**Weekly Calendar**

3/6: Residency Olympics
3/7: Residency Olympics
3/8: **Grand rounds:** Norman Gilinsky, MD: “Medical Management of Colonic Diverticular Disease: New Strategies for 2017” (MSB 5051)
3/9: AHD: None; **Senior prep:** Rheumatologic Emergencies
3/10: Olympics Closing Ceremony

Happy Interns during their Intern Retreat last week. Thank you for a fun 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](http://www.med.uc.edu/intmed/residency/internal-medicine/residency-feedback)
Q. You are evaluating a 73 year old female in the ED. You were called for an admission for altered mental status, presumed secondary to a UTI per the previous evaluating provider. No family is present to provide history and the patient is non-communicative at this point. In the chart, there is a history of osteoarthritis and remote colon cancer that was treated with resection. Medications on profile are daily aspirin, tramadol, acetaminophen, and ibuprofen. On exam, the patient is afebrile, blood pressure 134/73 mmHg, heart rate 97 bpm, respirations 10/min and the patient is saturating 94% on 2L NC. She does not cooperate with full neurologic exam, but withdraws to pain in all four extremities and awakens with noxious stimuli. Respirations seem shallow but with symmetric excursion bilaterally. Abdomen is soft and there is no rebound or guarding. Urinalysis reveals negative nitrates, positive leukocyte esterase, and 16 squamous epithelial cells. Basic metabolic panel is notable for a serum creatinine of 1.3, chloride of 105, sodium of 140, bicarbonate of 25, and potassium of 4.0. Arterial blood gas obtained while on 2L O2 shows a pH of 7.3 and pCO2 of 55. What is the explanation for this patient’s presentation?

A. Salicylate overdose  
B. Opiate overdose  
C. Symptomatic UTI  
D. Acetaminophen overdose

A. The correct answer is B, opiate overdose. This patient is on multiple medications that can cause harm if over-administered. When approaching patients with altered mental status and concern for overdose or medication toxicity, it is important to always determine if the patient fits a known toxidrome. Here, there is clearly concern for a depressant toxidrome, and furthermore, her respiratory acidosis and bradypnea suggest the presence of an opioid toxidrome. When concerned for an overdose of any type, never let an anion gap go uncalculated, even if the bicarbonate is normal, you may be surprised at the presence of a mixed disorder! Here, this patient has an acidemia (pH of 7.3), a normal anion gap (10) and an increased bicarb and pCO2, which is suggestive of a respiratory acidosis. With acute respiratory acidosis, you would expect the bicarb to increase by 1 mEq for every 10 increase in the pCO2 (55-45 = 10, 24+1=25), so she has acute respiratory acidosis with appropriate compensation. Tramadol is an opiate and can certainly result in overdose. Also, it is renally excreted and has active metabolites, and has a prolonged half life in the elderly; so little old ladies with elevated serum creatinines (and thus, decreased GFRs) are at risk for overdose even when they are on typical doses. Salicylate overdose should always be considered, however it is likely to cause a metabolic acidosis and a respiratory alkalosis (stimulates the respiratory drive), so she does not fit that toxidrome. Acetaminophen overdose should also always be considered due to its need for immediate action and its high mortality and morbidity if untreated, however it is not likely to cause acid base disturbances until later in the course as progressive liver and renal failure develop, resulting in lactic acidosis. Sure, you can always try to blame a presentation of AMS on a UTI, but I’m not buying this UA as representing infection when there are a whole lotta squames in the urine, indicating that this isn’t infection but contamination by urogenital skin.

Program Evaluation Results
We heard your thoughts and appreciate your feedback regarding areas of improvement for our residency program. We need YOU to join our teams dedicated to improvement in these areas. All residents must attend one of these meetings and will need to contact a chief if they are unable to attend.
3/6 UH at 2pm (NRR)  
3/7 VAMC 7:30am (resident room)  
3/8 UH 7:30am (NRR)  
3/17 UH 12pm (NRR)

Kudos to Syeda and Natalie for their pictorial creation during some downtime at intern retreat. Can you guess who all the faculty are? Special Prize to the first one who correctly guesses the most members of this crew! Can’t be any interns (they already know!)
Residency Olympics Week 1

Heads Up!

First Place: **Orange Iguanas**  
Third Place: **Silver Snakes**

Second Place: **Blue Barracudas**

Speed Walking!

