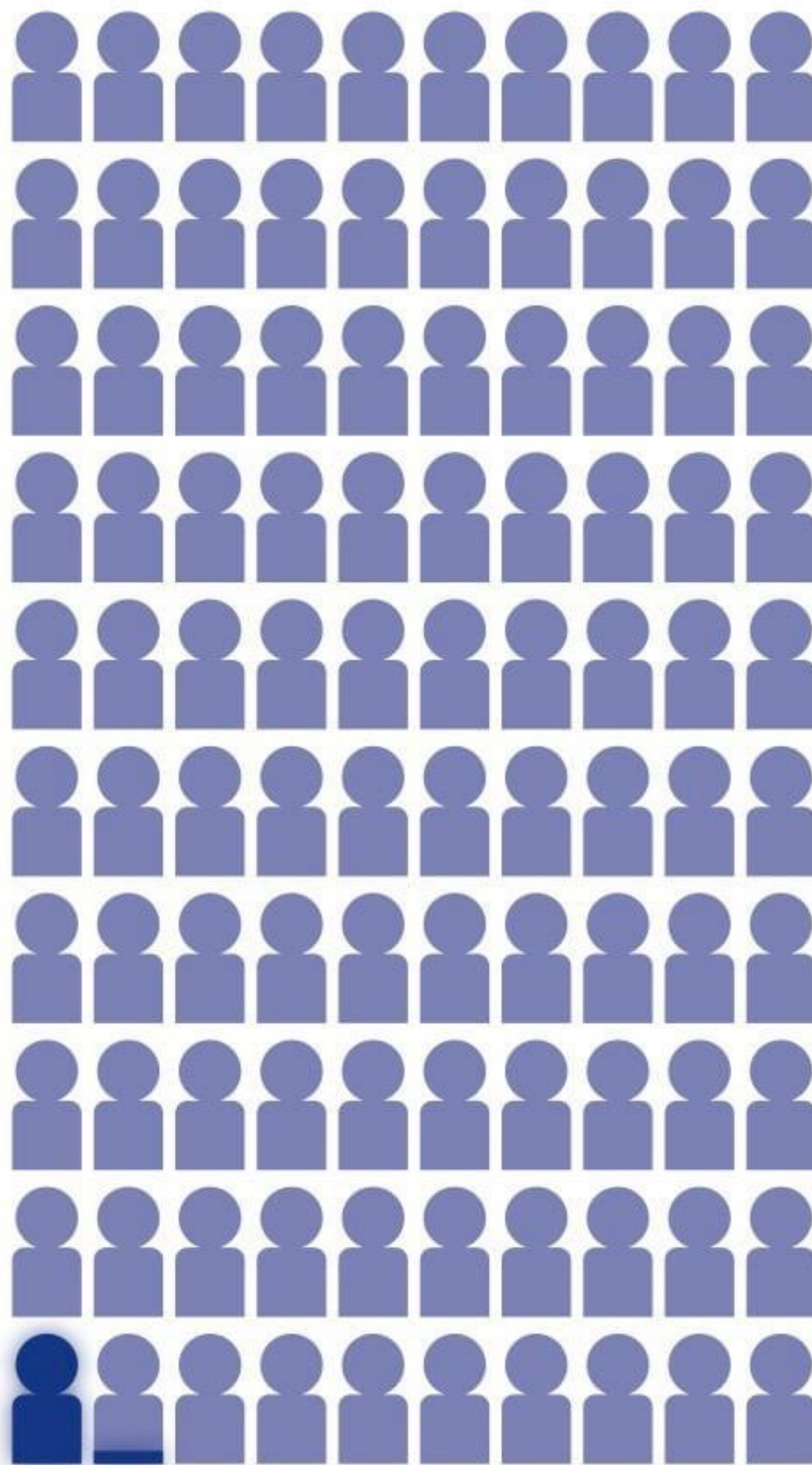
Deaths

44,561

+8

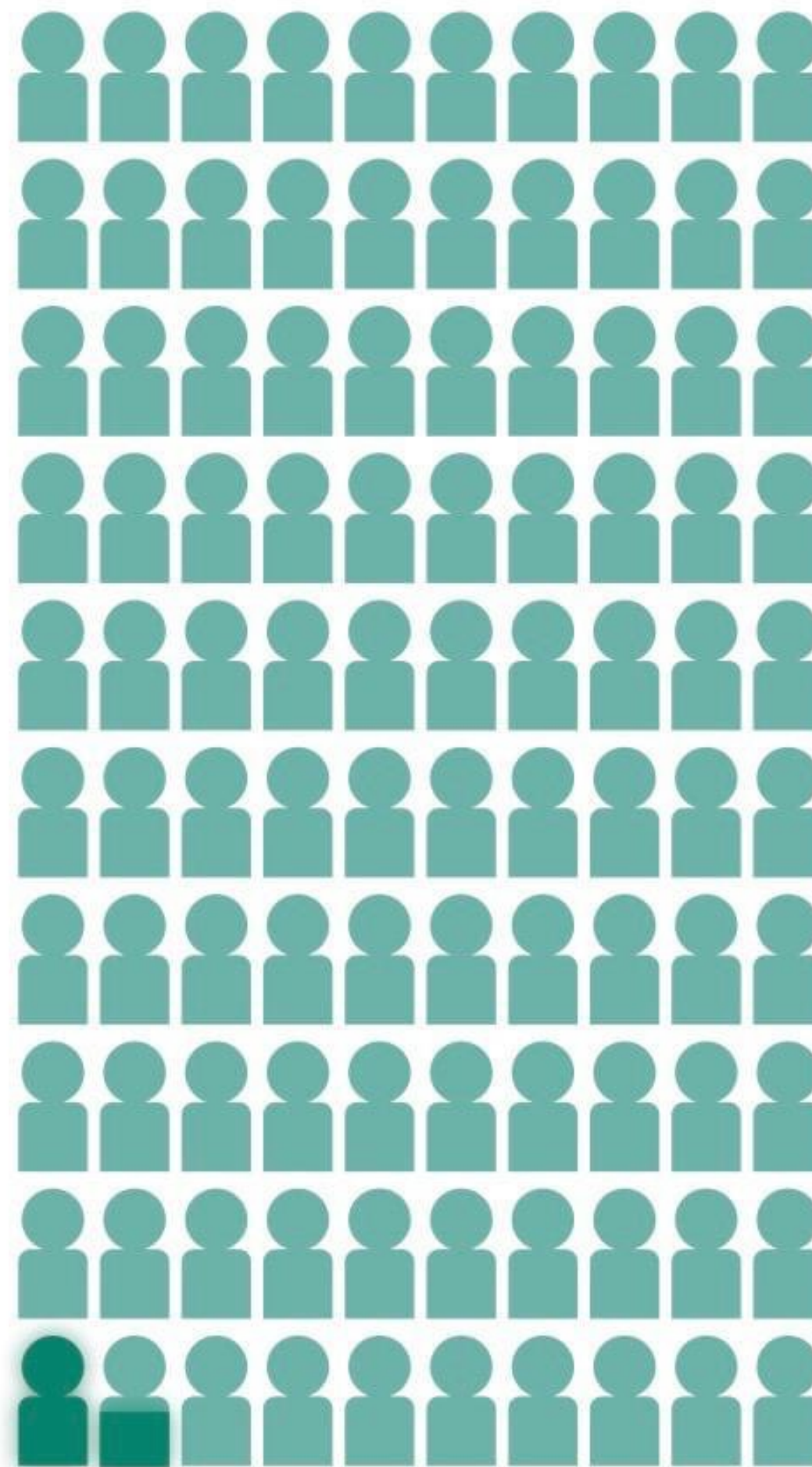
CASES

98.9% of cases were **not** fully vaccinated



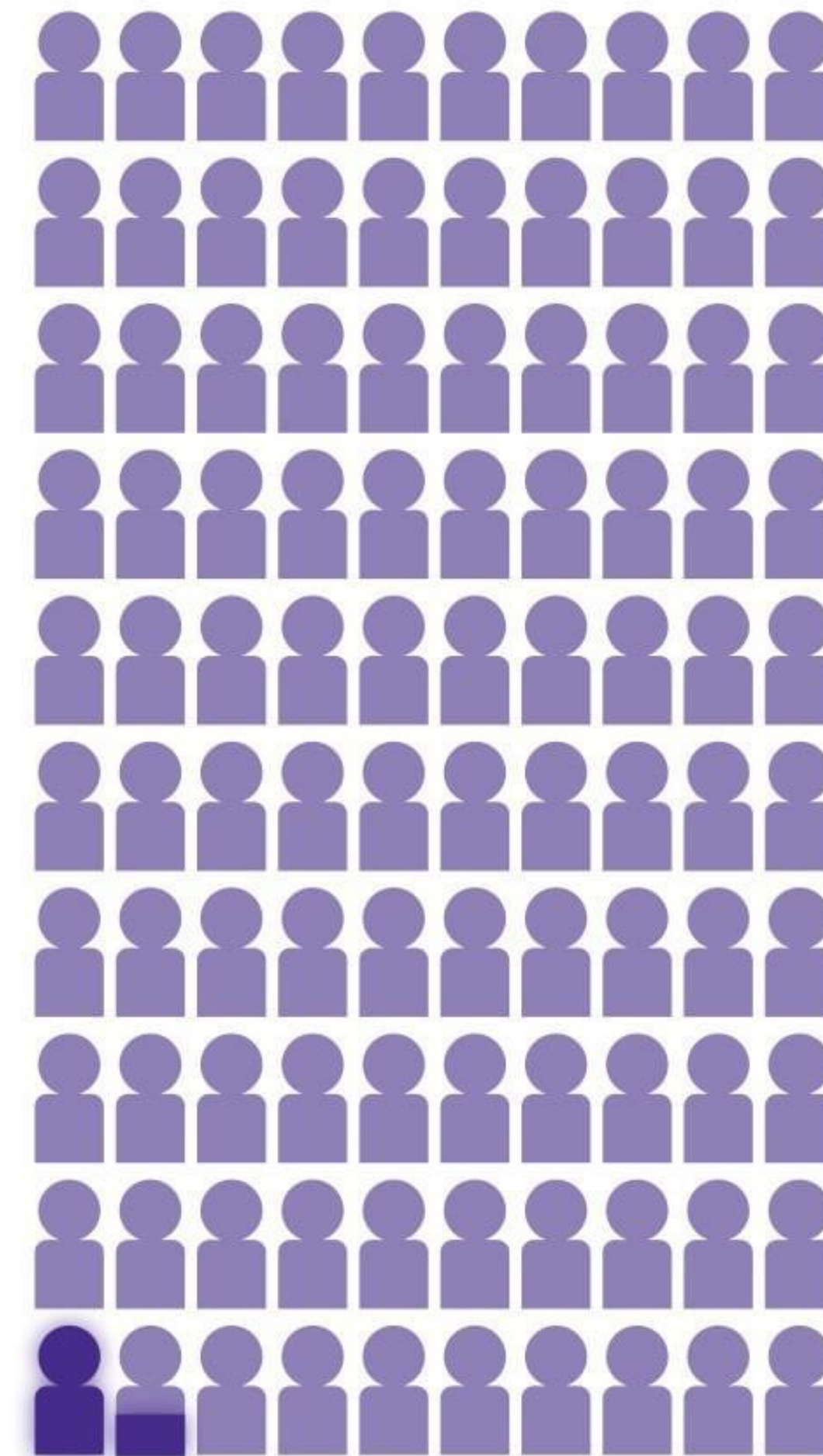
HOSPITALIZATIONS

98.6% of people hospitalized were **not** fully vaccinated



DEATHS

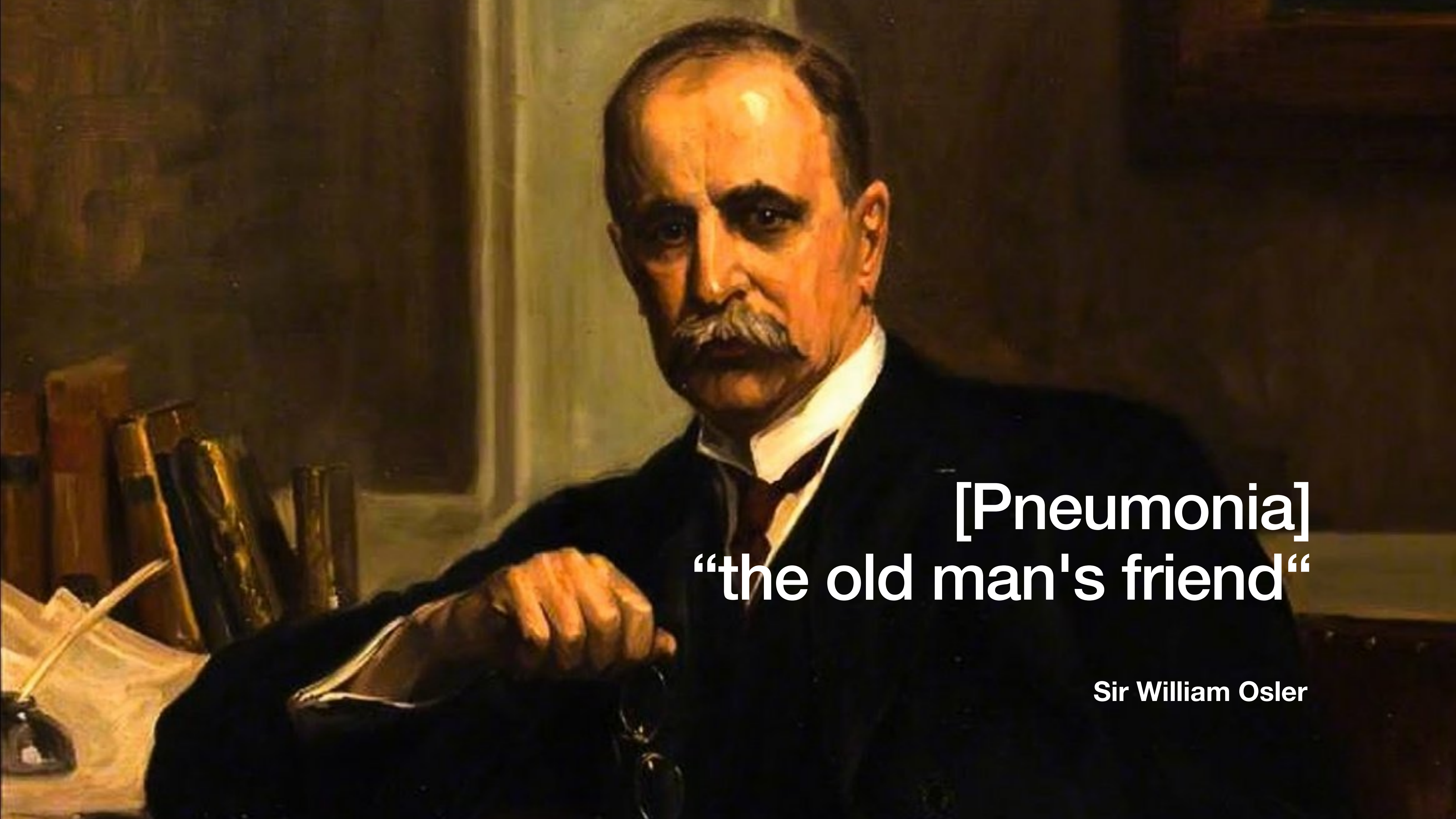
98.7% of people who died were **not** fully vaccinated



