

UNLEARNING:

**THE FOAM FORCE AT
WORK**



LAUREN WESTAFER, 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:



UNLEARNING IS...

NECESSARY

HARD

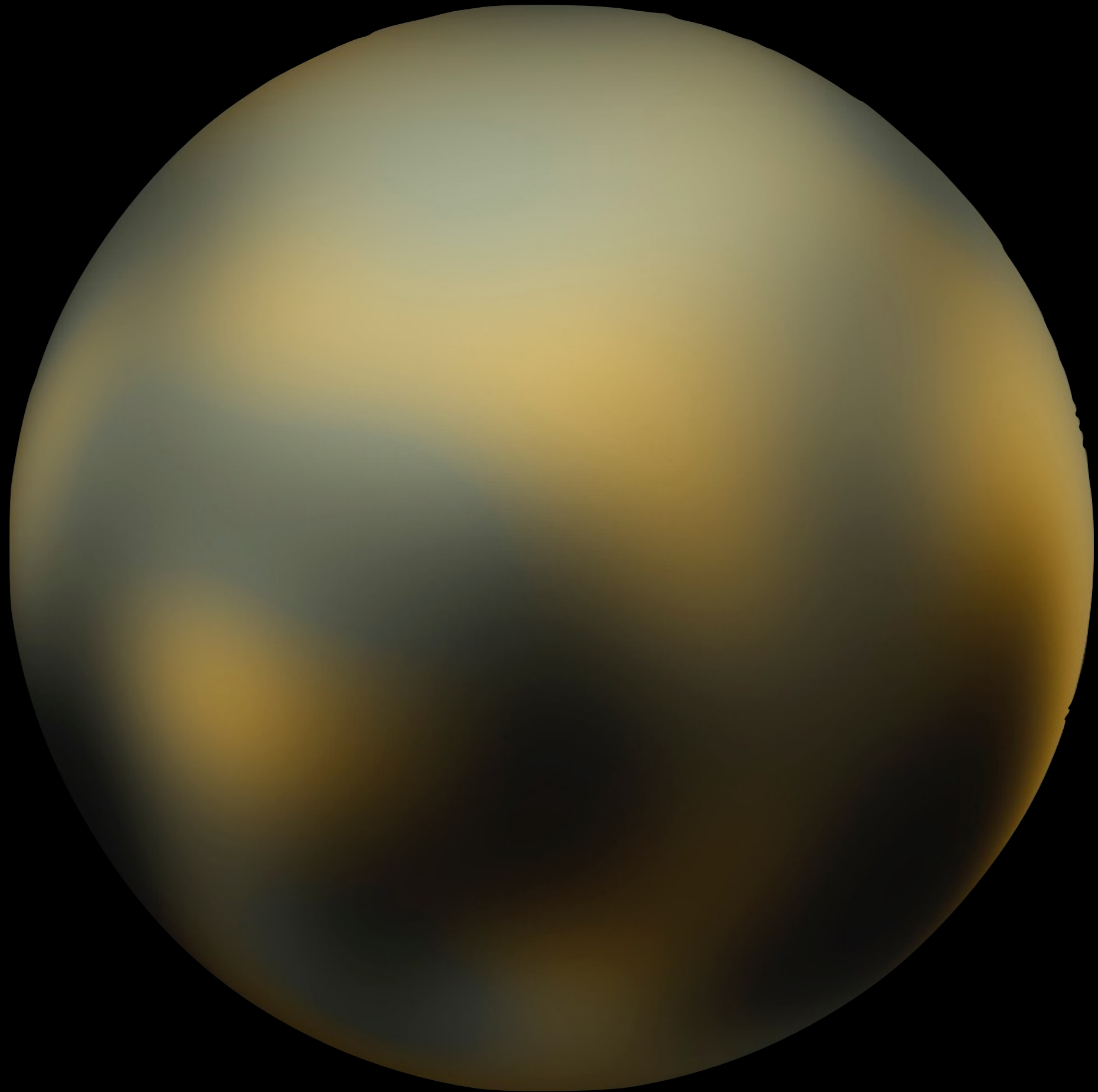
EASIER WITH FOAM



UNLEARNING IS...



