

**CMDA'S 28th Annual Conference
PALTC 2023: Stronger Than Ever!**

**Year in Review
April 28, 2023**

Lessons from CMDA Meetings and Journal Club

Created by the CMDA Board

CMDA'S 28th Annual Conference PALTC 2023: Stronger Than Ever!



Use the QR code to join!

- or -

Visit PollEV.com and enter
travisneill338

Rules of Participation

- 15 questions, Everyone can play!
- Use the information on the slide to play using **Poll Everywhere** and answer on your phone
- 20 seconds per question, the faster you answer the more points you get!
- Will show the answers after each Question
- Some fun questions mixed in
- There will be a **Winner** and **Prizes!**



Question 1

A critical element when obtaining informed consent is ensuring the patient has decisional capacity. Which of the following is **True** about decisional capacity?

- A. Requires a mental health professional**
- B. Is absent when someone is cognitively impaired**
- C. Is always only about a specific decision and circumstance**
- D. Is not fluid over time or context**
- E. Is absent when someone has a guardian**



Answer to Question 1

A critical element when obtaining informed consent is ensuring the patient has decisional capacity. Which of the following is **True** about decisional capacity?

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- D. Is not fluid over time or context
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Reference: Sessums LL, Zembruska H, Jackson JL. Does This Patient Have Medical Decision-Making Capacity? *JAMA*. 2011;306(4):420–427. doi:10.1001/jama.2011.1023

Question 2

Which statement helps to explain why a having a high IQ (intelligence quotient) is not enough to promote effective team leadership?

- A. State regulations require that residential care facility leaders demonstrate evidence-based leadership styles.
- B. Hard work and high IQ are the best predictors of successful medical directors and directors of nursing.
- C. The uniquely important part of the team leader's role is their responsibility to set the emotional tone for the team.
- D. Daniel Goleman wrote about it in 1908.



Answer to Question 2

Which statement helps to explain why a having a high IQ (intelligence quotient) is not enough to promote effective team leadership?

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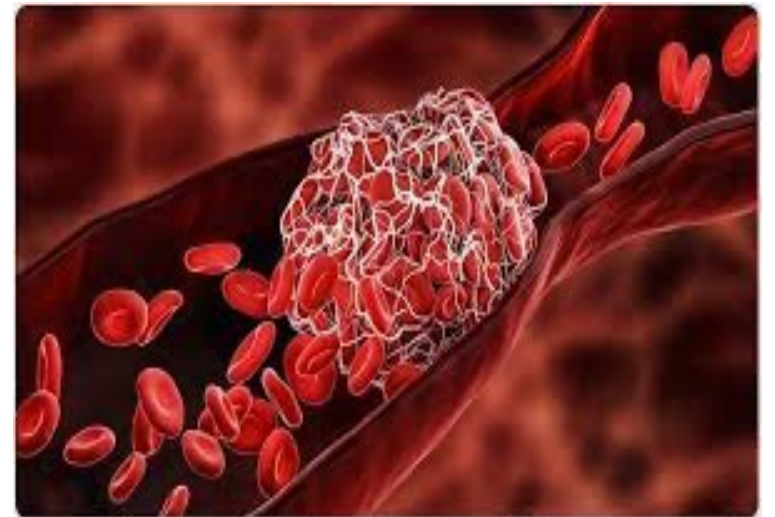
Reference: Goleman, D. (1995). *Emotional intelligence*. Bantam Books, Inc.



Question 3

Treatment for superficial venous thrombosis (SVT) should be considered for which of the following?