**In COVID-19, tocilizumab reduces
all-cause mortality at 28 d**

**In patients hospitalized with COVID-19,
adding azithromycin to usual care did
not reduce 28-d mortality**

Empathy During COVID-19



**[Pneumonia]
“the old man's friend”**

Sir William Osler

DURATION OF ANTIBIOTICS

- 5 - 7 Days is as effective as longer doses

In moderately severe CAP stable after 3 d of β -lactam, stopping therapy was noninferior to 5 additional d

In decompensated cirrhosis, targeted albumin infusions did not improve an in-hospital composite outcome at 15 d

In patients with AMI and anemia, a restrictive vs. liberal blood transfusion strategy was noninferior for 30-d MACE

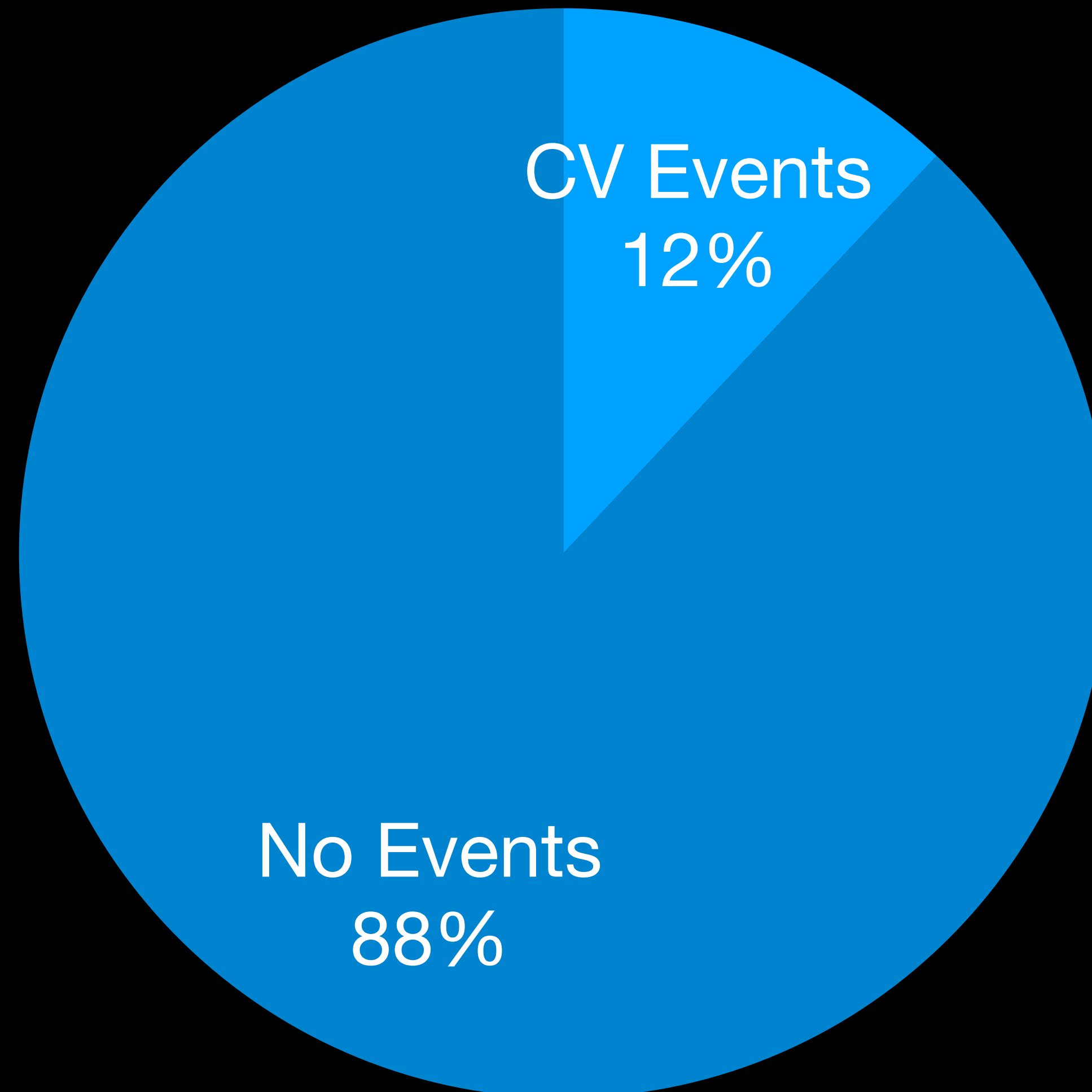
Vitamin C + Thiamine + Hydrocortisone in Septic Shock?

