I FIND YOUR LACK OF EBM

DISTURBING
“Anyone who tries to make a distinction between education and entertainment doesn’t know the first thing about either.”

"The medium is the message."

Marshal McLuhan
NNT=1

IT ALL DEPENDS

BE A SKEPTIC
Evidence Based Medicine
Evidence Based Medicine Rocks!
Define EBM

The conscientious, explicit and judicious use of current best evidence in making decisions about the care of individual patients.

– Drs. Sackett and Haynes
Levels of Evidence

- Background Information / Expert Opinion
- Case-Controlled Studies / Case Series / Reports
- Cohort Studies
- Randomized Controlled Trials (RCTs)
- Critically-Appraised Individual Articles [Article Synopses]
- Critically-Appraised Topics [Evidence Syntheses]
- Systematic Reviews

TRIP Database searches these simultaneously.
History of EBM
# Early Randomized Trial

Inaugural medical dissertation on camp fever

<table>
<thead>
<tr>
<th></th>
<th>Blood Letting</th>
<th>No Blood Letting</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alive</td>
<td>148/183 (80.9%)</td>
<td>177/183 (96.7%)</td>
</tr>
<tr>
<td>Dead</td>
<td>35/183 (19.1%)</td>
<td>6/183 (3.3%)</td>
</tr>
</tbody>
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NNT 6
First Blinded Trial

Franz Anton Mesmer (May 23, 1734 – March 5, 1815)
Results: No Difference

Mesmerized
Audience Participation
The gold Rolex is a fake, but the placebo wristband is real!

There be magic
EM without EBM
Dr. William Osler

“for the purchase and distribution of periodicals to which he could ill afford to subscribe.”

Dr. William Osler
CA Process

1. P • Patient
   I • Intervention
   C • Comparison
   O • Outcome

2. 

3. 

4. CHECK LIST
   [ ] [ ] [ ] [ ] [ ]

5. EVIDENCE
Arguments Against EBM
EBM is the Worst...

"Democracy is the worst form of government except all the others that have been tried."
Sir Winston Churchill
Knowledge Translation
Problem

There's a KT problem?
KT Problem: Old Guy Quotes
Medical Dogma
Pathman: The Leaky Pipe Model

17 YEARS

Optimal Patient Outcomes Based Upon Best Evidence
Solution: Social Media
Meme

EMERGENCY?

I DO NOT THINK THAT WORD MEANS WHAT YOU THINK IT MEANS

IT'S A VIRUS!

ON SCALE FROM 1 TO 10

MY PAIN IS AN ELEVEN
FOAM

Making The World A Better Place.
Why Use FOAM?
Tools for EM
Podcasts for the EM Provider

- ercast
- EM BASIC
- EMGRIT PODCAST
- EM ABSTRACTS
- R.E.B.E.L. cast
- HEFT EMCAST
- FOAMcast
- Don’t PANIC! The Skeptics’ Guide to EM
- PEM+ED PODCAST
Social Media Criticism
2,500 Years of SoMe
Tablets
Bloggers
Coffee Houses
Godfather of FOAM

#FOAMed

AN OFFER YOU CAN'T REFUSE
Further Reading

- Five Strategies to Effectively Use Online Resources in Emergency Medicine
  
  Brent Thoma, MD, MA, MA, Nikita Joshi, MD, N. Seth Trueger, MD, Teresa M. Chan, MD, Michelle Lin, MD

- Thou shalt not tweet unprofessionally: an appreciative inquiry into the professional use of social media
  
  Ian Pereira, Anne Marie Cunningham, Katherine Moreau, Jonathan Sherbino, Alireza Jalali

- Emergency Medicine and Critical Care Blogs and Podcasts: Establishing an International Consensus on Quality
  
  Brent Thoma, MD, MA, Teresa M. Chan, MD, Quinten S. Paterson, W. Kenneth Milne, Jason L. Sanders, Michelle Lin, MD
Use the FOAMed
“a 21st century clinician who cannot critically read a study is as unprepared as one who cannot take a blood pressure or examine the cardiovascular system”

BMJ 2008:337:704–705