- A. Saphenous vein
- B. H/O VTE or SVT
- C. Cancer or recent surgery
- D. All of the above

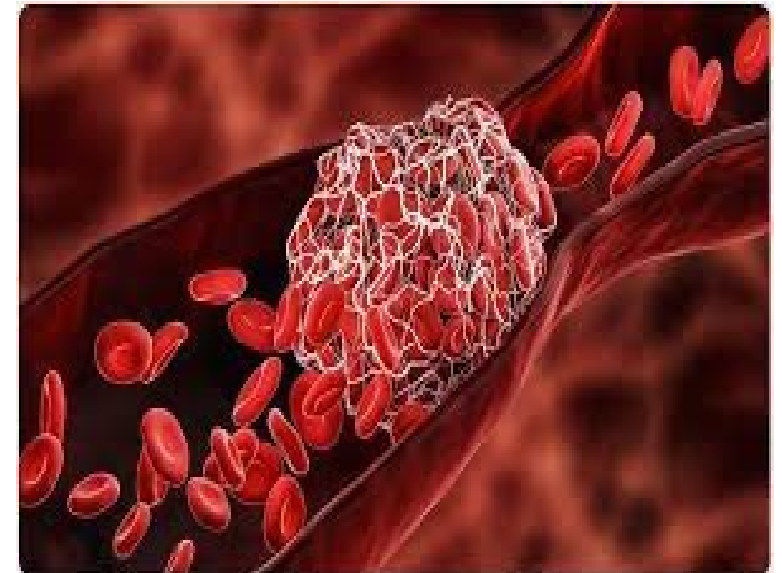


Answer to Question 3

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- C. Cancer or recent surgery
- D. All of the above**

Reference: CHEST 2021;160(6):e545-e608.



Question 4

A TSH result of **0.30** mU/L (0.47-4.68) in a patient who is **NOT** currently receiving thyroid medication should prompt you to do which of the following:

- A. Immediately start methimazole 5mg qd and titrate to TSH 4-6 mU/L
- B. Perform a thorough detailed physical examination to determine if patient has signs of a treatable cause of hyperthyroidism.
- C. Order Free T-4 and Total T3 levels
- D. B and C are both options.



Answer to Question 4

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- D. B and C are both options.**

Reference: McDermott MT. Ann Intern Med 2020; ITC49-62



Question 5

Why should you never lie to your x-ray technician?





Answer to Question 5

Why should you never lie to your x-ray technician?

Because they can see right through you!

Question 6

All the following statements regarding hypodermoclysis are True **EXCEPT**:

- A. Mild to moderate dehydration from N/V/D or poor PO intake is an acceptable indication for treatment with hypodermoclysis
- B. The infusion site should be changed every 12 days
- C. The preferred fluids for hypodermoclysis include isotonic solutions such as NS, D5NS, D5 ½ NS or D5LR
- D. Approximately 3L of fluid can be given in a 24 hr period using 2 separate infusion sites



Answer to Question 6

All the following statements regarding hypodermoclysis are True **EXCEPT**:

- A. Mild to moderate dehydration from N/V/D or poor PO intake is an acceptable indication for treatment with hypodermoclysis
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- C. The preferred fluids for hypodermoclysis include isotonic solutions such as NS, D5NS, D5 ½ NS or D5LR
- D. Approximately 3L of fluid can be given in a 24 hr period using 2 separate infusion sites

Reference: Sasson M, Shvartzman P. Am Fam Physician. 2001;64(9):1575-1579.



Question 7

Which of the following forms of hyperthyroidism will NOT respond to treatment with methimazole?

- A. Graves' Disease
- B. Toxic multinodular goiter
- C. Drug induced hyperthyroidism
- D. None of the above will respond to treatment with methimazole.



Answer to Question 7

Which of the following forms of hyperthyroidism will NOT respond to treatment with methimazole?

- A. Graves' Disease
- B. Toxic multinodular goiter
- C. Drug induced hyperthyroidism**
- D. None of the above will respond to treatment with methimazole.

Reference: McDermott MT. Ann Intern Med 2020; ITC49-62



Question 8

Prophylactic use of ASA to prevent Cardiovascular Events is recommended for which person below?

