

F
O
A
M

Stuart Duffin

FO- Intensivvård
PMI
Karolinska Solna

@stuart_duffin



If you want to know how we practiced medicine 5 years ago, read a textbook.

If you want to know how we practiced medicine 2 years ago, read a journal.

If you want to know how we practice medicine now, go to a (good) conference.

If you want to know how we will practice medicine in the future, listen in the hallways ...

...and use **FOAM**

— Joe Lex, International EM Education Efforts & E-Learning, 2012

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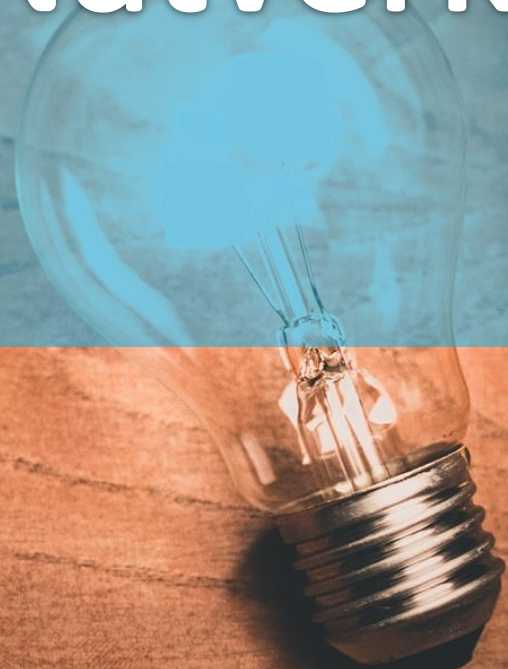


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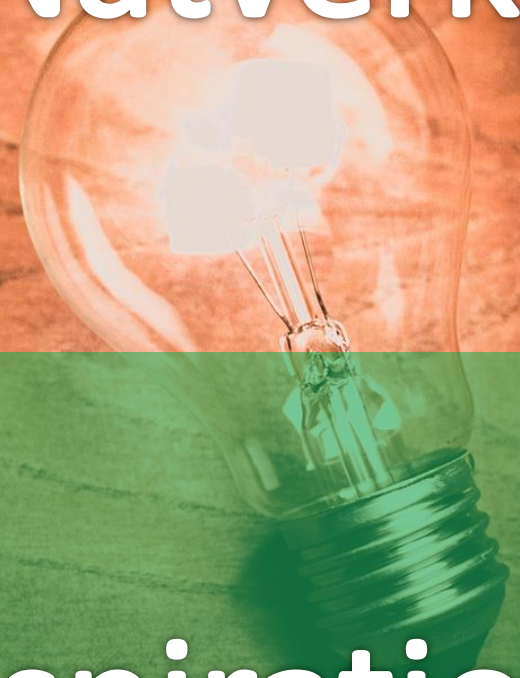