NECESSARY



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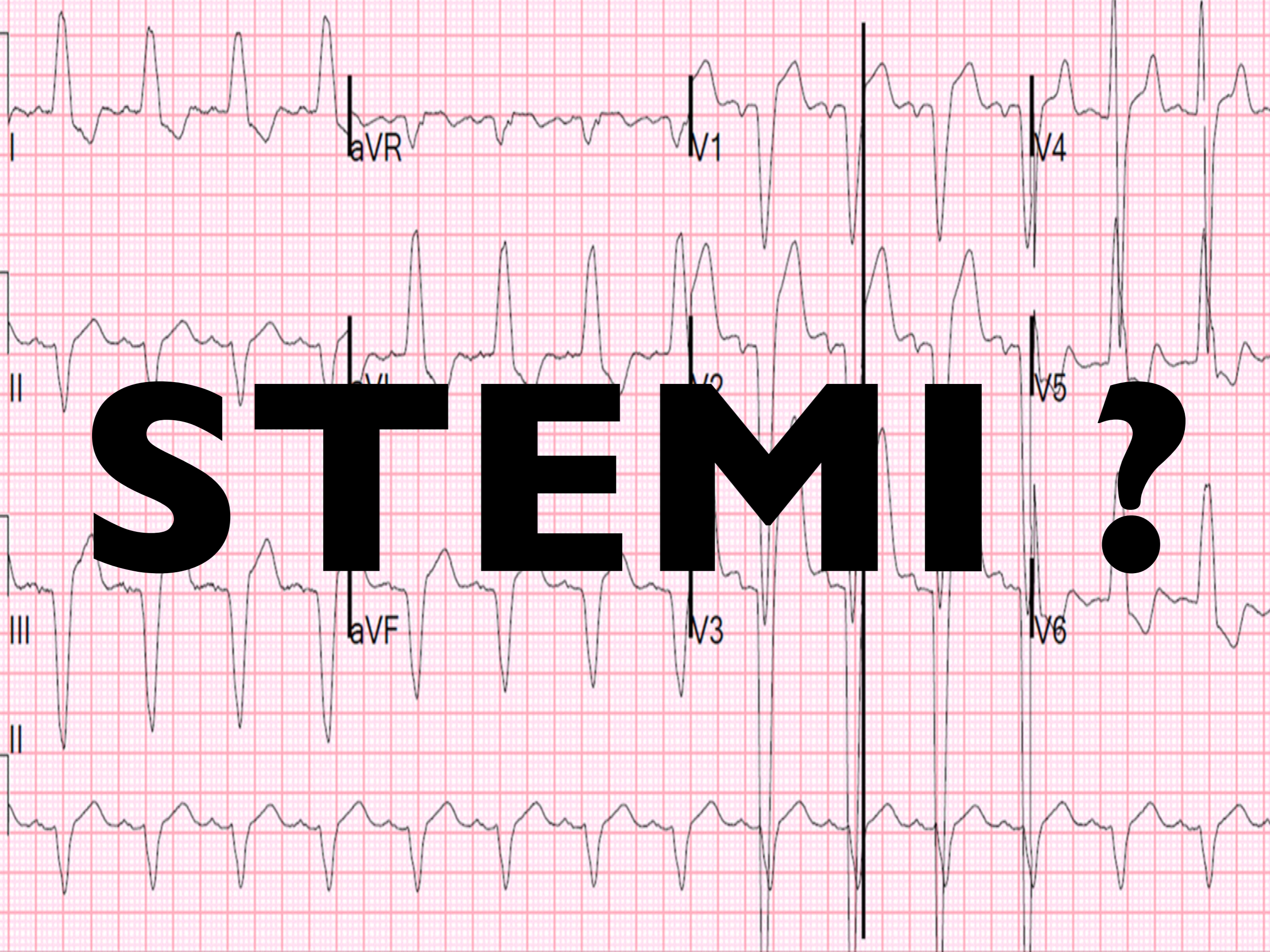
U

ABC



CAB





STEMI?