- A. 76 year old woman with high cholesterol, HTN and smokes, no history of an MI
- B. 65 year old obese man with diabetes, no other medical issues, non smoker
- C. 55 year old woman with peripheral vascular disease and HTN, She had an MI 4 years ago
- D. 65 year old man who has HTN and a hx of an MI 4 years ago. He is now on hospice for metastatic small cell lung cancer.



Answer to Question 8



Prophylactic use of ASA to prevent Cardiovascular Events is recommended for which person below?

- A. 76 year old woman with high cholesterol, HTN and smokes, no history of an MI
- B. 65 year old man with diabetes, no other medical issues, non smoker, normal cholesterol
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- D. 65 year old man who has HTN and a hx of an MI 4 years ago. He is now on hospice for metastatic small cell lung cancer.

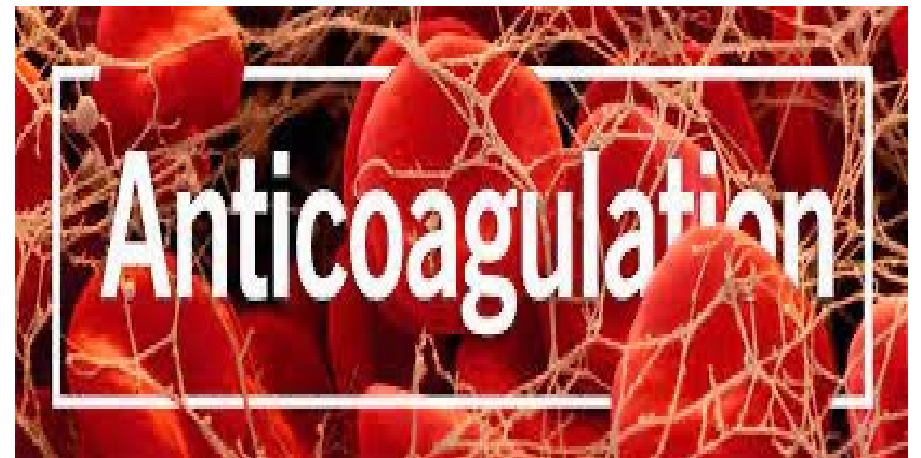
References: US Preventive Services Task Force. Aspirin use to prevent cardiovascular disease: US Preventive Services Task Force recommendation statement. *JAMA*. Published April 26, 2022. doi:[10.1001/jama.2022.4983](https://doi.org/10.1001/jama.2022.4983)

Bowman L, Mafham M, Wallendszus K, et al; ASCEND Study Collaborative Group. Effects of aspirin for primary prevention in persons with diabetes mellitus. *N Engl J Med*. 2018;379(16):1529-1539.

Question 9

A subsegmental PE without a DVT does not require anticoagulation:

- A. TRUE
- B. FALSE



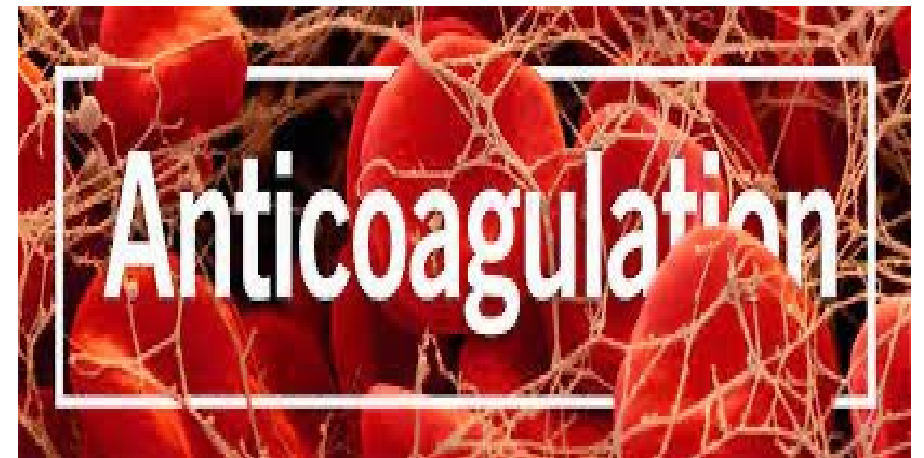
Answer to Question 9

A subsegmental PE without a DVT does not require anticoagulation:

A. TRUE

B. FALSE

Reference: CHEST 2021;160(6):e545-e608.





