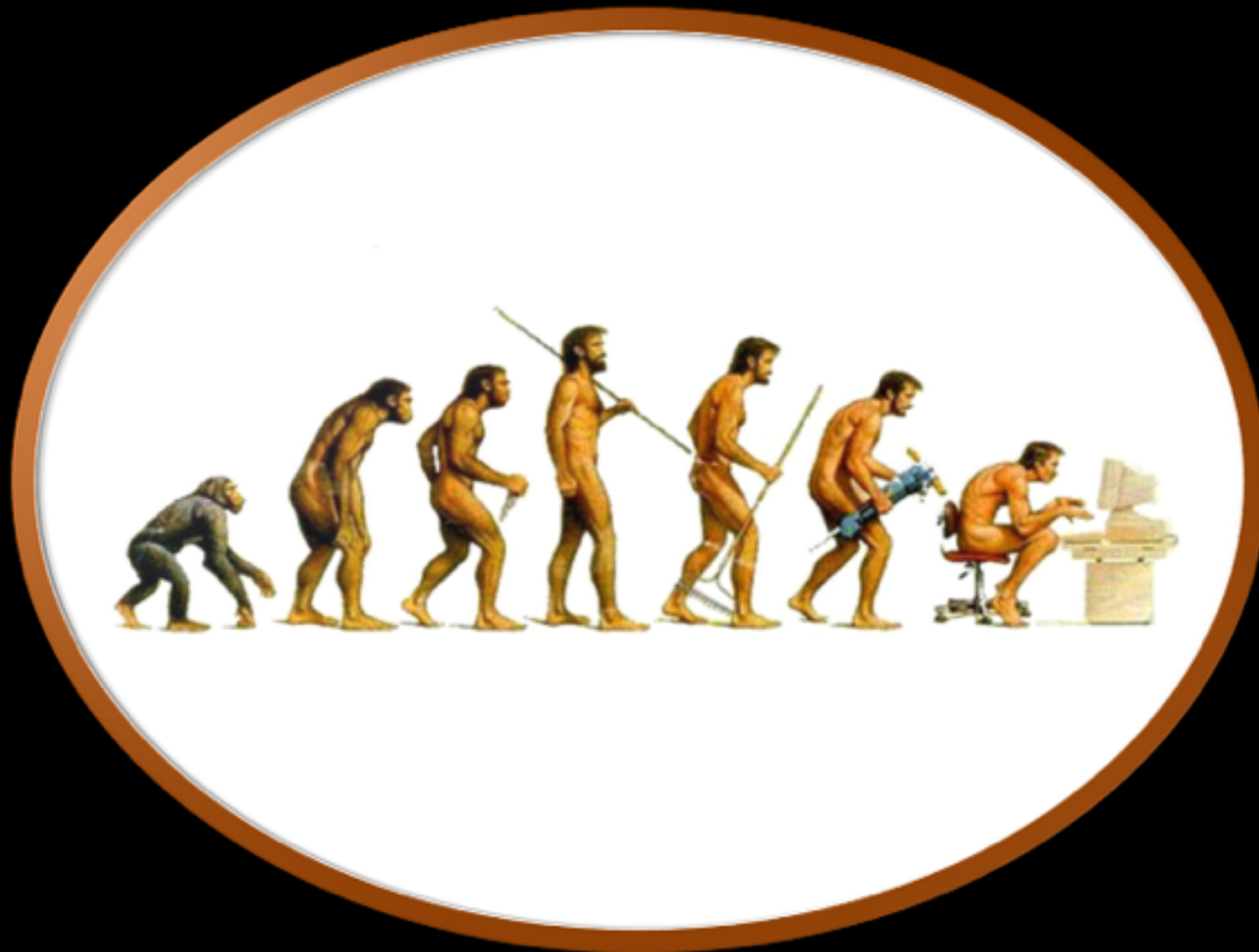


Moving On...

