



FOAM & Education Newsletter November 2021 Volume 14



Welcome to Rez's #FOAM Newsletter

This is a monthly newsletter brought to you by the Education Committee with the latest in the EM and FOAMed world, ranging from trials, news, and pearls. We will also share the best podcasts & blog posts recently published in FOAM. If you have an interesting image or EKG to share, let us know!

Your 21-22 Education Committee:
Lola Reingold (chair)
Walid Malki
Colton Weisner
Jake Cihla
Yalan Vu
Will Noel
Omar Ahmed



NOVEMBER UPDATES:

PODCAST OF THE MONTH:
Best Case Ever: [Peds Myocarditis](#)

BLOGPOST OF THE MONTH:
ALiEM: [INR reduction with FFP](#)

PROCEDURE OF THE MONTH:
LITFL: [De-escalation](#)

More Things to Be Afraid of: Thanksgiving Edition

The odds of fatal car accidents increases by 5% during the week of Thanksgiving, based on national data from 1980-2018. Over 50% of the accidents are in rural areas. Saturday has the most overall fatalities (16.7%), while Wednesday carries the greatest increase in risk from baseline (+35%)

2020 data found that those who celebrated Thanksgiving outside of their homes reported larger gatherings (5 vs 4 people), were more likely to report COVID symptoms, and were more likely to test positive. Among those who tested positive, those who had celebrated outside their homes reported significantly more non-essential activities (35 vs 3)

Research Quick Hits:

- Farkas et al: A California study found that **black youth experience police violence at a higher rate than their white peers**. The biggest differences are seen in the 10-14 age group, in which black boys had injury rates 5.3x higher than white boys, and black girls 6.7x the rate of white girls.
- Dela Cruz et al: Electric scooter use is not without risk! A retrospective study out of the UK found 105 orthopedic injuries in 83 patients over 9 months. Upper- and lower-limb fracture rates were roughly similar (56 vs 42%). Consistent with prior research, **helmet use was low (34%) and the majority of injuries were in males (83%)**.
- Salvini et al: Researchers speculate that the “cuteness” or animaloid appearance of autonomous robots **could be a cause of “psychological hazard” for children or the elderly**.

Best Practice Update: AAP on Febrile Infants 8-60 Days Old

by Lola

Who: Well-appearing infants with fever >38.0 and no obvious source

Why: A lot has changed!

- Pathogen patterns are different now; predominance of E. coli and other gram negatives instead of GBS, listeria and S. pneumo
- Testing is better now; pathogens more readily ID'd and lab tests are faster and more accurate

What: 3 different workup algorithms based on age

Age 8-21 days:

- UA, blood cultures and LP, +/- inflammatory markers (IMs)
- Empiric coverage +/- coverage for HSV
- Admit

Age 22-28 days:

- UA, blood cultures and IMs (procal, ANC, CRP)
- If IMs are elevated \rightarrow LP, otherwise can defer
- Empiric coverage +/- coverage for HSV
- No LP \rightarrow admit; if LP negative and patient stable, can consider discharge w/ close follow-up

Age 29-60 days:

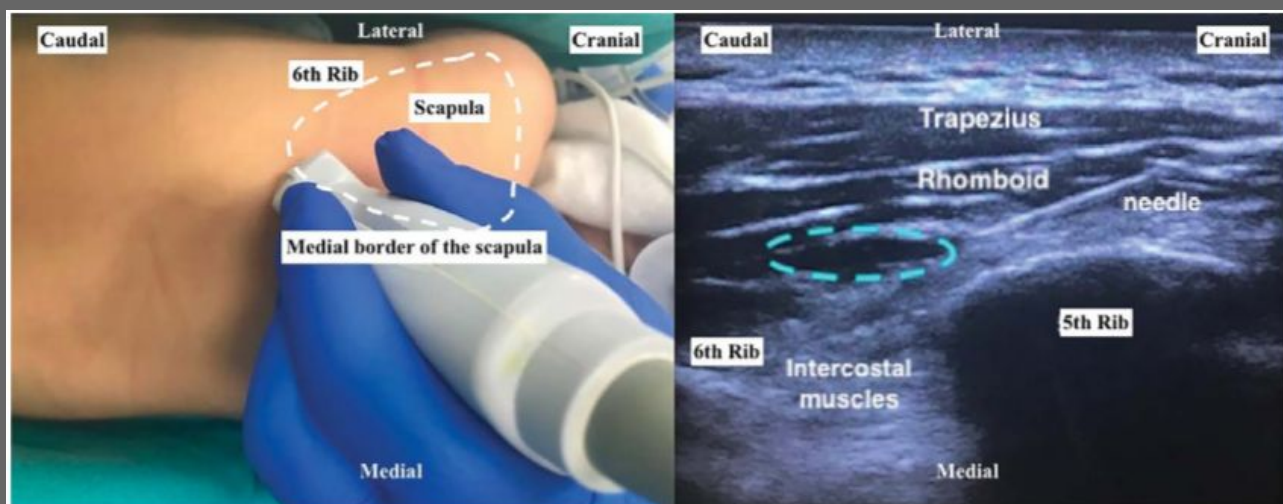
- UA, blood cultures, and IMs
- Normal IMs and a +UA = abx & home
- Normal IMs and a -UA = home with close follow-up; no abx
- Elevated IMs \rightarrow LP; if the CSF is also negative, can go home with close follow-up

Takeaways: not every febrile infant needs an LP and an admission. Stratify by age and lab findings. Some kiddos can go home if they have appropriate follow-up & return precautions.

Case Study: Rhomboid Intercostal Block by Lola

First described in 2016, cadaveric study shows extension of local anesthesia across a large facial plane, covering the lateral intercostals from T3-T8, medially to the posterior rami and laterally to the axilla

In this case, the block was used for chest tube insertion and pain control on a 10-month-old with multiple rib fractures after an MVC



Advantages:

- Landmarks easily identified on US
- Relatively large amount of coverage from a single instillation

Disadvantages:

- As always, there is a risk of pneumothorax, bleeding, infection
- Very little data in pediatric population; efficacy extrapolated from case studies

Alternatives:

- Erector spinae block has more published data
- Serratus anterior block has similar advantages, but does require injecting closer to the site of injury for lateral fractures

Further reading:

Rhomboid block:

- Ak Altıparmak, B., Korkmaz Toker, M., Ihsan Uysal, A. __, & Demirbilek, S. G. (2021). Rhomboid Intercostal Block for Analgesia of Multiple Rib Fractures in an Infant. <https://doi.org/10.5152/TJAR.2021.541>

AAP Evaluation of the febrile infant:

- Pantell, R. H., Roberts, K. B., Adams, W. G., Dreyer, B. P., Kuppermann, N., O'Leary, S. T., ... Teichman, J. S. (2021). Evaluation and management of well-appearing febrile infants 8 to 60 days old. *Pediatrics*, 148(2). <https://doi.org/10.1542/PEDS.2021-052228/179783>

Quick Hits:

- Farkas, K., Duarte, C. dP, & Ahern, J. (2021, September 7). Injuries to Children and Adolescents by Law Enforcement: An Analysis of California Emergency Department Visits and Hospitalizations, 2005-2017. *JAMA Pediatrics*. <https://doi.org/10.1001/jamapediatrics.2021.2939>
- Delacruz et al. Injury patterns of e-scooter-related orthopaedic trauma in central London: a multicentre study | *The Annals of The Royal College of Surgeons of England*
- Salvini, P., Paez-Granados, D., & Billard, A. (2021). Safety Concerns Emerging from Robots Navigating in Crowded Pedestrian Areas. *International Journal of Social Robotics*, (3), 1–22. <https://doi.org/10.1007/s12369-021-00796-4>

Thanksgiving:

- Mehta, S. H., Clipman, S. J., Wesolowski, A., & Solomon, S. S. (2020, December 24). "There's no place like home for the holidays:" Travel and SARS-CoV-2 test positivity following Thanksgiving weekend. *MedRxiv*, p. 2020.12.22.20248719. <https://doi.org/10.1101/2020.12.22.20248719>
- Ratnapradipa, K. L., & Zhu, M. (2020). Increased motor vehicle fatalities Tuesday through Thursday during the US Thanksgiving holiday (1980–2018). *Preventive Medicine Reports*, 20, 101245. <https://doi.org/10.1016/j.pmedr.2020.101245>