First Place: **Red Jaguars**
Second Place: **Red Jaguars**
Third Place: **Green Monkeys**

<table>
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<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
<th>FRIDAY</th>
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<tbody>
<tr>
<td>6 Surgical Amphi. Junior Mint Toss</td>
<td>7 Broken Pager curling</td>
<td>8 12p: Grand Rounds Art Comp + “Make a meme”/“caption-this” due</td>
<td>9 Pentathlon</td>
<td>10 Closing Ceremony Karaoke Celebration at Tostado’s</td>
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**THE STETHOSCOOP**
Bar Trivia! First Place: Green Monkeys  Blue Barracudas  Second Place: Silver Snakes  Third Place: Orange Iguanas

Baking Competition! First Place: Red Jaguars  Second Place: Green Monkeys  Third Place: Orange Iguanas
Dress Like your Favorite Attending!
Sadly no appearances of some legends as this wasn’t as popular as in years past apparently, but Elyse and Danielle sure had some similarities.

Participation Points:  
| Green Monkeys | Red Jaguars |

Chubby Bunny!
After Thomas demanded video evidence of Matt Cortese’s impressive Chubby Bunny skills and reminded us the VA is different than UH, the chiefs awarded medals to winners at the VA and UH separately! The Olympics committee has been taking this very seriously!

VA First Place:  Orange Iguanas  
Second Place:  Blue Barracudas  
Third Place:  Green Monkeys  
Silver Snakes

UH First Place:  Red Jaguars  
21!  
Second Place:  Green Monkeys  
Third Place:  Green Monkeys

Third Place:  Blue Barracudas  
Second Place:  Green Monkeys  
Fifth Place:  Orange Iguanas  
First Place:  Red Jaguars  
Fourth Place:  Silver Snakes
Don’t forget ongoing “open” competitions—including Penny Wars (to your team, pennies, silver and dollars to your enemies!), Make a Meme, and the Art Competition! Penny Wars ends on Thursday at 4:30pm. Art and Make a Meme submissions must be in by Wednesday by noon to be considered for judging!

### Paracentesis Training!

Reminder that paracentesis training is mandatory. Simulation time at the VA is limited and faculty are volunteering their time to help you with this so please pay attention to email reminders and ensure you attend! Email Dana or Danielle ASAP if you notice a scheduling conflict.
**Weekend to-do!**

**Friday:** 25 Years of Bockfest: Party Like a Bockstar, Friday-Sunday, Over-the-Rhine. 3 days of festivities throughout Downtown and OTR. Parade kicks off at Arnold's on Friday. www.bockfest.com.

Mardi Gras Masquerade Ball, 6-10 p.m., Krohn Conservatory. Gala event with jazz music, light bites and adult beverages in French Quarter-like party complete with masks and beads. Ages 21 and up. $15. Reservations required. krohn.cincyregister.com/mardigras.

**Saturday:** Wine Walk, 2-5 p.m., Newport on the Levee. Participating venues offer taste of both a red and a white wine at each stop as well as light appetizers. $25. Registration required. www.newportonthelevee.com.

Bockfest 5K, 10 a.m., Christian Moerlein Brewery, 1621 Moore St. Part of Christian Moerlein Beer Series, series of three road races to celebrate Cincinnati’s rich history of brewing and running. Includes T-shirt, unique medal, and post-race party. $40, $30 advance. Registration required. bockfest5k.com.

**Sunday:** Bowling Tournament, 4pm, Stones Lanes, 3746 Montgomery Road, Norwood. Residents bowl for free in order to win points for their Olympics teams!

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SHOUT OUTS!!!

- To Nikki Levin, who was inadvertently left off the Shout out for intern retreat coverage last week! Mea culpa!
- To Aditi Mulgund, for her stellar medication reconciliation on a patient that was noted by the Joint Commission! Kudos to you!
- To Lauryn Benninger for “being the best momma who raises babies right!” From a loving and thankful intern.
- To Reza Ghoorkhanian for offering to help out a co-resident!
- To all the residents participating in the Olympics! We appreciate the enthusiasm and hearts of champions!

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**TRIVIA**

The Nurse hands you this EKG. Your patient is confused. What’s going on?

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First correct answer wins a $5 Starbucks gift card!