A Six Step Guide to Academic Independence



David Marcus, MD - @EMIMDoc
Chief Resident, LIJ Emergency/Internal Medicine

NSLIJ Emergency Medicine - March 19, 2014

A Wise Man Once Said:

*"If you want to know how we practiced medicine 5 years ago,
read a textbook.*

*If you want to know how we practiced medicine 2 years ago,
read a journal.*

*If you want to know how we practice medicine now,
go to a conference.*

*If you want to know how we will practice medicine in the future,
listen in the hallways and use **FOAM**."*

- Prof. Joe Lex

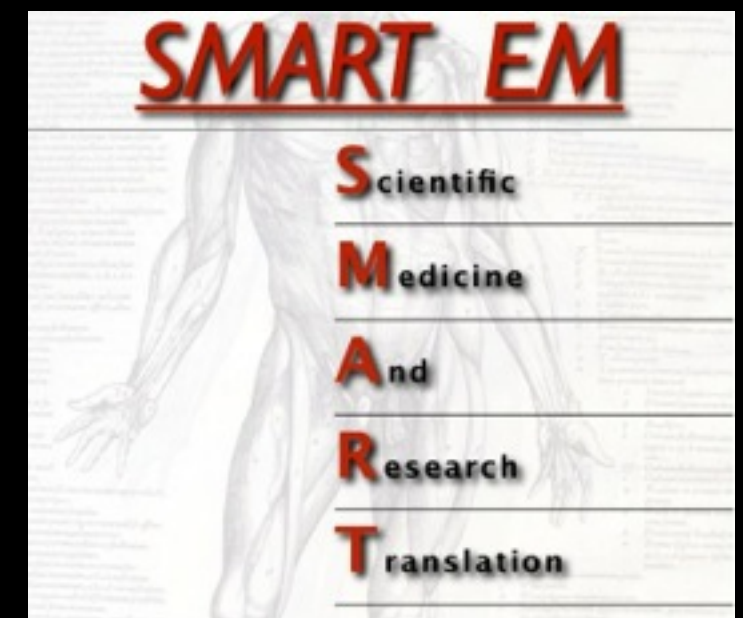
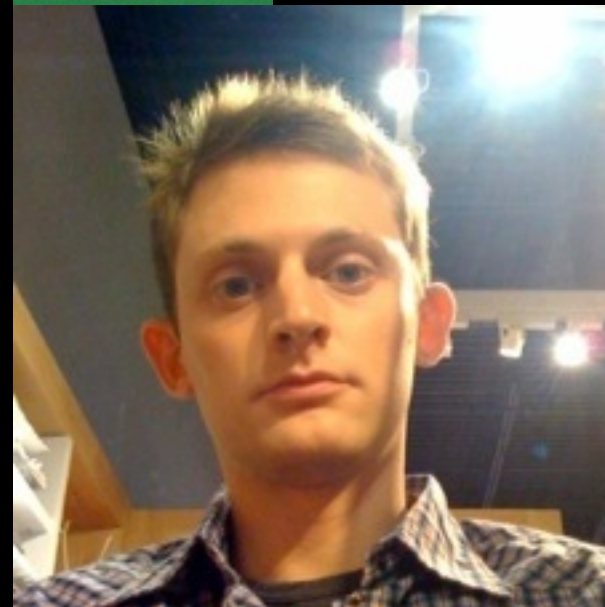
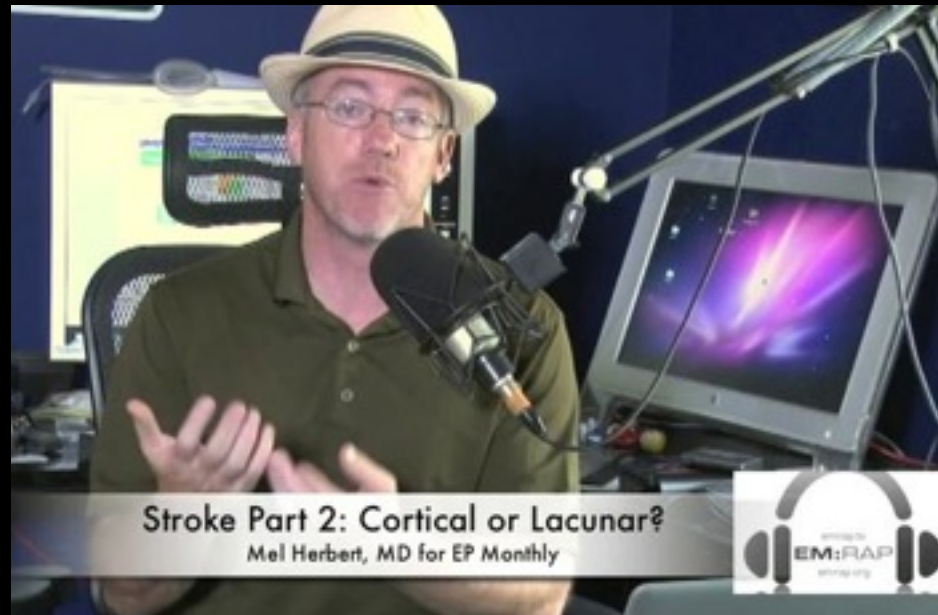


FOAM, You Say?

