The StethoSCOOP

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SPECIAL POINTS OF INTEREST:
- Olympics!!!
- The Events!
- Weekend To-Do!

Weekly Calendar

1/31:  OLYMPICS: BOWLING COMPETITION, Saturday 3:30-5:30 Crossgate Lanes, Blue Ash

2/2:  OLYMPICS: BROKEN PAGER CURLING, Noon Report Room, Noon

2/3:  OLYMPICS: DRESS LIKE YOUR FAVORITE ATTENDING, Noon Report Room, Noon

2/4:  Medical Grand Rounds: Dr. J Purnell “Update on Lipid Treatment Guidelines”

OLYMPICS: ART COMPETITION, Noon Report Room—11:15 on, Judging @ 1PM.
OLYMPICS: SINGING/LIP SYNC VIDEO SUBMISSION DATE, Before Wednesday

2/5:  Academic Half Day: Diabetes
OLYMPICS: CHUBBY BUNNY, Noon Report Room, 11:30

2/6:  OLYMPICS: CLOSING CEREMONY, Noon Report Room, Noon

Act It Out!

1/31:      OLYMPICS: BOWLING COMPETITION, Saturday 3:30-5:30 Crossgate Lanes, Blue Ash

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Anonymous Feedback

Our website has a section for anonymous feedback. Think of this like an electronic suggestion box that you can use at any time. The message will be sent directly to Dr. Warm, and is completely anonymous. If you have constructive feedback that you would like to share, please use this tool. The link is: http://intmed.uc.edu/education/residency/feedback.aspx

Internal Medicine Residents compete during the Heads-Up!
Competition on Day 3 of the IM Residency Olympics
**AN ENDOCARDIAL CONUNDRUM...**

1. Elevated troponin can occur in setting of bacterial endocarditis
   - A recent systematic review estimated the incidence to be > 50%
   - Also suggested that elevated troponin may portend worse prognosis
   
   *Ther Adv Cardiovasc Dis*
   *(2013) 7(1) 45-46*

2. The following EKG changes can be seen in endocarditis:
   - Varying degrees of heart block: Usually 2/2 infection involving the valve annulus
   - Arrhythmia: ST most common, can also see Afib/flutter
   - Ischemia/infarct: May even present at STEMI (proposed mechanism: coronary septic emboli)
     - No evidence on incidence of ischemic changes in proven absence of CAD

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**A MAJOR BLEED!**

**Anticoagulant** | **Management**
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Oral Xa inhibitors: Apixaban (Eliquis); Rivaroxaban (Xarelto) | PCC
Antifibrinolytics (i.e. TxA)
*Note, no true reversal agent
Oral direct thrombin inhibitors: Dabigatran (Pradaxa) | Hemodialysis
*Note, no true reversal agent
Warfarin | Vitamin K +
PCC
Heparin/LMWH | Protamine
(Less effect on LMWH)

**Quick Tips for managing a life-threatening bleed!**

**Coagulation cascade: Anticoagulant effects**

PCC = prothrombin complex concentrate. At UH this contains unactivated factors II, VII, IX, X, Protein C + S

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Several key learning points about endocarditis were presented at our most recent Morbidity, Mortality, and Improvement Session. Here’s what you may have missed...

3. The only guidelines for management of anticoagulation in the setting of endocarditis are:
   A. Temporary d/c of VKA anticoagulation might be considered at the time of endocarditis diagnosis (class IIB, Level B)
   B. It is reasonable to d/c anticoagulation in patients with endocarditis who develop CNS events, regardless of the indication for anticoagulation (Class II A, Level B)

As we discussed at M&M, there are studies showing harm with anticoagulation and studies that don’t, but these are the guidelines we’ve got.
UCMC Resident Olympics!

See below for details on this week’s Olympics!!!

**BOWLING COMPETITION**
Come out to Crossgate Lanes in Blue Ash from 3:30-5:30 to put your bowling skills to the test. Each team’s top 3 bowling games will be totaled and the awards handed out based on total points! Crossgate Lanes 4230 Hunt Rd, Cincy 45242.

**Broken Pager Curling**
Broken Pagers go a curling! Come to the noon report room on Monday and get your shuffle on as teams shuffle their way to Olympic Gold!

