

Tulsa Internal Medicine Residency Program

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PULSE | THE INTERNAL MEDICINE RESIDENT NEWSLETTER

The Director's Dew

Dear Internal Medicine Family,

The new year is flying by as the first month of 2019 is already behind us! I am happy to announce our theme for the month of February is "FUN!" We have several activities planned for this month with a few prizes to be won. The month began with another healthy cooking class at the Tandy YMCA, with a focus on diabetes recipes (see pics below). We have a few contests for the IM and M/P residents, a Wards/Night Float/ICU bingo competition, an art contest, and a jelly bean count contest with the coveted prize of "The Program Director covering a clinic session" for the winning resident! Academic afternoon sessions will focus on wellness topics and we will focus on group bonding throughout the month.



Bernadette Miller, MD, FACP

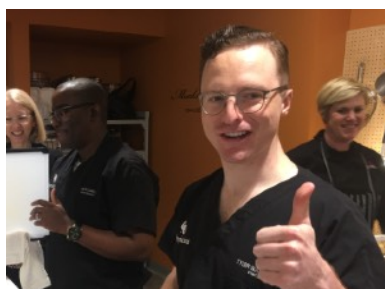
Drs. Jack Test, Amru Swar, Eugene Quaye, Kory Drake, and Kevin McGinn have been hard at work updating the Sooner lounge with a new look, and the plan is to continue with updating the Boomer lounge thereafter. We have had many residents who have submitted research abstracts to national conferences so the months of March, April, and May will require a few resident schedule changes. Residents please be sure to check your e-mail regularly in the coming weeks! I am so proud of all the research our department has been

The Director's Dew (continued)

working on — thank you to **Dr. Jelley** and **Shannon Gwin** for your help with coordination and another big thank you to **Dr. Corbett** for leading our quality improvement projects!! We really will be having a big presence at the national ACP meeting this year!!

Also, I would like to wish a HUGE congratulations to **Dr. Amy Wilson** for somehow managing to create two perfect human beings (at once!) and then bringing them into this world — all while in her final year of residency!! Faculty, let's keep the positive energy going this month, and be sure to encourage our residents with the amazing job they are all doing here in our program!! Stay warm and safe this month!

- Dr. Miller



INTERN SPOTLIGHT

Tina Bui

HPI: Tina is a 27 year old F who presents as a categorical resident at OU – Tulsa. She was born in Wichita, KS. She went to the University of Rochester for college as a first generation college student. She then went to KU for med school. She is an only child which could explain some personality traits. Her hobbies include yoga, going dancing (salsa, swing, clubbing), and finding free stuff do to do (used to be more avid extreme couponer). Tina also likes to eat a lot as noted by her peers.

Allergies: Bugs. Shahn had to come over to my apartment to kill a dying wasp because I was too scared to kill it.

PMH: Some people think I have hyperthyroidism but my TSH is normal.

PSH: None. I knew I was internal medicine when during my third year surgery rotation, I would daydream about finding insulin and injecting myself so I could pass out and leave the OR. Just kidding.

Social Hx: Tina is taken. SORRY BOIZ.

ROS: None

Physical Exam: On my elementary school identification card, in case I got kidnapped, my dad put 'piece of skin on R ear'. I have a skin tag there. I also have duck feet and I waddle more when I'm tired.

A/P: 27 year old Female trying to survive intern year
Plan: Just keep swimming.

Prophylaxis: Tea.

Code Status: Full

Favorite thing about Tulsa: Gathering Place.

Favorite thing about the IM Residency Program: Community and education. I'm really happy here!