Free, Open Access Medical
Education

So Who's At the Party?

Some Folks You Might Already Know





And a Few New Friends:

But I Have Enough Friends

Sure, but with FOAM:

- Keep up with cutting edge EM/CC
- Remote conference participation
- Converse directly with thought leaders...
- Learn and retain more through [Spaced Repetition](#)
- Stay up to date on new resources and tools
- Get a quick consult, feedback on your own ideas, network, professional opportunities, etc...
- Do it all on your own schedule

Stuff I've Learned

NODESAT

Perimortem C-Section

Delayed Sequence Intubation

Bath Salts

Tox Reviews

Advanced AW Management

ECG Reviews

Critical Procedures in EM





On Board Yet?

0

0

40

0

email

print

Critical Care

Sepsis: Advances in Usual Care Survival

Published: Mar 18, 2014 | Updated: Mar 18, 2014

By [Elbert Chu](#)

Reviewed by [F. Perry Wilson, MD, MSCE](#); Instructor of Medicine, Perelman School of Medicine at the University of Pennsylvania and Dorothy C. Morabito, MA, BSN, RN, Nurse Planner

St.Emlyn's

ARTICLES ABOUT

Is Early Goal Directed Therapy dead? St

March 18, 2014 by [Simon Carley](#) – [Leave a Comment](#)

GOOGLE

FACEBOOK 13

TWITTER 41

LINKEDIN 6

A Randomized Trial of Protocol-Based Care for Shock

The ProCESS Investigators

March 18, 2014 | DOI: 10.1056/NEJMoa1401602

Gosh, hardly a day goes by in the world of FOAMed without another tweet alerting me to the wonders of research. Today is no exception and despite being here at SMACCGold, needing to go for a run, finish my talks for tomorrow, get to the bar and see friends this cannot be missed.

Now I am sure that you have invested in early goal directed therapy for sepsis. In systems, education, equipment, protocols and most importantly intellectually you have invested heavily in the requirements of EGDT following the River's study in 2001. [You should read it again now on this link EGDT.](#)



Today by [Elbert Chu](#). Also covered by [Nick Johnson](#), [Salim Rezaie](#), [Simon Carley](#), and ProCESS author [Don Yealy](#).

It turns out that we're getting pretty good at this. [ProCESS](#) is a 3-arm RCT comparing [EGDT classic](#), protocolized "standard care," and usual care, and it showed essentially equal outcomes. The main difference from earlier EGDT studies is that they started collecting in 2008.

I think the [main lesson](#) from ProCESS will be that we all took the lessons of the original Rivers study (and the great follow up studies, like the [2010 Jones](#) trial they mention) to heart: we now aggressively look for severe and occult sepsis, and work hard to resuscitate septic patients. Standard therapy before 2001 was not very aggressive, i.e. hang a liter or 2 of fluid and some ceftriaxone, then forget about the patient in the corner.