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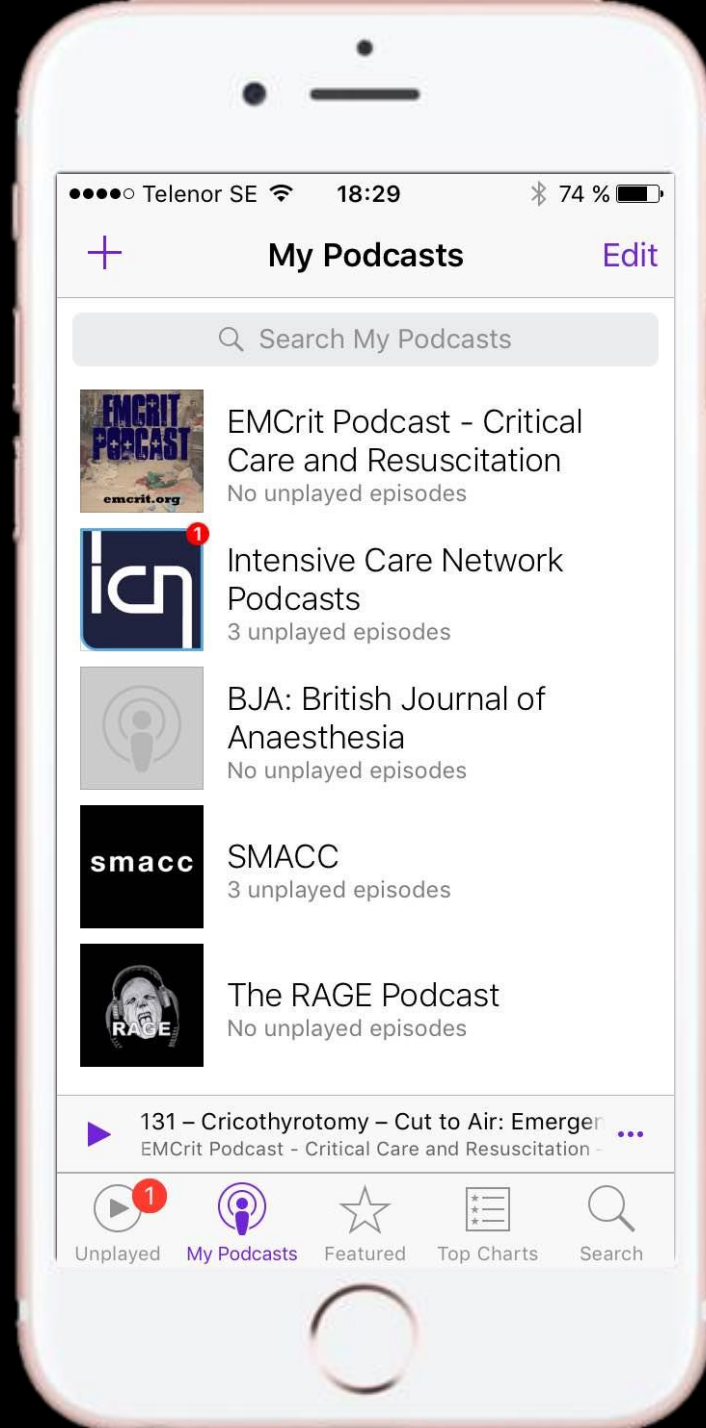
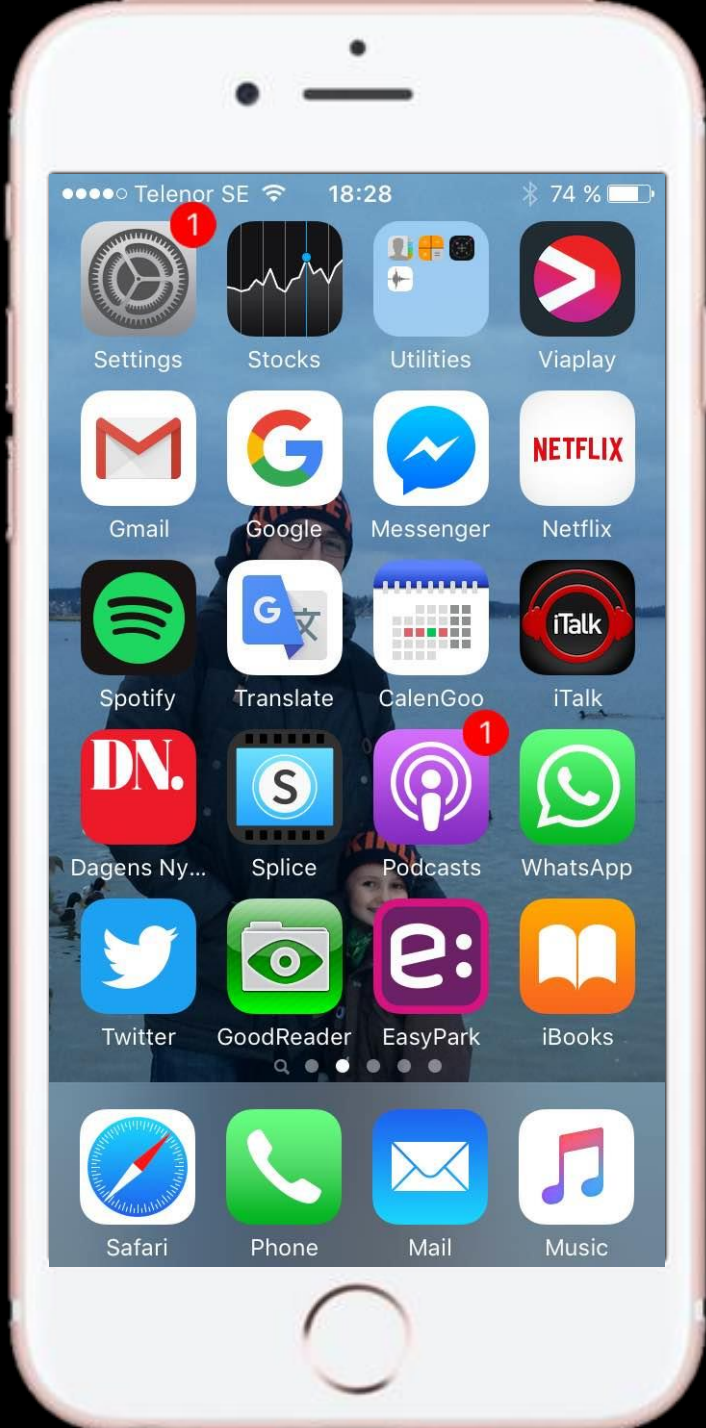
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EMCrit by Scott Weingart.
more...

🔊 131 – Cricothyrotomy – Cut to

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Airway

26 aug. 2014 • 30 min • Cut to Air: Crics from SMACC Gold

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Current ECMO Evidence from
Sam Ghali

15 aug. 2014 • 6 min • Should we be

▶ Airway 131 – Cricothyrotomy – Cut to Air: E
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way 131 – Cricothyrotomy – Cut to Air: E

— 26 augusti 2014 at 22:57 EMCrit Podcast - Critical

1x



Inbjudan till symposium

Den sviktande levern

SOPHIAHEMMET HÖGSKOLA,
STOCKHOLM, 16 MARS 2016

Handläggningen av kroniskt leversjuka patienter är en utmaning. Akut dekomensation hos en patient med levercirros kan yttra sig som en bakteriell infektion, blödning, trombos, ascites, encefalopati, akut njursvikt eller multiorgansvikt. Detta symposium vänder sig till dig som träffar på dessa patienter och vill få en uppdatering om de senaste riktlinjerna.