CHIEF RESIDENT SPOTLIGHT

Lyle Wesley Baker

HPI: Lyle is a 30-year-old male who presents as a substitute writer for a spotlight after the intended faculty member sadly became ill and was unable to complete their article. No, he is not on faculty (but hopes to perhaps be some day!). Lyle was born in Tyler, TX, and he was raised for 9-years in Carthage, TX, before moving to Muskogee, OK in 1996. He is a proud Rougher and "Okie From Muskogee." Lyle went to Dartmouth College and graduated cum laude with a double major in Film & Media Studies and Native American Studies. He loves film (especially digital animation) and is weirdly obsessed with the Walt Disney Company (as most of you already know). This lead him to consider a career in animation with a dream of someday working at Pixar or Disney Animated Studios. However, he decided to follow his father's footsteps and become an Internist. Luckily, he discovered his calling to become a Nephrologist during his 2nd week on Nephro as an intern with Dr. Baradhi! Lyle is an only child who is very, very close with his parents (typically talks to both on the phone almost twice daily). He feels lucky that his elementary school crush, Steffin, agreed to marry him despite his initial means of asking her out on their first date (creepy text message with 1-hour notice to see fireworks for Independence Day). But he eventually made up for it in Lyle-fashion during his proposal, which involved singing his own lyrics to Disney songs at the top of Glacier Point at Yosemite National Park ([click for video](#)).

Allergies: CATS! Yes, you too Lyla. While on allergy & immunology elective, Lyle discovered by skin testing that he is also severely allergic to all Oklahoma grasses. Might as well be allergic to olives and pickles as he can't stand them!

PMH: GERD.

PSH: Required anesthesia and surgery for correction of his left ingrown toe nail in 6th grade. Steffin's dad was his anesthesiologist and he embarrassingly confessed his crush on Steffin after being given "truth serum."

Social Hx: Loves theme parks, Disney, golf, table tennis, seeing new musicals, Mahogany's steak, good sushi, homemade pina colodas, hanging out with family, doing anything with his wife, cuddling with Atlas (our dog), watching any movie with Robin Williams or Harrison Ford.

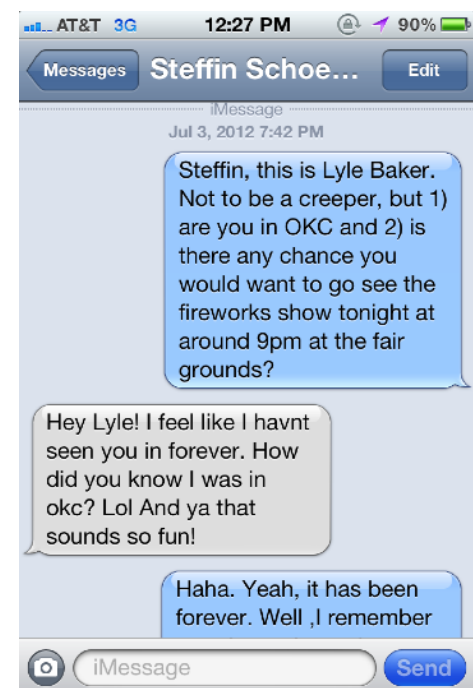
Physical Exam: Long hair (still growing out), scar under chin (Spring Break 2013!).

A/P: 30 y/o M sad to be finishing his last year as a resident at OU-Tulsa but excited about the journey that awaits in Nephrology!

Prophylaxis: "All our dreams can come true, if we have the courage to pursue them." - Walt Disney

Code Status: "Bangarang!" - Hook

Favorite thing about Tulsa and IM Residency Program: From the bottom of my heart, we have the Best Program Director, Department Chair, and Attendings that I could have ever imagined or hoped for.



OUR FUTURE DOCTOR *lawyer*



Tucker James and Brady Joyce Wilson



Summer and Amy's Baby Shower



Send Your Photos to GroupMe, 918-348-9065, or lyle-baker@ouhsc.edu to be Included in Next Month's Newsletter.

KEYS FOR K.I.P. & TOP KIPIES

INTERN KIP

KIP 27: Know the GFR level that indicates significant renal dysfunction; know at least 4 causes of ATN; know the signs and symptoms of uremia.

KIP 28: Know the most common causes of bacterial meningitis; know the antibiotic regimens recommended for purulent meningitis in patients <50yrs and >50yrs; know the Centor criteria for strep pharyngitis.

KIP 29: Know at least 5 populations at high risk for tuberculosis infection; know the radiologic findings of tuberculosis on chest radiograph; know the first line antibiotic recommended for uncomplicated cystitis in non-pregnant women- and the options if this drug is not possible.