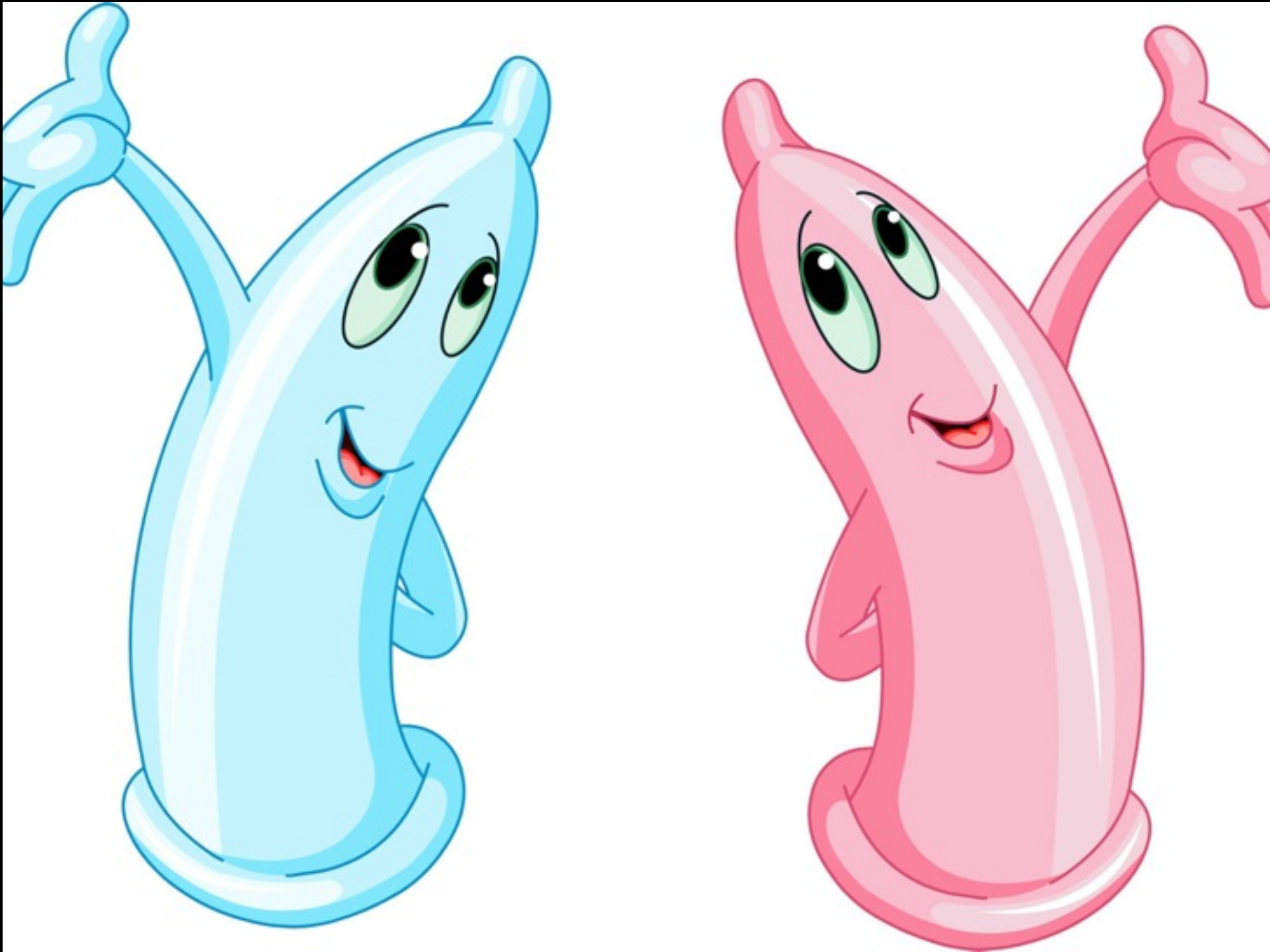
The main lessons of Rivers were that we should look hard for

[JC: should we have the time or acetylcysteine infusions for Paracetamol OD? St.Emlyn's](#)

g+ twitter in rss f

FOLLOW US!

The Five Steps to Academic Independence



First, A Word About Protection

Rules of Engagement

Caveat Emptor

Anonymity is dead

Nothing is deleteable

Everything is discoverable

Treat people with respect

Maintain professional standards

Do not violate your local policies and laws

You and your digital persona are inseparable



Step #1: Join Twitter

- Register at [Twitter.com](https://twitter.com)
- To get the most out of Twitter, install the App on your mobile devices. Set up notifications via Settings
- Follow users and hashtags (#)
- You DO NOT have to contribute
- It is OK to watch
- Check the feed when you can and follow links or conversations that appeal to you



Some Accounts to Follow

@emcrit

@precordialthump

@criticalcarenow

@mdaware

@pharmertoxguy

@embasic

@boringem

@m_lin

@emlitofnote

@lwestafer

@amalmattu

@eleytherius

@I_C_N

@broomedocs

@KangarooBeach

@poisonreview

@srrezaie

Various medical societies

NY EM Residencies on Twitter

@BethIsraelEMed

@LIJ_EM

@KingsofCounty

@JacobiEM

@LincolnEM

@Maimonides_EM

@SinaiEM

@StonyBrookEM

@SLREM

For a list of all residencies on Twitter, see: <http://academiclifeinem.com/em-im-residency-on-twitter/>



Some Locals

@ERcowboy

@TSlesinger

@FarinG

@CirilliAng

@DenaAReiter

@Davis_Freddy

@Amatote

@EMDexUS

@EMIMDoc

@ToxRunner

Hashtags -

Unify conversations on Twitter

Many already established, new ones come up often

Used to identify conferences (#SMACCGold, #ALLnycEM6).