Question 10

Why did the pharmacist walk quietly past the med cart?



Answer to Question 10

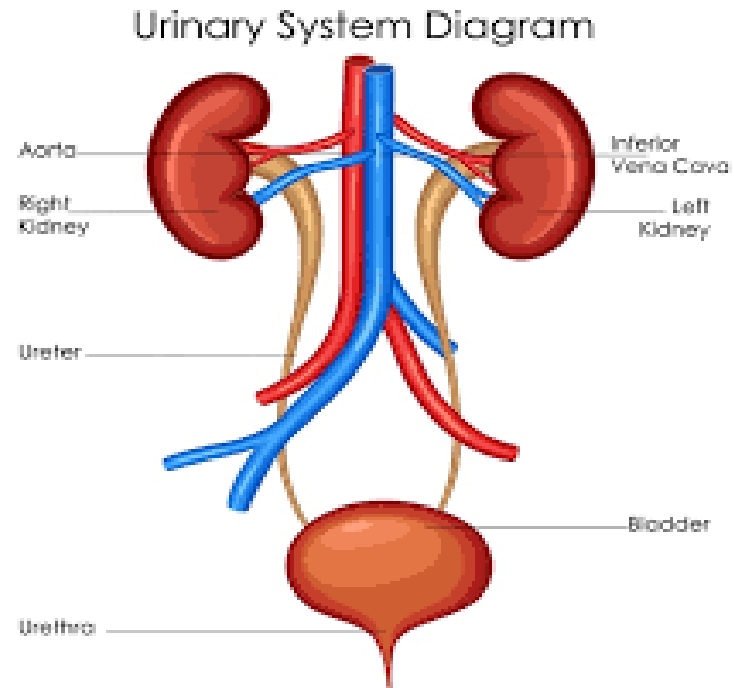
Why did the pharmacist walk quietly past the med cart?

She didn't want to wake the sleeping pills!

Question 11

What percentage of female nursing home residents have asymptomatic bacteria (ASB)?

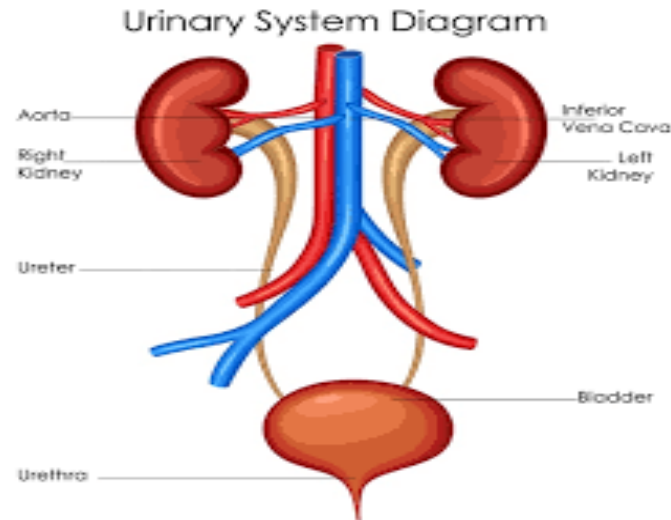
- A. 15%
- B. 25%
- C. 50%
- D. 75%



Answer to Question 11

What percentage of female nursing home residents have asymptomatic bacteria (ASB)?

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- B. 25%
- C. 50%**
- D. 75%



50% of females and 40% of males who reside in nursing homes have ASB!