SENIOR KIP

KIP 27: Know how amyloid deposits appear on Congo red staining; know the compliment results used in diagnosis of cryoglobulinemic kidney disease; know the number of cysts needed for the diagnosis of ADPKD in a patient <30 with a family history of ADPKD.

KIP 28: Know the classic clinical triad of tuberculous meningitis; know the opening pressure, leukocyte count, glucose level, and differential for viral vs bacterial meningitis; know the most common form of prion disease and the clinical signals to look for prion disease.

KIP 29: Know the treatment for coccidiomycosis and blastomycosis; know when to use the Histoplasma urinary antigen and know the duration of treatment for acute and chronic histoplasmosis; know the different presentations of sporotrichosis and the risk factors for infection.

TOP KIP SCORES

INTERN

KIP 23: **Tina Bui and Jack Test**

KIP 24: **Dru Albin**

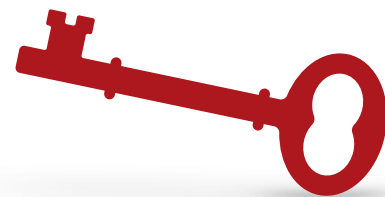
KIP 25: **Fahad Sharwani**

SENIOR

KIP 23: **Ryan Yarnall**

KIP 24: **Amru Swar**

KIP 25: **Jared Pembroke**



Proud to be GIM Week!

Mark B Street, MD Candidate

During the last week of February (2/25-2/28), OU-Tulsa will join the **ProudtobeGIM** week-long campaign. It's designed to raise awareness about the field of General Internal Medicine, sponsored by the Society of General Internal Medicine. OU-Tulsa has some major events planned thanks to grants from the Society of General Internal Medicine, American College of Physicians (ACP), and Tulsa County Medical Society (TCMS)! We invite you to join in on the fun!

If you are Proud to be a General Internal Medicine provider, or are even interested in becoming a GIM physician, we invite you to share a brief statement on why you choose Internal Medicine here: <https://www.surveymonkey.com/r/9DLFYR>. We will share your statement on social media during **ProudtobeGIM** week!

PROUD TO BE GIM

February 25th, 27th, & 28th | Tulsa, OK



Proud to be GIM Week!

Mark B Street, MD Candidate

See below for all the fun things happening on [ProudtobeGIM](#) week! We will see you there!

Monday, February 25th, 7:00-9:00PM

- **ProudtobeGIM Talks**

- Perkins Auditorium in the Schusterman Center at OU-Tulsa
- **Dr. Jabraan Pasha** will speak on the topic of “Implicit Bias” and **Dr. Robert Hauger** will talk on “Burnout”.
- Refreshments will be provided and attendees will be entered into a raffle!

Wednesday, February 27th, 6:30-8:30PM

- **Dust Bowl Lanes & Lounge**

- A fun time of bowling and socializing with students, residents, and local internists.
- Drinks and appetizers will be provided. Attendees will be entered into a raffle!

Thursday, February 28th, 6:00-8:00PM

- **The Gathering Place**

- A fun night for students, residents, internists, and their families. Brief ~30 min program where local physicians will speak about work/life balance and why they chose General Internal Medicine. Afterwards will be a meet-and-greet as we enjoy the scenery at *USA Today's Best New Attraction!*
- Bottles of water will be provided. Gathering Place has dinner options available and also allows for outside food to be brought in the premises (no glass bottles though).
- Attendees will be entered into a raffle!

Unlocking Implicit Bias

Dr. Jabraan Pasha

Join us as our very own **Dr. Jabraan Pasha** conducts a workshop on implicit bias on **Wednesday, February 13th** from **12:00 to 1:00 PM** in **Learning Center Room 136**.

“Unlocking Implicit Bias” weaves humor, poignant stories from national headlines, and personal experiences into a rich learning experience.

Participants leave with a sense of relief in knowing that even good people have unconscious attitudes that affect the decisions they make. By removing those feelings of guilt, we open the door to a constructive discussion that helps begin to combat the effects of implicit bias.