PRELIMINÄRT PROGRAM DEN 16 MARS, 2016

12:00-13:00	Registrering och lunch
13:00-13:05	Inledning
13:05-13:15	Akut dekomensation av kroniskt leversjukdom kräver omedelbar handläggning Docent Per Stål, Karolinska universitetssjukhuset
13:15-13:40	Acute-on-chronic liver failure - en egen klinisk entitet med hög mortalitet Dr Antti Oksanen, Karolinska universitetssjukhuset
13:40-14:05	Infektioner är vanliga vid akut och kroniskt leversjukdom Dr Hannes Hagström, Karolinska universitetssjukhuset
14:05-14:45	Akuta komplikationer vid levercirros - blödning och trombos Prof Hanns-Ulrich Marschall, Sahlgrenska akademien och Med Dr Rupesh Rajani, Karolinska universitetssjukhuset
14:45-15:15	Kaffe
15:15-15:40	Handläggning av ascites hos patienter med levercirros Dr Inga-Lill Fris-Liby, Sahlgrenska universitetssjukhuset
15:40-16:05	Akut njursvikt vid levercirros Docent Hans Verbaan, Skånes universitetssjukhus
16:05-16:30	Hepatisk encefalopati på akutkliniken Docent Staffan Wahlén, Karolinska universitetssjukhuset
16:30-16:50	Sammanfattning och frågor till panelen

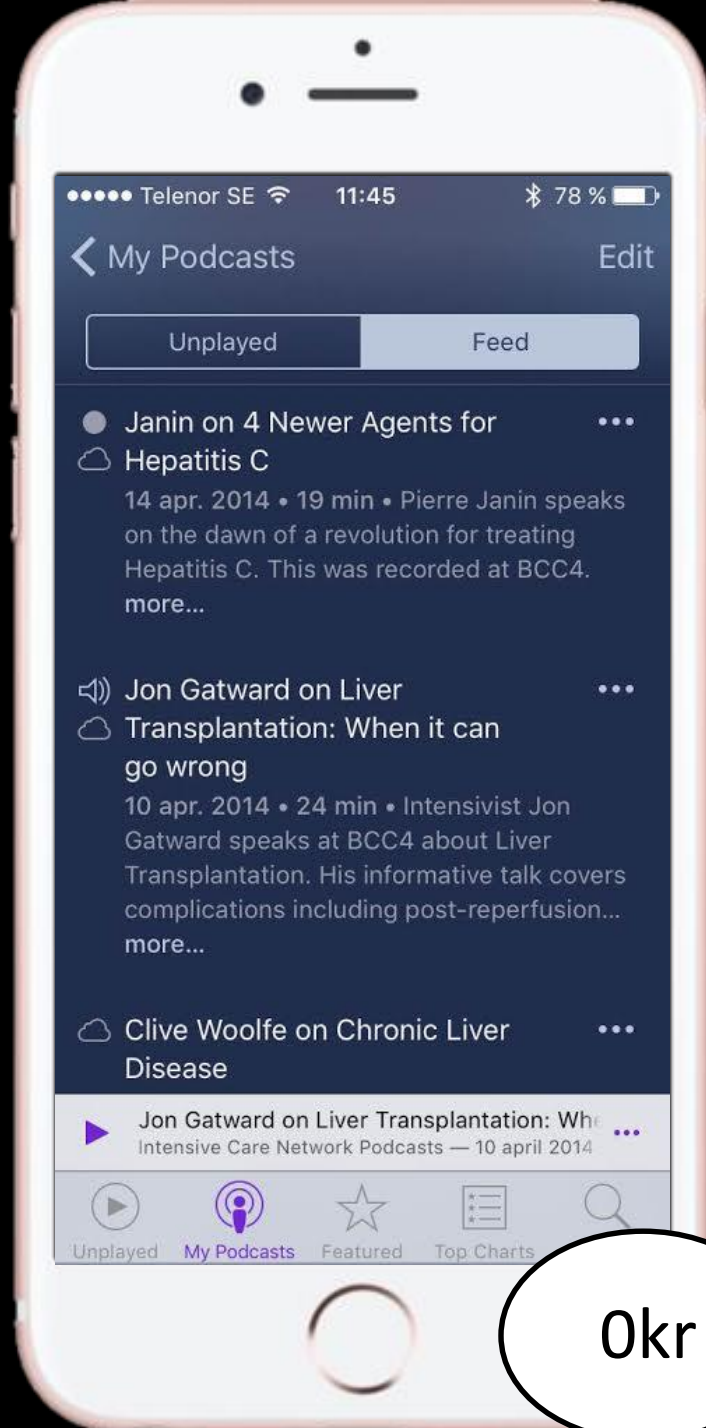
Moderator: Docent Per Stål, Karolinska universitetssjukhuset
Programansvariga: Svensk intermedicinsk leverklubb (SILK) och Läkartidningen

Välkommen!