**Dress Like Your Favorite Attending!**
Look like Dr. Mathis when you roll out of bed? Have an extra pair of tight pants and a bow-tie lying around? Come to the noon report room on Tuesday at noon dressed as your Favorite Attending or UCMC Staff Member to win yourself a Creativity Gold!

**Art Competition**
Bring out your artsy side in Wednesday’s Art Competition. Set up your gallery in the noon report room anytime after 11:15, but be sure to have your gallery set up for the 1 o’clock judging! Original Artworks ONLY!!!

**Singing/Lip Sync Video Submission**
Date
Be sure to have your Lip Sync Video submitted before Wednesday for our Expert Judging Panel to put your skills to the test!

**Chubby Bunny**
This wins you a medal? Steve Gay leads the charge in the Chubby Bunny Competition from 11:30-12:30 in the noon report room. Advanced airways will be available.

**Friday Finale—Olympics Closing Ceremony**
Come for the Olympic procession and celebrate your Olympic feats of strength and wisdom!
Your former chief residents took to the streets with the Olympic Torch. See The Video On Youtube Here.

**Olympic Torch Procession**

**New Workspaces!**

Construction seems to have begun for the new Medical Education Workroom! This marks Phase 1 of the Renovation and will introduce an additional 4 physician workspaces as well as room for teaching and handoffs! Hurray!

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**Medal Count**

<table>
<thead>
<tr>
<th></th>
<th>Gold medals</th>
<th>Silver medals</th>
<th>Bronze medals</th>
<th>Total points</th>
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<tr>
<td>Blue Barracudas</td>
<td>3</td>
<td>3 + 1 tie</td>
<td>1 tie</td>
<td>17</td>
</tr>
<tr>
<td>Yellow Iguanas</td>
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<td>Silver Snakes</td>
<td>1</td>
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</tr>
<tr>
<td>Green Monkeys</td>
<td>2</td>
<td>2 tie</td>
<td>2 + 2 ties</td>
<td>5</td>
</tr>
<tr>
<td>Red Jaguars</td>
<td>2</td>
<td>1 + 1 tie</td>
<td></td>
<td>9.5</td>
</tr>
</tbody>
</table>

Gold= 3 points  
Silver= 2 points  
Bronze= 1 point  
*Ties Split Points

**Olympic Heat!**

**Bar Trivia:**
Gold— Silver Snakes  
Silver— Red Jaguars  
Bronze— Blue Barracudas  
- Green Monkeys

**Pentathlon: Mens**
Gold— Yellow Iguanas  
Silver— Blue Barracudas  
Bronze— Green Monkeys

**Pentathlon: Womens**
Gold— Yellow Iguanas  
Silver— Blue Barracudas  
Bronze— Green Monkeys
The Weekend To-Do List— January 30th-Feb 1st


2) Winter Bonanza 2: 12-Midnight, Madtree Brewing. 60 unique beers, local beers tapped hourly, music, and food trucks. Free.

3) Blues and Brews: Blues by Ori Naftaly Band, Beer tasting with Rheingeist Brewery with pairings from Eli’s BBQ. $47-57, Benefits Cincinnati Memorial Hall Society. www.cincinnatimemorialhall.com

4) Black and Brown Comedy Jam: 8PM US Bank Arena. Cedric The Entertainer, Mike Epps, Eddie Griffin, D.L. Hughley, George Lopez, and Charlie Murphy. $45-75.

Medical Trivia

Medals awarded to the first three responders to sallda@ucmail.uc.edu with the correct diagnosis indicated by the thyroid RAIU uptake scan on the right

A. Normal

SHOUT OUTS!!! (Let us know who Rocks)

- Shout out to Elizabeth Lally, Danny Peters, Jeremy Sorkin, and Andrew Petersen for going above and beyond to help orient Rai as he settles into UCMC.
- Shout out to my fellow interns on 6-South Javier, Megan, Justin G, and Suchin for being awesome during a busy month of Cardiology—Michael Northcutt
- Congratulations to Minesh Mehta and Eileen Vallin for their world record-setting times in the Internal Medicine Pentathlon!
- Shout out to the Kantha and Maggie for their outstanding patient care on GI!
- Shout out to Bonnie Cartaya for the extra variety of foods at conferences this past week!