30 mL

MULTIPLE-DOSE

**LIDOCAINE HCl 2% and
EPINEPHRINE 1:100,000
Injection, USP**

For Infiltration and Nerve Block.
NOT FOR EPIDURAL OR CAUDAL USE
HOSPRA INC., LAKE FOREST, IL 60045 USA

LOT 60-311-DK EPB

50%



Photo: JD Hancock

30-40%

ORIGINAL ARTICLE



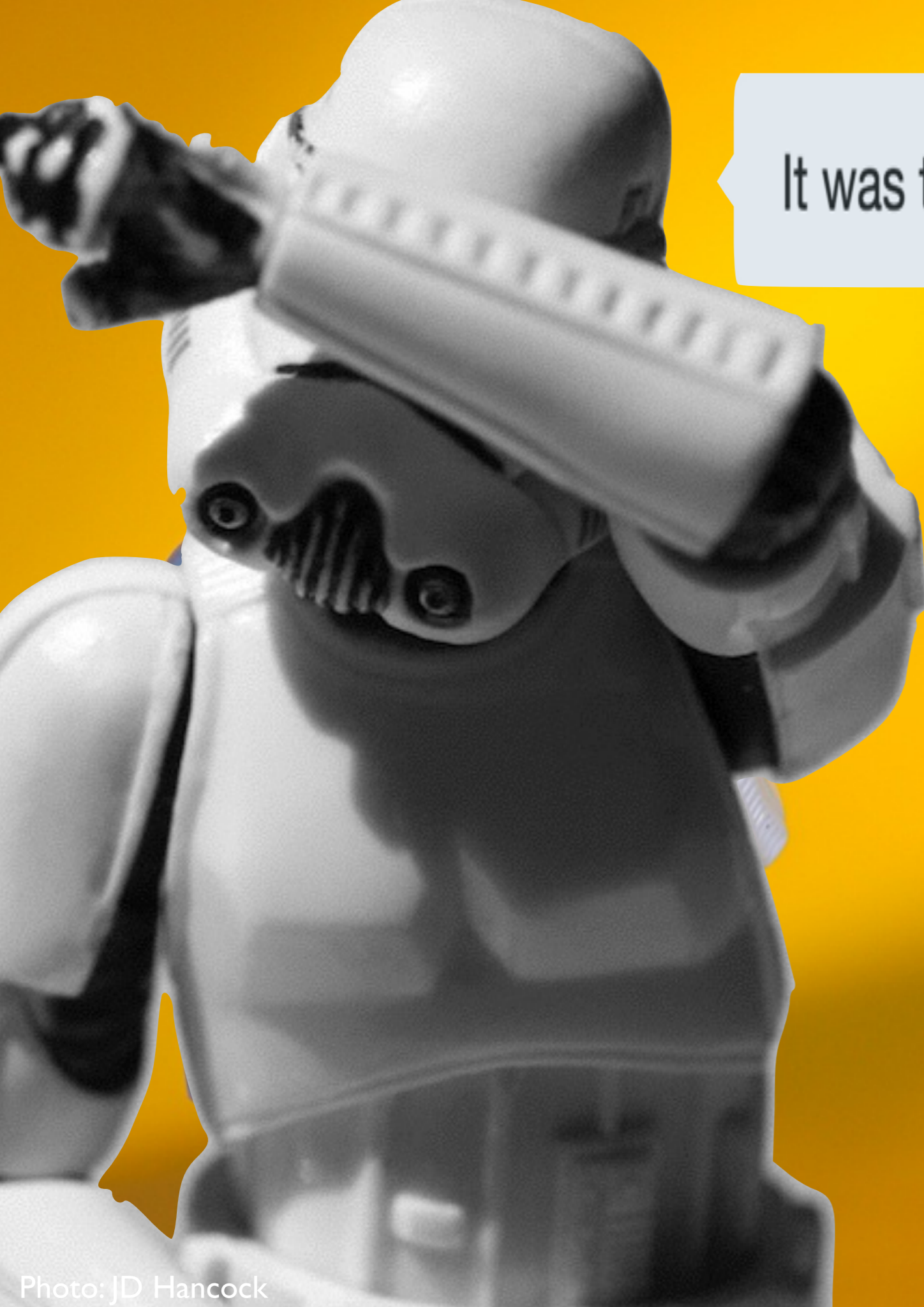
A Decade of Reversal: An Analysis of 146 Contradicted Medical Practices

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 Gall, MD; Senthil Selvaraj, MD; Nancy Ho, MD; and Adam Cifu, MD

UNLEARNING IS...