Your starting tags:

[#FOAMed](#) , [#EMTOT](#), [#EMconf](#)

Follow them all on one site:

FOAM Conference Feeds!

Dedicated to Twitter feeds from any and all Emergency Medicine and Critical Care conferences around the world!

[Home](#) | [#EMConf](#) | [Live Conferences](#) | [#EMTOT](#) | [#FOAMed](#) | [#FOAMcc](#) | [#FOAMped](#) | [#IMconf](#) | [#FOAMtox](#)

Saturday, July 27, 2013

Welcome!

Welcome to FOAMfeeds!

Explore tabs at the top to view feeds from leading Emergency Medicine and Critical Care hashtags, including coverage from live conferences. The Twitter widgets are all interactive and you can favorite, retweet or access Twitter directly from here.

NEW! Toxicology Feed from #FOAMtox

And also:

LIVE Conferences!

NEXT:

ACEP Teaching Fellowship - Part II (#ACEPTE14)

Blog Archive

▼ **2013** (1)
▼ **July** (1)
Welcome!

About Me

 **David
Marcus**

 Follow 5

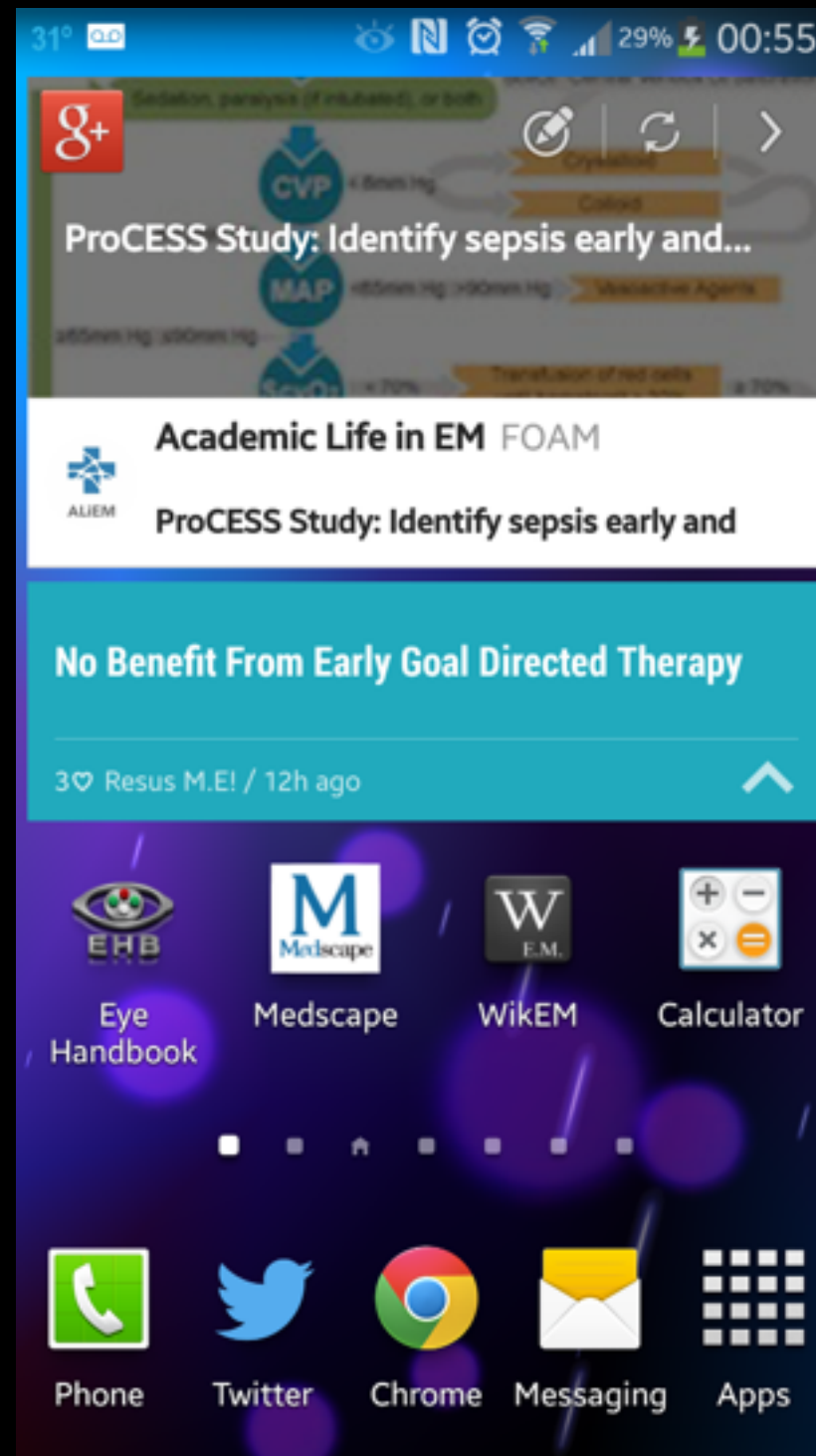
[View my complete
profile](#)

