Special Points of Interest:
- Resident Olympics!
- Hypocalcemia
- Where’s Danielle?
- Loud noises! (Get it? It’s a “shout” out joke)

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Weekly Calendar

3/5: Noon Report: Blind case w/ chiefs
3/6: Opening Ceremony & Speed Walking
  Trivia @ Growler House, 7PM
3/7: MGR: Gout therapies
  Baking Competition
3/8: Weesner: Toxicology
  Pentathlon
3/9: Chubby Bunny
  Bowling Competition @ Stone Lanes, 6PM

Congrats to Heme-Onc fellow Josh Necamp ‘17 and Carissa Necamp for welcoming baby girl Josephine!

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

Be more like mom & less like dad
ITE Roundup w/Javy the Chief:

Only 40% of you diagnosed the cause of hypocalcemia in chronic alcoholism. Below are some helpful hints to help you better care for your patients.

The 4 parathyroid glands regulate calcium homeostasis through parathyroid hormone (PTH) release. Under normal circumstances the parathyroid gland responds to low serum calcium by releasing PTH. PTH increases serum calcium by various mechanisms (see figure 1). Serum calcium levels are tightly controlled as the glands synthesize and store PTH, allowing response within minutes of hypocalcemia. Calcium and 1,25-dihydroxyvitamin D provide negative feedback to inhibit PTH release. Notably, a single parathyroid gland is sufficient for PTH-calcium homeostasis.

Most patients with hypoparathyroidism present with hypocalcemia. Mild hypocalcemia may be asymptomatic. Symptoms typically develop as calcium levels decrease below 8.0 mg/dL. Symptoms include paresthesias (acro- and perioral), muscle cramping (Trousseau and Chvostek signs), decreased muscle strength, EKG changes (prolonged QT interval), and seizures.

Hypoparathyroidism most commonly occurs after inadvertent damage or removal of parathyroid glands during neck surgery. Estimates for this occurrence range from 0.5% to 6.6%, with higher rates after repeat neck surgery. More rare etiologies of hypoparathyroidism include post-radiation, infiltrative causes (ie – hemochromatosis, granulomas), autoimmune conditions, and pseudohypoparathyroidism (PTH resistance).

Less common causes of hypocalcemia include increased phosphate binding in vascular space (ie – tumor lysis syndrome), citrate chelation with numerous blood transfusions, vitamin D deficiency, and hypomagnesemia. Hypomagnesemia (due to alcohol abuse or malnutrition) activate G-proteins that stimulate calcium-sensing receptors and decrease PTH secretion.

Asymptomatic hypocalcemia may be noted incidentally on routine laboratory tests. When this occurs, the calcium level should be repeated with a serum albumin level. If hypocalcemia is confirmed, measurement of calcium, PTH, creatinine, magnesium, and vitamin D are recommended. Intact PTH and serum calcium must be simultaneously measured to confirm PTH response. Appropriate physiologic response to lower calcium levels is an elevation in PTH levels.

Reference:

Olympics Calendar of Events

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<thead>
<tr>
<th>MONDAY</th>
<th>TUESDAY</th>
<th>WEDNESDAY</th>
<th>THURSDAY</th>
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<td>12p: Noon Report</td>
<td>12p: Olympics Opening Ceremony &lt;br&gt;Speed Walking &lt;br&gt;**Trivia @ Growler House, 7-9PM</td>
<td>12p: Grand Rounds Baking Competition</td>
<td>11:30a: Weesner Prep Pentathlon</td>
<td>12p: Chubby Bunny **Bowling Tourney @ Stone Lanes, 6PM</td>
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<td>12p: Mint Toss @ Surgical Amphitheater</td>
<td>12p: Broken Pager / Vocera Curling</td>
<td>12p: Grand Rounds Art Competition + &quot;Make a meme&quot;/&quot;caption-this&quot; due</td>
<td>11:30a: Weesner Prep 1p: AHD – Toxicology&lt;br&gt;Dress like your favorite attending</td>
<td>MS4 MATCH DAY! Heads Up! Closing Ceremony **Karaoke @ Tostado’s</td>
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Residency Olympics!
Opening Ceremony on <br>Tuesday, March 6th at 12PM in MSB 5051.

DB11 (Discharge by 11AM)
DB11 is a patient progression improvement project to facilitate safe discharges home for medically ready patients from acute care beds as early as possible in the work day.

Physician Standard Work:
• Agree on target pts with attending <br>• Discuss DC plan with patient! & RN! <br>• Transportation plan? <br>• Complete admit/discharge med rec <br>• 3PM Discharge Huddle <br>• Mark “11AM” expected DC in rounding tab <br>• Goal: DC order by 9AM <br>**If your targeted patient didn’t leave by 11AM, consider why? Avoidable barrier?

