Let It Snow!

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
Lupus Nephritis

On Friday Minesh Mehta and Eileen Vallin presented a young patient who presented with acute lupus myocarditis and lupus nephritis! We had two patients this week discussed at noon report with chest pain and gross proteinuria—due to very different etiologies!

ACR Criteria for Lupus Nephritis:
- Proteinuria > 500 mg/24 h (could also use spot urine protein:cr ratio > 0.5) or > 3+ on dipstick
- Active urine sediment—5 RBCs/hpf, 5 WBCs/hpf in the absence of infection, or cellular casts limited to RBC or WBC casts or granular/tubular casts
- Optimal criterion is renal biopsy showing immune-complex mediated GN

When to biopsy? Classification and Treatment?

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<th>Level of evidence</th>
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<td>Increasing serum creatinine without compelling alternative causes (such as sepsis, hypovolemia, or medication)</td>
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<tr>
<td>Confirmed proteinuria of ≥1.0 gm per 24 hours (either 24-hour urine specimens or spot protein/creatinine ratios are acceptable)</td>
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<td>Combinations of the following, assuming the findings are confirmed in at least 2 tests done within a short period of time and in the absence of alternative causes: a. Proteinuria ≥0.5 gm per 24 hours plus hematuria, defined as ≥5 RBCs per hpf b. Proteinuria ≥0.5 gm per 24 hours plus cellular casts</td>
<td>B</td>
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* RBCs = red blood cells; hpf = high-power field.

Table 2. Indications for renal biopsy in patients with systemic lupus erythematosus*

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<tr>
<td>Class I Minimal mesangial GN</td>
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<tr>
<td>Class III Focal LN (&lt;50% of glomeruli)</td>
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<tr>
<td>Class V Membranous LN</td>
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* Adapted, with permission, from ref. 15. LN = lupus nephritis. 1 class V may occur in combination with class III or IV, in which case both will be diagnosed.

No Tx needed
Prednisone
Treatment: Prednisone + immunosuppressive agent (Cyclophosphamide, MMF or cyclosporine)

Lupus hit me in my kidneys. If you have Lupus Nephritis, think about participating in a clinical study researching a possible treatment option. -- Nick Cannon

Signing Off....

How many procedures you need to log in order to be “signed off”? Our program’s policy is that you need to be supervised on 5 IJ, Subclavian, Femoral Central Lines and 5 Thoracentesis to be “signed off” to supervise other residents. You need to be supervised for 3 of each of the other procedures—paracentesis, lumbar puncture, arterial line placement.

We absolutely advise residents to log procedures even after they are signed off in order to bring this information to prospective job and fellowship applications!
UCMC Resident Olympics!

The IM Resident Olympics are just around the corner! Check out your teams, plan your strategy carefully.

CITIUS, ALTIUS, FORTIUS

Blue Barracudas
- Chief: Michael
  - R1s: Kristine Demotta, Jason Martin, Mohammad Rai, Timothy Reed, Barbara Rechert, Michael Subkab, Rita Schlinger, Sarma Singam, Luis Situ, Charlie Mitchell, Justin Little
- R2s: Owen Baldwin, Catherine Donnelly, Damien Fu, Nida Hussain, Farkhi Shab, Charlotte So

Yellow Iguanas
- Chief: Steve
  - R1s: Natalya Belotserkovskaya, Cameron Ditty, Stacey Elangovan, Megan Flanigan, Dorothy Jung, Cody Lee, Megan McIntosh, John Melchert, Eileen Vallin, Glenn Quarles, Quinn Nguyen, Neeraj Edward
- R2s: Devon Carr, Kalyn Jollivet, Denada Palin, Malani Reddy, Derek Sanford, Nabesla Siddqi, Jeremy Sorkin, Robin Wright
- R3s: Subal Haque, Jeffrey Hausfield, Elise Henning, Helen Lavelle, Adam Rose, Steven Rudick

Silver Snakes
- Chief: Dana & Caroline
  - R1s: Lauren Benninger, Leila Borders, Danielle Clark, Steven Corgorso, Joel Gable, Sushin Ebanna, Matthew Newcomb, Beverly Stinwixan, Jillian Wang, Megan Adams
  - R2s: Steven Bohinc, Steven Gannon, Perry Lin, Andrew Petersen, John Reid, Caitlin Richter, Whitney Whittis
  - R3/R4s: Rachel Bonsman, Latoya Braithwaite, Stephanie Dixon, Zenith Jameria, Nikolai Wajda, Timothy Williams

Green Monkeys
- Chief: Matt
  - R1s: Xavier Baez, Lauren Bartholomew, Sarah Erman, Merranda Holmes, Michael Jenkins, Brian May, Joshua NeCamp, Michael Northcutt, Edwin Palmer, Daniel Peters, Desiree Christian, Corey France
  - R2s: Alecia Caldwell, Monique Jindal, Timothy Lee, Hilary Miller, Handley
  - R3/4s: David Bailey, Elizabeth Lilly, Lindsay Young, Marissa Anis, Nick Favela, Ashley Jenkins, Kimberly Olinger, Sherri Smart

Red Jaguars
- Chief: Scott
  - R1s: Justin Goranovich, Yasmin Hassoun, Margaret Haney, Avanti Jakatdar, Matthew Kotlove, Kelly Laiply, Kantha Medepalli, John Murilith, Adil Quarni, Peter Wilson
  - R2s: Hani Alkhathib, Robert Bach, Steven Bohinc, Thomas Getreu, Korey Haddox, Jessica Huang, Katherine Schmidt, DJ Sodiendse, Anna Yan
  - R2s: Bo Stapler, Amanda Alleyne, Cory Lucas, Brian Miller, Ritcha Patel, Lisa Rowley
Research Corner—Looking to start a project but don’t know how?

Log on to www.cctst.uc.edu, become a member.

This site can assist you to:

- Find biostat and bioinformatics help (i.e. I want to study sarcoidosis. How many patients do we have with sarcoidosis? They can help generate that denominator)
- Find attendings/researchers interested in subjects you are interested in to help get a project going (“Find a collaborator”)
- Comprehensive calendar of lectures at UC and Children’s for topics you’re interested in.... AND MORE.

Dr. Tsevat will be coming to talk to us about research opportunities and how to navigate this site in the coming months.
The Weekend To-Do List— January 9th-11th

1) ArenaCross: The Best up-and-coming motocross riders in the world. $10-40, US Bank Arena 1/10 7PM, 1/11 Noon

2) Cin City Reptile Show: Fairfield Banquet Center, Fairfield. Thousands of snakes, lizards, amphibians, for show and sale. 1/11, 10A-4P

3) Cinderella: Aronoff Center. 1/2-1/18. $29 and up.

4) The Beach Mountain. Snow tubing down 400 ft long run. 10 lanes and a winter chalet with hot food and drinks. $17-25, The Beach Waterpark.

Medical Trivia

The first person to email Dana Sall (Sallda@ucmail.uc.edu) this physical exam finding will win a Starbucks giftcard!

Congrats to Ned Palmer for correctly identifying U-waves of hypokalemia!

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

- Shout out to Zenith Jameria for pitching in at the VA!
- “Shout out to Dorothy Jung and Sarma Singam for taking some late admissions”
- The UH Night Floatists all independently shout-out’ed each other. So... Shout out to Stephen Evans & John Muriithi, Damon Fu & Tim Reed, Jeremy Sorkin & Michael Sabbah, Brian Miller & Jillian Wang!
- Shout out to Rita Schlanger for going above and beyond for her patients!
- To Scott Carlson for being the hard working, calm, and collected rock of both UC & VAMC!