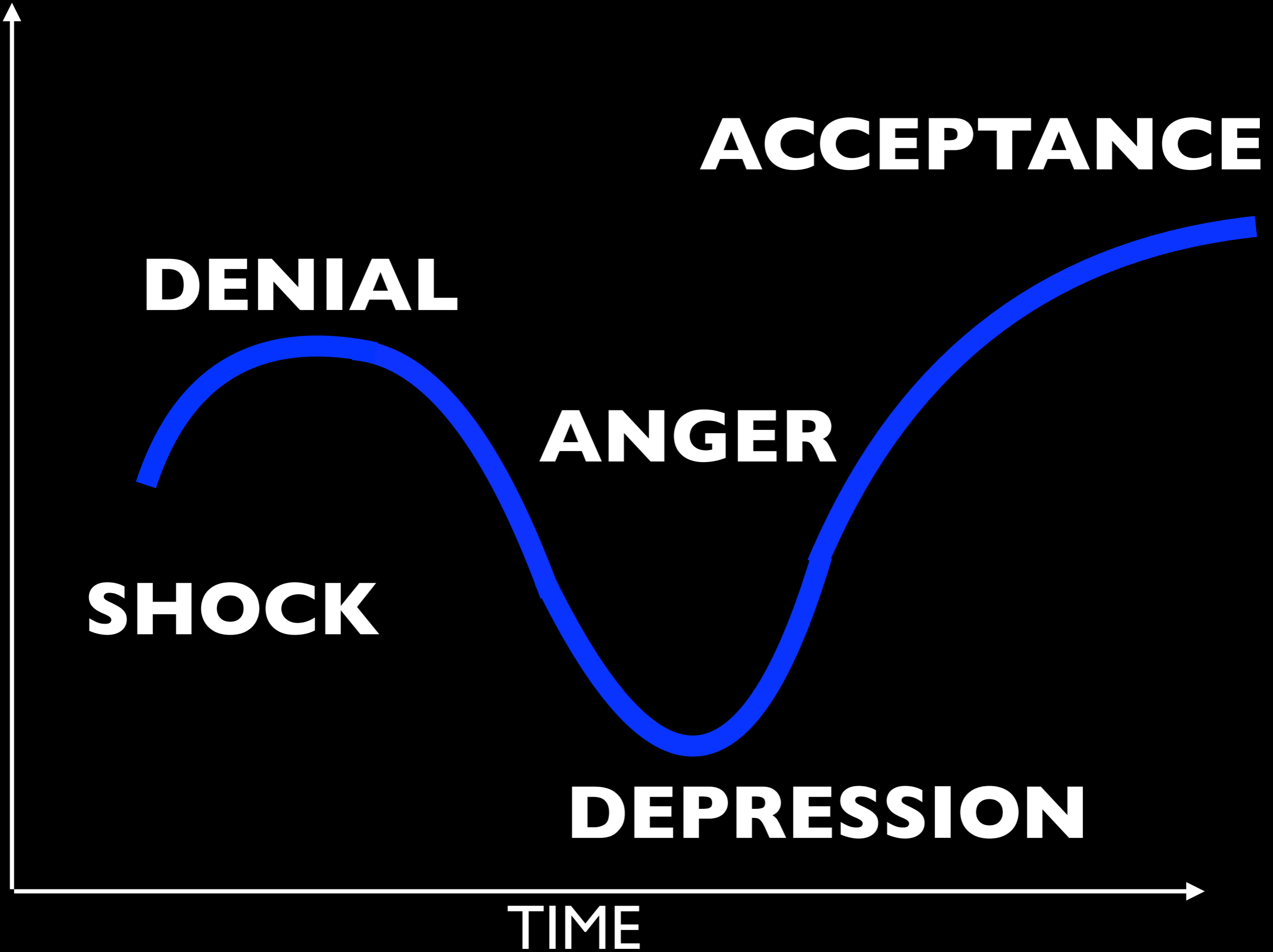


NECESSARY



It was tragic, my 8 year old self died inside
-Dr. Eve Purdy

MORALE/COMPETENCE



SHOCK

DENIAL

ANGER

DEPRESSION

ACCEPTANCE

TIME

DENIAL



ANGER



DEPRESSION





Photo: Kristina Anderson

ACCEPTANCE

UNLEARNING IS...