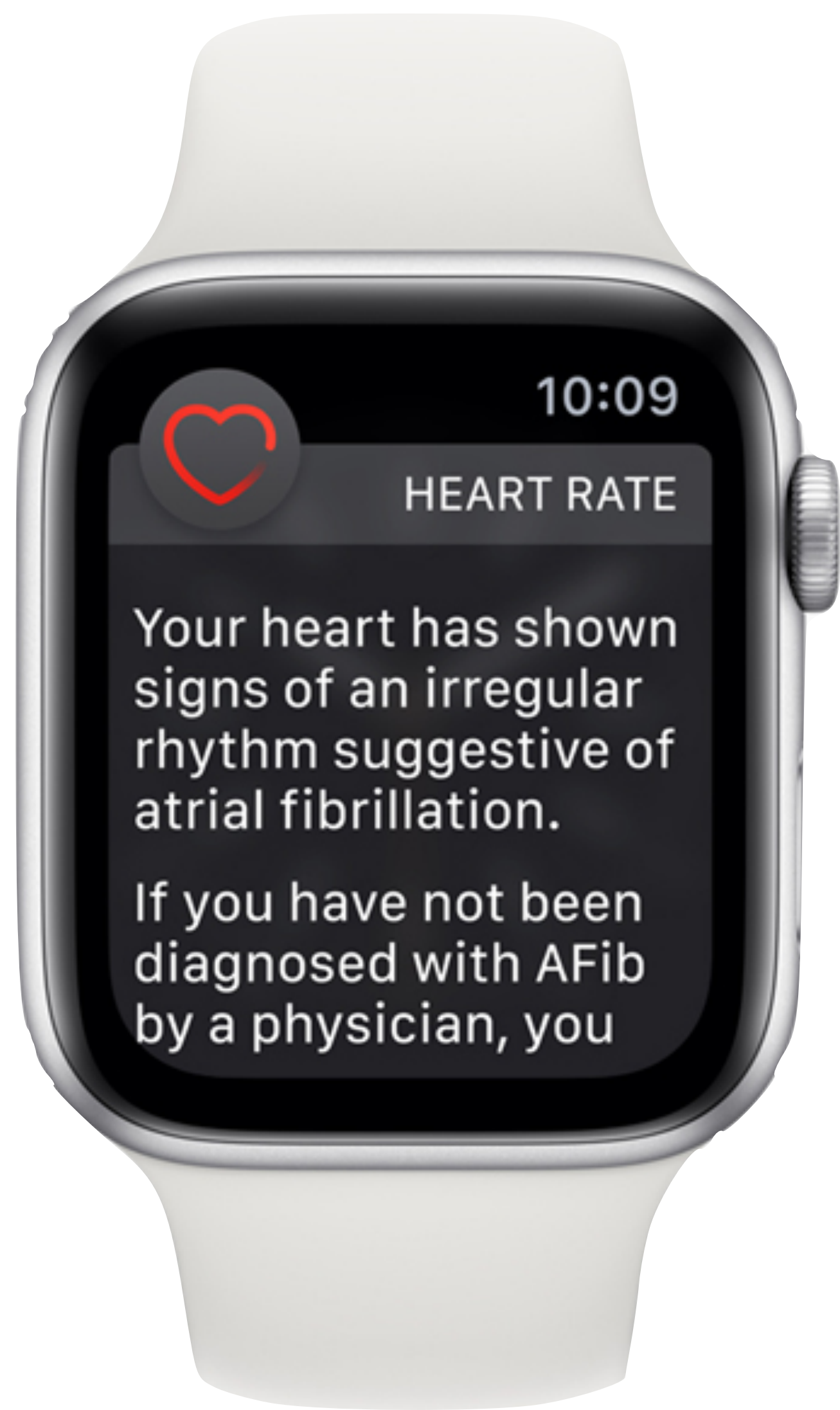
No benefit
over hydrocortisone alone in septic shock

Pulse Ox: Racially Biased Accuracy

<88% accurate (overestimate) in black compared with 92-96% accuracy in white patients

Influenza and High Cardiovascular Events





10:09



HEART RATE

Your heart has shown signs of an irregular rhythm suggestive of atrial fibrillation.

If you have not been diagnosed with AFib by a physician, you

Rate vs Rhythm Control in New A Fib?

EAST-AFNET 4 shows lower deaths/lower strokes in high risk patients (e.g. >75, hx TIA/CVA)

**ASA + (Clopidogrel for 3-4
weeks) after
noncardioembolic TIA or
Mild Stroke
Chance Trial**

Urgent vs Early Endoscopy for UGI Bleed?

No Difference in Outcomes (<6H vs 6-24H)

CKD and Prehydration for contrast-enhanced CT?

No Difference in Outcomes
*CKD G3

Bedtime vs AM BP Meds

HS BP meds linked to lower CV Events
(43% RRR at 6.3 Years)

STEMI with Multivessel Disease: Complete Revascularization?

25% RRR in those with complete revascularization

Intensive vs Standard Glucose Control (<180) in Stroke?

Standard glucose control just as good

Bundled Intervention with Steroids and CAP and Length of Stay?