Dr. Pasha has been a faculty member at the OU-TU School of Community Medicine for more than five years. His current roles include Associate Program Director for Internal Medicine, Director of Diagnostic Ultrasound, and Faculty Director of Student Recruitment for the OU-TU School of Community Medicine.

You may [RSVP Here](#).



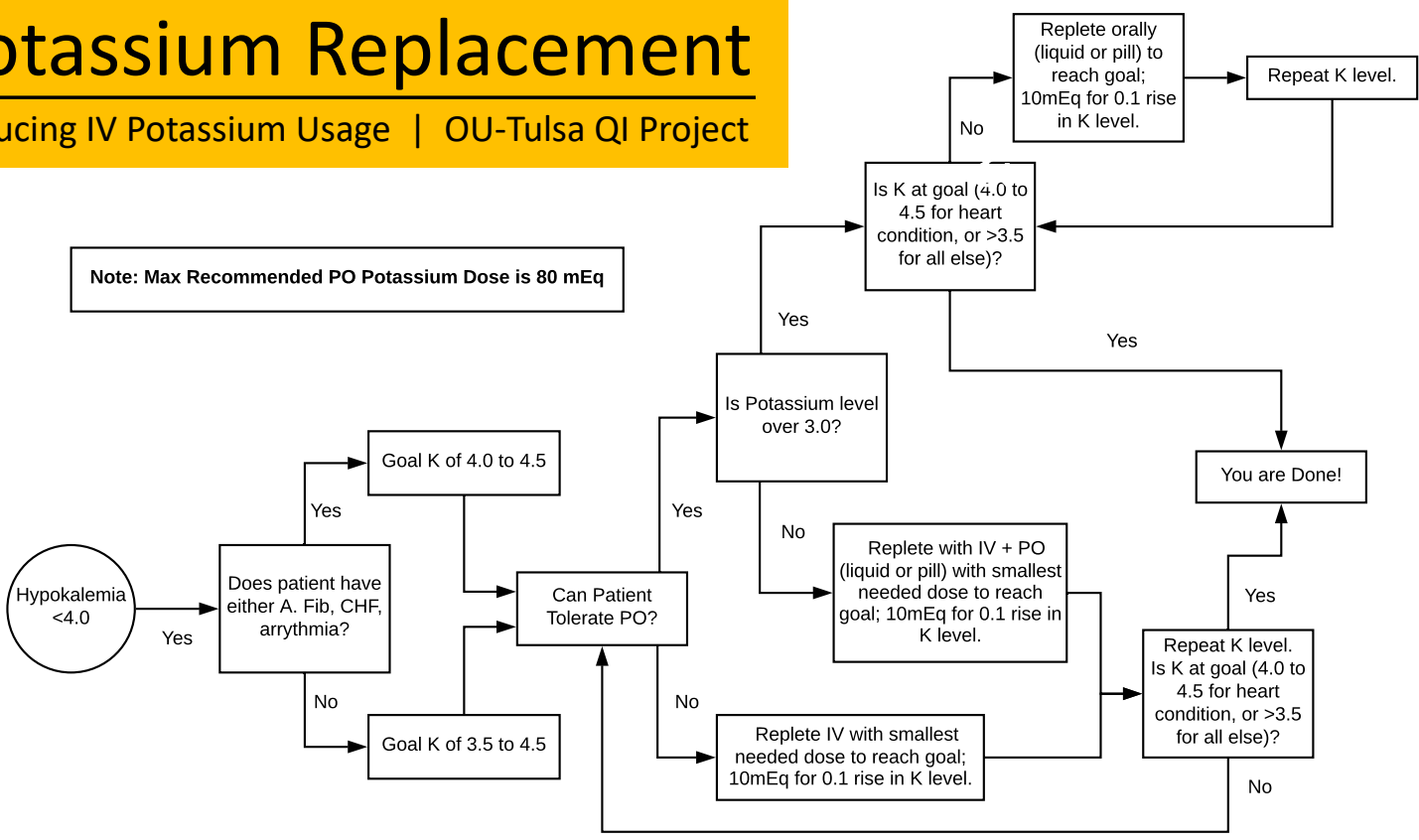
Jabraan S. Pasha, MD, FACP, RDMS

Inpatient Quality Improvement Projects

Potassium Replacement

Reducing IV Potassium Usage | OU-Tulsa QI Project

Note: Max Recommended PO Potassium Dose is 80 mEq



Acute pain protocol

Mild pain

No medication
 Acetaminophen up to 1 g q6hrs
 Ibuprofen 200-400mg q 6hrs
 Ketorolac 30mg x1 or q 6hrs (max daily dose 120mg)
 Tramadol 50mg q 4-6hrs
 + Adjuvant therapy

- Adjuvant therapies
- Gabapentin: 100-300mg tid for max daily dosing of 3.6g
 - Pregabalin 75mg-300mg q day
 - Baclofen: start at 5mg daily, increase to 5-10 mg tid
 - Cyclobenzaprine: 10mg tid
 - 5% lidocaine patch
 - Capsaicin cream
 - Duloxetine/venlafaxine
 - Ice packs/ heating pads

Moderate pain

Hydrocodone 5/7.5/10mg q 4-6hrs.
 → note total Tylenol dose
 Percocet (oxy/acet) 5/7.5/10mg q 4-6h → note total Tylenol dose
 Oxycodone if approaching >3 g
 Tylenol daily
 + Adjuvant therapy