Kaffe är inkluderat. Medlemmar i Sveriges läkarförbund betalar 300 kr + moms. Studenter betalar 895 kr + moms. Båtas till en kollega. Kontakta helene.engstrom@lakartidningen.se för mer information.
16:50, Sophiahemmet Högskola, Stockholm, Valhallavägen 91 i Stockholm, ingång R, Valhallavägen mitt emot Stadion.

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FÖRELÄSNINGAR

Föreläsningar från våra tidigare kurser!

AS

Mikael Eriksson talar om aortastenosis



HEMODYNAMISK BEDÖMNING

Micke Eriksson knyter ihop säcken

Hemodynamisk bedömning

from Niklas Jonsson



AI OCH MI

Peter Rudberg talar om aortainsuff. och mitralisinsuff.

AI MI

from Niklas Jonsson



MEP POCUS VID

POCUS VID TRAUMA

A close-up, high-angle photograph of a white computer keyboard. The central focus is a single key with the word "Blog" printed in a dark, sans-serif font. The key has rounded corners and a thin black outline. Surrounding it are other keys: to the left is a key with a small upward-pointing triangle; above is a key with the word "Insert" (partially visible); and below is a key with two short, parallel horizontal lines. The lighting is soft, creating subtle shadows between the keys and highlighting the texture of the plastic. The overall composition is clean and minimalist, emphasizing the digital nature of the subject.

Blog



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LITFL | Critical Care Compendium

Critical Care Compendium

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Reviewed and revised 2 September 2015

LITFL's **Critical Care Compendium** is a comprehensive collection of pages concisely covering the core topics and controversies of critical care.

Currently there are over **1,650 entries** with more in the works, and all the pages are being constantly revised and improved. Links to new references and online resources are added daily, with an emphasis on those that are free and open access ([FOAM](#) websites and free-to-access journal articles).

The CCC was created, and is maintained, by Chris Nickson and originated from the FCICM exam study notes created by Jeremy Fernando in 2011. All of these pages have been updated, modified and added to since by a number of contributors (see below). As such will be particularly useful to those studying for the CICM Fellowship exam (though there are topics outside the scope of the exam as well). Increasingly, entries relevant to the FACEM exam are also being added.

Delve into the Blog Archive, find out more About LITFL or the FOAMed movement or Contact LITFL



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LATEST	COMMENTS
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PulmCrit (EMCrit)

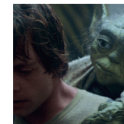
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ABOUT PULMCRT GENIUS GENERAL HOSPITAL PULMCRT TOC

You are here: Home / Archives for pulmcrit

PulmCrit- Controlled thrombolysis of submassive PE?

January 18, 2016 by Josh Farkas — Leave a Comment



Note: This is not an official protocol of Genius General Hospital, but rather an idea for discussion. Introduction Patients undergoing catheter-directed thrombolysis for deep vein thrombosis receive ~1 mg/hour alteplase infusions with monitoring of their fibrinogen levels. Usually, their fibrinogen level remains fairly stable and patients do well. However, occasional ... [\[Read more...\]](#)

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Do you take care of sick and crashing patients?

The EMCrit Blog and Podcast will help make you a master resuscitator.

PulmCrit- Ultrasound-assisted thrombolysis of PE

SV 11:53 2016-01-25

SV 11:54 2016-01-25

Deranged Physiology

A free online resource for Intensive Care Medicine.
Practical information, applied science and theoretical foundations of critical care.
An unofficial Fellowship Exam (CICM Part 2) preparation resource for the trainees of the College of Intensive Care Medicine of Australia and New Zealand.

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CICM PART II PAST PAPERS

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- SAQs organised by topic
- Viva stations in chronological order
- Viva stations organised by topic
- Hot Cases

CORE TOPICS IN INTENSIVE CARE

- Mechanical ventilation
- Haemodynamic monitoring
- IABP and temporary pacing
- Arterial blood gas interpretation
- Acid-Base disturbances
- Fluids and electrolytes
- Dialysis
- Critical Care pharmacology

PREPARATION FOR THE CICM PART II EXAM

- Required Reading
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ABOUT DERANGED PHYSIOLOGY

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Academic Life in Emergency Medicine

Best Of Clinical Non-Clinical PV Cards Videos About

Trick of the Trade: Patient positioning for ultrasound-guided ulnar nerve block

By Kara Toles, MD | January 20th, 2016 | Tricks of the Trade, Ultrasound | 0 Comments

Patients with 5th metacarpal fractures (commonly termed "boxer's fracture") are frequently treated in the emergency department (ED) with closed reduction and splinting. Obtaining analgesia and a successful closed reduction can often be challenging without procedural sedation. Severe swelling can make a hematoma block difficult, often resulting in inadequate analgesia. An **ultrasound-guided ulnar nerve block** provides a simple method to facilitate pain relief and allow for improved fracture site manipulation.