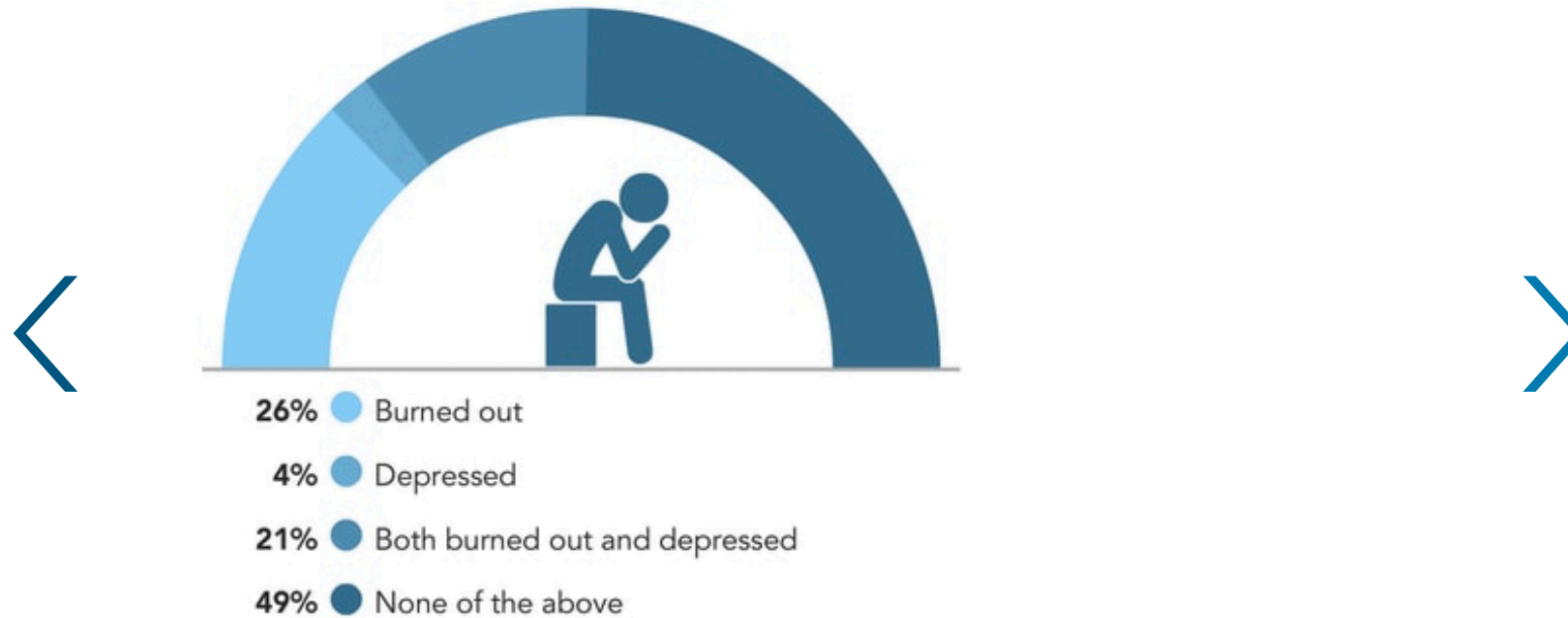
No Difference in LOS

Medscape Hospitalist Lifestyle, Happiness & Burnout Report 2021

2 Read Comments

< 4 / 28 >

Are Hospitalists Burned Out or Depressed?



The percentage of hospitalists who said they were either burned out or both burned out and depressed is nearly the same as [among all physicians](#) (47% vs 42%).

A portrait of Jacob Neufeld, MD, a middle-aged man with grey hair, glasses, and a mustache, wearing a dark blue patterned button-down shirt. He is standing outdoors with a blurred background of trees and a bright sky. The text is overlaid in the lower center of the image.

