

Medical Literature Review



Infectious Disease

Question: What % of individuals who experience postherpetic neuralgia can expect to recover within 3 months?

Answer: Approximately 80% of patients who develop postherpetic neuralgia can expect to fully recover in this short time frame.

Source: Mayo Clinic Online, *Postherpetic Neuralgia*, December 9, 2009.

Source: EMedHome, *Transfusion Medicine*, 2005.

Family Practice/Internal Medicine

Question: Which drugs are not recommended for out-of-hospital cardioversion of AF??

Answer: The American College of Cardiology has recommended that the following medications are not useful or may be harmful for the outpatient cardioversion of AF: digoxin, sotalol, quinidine, and procainamide.

Source: ACC/AHA/ESC Guidelines, 2006.

Nursing Focused Care

Question: What are the two most important clinical clues as to whether an infant is “sick” or “well?”

Answer: Parent reported or ED observed changes in usual general behavior or feeding.

Source: American College of Emergency Physicians, *Foresight*, Issue 49, September 2000.

Medication Management

Question: PPIs offer excellent control of the symptoms associated with GERD. How long should they be continued?

Answer: Patients who have documented esophagitis should be on lifetime therapy at the lowest effective dose that controls symptoms.

Source: Position Statement: American Gastroenterological Association, 2008.

Risk Management

Question: Why may vital signs be misleading in elderly trauma patients who have sustained blood loss?

Answer: Systolic blood pressure generally increases with age. Thus, a systolic blood pressure of 120 may represent hypotension. In addition, elderly patients may not physiologically generate significant increase in heart rate or they may be taking beta blockers.

Source: Geriatric Trauma Guidelines, Washington State DOH, 2007.

Urgent/Emergent Care

Question: What is the approximate increase in a patient’s platelet count after administration of 5 units of random donor platelets?

Answer: Approximately 50,000.

Practice Pearl

Question: Dutasteride (Avodart), a 5 α -reductase inhibitor that blocks the conversion of testosterone to dihydrotestosterone, may reduce the risk of prostate cancer. True or False?

Answer: True. In the 4 year REDUCE Study Group, there was a relative risk reduction of 23%. However, those men in the dutasteride group, all of whom were at increased risk for prostate cancer, had an increased risk of higher Gleason scores than the placebo group at the time of diagnosis. This was also found in the Prostate Cancer Prevention Trial. Acute urinary retention due to BPH, was markedly reduced in the dutasteride group. Consultation with urology is recommended to identify appropriate patients for this therapy.