**EASIER
HARD
FOAM**

EARLY EXPOSURE

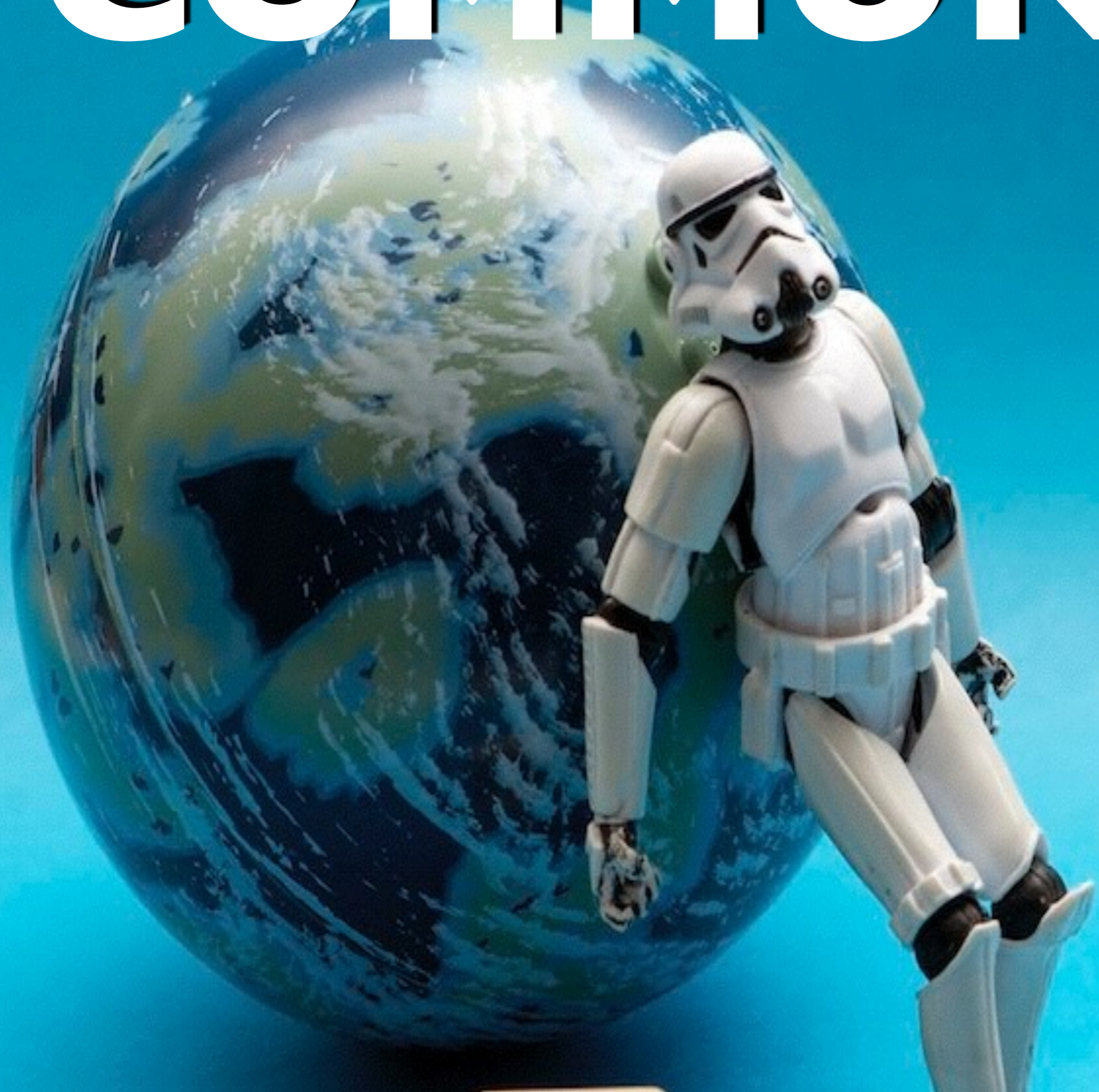


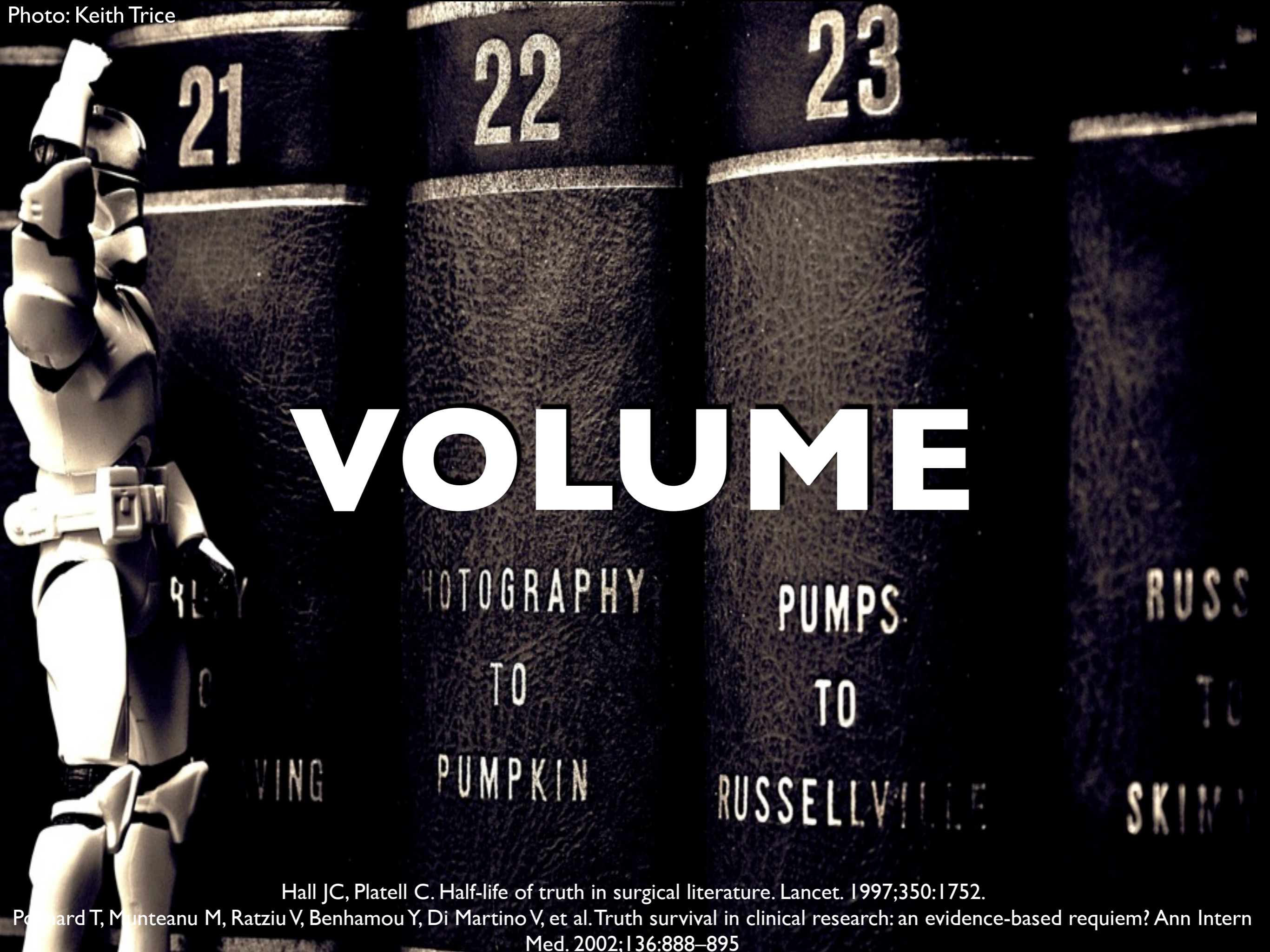
REPEAT EXPOSURE



Dunlosky J, Rawson K a., Marsh EJ, et al. Improving Students' Learning With Effective Learning Techniques: Promising Directions From Cognitive and Educational Psychology. Psychol Sci Public Interes. 2013;14(1):4–58.

COMMUNITY





VOLUME

RELY

PHOTOGRAPHY

PUMPS

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RUSSELLVILLE

SKIN

Hall JC, Platell C. Half-life of truth in surgical literature. Lancet. 1997;350:1752.

