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

The Chiefs are grateful for a lot this year, but most of all each and every one of YOU, residents! It can't be said enough—thank you for your hard work, positivity, and camaraderie. You guys make it all worth it! We are also extremely grateful for the attendings that provided a full Thanksgiving meal for those working on Thanksgiving Day!
ITE Roundup w/the Co-chief: Treating Recurrent *C. Diff*

Clostridium difficile is a spore-forming, toxin-producing anaerobic bacteria that can colonize and/or infect the colon. Transmission of spores is person-to-person via fecal-oral route. Antibiotic use, which alters normal colonic flora, is the primary risk factor. Nearly any antibiotic has been associated with *C. difficile* infection. Clinical manifestations range from asymptomatic carrier state, to mild diarrhea, to life-threatening colitis. Diagnosis is based on a combination of clinical and laboratory findings. Typically, the presence of diarrhea (≥ 3 unformed stools / 24-hour period) except in severe cases with ileus, positive stool testing, and colonoscopic or biopsy findings consistent with pseudomembranous colitis. Lab tests used to determine severity include a CBC and serum creatinine. CT may be useful to evaluate for complications including severe colitis, megacolon, or ileus. The IDSA recommends stratifying disease severity by the following criteria: mild-to-moderate disease by a WBC ≤ 15,000 or serum creatinine ≤ 1.5 times baseline, severe disease by a WBC ≥ 15,000 or creatinine ≥ 1.5 times baseline. Patients meet severe-complicated disease criteria by severe disease plus hypotension, shock, ileus, megacolon, or perforation. Treatment stems from the severity criteria. For *mild-to-moderate disease* treatment is with metronidazole 500 mg orally 4 times daily for 10-14 days. For *severe disease*, either at presentation or with progression despite metronidazole, treatment is vancomycin 125 mg orally 4 times daily for 10-14 days. For severe-complicated disease increase vancomycin dose to 500 mg orally or by nasogastric tube 4 times daily, add metronidazole 500 mg IV every 8 hours, and consider rectal vancomycin in patients with complete ileus. For patients with *recurrent disease*: if *first recurrence*, treat same as for initial episode stratified by disease severity (IDSA Grade A-II), if *second or later recurrence* then use vancomycin in tapered and/or pulsed regimen (IDSA Grade B-III). Do not use metronidazole after first recurrence or for long-term therapy due to risk of cumulative neurotoxicity (IDSA Grade B-II). Emerging therapies include fidaxomicin (can be used for 1st or 2nd recurrence but the major downside is high cost!), fecal microbiota transplantation (may have high cure rate in patients with refractory or recurrent *C. difficile* infection), and monoclonal antibodies against Clostridium difficile toxins. A note about probiotics, based on Cochrane review there is insufficient evidence to evaluate addition of probiotics to antibiotic therapy for treatment of *C. difficile* colitis. Additionally, based on a few RCT’s there is insufficient evidence to support use of probiotics to prevent or treat *C. difficile*-associated diarrhea.

**Flashback Friday: Did you guess correctly??**

**Eric Warm**

**Justin Held**

**Jay Conhaim**

**Nikki Boschuetz**
75yo M with h/o 3v CABG who presents with DOE, LE edema, and weight gain. His CXR appears as below. What is the diagnosis? What is 1st line medication treatment?

**Medical Trivia**

Congrats to **Nedhi Patel (again!)** for being the quickest to identify otitis media with effusion seen in this photo, as well as the correct treatment—watchful waiting! Antibiotics, decongestants, or nasal steroids do not hasten the clearance of middle ear fluid and are not recommended when treating adults (read more here). Eunhee Lee and Elyse Harris were just a few minutes behind!

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**Resident Spotlight**

Not sure what is happening here, but I love it anyway!

Matt Lambert enjoying Thanksgiving meal at the VA!

Javy interviewed during his Black Friday shopping!

Dan Tim carving the UCMC turkey!

 Resident lounge Xmas tree

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**You’re Invited: Match Day Happy Hour**

Wednesday, December 6 at 5pm
Woodburn Brewery

Come celebrate the R3/4s who applied for fellowship! The wait is almost at an end, and we are so excited to find out where everyone is heading next year!

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Weekend To-Do!

Friday: Christkindlmarkt, 4:00pm, Fountain Square Plz. Every weekend in December. Cincideutsch. Christkindlmarkt of Cincinnati is the first traditional German Christmas market held on Fountain Square, the heart of downtown Cincinnati. It is organized by the cultural nonprofit, Cincideutsch.


Saturday: Macy’s Downtown Dazzle, 6:30 p.m. (Theme: Magic of the Holidays), Fountain Square, Fifth and Vine streets, Downtown. Santa rappels down side of 525 Vine Building office tower to Macy's rooftop at Fountain Square to kick off holiday fireworks display. 20-minute family-friendly program also features holiday music. Choirs at 5:30 p.m. 513-421-4440; www.downtowncincinnati.com.

Lebanon Horse Drawn Carriage Parade and Christmas Festival, 10 a.m.-8 p.m. (Parades at 1 and 7 p.m.), Historic Downtown Lebanon, Mulberry Street, Lebanon. More than 100 horse-drawn carriages, street fair, shops, eateries and entertainment. 513-932-1100; www.facebook.com/lebanoncarriageparade.

Showcase of Arts, 10 a.m.-5 p.m. Saturday, noon-5 p.m. Sunday, Woman's Art Club Cultural Center, 6980 Cambridge Ave., Mariemont. The Barn. Ornaments, jewelry, soaps, ceramics, paper creations, paintings, stained glass and more. Treats, holiday music, wood toys, knit wearables, and fresh holiday wreaths. Benefits The WACC Foundation. 513-272-3700; www.artatthebarn.org.

Crafty Supermarket Holiday Craft Show, 11 a.m.-6 p.m., Music Hall, 1241 Elm St., Over-the-Rhine. Ballroom. Handmade marketplace features 90-plus crafters, artists and designers from around the country, plus DJ, hands-on craft activities, local food, and cash bar. 513-580-4349; craftysupermarket.com.

Team USA Winterfest Celebration, noon-5 p.m., Washington Park, 1230 Elm St., Over-the-Rhine. Olympian figure skater Jeremy Abbott and other Team USA athletes host meet and greet. Interactive events include S'moresmobile, bobsled boomerang, curling challenge and social media truck. go.teamusa.org/2hzXZ0v.


SHOUT OUTS!!!

- To Sarah Weiskittel for wheeling a patient from clinic to get a snack so that he wouldn't leave AMA and instead get directly admitted. She didn't have to do it and went out of her way when the nurse couldn't reach another resident. Thanks for your dedication!
- To Elliott Welford for connecting Mulan to Wilson's disease!
- To Betsy Larder for helping a stranded chief without a badge at the parking garage!
- To Red team residents Megan Caroway & Logan Roof for crushing discharges for the past 2 weeks!
- To Catherine Strahle for discharging 5 patients on a day without a senior!
- To Danny Peters '17 for providing food for the VA residents on Thanksgiving!
- To the many attendings who provided a huge spread for residents at UC on Thanksgiving!
- To Parm Mavi for staying chill (as always) during his awesome noon report.