Patients to Target:
• Going home <br>• Low needs prior to DC (eg — pending AM INR, last dose of IV antibiotics)

Patients to NOT Target:
• SNF <br>• Pending major consult recs <br>• Pending PT/OT recs

Ridgeway Low-Acuity Unit
Is your patient ready for discharge but will be waiting all weekend for Pre-cert? Is your patient ready for SNF but is unable to be placed? Consider Ridgeway! If you think your patient might be a candidate, place a Consult order for a Ridgeway Medicine Transfer and call the GIM Consult Attending listed in Amion. They will assess whether your patient is appropriate candidates for Ridgeway. Please make sure to share a Discharge Summary. And remember, this is a TRANSFER and NOT a Discharge.

Patient Requirements:
• Minimal medical needs <br>• On Internal Medicine team OR <br>• On Subspecialty team <br>• Potential complex barriers to discharge

Not eligible:
• Hospice <br>• Observation < 3 days <br>• From MSD or ICU <br>• Needs sitter or telesitter
Spring Training Trivia: Name the 1st MLB team to host spring training baseball in Florida? 1st two MLB teams to host in Arizona?

Tuberous sclerosis was the answer to last week’s question. A good guess would be that either Nedhi Patel or Nikki Boscheutz got it right. Danielle will update you next week :)

Congrats Joe Cooley for presenting at SCCM! Elliott and Gru are digging it.

Dr. Kinnear & IM leadership @ ACGME

Diva caught napping!

Happy nephron reviewing spun urine!

Purple team, heroes by day & gamers by night!

Come back!

The ‘Scoop stressed me out all
Weekend To-Do!

Friday: Tapping of the Bocks, 8 p.m. Thursday, 1 p.m. Friday, 11 a.m. Saturday, Arnold's Bar & Grill, 210 E. Eighth St., Downtown. Tapping 17 Bocks, live music and more. Ages 21 and up. Free admission. 513-421-6234; www.bockfest.com.

Bockfest, 5:00 p.m.-1:00 a.m., Bockfest Hall, 1619 Moore St. Cincinnati, OH 45202. Three-day celebration of bock beer, the coming of spring. The fun kicks off with a goat-led parade on Friday evening that starts at Arnold's Bar & Grill. The parade ends at Bockfest Hall where the ceremonial first keg is blessed and the celebrations officially begin. The Hall is open throughout the weekend and features live entertainment, food, historic walking tours, a homebrew competition, 5K, and, of course, bock beer.

Othello, 7:30 p.m. Friday-Saturday, 2 p.m. Sunday, Cincinnati Shakespeare Company, 1195 Elm St., Over-the-Rhine. Othello has won fame and glory on battlefield, but tensions spark when he elopes with wealthy Desdemona. Through March 31. $14-$52. 513-381-2273; cincyshakes.com.

Saturday: ArtWave Days, 11 a.m.-5:30 p.m., Cincinnati Art Museum. Music and dance performances and art-making experiences. Free. artswave.org

Scale Model Expo, Sat, 10 a.m.-6 p.m., Sun 12 p.m.-4 p.m., EnterTrainment Junction, 7379 Squire Court, West Chester, OH 45069. Operating Steam & Gas Engines! 1/6 Scale Figures & Dioramas! Live Steam Locomotives, Models of Boats, Planes, Military Items and more. Free. entertrainmentjunction.com

FC Cincinnati, 4 p.m., Gettler Stadium, University of Cincinnati, University Heights. Friendly vs. Nashville SC. $10 -up. 513-556-2288; www.fccincinnati.com.


Sunday: Perfect North Slopes Spring Carnival, 9:30 a.m.-4 p.m., 19074 Perfect Lane, Lawrenceburg, IN 47025. Free to attend. Lift ticket required to participate in events. Family event has activities for skiers, snowboarders and snow tubers. Back up date is Sunday, March 11. 812-537-3754; www.perfectnorth.com.

SHOUT OUTS!!!

- To Saavia Girgla for discharging 6 patients on a weekend without a senior! #Diurese
- To Logan Roof, Hilary Whitsett, & Kamal Kassem for great night float presentations.
- To Ian Bakk, Maria Seymour and Annie Wehry for working very hard taking care of VERY sick patients on VA nights! From a grateful senior!
- To Brian Shaw and David Young for helping at the VA this week.
- To the VA PICC team for their diligence and availability for our patients. You’re a great asset! From a grateful senior!
- To Josh Jameson for kindly seeing a fellow resident's clinic patient without batting an eyelash! Thanks for having an amazing attitude!
- To Greg Mott and Daniel Tim for being boss seniors on purple this past month! From a blessed intern. Also, “Daniel Tim for helping one busy seniorless intern to coordinate care for a sick patient that needed urgent surgery. You Rock!”
- To Caroline Mueller for her positivity & providing healthier snack options to the resident snack bowl. Thanks!
- To Andrew Welch “who goes above and beyond patient care and shows unbiased compassion to all patients.”
- “To the 3rd year seniors, AKA the Best Class! Thanks for making a fellow classmate laugh in the face of a rough first day on the wards.” #Blest