

Got Apps?



- How many of you have a smartphone?
- How often do you use it in clinic? Wards?
- Which apps do you use the most?



Evidence Based Medicine at the Point of Care: Maurer's Mobile POEMS

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Disclosures



The views expressed are those of the author(s) and do not reflect the official policy of the Department of the Army, the Department of Defense or the U.S. Government.

Dr Maurer Off-Duty Employment: iMedicalApps Associate Editor



Objectives



- Distinguished between DOEs / POEMs
- Learned the best sources of POEMs
- Solved problems using your Smart Device
- Improved the utility of your Smart Device



Take Home Points



- We suffer from TMI
- Use POEMS at the POC
- UpToDate, Dynamed Plus, and EE+ rock!
- Yes, there IS an app for that!



Information Anxiety



- Too much information
- “Ping-pong” between sources
- “My last case...In my experience...”
- How do we find the “truth”?



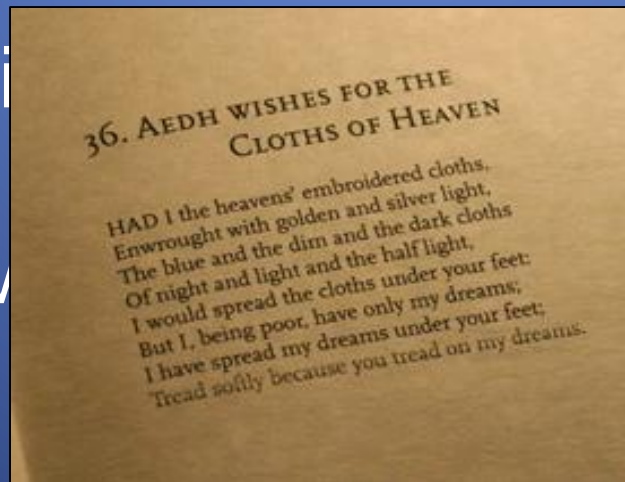


DOE versus POEM

- Disease-Oriented
- Etiology, pathophysiology, pharmacology
- Intermediate
- *"Click bait on the internet"*



- Patient-Oriented
- Morbidity, mortality, quality of life
- The "so-what" of medicine *that Matters*
- *life*

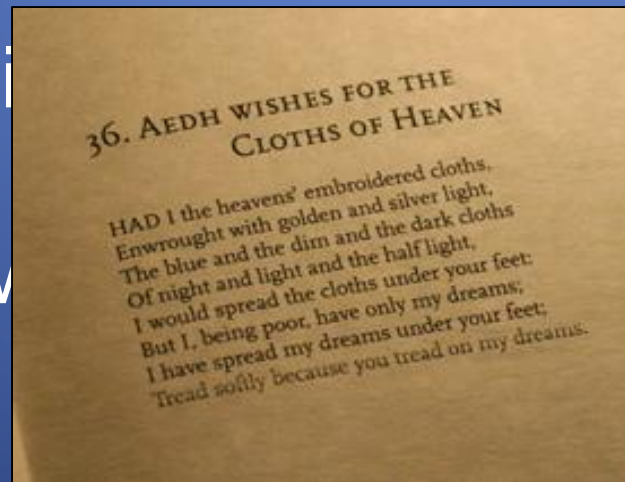


DOE versus POEM



- Disease-Oriented Evidence
 - Etiology, pathophysiology, pharmacology
 - Intermediate outcomes
 - *“Click bait on the Huff-po”*

- Patient-Oriented Evidence *that Matters*
 - Morbidity, *life*
 - The “so-w



DOE versus POEM



- Disease-Oriented Evidence
 - Etiology, pathophysiology, pharmacology
 - Intermediate outcomes
 - *“Click bait on the Huff-po”*
- Patient-Oriented Evidence *that Matters*
 - Morbidity, mortality, quality of life
 - The “so-what” questions



Dr Maurer's POEM Finder



- UpToDate
- Dynamed Plus
- EE+
- Medscape
- AFP by Topic
- PubMed4Hh
- AHRQ ePSS
- Prescriber's Letter
- MDCalc or Qx Calculate
- Dr Steinberg, Dr Brancel
- Epocrates or Lexicomp
- Hopkins or Sanford Guide
- ASCVD, Aspirin Guide
- Pedi QuikCalc, PediSTAT
- OB Wheel, GBS, Preg A-Z
- HEART Pathway, SI Sepsis



Case 1

- An 85 y/o male with Type II diabetes, hypertension, and hyperlipidemia has an A1c of 8, and a blood pressure of 145/90.
 - What is his goal A1C?
 - What is his goal blood pressure?
 - He is on a statin. Should he be?

5 minutes

Where Would I Go?



UpToDate
OR
Dynamed
+/-



ASCVD, ADA, AgileMD, ePSS





Case 2

- A 65 y/o male presents with CAP, PMHx of Afib, CHF, Tmax 101.5, RR 35, HR 130, and BUN 35.
 - Should the patient be hospitalized?
 - What antibiotics to use?
 - What about drug interactions with warfarin?
 - What immunizations should he receive?

5 minutes

Where Would I Go?



UpToDate, Dynamed, EE+
OR



Pneumonia, Qx Calculate
AND/OR



Hopkins Abx Guide, Sanford Guide
AND/OR



Epocrates, Lexicomp
AND
SHOTS



Case 3



- An 55 y/o AA male with Type II diabetes, hypertension, and hyperlipidemia has an A1c of 7, and a blood pressure of 145/90. No history of GI bleeding. Non-smoker.
 - Should this patient be on aspirin? NNT? NNH?
 - What if the patient has a history of PVD?
 - What if they had a history of PUD?
 - What if he were a she? 75 years old?

5 minutes

Where Would I Go?



Aspirin Guide



OR

ePSS





Case 5

- A 30 y/o G2P101 at 38 wks gestation presents in active labor. NO GBS testing was performed. Membranes ruptured at home approx 8 hours ago and baby delivers precipitously....
 - Did this patient require GBS prophylaxis?
 - What work-up does the infant require?
 - What if the newborn is ill appearing/febrile?

5 minutes

Where Would I Go?



UpToDate



OR

Dynamed



OR

Prevent GBS





Case 8

- A 28 y/o AD USA, “fast-burner” FM doc is having performance problems after being “fired by a difficult patient.” He’s quick to anger, coming in late...
 - Should you get involved?
 - How bad is bad?
 - What next?

5 minutes

Where Would I Go?



PROVIDER RESILIENCE



We need to look out for each other.
We're all doctors and patients.



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- Prescriber's Letter
- MDCalc or Qx Calculate
- Dr Steinberg, Dr Brancel
- Epocrates or Lexicomp
- Hopkins, Sanford Guide, IDC
- ASCVD, Aspirin Guide
- PediQuikCalc, PediSTAT, Shots
- OB Wheel, GBS, Preg A-Z
- HEART Pathway, SI Sepsis

Best of the Rest



- Medical Letter
- RxFiles
- QxRead
- STAT!Ref
- ClinicalKey
- Journal Club
- CASP
- Anticoag Eval
- VisualDx
- ASCCP
- T2 Apps
- AACE Diabetes
- Endo Companion
- AAP NRP
- Kids Doc
- Postpartum Hemorrhage
- Ilithyia
- AGS GEMS
- Psych on Demand
- COPD Pocket Consultant
- ESCAVO Sepsis
- ACC apps

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