Read More

Diagnose on Sight: Shortness of Breath

By Sarah G. Sifuentes MD | January 18th, 2016 | Diagnose on Sight, Trauma | 0 Comments

Case: 55-year-old restrained driver is reporting severe shortness of breath and right sided chest pain after a high-speed motor vehicle collision. Her respiratory rate is 26 breaths/min and her oxygen saturation is 98% on a 15-liter non-rebreather. She has decreased breath sounds on the right, epigastric tenderness, and an abdominal seatbelt sign. **What is the diagnosis?**



Read More

FREE PV CARDS



CME COURSES



2016-17 ALIEM FELLOWSHIP INCUBATOR

LIFE IN THE FASTLANE

Intensive
are
network

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Emergency Medicine



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Sekreteness



Pålitlighet

Du läser något...

...som verkar intressant

Korridorsprincipen





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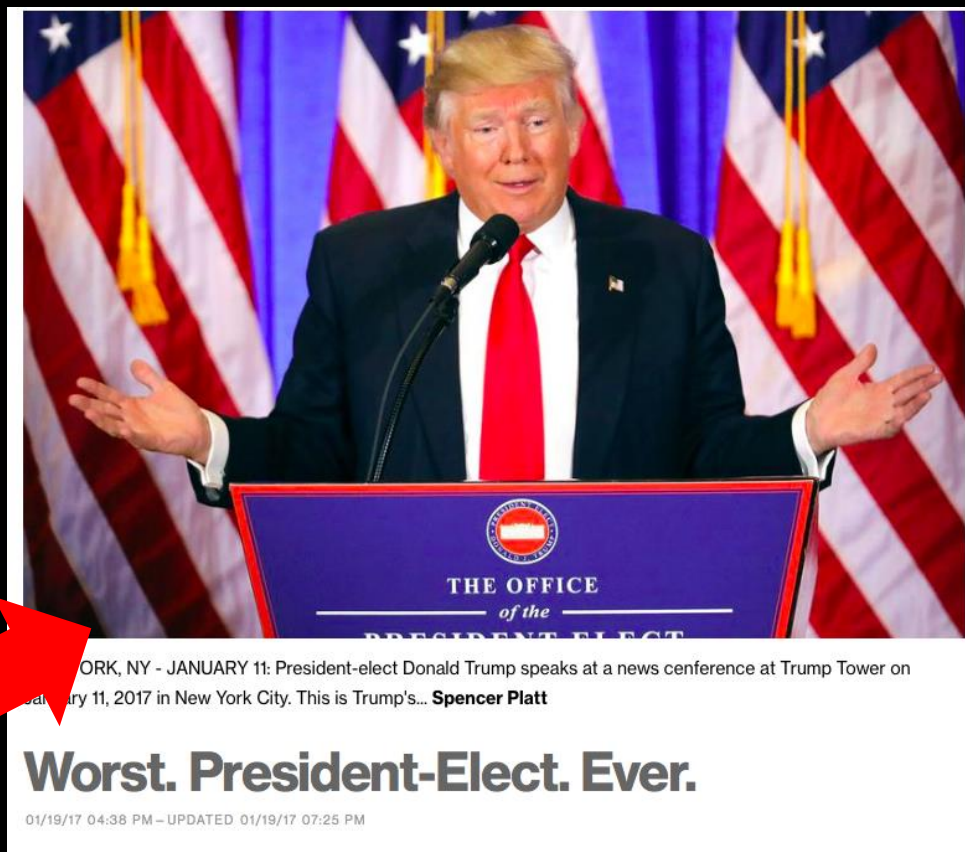
Känner jag till personen?

Kan man lita på de?



Känner jag till personen?

Kan man lita på de?





Har de skrivit
något annat som
stödjar
trovärdigheten?



Har de skrivit
något annat som
stödjar
trovärdigheten?



Finns en referens/länk?

Stämmer det med det jag
vet redan?



Är det trovärdigt?

Eller finns det klar evidens
som säger motsatsen?



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The lungs make platelets.

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Karim Brohi

@karimbrohi

Trauma Surgeon. Vascular Surgeon.
Londoner.

London

trauma.org

Joined August 2008



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NATURE | LETTER



The lung is a site of platelet biogenesis and a reservoir for haematopoietic progenitors

Emma Lefrançois, Guadalupe Ortiz-Muñoz, Axelle Caudrillier, Beñat Mallavia, Fengchun Liu, David M. Sayah, Emily E. Thornton, Mark B. Headley, Tovo David, Shaun R. Coughlin, Matthew F. Krummel, Andrew D. Leavitt, Emmanuelle Passegué & Mark R. Looney

[Affiliations](#) | [Contributions](#) | [Corresponding author](#)

Nature (2017) | doi:10.1038/nature21706

Received 24 April 2016 | Accepted 14 February 2017 | Published online 22 March 2017



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Tovo David



Mark Headley

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MARCH 27, 2017 GMT



Library Resources Community

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Trauma.org is an independent, non-profit organisation providing global education, information and communication resources for professionals in trauma and critical care.

