Weekly Calendar

3/13: Noon report: Yellow team
3/14: Noon report: Red team
3/16: AHD: Rheumatologic Emergencies; Senior prep: Hyponatremia
3/17: Match Day!

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://www.med.uc.edu/intmed/residency/internal-medicine/residency-feedback

Art Competition—where were the skills everyone?

Natalie Hood was our only true submission which was really more of her showing off her on the fly sketching skills. Although the chiefs love it, chiefs ruled participation points only for Green Monkeys.
Q. A 75 year old female is brought to your clinic by her daughter. The patient has a history of mild cognitive impairment and hypertension that has been well controlled on low dose amlodipine. The patient lives with her daughter and does not do her own grocery shopping or bill paying, but is otherwise independent with grooming, hygiene, and dress, at baseline. The patient’s daughter says that her mother has been complaining of headaches recently, and that was not ever a complaint of hers in the past. Additionally, she has not been eating well and told her daughter that maybe she had a toothache, as it hurts whenever she eats. This has resulted in weight loss. She went to the dentist recently, however, and there were no cavities or obvious abnormalities. She’s also been complaining of feeling stiff in the last few weeks, and can no longer pull her stockings up without assistance from her daughter, and is even having difficulty fastening her bra as she is complaining of shoulder pain and weakness. Vital signs are normal, exam shows normal heart and lung sounds, HEENT exam shows normal dentition, and musculoskeletal exam reveals pain with active range of motion of the shoulders and normal strength in all muscle groups. What is your next step?

A. Perform MMSE or MOCA and refer for neuropsychiatric testing  
B. Order ESR and start prednisone 60 mg/day  
C. Order MRI of the head  
D. Do a PHQ9 to screen for depression

A. The correct answer is B, order an ESR and start prednisone 60 mg daily. The constellation of symptoms is very concerning for temporal arteritis/GCA with polymyalgia rheumatica. This elderly woman is the right demographic, and is complaining of new onset headaches and is describing jaw claudication. Her complaint of weakness of the shoulders is consistent with PMF, which has a high association with GCA. Given the risk of blindness in these patients, treatment should begin without delay. It is not prudent to wait for confirmatory biopsy—she could go blind before you get it done! While it is important to consider worsening cognition and depression for these patients, you do not want to miss an imminently treatable disease like GCA. An MRI is a consideration for an older patient with new onset headaches, as you may be concerned for malignancy, however her symptoms are better explained by GCA than a space occupying lesion.

As part of your rotations at the VA, you will be participating in some ongoing Quality Improvement projects directed towards issues that the VA faces in particular. These are team-based projects, and include the use of routine CBC and BMP testing, continuous telemetry monitoring outside the ICU, adherence to COPD treatment guidelines, and documentation and adherence to CHF core measures. These team-based projects allow for continuous Quality Improvement while including all of our residents who rotate at the VA to participate. Thanks for your commitment to continually improving the care of a population whom its our privilege to serve; our Veterans!
Bowling!

First Place: **Green Monkeys**  Second Place: **Silver Snakes**  Third Place: **Blue Barracudas**

Impressive score of 173 by Matt Doers! Then Ashley Catrann with 146 and Eric Niespodzany with 135.

Young bowlers in training made appearances. Not pictured: Faizan.

Junior Mint Toss!

First Place: **Silver Snakes**  Second Place: **Blue Barracudas**  Third Place: **Red Jaguars**
Broken Pager Curling!

UH had more of a curling/shuffleboard hybrid while the VA had a wheelchair/broom attempt at recreating curling. Both entertaining—check out all the different techniques!

Art Competition!

Liz was sad as she didn’t have any art to judge. The free style sketches are prominent in the program, but this year the residents didn’t show off the variety of their artistic abilities. Maybe we should have had Bo Franklin do an interpretive reading.

Make-a-Meme!
Pentathlon!

First Place: **Red Jaguars**
Second Place: **Silver Snakes**
Third Place: **Blue Barracudas**

Code Blue Stair Run

Shout outs to Joe Cooley, Dan Tim, and Patricio Alzamora who competed in all 5 events!

Shuttle Run

The Pentathlon MVP goes to Matt Cortese!

High Jump

Penny Wars

First Place: **Red Jaguars**
Second Place: **Silver Snakes**
Third Place: **Blue Barracudas**

Airplane Toss

Speed Typing

Pentathlon!

First Place: **Red Jaguars**
Second Place: **Silver Snakes**
Third Place: **Blue Barracudas**

Airplane Toss

Speed Typing

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Speed Typing
**Weekend to-do!**

**Friday:**  **Olympics Closing Ceremony Celebration,** Karaoke, 8pm until whenever, Tostado’s Grill, 3500 Eastern Ave. Call a chief if you need more details and please use Uber or Lyft!


**Saturday:**  **Ringling Bros. and Barnum & Bailey Presents Circus Xtreme,** 11 a.m., 3 and 7 p.m. Saturday, 1 and 5 p.m. Sunday, U.S. Bank Arena. Circus's final tour dates in Cincinnati. Through March 19. $15-$68. www.ticketmaster.com.

**Mamma Mia!** 8 p.m. Friday, 2 and 8 p.m. Saturday, 1 and 6:30 p.m. Sunday, Aronoff Center. Smash-hit musical featuring ABBA’s greatest hits. cincinnati.broadway.com.

**Sunday:**  **St. Patrick's Day Celebration,** 10 a.m.-10 p.m., Fountain Square. Irish food, music and celebrations. Free. www.myfountainsquare.com.


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**SHOUT OUTS!!!**

- To all the Olympians out there! Final results:
  - Gold  **Red Jaguars**
  - Silver  **Green Monkeys**
  - Bronze  **Silver Snakes**

  Congrats to Kelly Laipply who identified bidirectional VT on this EKG and astutely diagnosed digoxin toxicity!

- **To Hilary Miller** for covering AOD nights!
- **To Eejung Kim and Matt Cortese** for helping out with some coverage needs recently!
- **To Jason Wei** for being flexible with days off to help out a senior.
- **To Medhavi Bole** for always being so sweet and remarking on how the pagers were really broken for broken pager curling.
- **To Scott Merriman** for covering a fellow senior resident so she could fly to Texas for an interview. In addition to a shout out, Scott also earned Godfather status for this good deed!