UH Weekly Calendar

4/23: Board Review
4/24: Cards 2 NR
4/25: MGR: Acute Encephalitis
4/26: AHD: Adrenal & Pituitary
   Weesner: Infectious Diarrhea
4/27: MM&I

VA

Team 1
Code Sim

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
Guideline-directed therapy for HFrEF includes four classes of drugs that reduce mortality: ACE inhibitors (~15% mortality reduction), angiotensin-receptor blockers (~10%), beta-blockers (~35%), and mineralocorticoid-receptor blockers (~30%).

Angiotensin receptor-neprilysin inhibitors (ARNI) combine two molecular entities: angiotensin II receptor and neprilysin blockade. Valsartan is an angiotensin II receptor blocker that promotes vasodilatation and lowers blood pressure. Neprilysin is an endopeptidase that breaks down vasoactive peptides (BNP, bradykinin). Neprilysin inhibition increases levels of vasoactive peptides that lower blood pressure and promote sodium excretion.

Published in the NEJM in 2014, the PARADIGM-HF Trial compared treatment with angiotensin receptor-neprilysin inhibitors (ARNI) vs ACE inhibitors (enalapril) among patients with heart failure with reduced ejection fraction (HFrEF). This industry-sponsored prospective, double-blind trial randomized >8,000 patients with HFrEF (LVEF ≤40% and ≤35% and NYHA class II-IV) to standard therapy plus either sacubitril-valsartan (ARNI) or enalapril. The trial was stopped early, after median follow-up of 27 months, following a positive interval efficacy analysis for both primary and secondary endpoints. Primary outcomes were composite death of cardiovascular cause or hospitalization for HF. Secondary outcome measurements were overall mortality and change in KCCQ score (HF symptom and physical activity scoring system out of 100, whereby higher scores indicate fewer symptoms and limitations). Treatment with ARNI resulted in a 4.7% absolute reduction (HR 0.80; 95% CI 0.73-0.87; P<0.001; NNT 21) in primary endpoints. Overall mortality was reduced by 2.8% (HR 0.84; 95% CI 0.76-0.93; P<0.001; NNT 36) after treatment with ARNI. KCCQ score at month 8 improved in the intervention group by -2.99 vs. -4.63 in the standard therapy group (between group difference 1.64; 95% CI 0.63-2.65; P=0.001). The ARNI was generally well tolerated except for a higher rate of symptomatic hypotension (14% ARNI vs 9.1% ACE-I). There was no difference in the rates of angioedema, cough, hyperkalemia, or elevated serum creatinine. The primary conclusions from this study are that as compared with ACE inhibitors, ARNI reduces cardiovascular death and hospitalization for HF, reduces overall mortality, and reduces symptoms and improves physical function.

Source:
A pt is admitted for abdominal pain, and is diagnosed with acute pancreatitis. His initial XRay shows the name of what classic sign? With what other diseases is this sign associated?

Congrats to Casey Phillipsborn—she was the first to identify Poland Syndrome! Max Cruz and Matt Lambert were just a few minutes behind. Interns—Leila mentioned this disease in Arts in Medicine AHD a few weeks ago..

Read more here if you forgot!
**Weekend To-Do!**

**Friday:** Bernstein Centennial, 11 a.m. Friday, 8 p.m. Saturday, Music Hall, 1241 Elm St., Over-the-Rhine. Music of American masters takes center stage along with Cincinnati favorite, pianist Jean-Yves Thibaudet. 513-381-3300; cincinnatisymphony.org.

**Spring Ladies Night Out**, 6-10 p.m., MainStrasse Village, Main Street, Covington. Special promotions just for women in shops, restaurants and bars. Free. 859-491-0458; mainstrasse.org.


**Greater Cincinnati Restaurant Week**, through Sunday. 3-course prix fixe menus at many area locations. $35, $25. Reservations required. CLICK HERE FOR MENUS.

**Saturday:** Adam Sandler, 7:30 p.m., Taft Theatre, 317 E. Fifth St.. With Rob Schneider. $59.50-$250. 513-232-6220; tafttheatre.org.

**Natural Shocks**, 2 p.m., Know Theatre of Cincinnati, 1120 Jackson St., OTR Live music, snacks and specialty cocktails at bar, local groups working for women's rights. **Benefits Women Helping Women.** $12. 513-300-5669; knowtheatre.com.

**Record Store Day and Slow Jam Release**, 8 a.m.-5 p.m., Shake It Records, 4156 Hamilton Ave., Northside. More than 500 limited Record Store Day releases, first tapping of Rhinegeist Slow Jam IPA, live music and more. Free. 937-213-3602.

**Cyclones Playoffs**, 7:30 p.m. Saturday, 3 p.m. Sunday U.S. Bank Arena, 100 Broadway. Professional minor league ice hockey team competes in Kelly Cup playoffs. vs. Komets. $1 hotdogs. $18-up. 800-745-3000; cycloneshockey.com.

**Sunday:** Earth Day OTR, noon-5 p.m., Washington Park, 1230 Elm St. Eco-friendly activities and vendors, live international music, food and drink, eco-friendly goods for purchase, and activities for all ages. Free. 513-352-4080; washingtonpark.org.

**Mainstrasse Village Bazaar**, 9 a.m.-3 p.m., Main Street, Covington. Antiques and collectibles for sale along promenade. Free admission. 859-491-0458; mainstrasse.org.

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**SHOUT OUTS!!!**

- **To Renal Team** for having 3 DC orders in before 9am in March!
- **To Joanna Marco** for helping out another senior.. Thanks for the camaraderie!!
- **To Marianne Yacyshyn** for cleaning up the lounge while on nights!
- **To Yellow and Green Teams** for having the most DC orders in before 9am in March!
- **To the Hoxworth clinic**—Press-Ganey data returned, and they are in the 99th percentile in getting urgent and routine appointments, getting called back after hours, overall provider rating, helpfulness of clerks and receptionists, and likelihood to recommend a provider! Congrats!
- **To Cat Park** for taking a long call admission on her post call day without being asked just to help out a co-intern, AFTER she had already discharged 5 patients! “You’re a beast and so very appreciated!”
- **To Matt Kelleher and Ben Kinnear** for an awesome MTP session!
- **To Scott Varga** for keeping his cool and staying super organized during an incredibly chaotic night in the world of Cardiology—from a very grateful senior!
- **To Elliott Welford** for “zenning” out the resident lounge with essential oils and live plants!
- **To Suhas Devangam** for crushing intern report with a super cool case!
- **To Tim Reed** for letting his co-chiefs invade his office the last few weeks.. So sorry for messing with your chair settings ha.