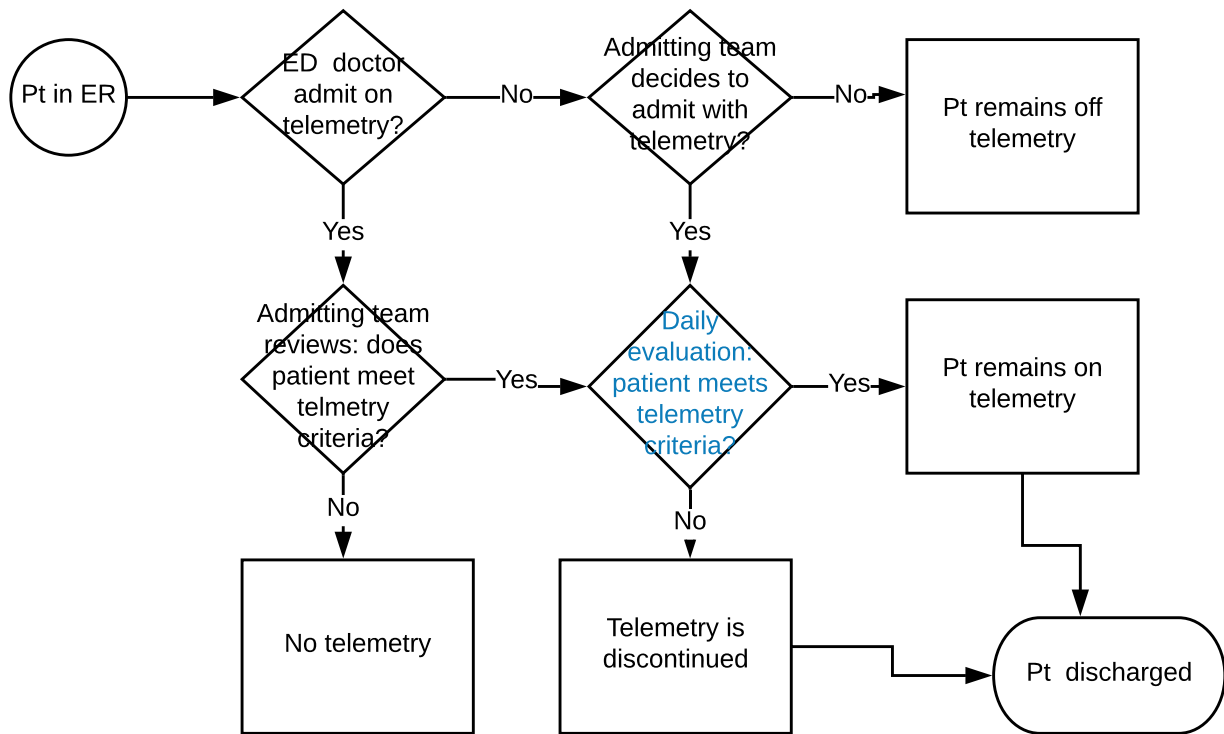
Severe pain

In addition to previous consider
 Fentanyl 12.5-25 mcg for breakthrough
 Morphine 2-4mg IV q4hrs
 Hydromorphone 2-4 mg po q4-6 hrs
 Hydromorphone 0.2-1mg IV q 2-3hrs
 + Adjuvant therapy

Please be sure to review side effects and contraindications of the medicines you prescribe

Inpatient Quality Improvement Projects

Telemetry Process Map



TELEMETRY USE GUIDELINES

CLASS I: INDICATED

- All MI's for 3 days
- Chest pain, r/o MI (24 hrs)
- 3 days post-CABG or cardiac surgery
- Post-arrest, Mobitz II, VT, unidentified supraventricular arrhythmias, or IVCD (interventricular conduction delay)
- Post-transcatheter interventions i.e. post TAVR for 3 days
- Drug overdose
- Post percutaneous transluminal coronary angioplasty
- UA until stable
- Induction of anti-arrhythmic drugs
- Post ablation
- Severe hypokalemia or hypomagnesemia
- Pt admitted for shocks from ICD

CLASS II: MAY BE INDICATED

- Pts at risk for cardiac arrest
- Hx of arrhythmias
- A fib pts on anti-arrhythmic drugs
- Hemodynamically significant tachy or brady atrial fibrillation
- Unexplained syncope
- Stable post cardiac surgery
- Pericarditis
- Post noncardiac thoracic surgery

CLASS III: NOT INDICATED

- Chronic/stable atrial fibrillation
- PVC/non-sustained VT
- Terminal patients

Duration of Cardiac Telemetry by Clinical Indication

24 Hours

- Chest pain, rule out MI
