



The Monitor

WSU Internal Medicine Resident Newsletter

April 2006

Volume 7, Number 4

Quote of the Month

"Wit is educated insolence."

Aristotle

Trivia question

What is the Epley procedure?

Medical History Quote

"Start at once a bedside library and spend the last half hour of the day in communion with the saints of humanity."

Sir William Osler, 1903

Case of the Month

(Condensed from the Feb. 2nd NEJM, Clinical Problem-Solving case by A. Schmitt et al):

A 46 year old Mexican immigrant, with last travel to Mexico 3 years ago, presented with vomiting, weight loss and jaundice. Hx. of livestock work in Mexico, no alcohol or medications. On exam was afebrile, had jaundice, no lymphadenopathy, mild epigastric tenderness, no hepatomegaly. No signs of chronic liver disease, + melena. Labs showed leukopenia, normocytic anemia, albumin 2.7, elevated alk phos and LDH, normal AST, ALT, bilirubin 12 with direct 7, INR 3.4. CT showed a nodule at the right lung base and lymphadenopathy in the upper abdomen and retroperitoneum. He was treated empirically for brucellosis without improvement. Bone marrow biopsy was normal. ERCP showed thin intrahepatic ducts, decreased number of ducts in the left hepatic lobe. Liver biopsy showed marked cholestasis and no interlobular ducts.

What disorder is characterized by these findings on ERCP and liver biopsy?

Quality Pointer

By: Dr. Karen Kirkham

"You can't manage what you don't measure!" -Brent James, MD, PhD

How many times have you been pleasantly (or unpleasantly) surprised by the audit data on your clinic patients? That is one of the reasons we consistently gather data and discuss it with you....if actual data isn't available, it's only a guess how any person, clinic or healthcare system is actually performing. In order to manage a system to improve it, you have to know how it is truly performing. So, no matter how tedious the audit, it serves a very meaningful role in the care of your patients. Your continued efforts during audits are saluted!!

Many residents with a "thank you" or words of praise last month:

Joe See (chief resident MVH) thanks Sivakrishna Bhandaru who took call for an ill intern at MVH until the float resident arrived. He wasn't on backup, but the back-up resident was in clinic and couldn't cover until after clinic had finished. He also thanks Sasa Milovanovic, Sridevi Chaganti, Carrie Courtney-Shapiro, Annu Pullarkat, Cecilia Simon, Mohammed Shaik, Ryan, Simon, and Nihar Patel for helping out with coverage during the SAFP meeting. "There were a lot of patients to be cared for and everyone did a wonderful job helping out. I'm proud of all of you." [Thank you to ALL residents who took on additional responsibilities during the week of the SAFP meeting – it means a lot to have residents willing to provide coverage so other residents can participate in regional and national meetings.]

Dr. Gurjeet Kahlon thanks Aparna Inaparthi (chief resident VAMC) who took time out to teach the third year medical students at the VA when Dr Kahlon was away.

The nursing staff at VAMC praised Erica Taylor for showing concern and compassion for ALL patients; taking time to listen to patients and staff.

A patient's family at VAMC thanked Carter Co in writing: "He was wonderful to explain and go out of his way to be sure we understood everything regarding my Dad and his care."

Publications

Congratulations to Puja Khanna for the following publications:

MacLean CH, Newberry SJ, Mojica WA, Khanna P, et al, "Effects of Omega-3 Fatty Acids on Cancer Risk", JAMA. 2006;295;403-415.

Khanna D, Khanna P, Furst D, "COX-2 controversy: where are we and where do we go from here?", Inflammopharmacology, 13(4)395-402, Nov. 21, 2005.

Answer to case:

Vanishing bile duct syndrome associated with Hodgkin's disease. This disorder may be reversible with chemotherapy (unlike other causes of vanishing bile-duct syndrome).

Babies



Jonathan (PGY-2) and Stacey Ricker welcomed their son, Keaton Michael, into the world on 3/12/06.

Jigna Thakore (PGY-5 GI fellow) and Greg Haack (faculty WPMC) added a son, Rohan Gregory, to their family on 3/19/06.

Roberto (Associate Program Director, WPMC) and Vicki Colon are the proud parents of a son, Ryan James, born 3/26/06.

Procedural Skills – getting it done!

Kanan Sharma leads the PGY-1 class in procedure credentialing. When asked how she did it, she replied “I did most of my central lines during my VAMC CCM rotation with my senior who was already signed off. I am also motivated to get signed off on most procedures before my senior year. I specifically asked my attendings during ICU rotation at GSH to assist me with the procedures.”

NEJM Free e-bulletin

The New England Journal of Medicine has announced free access to a weekly publication “Resident e-bulletin”, with teaching points, clinical pearls and questions from the latest articles in NEJM. Any resident or student may sign up at www.nejm.org.

Answer to trivia question:

The Epley procedure is one of the canalith repositioning maneuvers used to treat benign paroxysmal positional vertigo. Patient's suffering from this disorder can be taught to perform the sequence of positions at home, starting with the sitting position in bed, then quickly supine on a pillow with head turned to the affected side, 30 seconds later head turned the other way, 30 seconds later turn the whole body in that same direction and sit up on the side of the bed. Patients repeat the maneuver three times daily until symptoms have resolved for 24 hours. In published studies of home treatment, success rates are as high as 95%.

April Birthdays



Joseph See	Chief	4/03
Sivakrishna Bhandaru	PGY-3	4/04
Angelique Collamer	PGY-2	4/06
Sherin John	PGY-3	4/14
Richa Redhu	PGY-1	4/26
Paul Simon	PGY-3	4/30

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