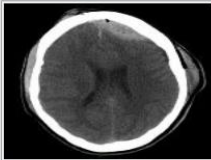
The new Trauma.org site is split into 3 main sections. The Library which holds all clinical and educational materials. Resources contains information on conferences, training and other web links, and the Community section houses the Trauma-list, research and personal blogs.

Featured Article: Haemothorax

Haemothorax

Haemothorax is a collection of blood in the pleural space and may be caused by blunt or penetrating trauma. Most haemothoraces are the result of rib fractures, lung parenchymal and minor venous injuries, and as such are self-limiting. Less commonly there is an arterial injury, which is more likely to require surgical repair.

Featured Images



A Traumatic Frontal Epidural Haematoma

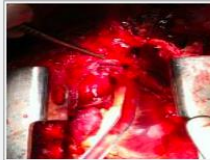
A CT scan of the Head

Dr. Luis Rafael Moscote-Salazar,
Neurosurgeon, Universidad de
Cartagena, Colombia.



knee-spanning external fixator

Jan Duljff, trauma fellow



Aortic Arch stab wound -
Pledget repair

Cervicosternotomy revealing
haematoma in aorta, innominate
trunk and left common carotid
artery

César Benítez Pozo ,Victor
Vasquez ,Pamela Pedrero ,José
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The lungs make platelets.

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Karim Brohi

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Trauma Surgeon. Vascular Surgeon.
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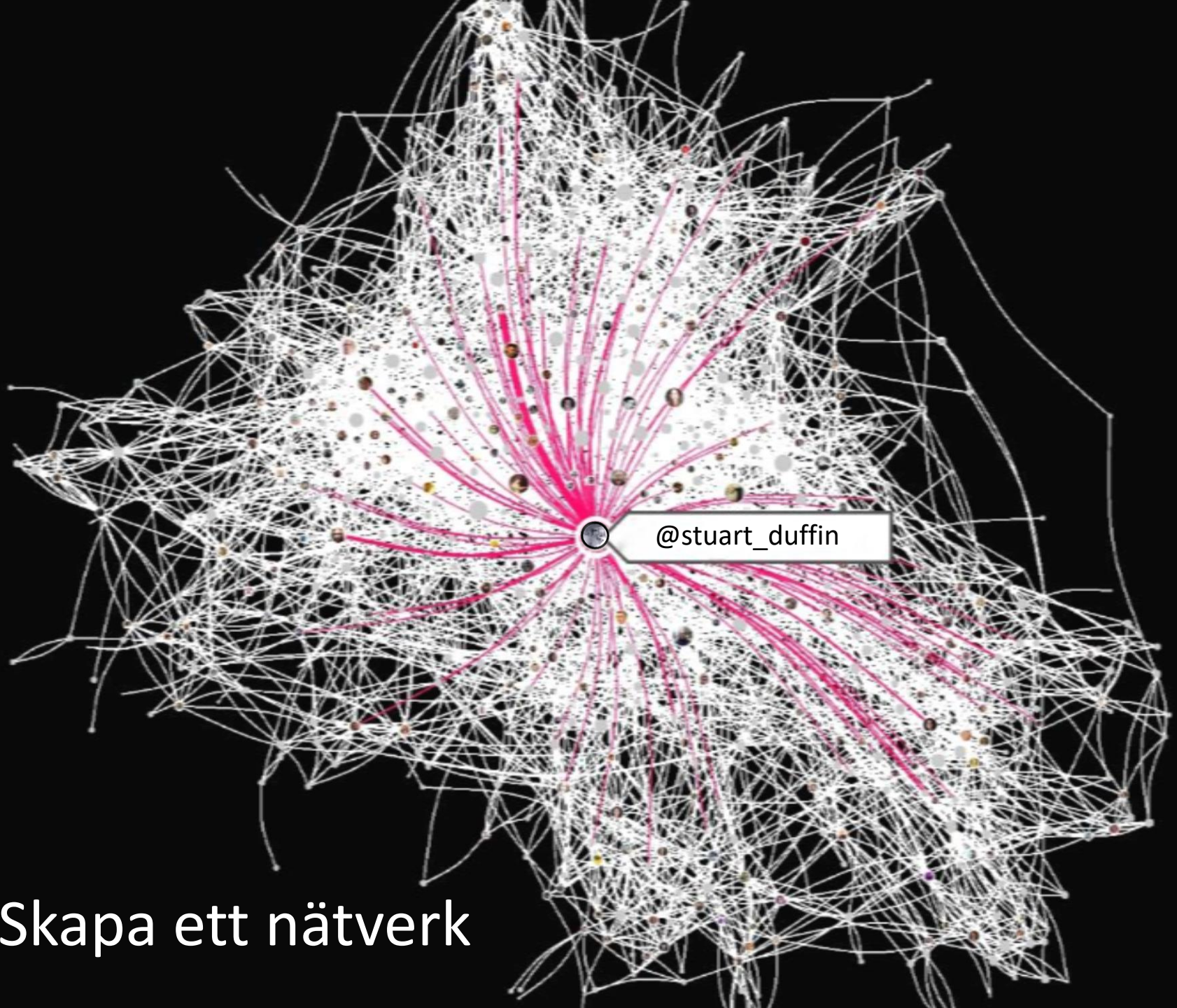
Joined August 2008

Nätverk





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Skapa ett nätverk

Geografi är inget
hinder

Bara ett tillgång

Var inte
ett troll



Vetenskap





FOAM vs Traditionell vetenskap?



