

## Medical Literature Review



RURAL HEALTHCARE QUALITY NETWORK

Quality Matters...

### Infectious Disease

**Question:** What are the most common organisms responsible for FBDOs (foodborne disease outbreaks) in the US?

**Answer:** Viruses are responsible for 2/3 of FBDOs, with the norovirus most common. The most frequent bacterial cause is Salmonella (52%). Of all FBDOs (27,634 in this study), only 11 deaths were reported (6, E.coli 0157:H7).

**Source:** *MMWR*, 2009;58:609-615.

### Family Practice/Internal Medicine

**Question:** What does a BNP of >400 indicate in the evaluation of the patient with shortness of breath?

**Answer:** A level of >400 suggests that HF is a contributor to the patient's symptoms with a specificity of >90%. However, knowledge of the patient's baseline BNP is necessary, as it may be chronically elevated and thus may not be indicative of an acute hemodynamic change.

**Source:** *J. Heart Failure*, 2008;10:824-839.

### Medication Management

**Question:** Is acetaminophen an unrecognized cause of excessive anticoagulation with warfarin?

**Answer:** Yes. Many clinicians believe that acetaminophen is "safe" for patients taking coumadin. Doses of 2 grams per week (4, 500 mg tabs) may significantly elevate INR.

**Source:** *Chest*, 2008;133(6 Suppl):1605-1985.

### Urgent/Emergent Care

**Question:** Is a urinalysis a reliable indicator of UTI in febrile infants <2 years?

**Answer:** No. The sensitivity of the UA in predicting a positive urine culture is only 64%.

**Sources:** *Am. J. Emerg Med*, 2009;27:930-932 and *Arch Pediatr Adolesc Med*, 2001;155(1):60-65.

### Nursing Focused Care

**Question:** What % of patients with appendicitis have the classic presentation of periumbilical pain, followed by nausea and vomiting, with migration then of the pain to the RLQ?

**Answer:** Unfortunately, only half of patients with acute appendicitis follow this clinical presentation. The diagnosis of acute appendicitis may be difficult!

**Source:** *Annals Emerg Medicine*, 2010;55:51-59.

### Risk Management

**Question:** What periarticular soft tissue injury of the knee is overlooked in as many as 50% of patients at their initial presentation?

**Answer:** Quadriceps tendon rupture. On inspection, the suprapatellar defect may be filled with blood. Obesity may also mask the injury.

**Source:** *Journal Amer Acad Ortho Surgeons*, 2003;11(3):192-200.

## Practice Pearl

**Question:** Do antiviral medications improve recovery in patients with Bell's palsy?

**Answer:** Bell's palsy is a common clinical entity involving 1 in 60 people in their lifetime. 30% of these individuals will have delayed recovery or persistent facial nerve dysfunction. Although reactivation of dormant HSV has been suggested as an etiologic agent, there is no current evidence that antivirals improve recovery.

**Source:** *Systematic review, Cochrane Database*, 2009; Issue 4:CD001869.