Poehard T, Munteanu M, Ratzu V, Benhamou Y, Di Martino V, et al. Truth survival in clinical research: an evidence-based requiem? Ann Intern

Med. 2002;136:888–895



Emergency Medicine Literature of Note

Musings on publications and studies relevant to EM & otherwise.

EM Nerd

Nihilism, Medicine and the Art of Doing Nothing

TIME

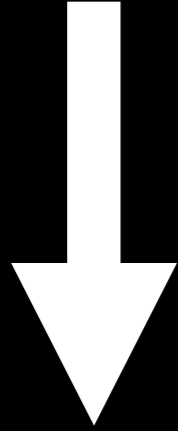


**THE SGEM
EMERGENCY MEDICINE CASES
SMART EM
HEFT EMCAST**





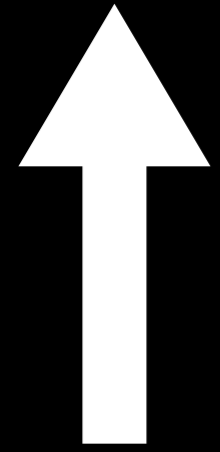
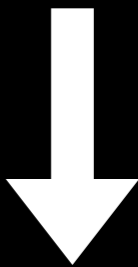
ACCF/AHA Guideline
2013 ACCF/AHA Guideline for the Management of
ST-Elevation Myocardial Infarction



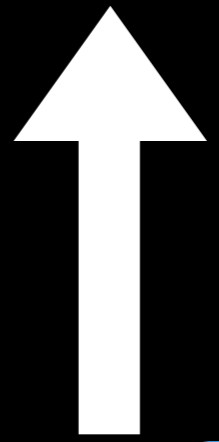
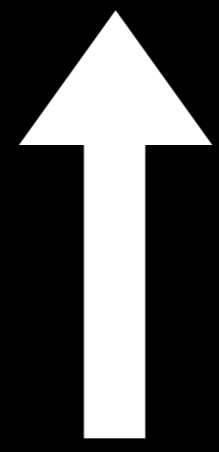
2013



2014



**ACLS
WRONG**



EARLY EXPOSURE

JULY 2012

Does new LBBB ~~=~~ AMI?

REPEAT EXPOSURE



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.

4
ECG interpretation

CHANG
KONTOS
JAIN
AM HEART JOURNAL 2011

ST elevation or new or presumably new LBBB; strongly suspicious for injury
ST-elevation MI (STEMI)