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uppdaterad
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NEJM

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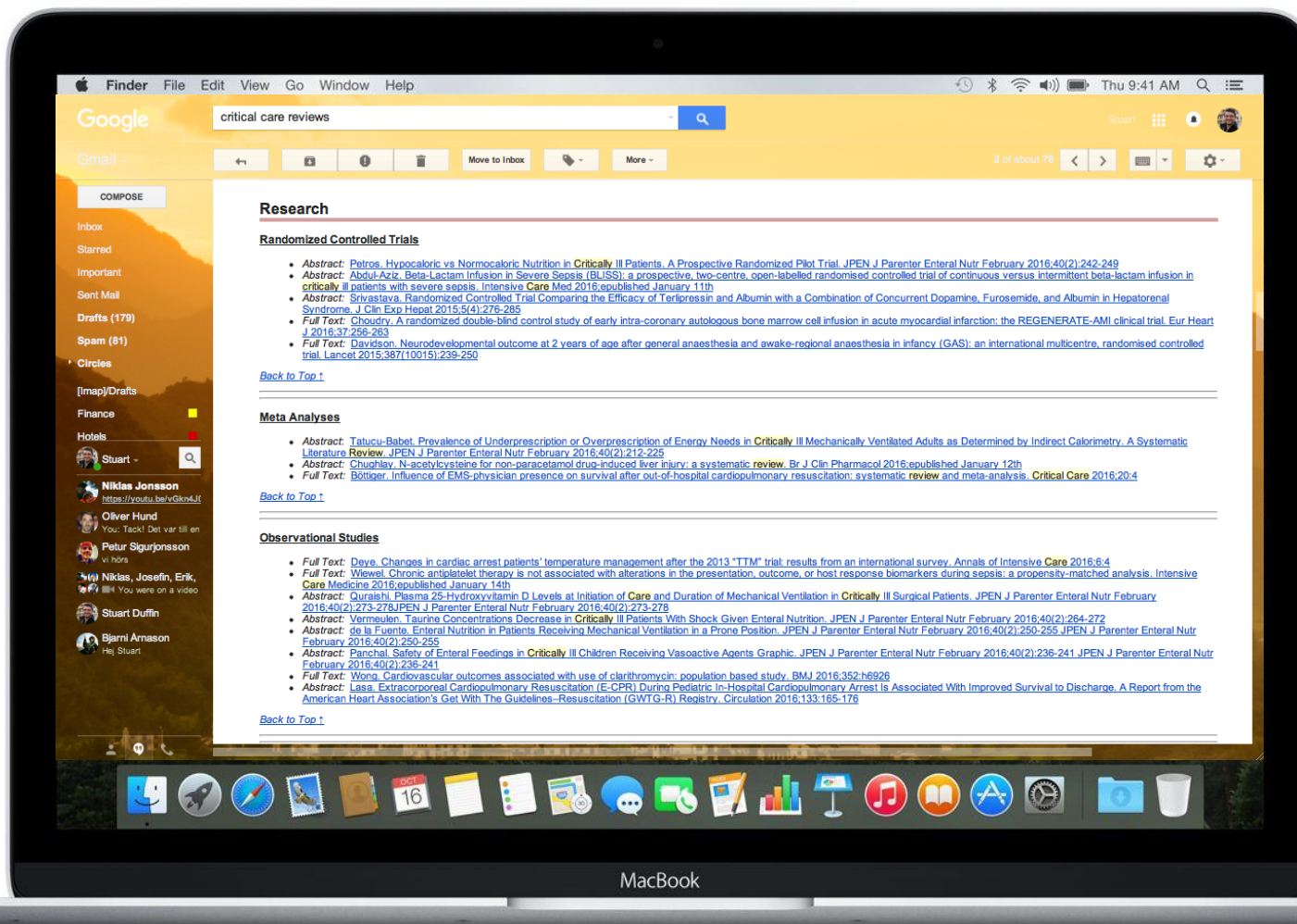


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www.criticalcarereviews.com

Critical Care Reviews Meeting 2017

Titanic Centre, Belfast

Friday January 27th

criticalcarereviews.com

The Biggest Trials of 2016

- Sepsis 3.0.....Singer
- PEPaNIC.....Van den Berghe
- LEOPARDS.....Gordon
- High Flow Nasal Oxygen.....Hernandez
- CLASSIC.....Hjortrup
- RESCUEicp.....Hutchinson
- Panel Discussion

"How I Manage....."