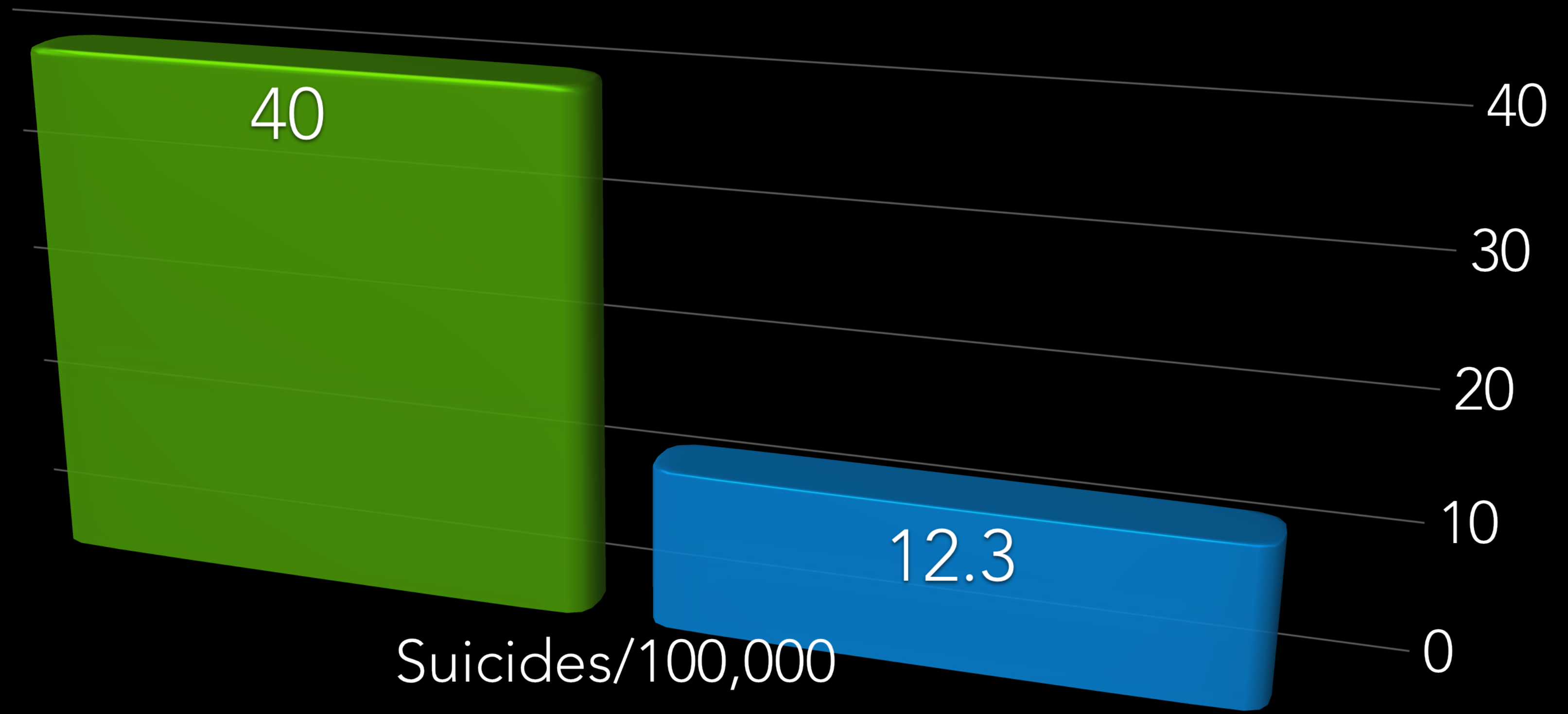
Jacob Neufeld, MD

4/22/1962 - 9/29/2017

“Doctors' Suicide Rate Highest of Any Profession”

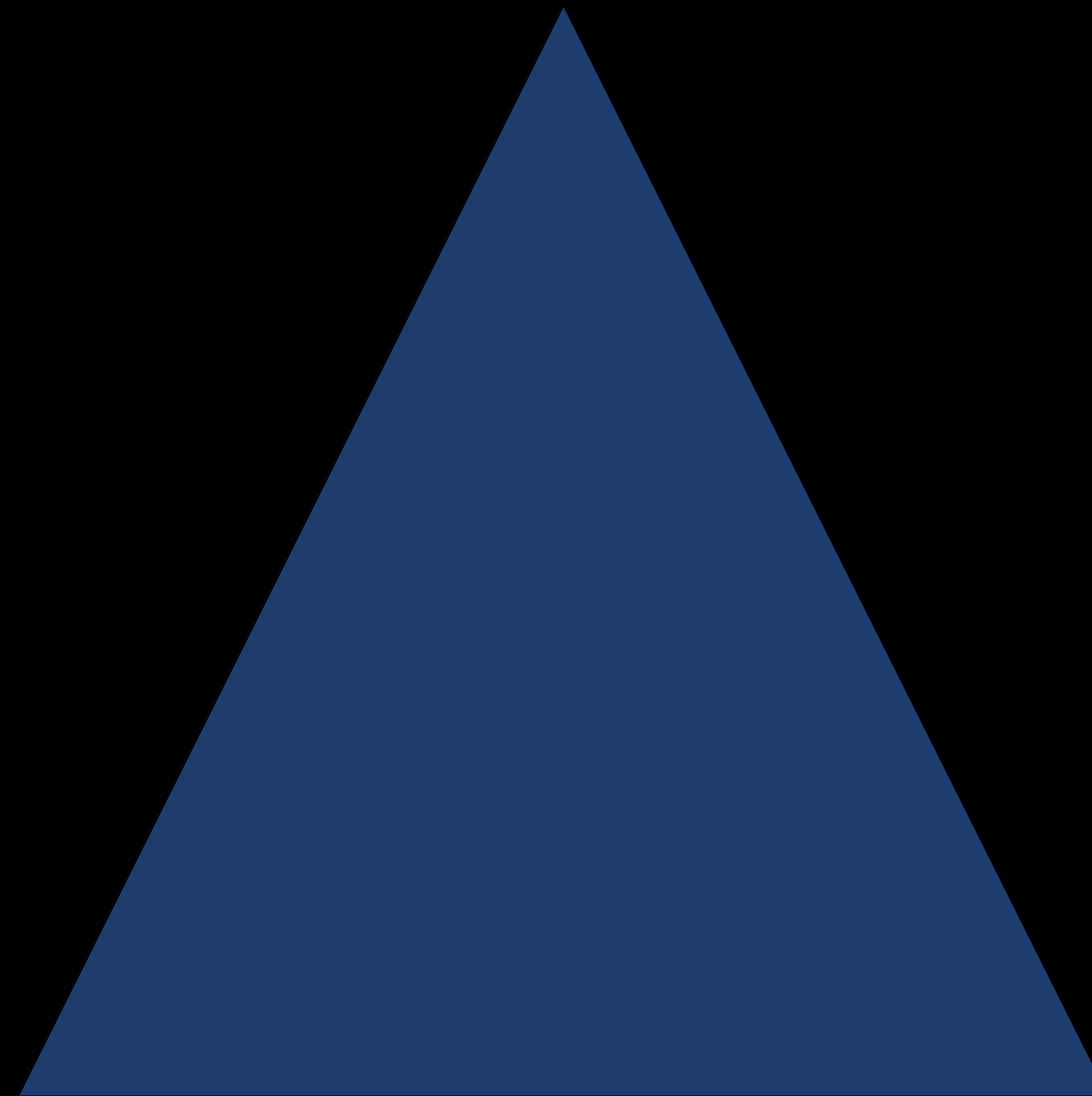
[HTTPS://WWW.WEBMD.COM/MENTAL-HEALTH/NEWS/
20180508/DOCTORS-SUICIDE-RATE-HIGHEST-OF-ANY-
PROFESSION#1](https://www.webmd.com/mental-health/news/20180508/doctors-suicide-rate-highest-of-any-profession#1) LAST ACCESSED 10/19/19

