

Medical Literature Review

Infectious Disease

Question: Nationwide, what % of health care personnel receive influenza vaccination?

Answer: During the 2009 - 2010 influenza season only 63% of HCP (Healthcare personnel) were immunized. However, in facilities where vaccination was required, 98% were vaccinated.

Source: MMWR 2011; 60: 1073, - 1077.

Family Practice/Internal Medicine

Question: Adult herpes zoster vaccination is now approved for non-immunocompromised individuals over what age?

Answer: 50. Previous recommendation was for individuals over 60 yrs. (ACIP)

Source: Mayo Clinic Proceedings. Dec, 2011.

Medication Management

Question: What medication is an effective agent for prophylaxis for acute mountain sickness?

Answer: Acetazolamide (250 mg BID) is effective for the prevention of altitude sickness. Sumatriptan and gabapentin deserve additional study.

Source: Annals Emergency Med. Dec, 2011. Also see Wikipedia, Acetazolamide.

Urgent/Emergent Care

Question: What is the most common bacterial cause of necrotizing fasciitis? What is the mainstay of therapy?



Answer: Group A streptococcus. Surgical debridement, ASAP, is the most important intervention.

Source: Pediatric Emergency Care. Dec. 2011.

Nursing Focused Care

Question: Irritable bowel syndrome is a diagnosis of exclusion. When more serious problems, such as inflammatory bowel disease or cancer have been excluded, this common troublesome syndrome is often then identified as a functional problem. What does "functional" mean?

Answer: No known physical cause can be identified.

Source: JAMA. Oct. 5, 2011. pg. 1501.

Risk Management:

Question: What bedside diagnostic test can readily confirm the clinical diagnosis of quadriceps tendon rupture?

Answer: Ultrasound. This clinical diagnosis may be overlooked in obese patients and/or patients with blood accumulation above the patella. Plain xray films have only a 33% sensitivity.

Source: Pediatrics. J. Am Acad Ortho Surgeons, 2003; 11(3) : 192-200.

Practice Pearl:

Question: Controversy has existed as to how best to manage hypertension in individuals with ischemic stroke. What are the current guidelines issued by the AHA?

Answer: Aggressive BP reduction with ischemic stroke is associated with poor outcomes. Systolic blood pressure drops below 150 mmHg significantly increase risk of death. Current guidelines recommend slow reduction of systolic pressure if the BP is greater than 220/120. A goal of 15-20% reduction in the first 24 hrs is suggested. A current tendency is to lower BP that should not be treated and/or too aggressive/rapid reduction of hypertension.

Source: Stroke Oct. 27, 2011.