Reference: **Nicolle LE, Gupta K, Bradley SF, et al. Clin Infect Dis. 2019 May 2; 68(10):e83-e110 Ariathianto Y. Australian Family Physician. 2011; 40(10): 805-9.**

Question 12

Which of the following factors is **not included** in the newest version of The Simplified Pulmonary Embolism Severity Index (AKA: PESI):

- A. D-Dimer level
- B. History of Cancer
- C. Age
- D. Vital sign readings such as systolic BP, HR and O2 saturation



Answer to Question 12

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Reference: <https://www.mdcalc.com/calc/1247/simplified-pesi-pulmonary-embolism-severity-index>

Question 13

Effective Antibiotic Stewardship includes all of the following except:

- A. A team approach, educating front line staff, nurses and providers about using antibiotics judiciously and the harms of using antibiotics when they are not needed.
- B. Giving feedback to providers and nurses about when to order a UA
- C. Educating providers and nurses about appropriate **length** of antibiotic treatments for different infections and monitoring the patient after antibiotic treatment
- D. Promoting the use of Levaquin and Cipro for the treatment if UTIs as they are very effective and have few side effects.



Answer to Question 13



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- C. Educating providers and nurses about appropriate **length** of antibiotic treatments for different infections and monitoring the patient after antibiotic treatment
- D. Promoting the use of Levaquin and Cipro for the treatment of UTIs as they are very effective and have few side effects.**

NOTE: Fluoroquinolones like Levaquin and Cipro are Not recommended for older patients as they have many side effects, including mental status changes

Reference: Tran PT, Antonelli PJ, Hincapie-Castillo JM, Winterstein AG. Association of US Food and Drug Administration Removal of Indications for Use of Oral Quinolones With Prescribing Trends. *JAMA Intern Med.* 2021;181(6):808–816. doi:10.1001/jamainternmed.2021.1154

CMDA April 4, 2023 meeting, antibiotic stewardship panel discussion

Question 14



THE COLORADO
SOCIETY FOR
POST-ACUTE AND
LONG-TERM CARE
MEDICINE

When does CMDA: The Colorado Society for Post- Acute and Long Term Care Medicine have monthly meetings and Why?

- A. The 3rd Tuesday of the month, to see the new medical fashion attire
- B. The 4th Thursday of the month, to hear Dr. Eber's Dogs bark in the background
- C. The 1st Tuesday of the month, to hear the latest standard of care in post acute and long-term care medicine and updates from **CDPHE** and **CHCA**
- D. The 2nd Thursday of the month, to practice muting and unmuting on Zoom

Answer to Question 14



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- B. The 4th Thursday of the month, to hear Dr. Eber's Dogs bark in the background
- C. The 1st Tuesday of the month 12-1 PM via Zoom, to hear the latest standard of care in post acute and long term care medicine and updates from CDPHE and CHCA, It is free and all are invited to join**
- D. The 2nd Thursday of the month, to practice muting and unmuting on Zoom

Question 15

When should GAHT (gender affirming hormone treatment) be discontinued?

- A. GAHT can be discontinued after age 65.
- B. GAHT dosing should remain consistent throughout life, with only dosing adjustments for renal function.
- C. GAHT is generally continued life long. However, as transgendered women age, their VTE risk increases and so use of estrogen patches only is favored in transgendered women over age 50.
- D. GAHT can be discontinued once the patient is no longer sexually active.

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Tie Breaker Question

Who is the Only person who has been the President of both **CMDA:** The Colorado Society of Post Acute and Long Term Care Medicine and **AMDA:** The Society of Post Acute and Long Term Care Medicine?

- A. Karyn Leible RN MD CMD
- B. Cari Levy MD PhD CMD
- C. Fred Feinsod MD CMD
- D. Sing Palat MD CMD



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Answer to the Tie Breaker Question

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CARE MEDICINE™

Thank you!



THANK
YOU!

Dr. Greg Gahm, Travis Neill PA

Dr. Sing Palat and the CMDA Board

All the Presenters for Journal Club
and the CMDA Monthly meetings
throughout the Year!

For all your education, expertise and
dedication!