■ Physicians ■ General Population



TRIAD OF BURNOUT

Emotional Exhaustion



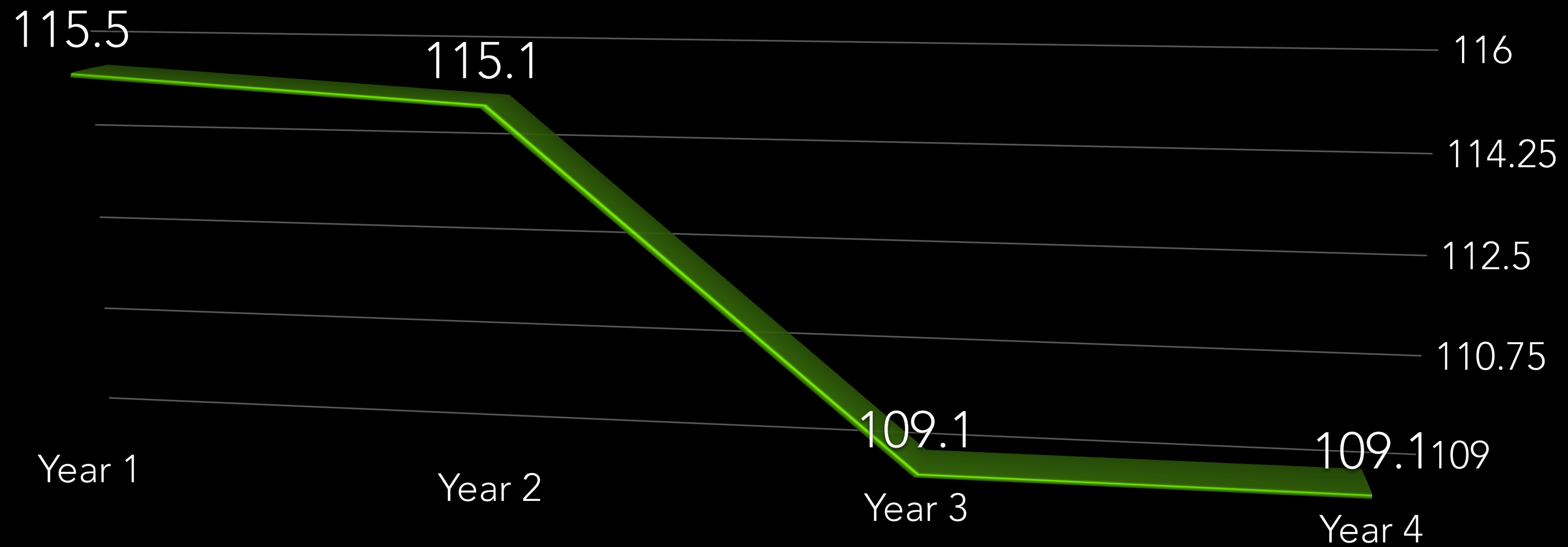
Decreased
Sense of Personal
Accomplishment

Depersonalization

QUADRUPLE AIM

Triple Aim + Physician/Staff Wellness

Empathy Declines During Medical School



NEIL PASRICHA 20 Minutes/Day

1. Nature Walks
2. Positive Journaling
3. Random Acts of Kindness

GLUCOSE TARGETS FOR HOSPITALIZED PATIENTS

NON ICU	ICU	ACS
PREPRANDIAL <140 MG/ DL RANDOM <180 MG/DL	140 - 180 MG/DL	<180 MG/DL

Top 10 “Can’t Miss” in Hospital Medicine

Bilateral Leg Weakness after Influenza	GBS
Back Pain and Leg Weakness in Patient with CA	ECC
Fever and Neck/Back Pain	Discitis/Abscess Infection
Confusion in Respiratory Patient	CO2 Narcosis
Fever, Tachycardia, Leukocytosis, Tachypnea, etc.	Sepsis
Vertigo, Headache, & Gait Imbalance	Cerebellar Stroke
Fever, Anemia, Renal Failure, Thrombocytopenia, Neuro Sx	TTP
Bone Pain	Fx
Leg Pain	DVT
Elevated D-Dimer	VTE

Review

Best Time to take antihypertensives in terms of CV Risk Reduction?

Bedtime

Difference between Urgent and Early EGD in UGI

No

Pre-hydration for CKD G3 for contrast- enhanced CT?

No need

Threshold for Transfusion in ACS?

<8 mg/dL

Glucose goal in Acute Stroke?

<180 mg/dL

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