UNLEARNING:
THE FOAM FORCE AT WORK

LAUREN WESTAFAER, DO, MPH
OBJECTIVES

RECOGNIZE LIMITATIONS OF MEDICAL KNOWLEDGE MAKE UNLEARNING NECESSARY

UNLEARNING RESEMBLES THE GRIEVING PROCESS

UNDERSTAND UTILITY OF FOAM TO MITIGATE DIFFICULTY OF UNLEARNING
DISCLOSURES

RELATIONSHIP WITH COMMERCIAL INTERESTS:
EMPLOYEE OF TUFTS UNIVERSITY SCHOOL OF MEDICINE/BAYSTATE MEDICAL CENTER

BIAS:

THANKS #FOAMED
UNLEARNING IS...

NECESSARY

HARD

EASIER WITH FOAM
UNLEARNING IS... NECESSARY
REBEL SCUM!
STEMI?
A Decade of Reversal: An Analysis of 146 Contradicted Medical Practices

Vinay Prasad, MD; Andrae Vandross, MD; Caitlin Toomey, MD; Michael Cheung, MD; Jason Rho, MD; Steven Quinn, MD; Satish Jacob Chacko, MD; Durga Borkar, MD; Victor Gill, MD; Senthil Selvaraj, MD; Nancy Ho, MD; and Adam Cifu, MD
UNLEARNING IS...

NECESSARY

Photo: JD Hancock
It was tragic, my 8 year old self died inside

-Dr. Eve Purdy
DENIAL
ANGER

Photo: Peter Parker
DEPRESSION
ACCEPTANCE

Photo: Kristina Anderson
UNLEARNING IS...

EASIER HARD FOAM
EARLY EXPOSURE

Photo: Kristina Alexanderson

Nihilism, Medicine and the Art of Doing Nothing
THE SGEM EMERGENCY MEDICINE CASES SMART EM HEFT EMCAST
Does new LBBB ≠ AMI?
The 2013 guidelines makes these changes, which we've covered before, to the identification of STEMI:

- "New or presumed new" Left Bundle Branch Block is no longer an indication for a STEMI.
ST elevation or new or presumably new LBBB; strongly suspicious for injury
ST-elevation MI (STEMI)

4
ECG interpretation

Am Heart Journ 2011

ST depression or dynamic T-wave inversion; strongly suspicious for ischemia
High-risk unstable angina/non-ST-elevation MI (UA/NSTEMI)

7
Time from onset of symptoms \(\leq 12\) hours?

10
Troponin elevated or high-risk patient
Consider early invasive strategy if:
- Refractory ischemic chest discomfort
- Recurrent/persistent ST deviation
- Ventricular tachycardia
- Hemodynamic instability
- Signs of heart failure

11
Start adjunctive treatments as indicated
- Nitroglycerin
- Hydroxy (UFH and LMWH)

\(>12\) hours

Start adjunctive therapies as indicated
Do not delay reperfusion

\(\leq 12\) hours
Amal Mattu @amalmattu · 13 Oct 2013

In answer to a question, just a reminder: per 2013 ACC/AHA STEMI Guidelines, new/presumed new LBBB is NO longer an indication for cath/lytic

Amal Mattu @amalmattu · 13 Oct 2013

@DocNikko 2012 European Soc of Cardiol STEMI guidelines retained new LBBB as indication for CLA; I'm not sure why ESC is lagging on this
PITFALLS

SELECTION BIAS

ECHO CHAMBER

PREMATURE
UNLEARNING IS...

NECESSARY

HARD

EASIER WITH FOAM
REFERENCES