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

Start adjunctive therapies as indicated
Do not delay reperfusion

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

7
Time from onset of symptoms ≤ 12 hours?

≤ 12 hours

>12 hours

11
Start adjunctive treatments as indicated
• Nitroglycerin
• Heparin (UFH or LMWH)

Yo

REPEAT EXPOSURE

 Teresa Chan and 7 others retweeted



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

COMMUNITY



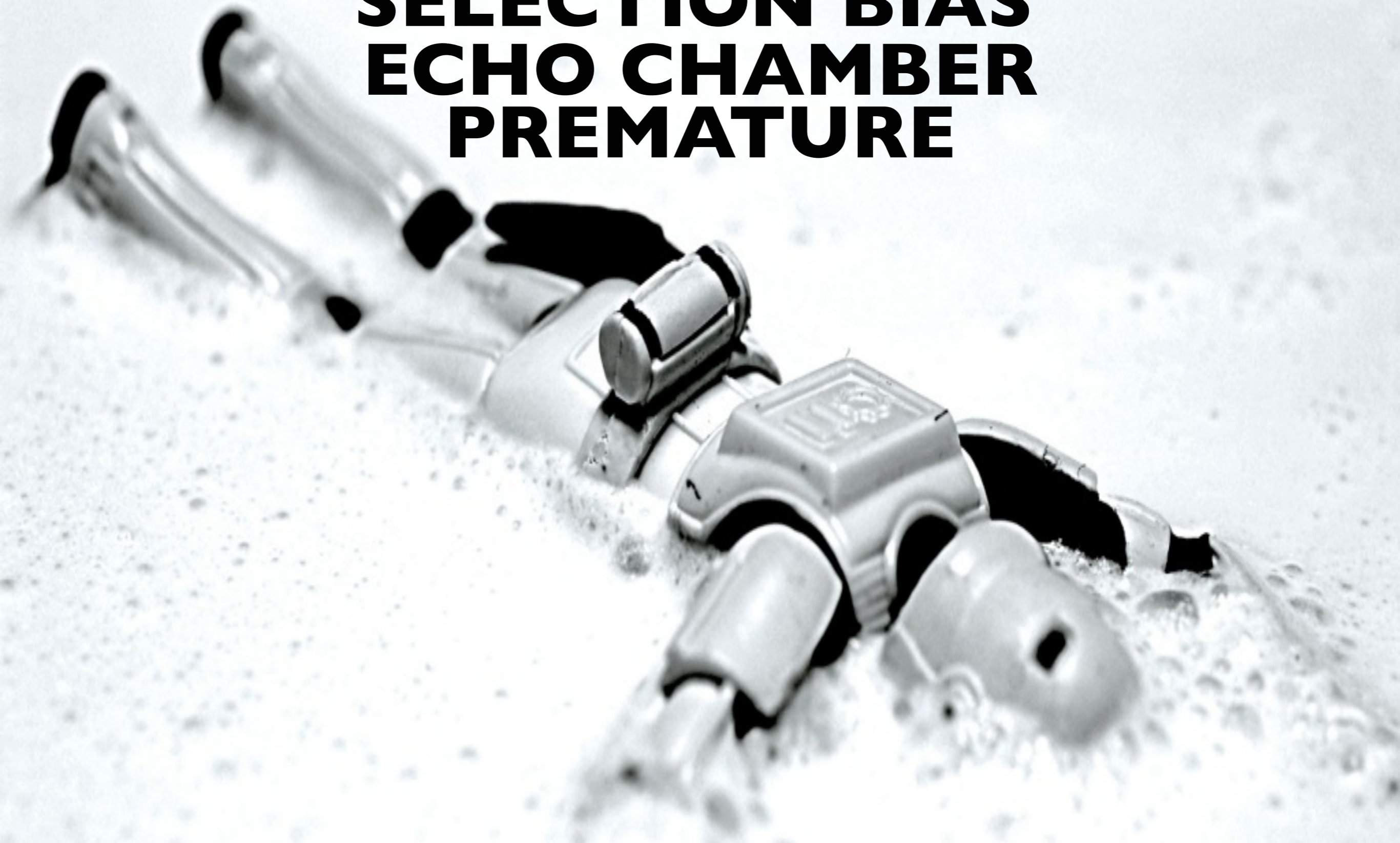
Amal Mattu @amalmattu · 13 Oct 2013

@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

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2. Poynard T, Munteanu M, Ratziu V, Benhamou Y, Di Martino V, et al. Truth survival in clinical research: an evidence-based requiem? *Ann Intern Med*. 2002;136:888–895
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8. Rushmer R, Davies H. Unlearning in health care. *Qual Saf Health Care*. 2004 December; 13(Suppl 2): ii10–ii15.
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