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.

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 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
DOE versus POEM

• Disease-Oriented Evidence
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  - 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?

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?

Where Would I Go?

Aspirin Guide
OR
ePSS
Case 4

• A 47 y/o male presents to ER with chest pain: left-sided, worse with exertion, no nausea, diaphoresis or radiation. PMHx sig for HTN, Fam hx of CAD 1st relative at 56. EKG wnl.
  - How would you manage this patient?
  - Admit and rule-out? GXT in ER?
  - Would you do serial troponins? How many?
  - What if patient was 65? Female?

Where Would I Go?

HEART Pathway

OR

QxCalculate
Case 4

- 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 5

- 12 mo male for WBE and immunizations. Previously received PCV #1 at 8 months and PCV #2 at 11 months.
  - When can he receive PCV #3 and #4?
  - What social development milestones should he be meeting?
  - Should he receive fluoride? How much?

Where Would I Go?

SHOTS AND Kidometer AND Smiles for Life
Dr Maurer’s POEM Finder

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- Prescriber’s Letter

- MDCalc or Qx Calculate
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- Pedi QuikCalc, PediSTAT
- 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
- Illithia
- AGS GEMS
- Psych on Demand
- COPD Pocket Consultant
- ESCAVO Sepsis
- ACC apps

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Please complete the session evaluation.

Thank you.