- Nonurgent percutaneous coronary interventions
- Implantation of an automatic defibrillator lead or a pacemaker lead
- Uncomplicated ablation of an arrhythmia
- Syncope of truly unknown origin
- Major surgery
- Other

48 Hours

- Acute MI
- CHF, acute and subacute
- Syncope with suspected arrhythmia
- Thoracic (noncardiac) surgery
- Stroke, acute
- Complex major surgery

Indefinite

- Cardiac surgery during this admission
- Use of a wearable personal automatic defibrillator (LifeVest; ZOLL Medical Corp)
- Complex cardiac disorders (eg, ventricular tachycardia storm)

Celebrating Chelsea's Birthday

PHOTOS OF THE MONTH



Shared by Residents

PHOTOS OF THE MONTH



CRITICAL VALUE DATES TO KNOW

- ❗ **FEBRUARY 8TH:** OU-Tulsa Research Forum Abstract Deadline
- ❗ **FEBRUARY 13TH:** Dr. Pasha's "Unlocking Implicit Bias," 12-1 PM, LC Room 136
- ❗ **FEBRUARY 14TH:** Valentine's Day
- ❗ **FEBRUARY 25TH:** ProudtoBeGIM Talks at Perkins Auditorium
- ❗ **FEBRUARY 27TH:** Bowling at Dust Bowl Lanes and Lounge
- ❗ **FEBRUARY 28TH:** The Gathering Place of ProudtoBeGIM Week
- ❗ **MARCH 4TH:** Notification of Abstract Acceptance to Forum
- ❗ **MARCH 15TH:** Medical Student Match Day!



UPCOMING BIRTHDAYS!

FEBRUARY 5TH: Chelsea Therrien
FEBRUARY 5TH: Ryan Yarnall
MARCH 6TH: JJ Price
MARCH 8TH: Kevin McGinn
MARCH 12TH: Taylor Jenkins
MARCH 17TH: Kacey McConnell
MARCH 19TH: Jessica Brown
MARCH 23RD: Anu Singh
MARCH 30TH: Chris Fisher