Step #2: Join a G+ Community





Step #3: Read Blogs





Step #3: Read Blogs

Independently published, freely accessible,
medical education.

Your first stops:

[Academic Life in Emergency Medicine](#)

[Life in the Fast Lane](#)

Some More Excellent Sites

Emcrit

EM Lyceum (journal club)

The Poison Review

Dr. Smith's ECG Blog
(Advanced)

PulmCCMCentral

ResusME

R.E.B.E.L. EM

SonoSpot

BoringEM

BoringEM

The Short Coat (**Students!**)

EMS12Lead (Basic+Advanced)

TheNNT

EM Lit of Note

MDAware

BroomeDocs

UnderneathEM

Prehospitalmed.com



And many, many more...

Step #4: Podcasts/Vodcasts

Audio/video recordings

Some are pay-protected

Found on iTunes or via their own sites

Some are downloadable, all can be streamed

Several offer free access via EM organizations

Step #4: Podcasts/Vodcasts

Some examples:

FreeEmergencyTalks.net (>1000 talks curated by Joe Lex et al)

Ultrasound Podcast (Mike Mallon, Mike Stone, Matt Dawson)

iTeachEM.net (Rob Rogers et al)

SmartEM.org (David Newman/Ashley Shreves)

Step #5: Join GMEP.org

The Global Medical Education Project

Free, community driven EM/CC learning

User & Admin submitted question banks

Image collections and other downloadable materials

See how you stack up against others

Lovechild of Facebook, PEERVII, LinkedIn



Step #6: Keep It All Straight

Use your apps, and...

FOAMem.com

Continuously updated listing of all FOAM blog posts (RSS Feed)

FOAMSearch.net

Unified search portal for all FOAM resources (previously EMGoogle.com)

SEARCH

thoracentesis



Web

Image

All results

EM/Critical Care

Ultrasound

PHARM

Rural/GP/FM

Anaesthesia

Journals

About 86,300 results (0.52 seconds)

Sort by: **Relevance**

powered by Custom Search

[Thoracentesis](#)

www.sonoguide.com/thoracentesis.html



Rajesh Geria, M.D., RDMS. III. **Thoracentesis**. I. Introduction and Indications One of the many etiologies of dyspnea in the emergency department is a pleural ...
Labeled [Ultrasound](#)

[Annals of Internal Medicine | Diagnostic Thoracentesis and Pleural ...](#)

annals.org/article.aspx?articleid=700083

HEALTH AND PUBLIC POLICY COMMITTEE*; Diagnostic **Thoracentesis** and Pleural Biopsy in Pleural Effusions. Annals of Internal Medicine. 1985 Nov ...
Labeled [Journals](#)

[Thoracentesis](#)

www.clinicalmonster.com/clinical/procedures/thoracentesis.php

Positioning: Place the patient in a sitting position, leaning forward with arms on a bedside table. The size of the effusion should be estimated by ultrasound if ...

FOAMSearch.net

Essential Apps

Aggregators: Pulse, Feedly, Flipboard

New posts appear automatically; no need to go through multiple websites.

After installing app, search for and save all your favorite blogs.

View online or on any mobile platform



The Six Step Plan

1. Twitter
2. G+ Communities
3. Blogs
4. Podcasts
5. GMEP
6. Keeping it all straight

1. FOAMEM.com
2. FOAMSearch.net
3. FOAMfeeds.com
4. Apps: Pulse, Feedly, Flipboard

Learn, Interact

Practice

Stay Organized

Just Do It



It's good for you.

[@EMIMDoc](#) / [EMIMDoc.org](#)