

# Rural Healthcare Quality Network

A Clinical Forum Newsletter

Rural Healthcare *Quality* Network

## Medical Literature Review

### Infectious Disease

*Question:* In women with frequent recurrences of lower UTI should daily prophylaxis be considered?

*Answer:* Yes. Risk of recurrences can be reduced by 95% by the once daily use of TMP-SMZ or other commonly used medications for the treatment of cystitis.

*Source:* Obstet.-Gynecol 2008; 111:785-794.

### Family Practice/Internal Medicine

*Question:* Does cardiac rate control alone for patients with AF and heart failure have similar mortality benefit as those AF patients whose rhythm is converted to normal sinus?

*Answer:* Yes. No increase in cardiovascular death, stroke rate or worsening heart failure was seen in those patients in whom rate control alone was accomplished.

*Source:* NEJM 2008. June 19; 358:2667.

### Medication Management

*Question:* First line treatment for trigeminal neuralgia (TN) is what medication?

*Answer:* Tegretol (carbamazepine). MRI should be ordered for new onset TN as up to 15% of patients will have a structural cause, such as a tumor.

*Source:* Neurology. October 2008 (In press).

### Urgent/Emergent Care

*Question:* What is the impact of automotive airbags on morbidity and mortality?



*Answer:* With the exception of extremity injuries, air bag use was associated with a reduction of all other injury types. In-hospital mortality was reduced by 50% in patients protected by both airbags and seatbelts.

*Source:* J. Am. Coll Surg, 2008; 206:962-69.

### Nursing Focused Care

*Question:* Is tap water as effective as normal saline in cleansing acute wounds?

*Answer:* Yes. There is no evidence that tap water cleansing of acute wounds results in increased infection rates.

*Source:* Cochrane Database Syst. Rev. 2008.

### Risk Management:

*Question:* Is non-contrast CT and lumbar puncture essentially 100% sensitive in ruling out subarachnoid hemorrhage?

*Answer:* Yes. Recall that CT alone is not 100% sensitive for identifying SAH.

*Source:* Ann. Emerg. Med 2008; 51:707-713.

## Practice Pearl:

*Question:* Indomethacin, other NSAIDs and colchicine are frequently used agents to treat acute gouty arthritis. What is the role of oral steroids?

*Answer:* A 5-day course of oral prednisone (30mg/day) was as effective as indomethacin with a 50% reduction of nausea, indigestion and epigastric pain. Additional analgesic medication is recommended initially for pain relief as well.

*Source:* Ann. Emerg. Med, 2007, 49:670-77.