- Fluids.....Myburgh
- Antibiotics.....Singer
- Septic Shock.....Marik
- Blood Products.....Spahn
- High Flow Nasal Oxygen.....Hernandez
- Nutrition.....Van den Berghe

Bright Ideas

- The Path to Truth.....Myburgh
- The Cure for Sepsis.....Marik
- John Hinds Trauma Lecture....Spahn
 - European Trauma Guideline

Plus

- The Famous "Informal Chat" Session
- Critical Care Reviews Book 2017

6 CPD Points Applied For

Van Den Berghe
Belgium

Hernandez
Spain

Gordon
England

Myburgh
Australia

Marik
USA

Spahn
Switzerland

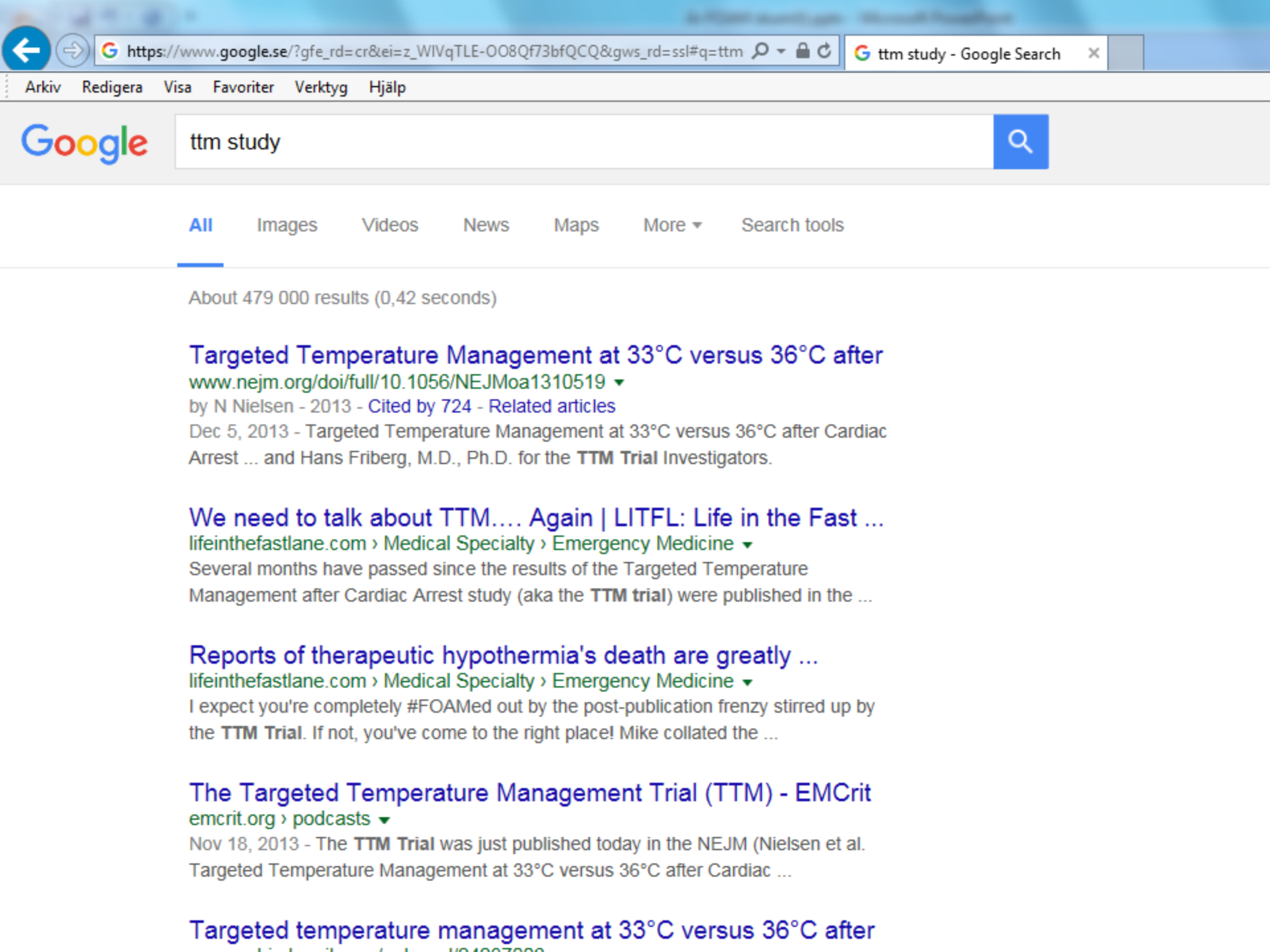
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Targeted Temperature Management at 33°C versus 36°C after

www.nejm.org/doi/full/10.1056/NEJMoa1310519

by N Nielsen - 2013 - Cited by 724 - Related articles

Dec 5, 2013 - Targeted Temperature Management at 33°C versus 36°C after Cardiac Arrest ... and Hans Friberg, M.D., Ph.D. for the **TTM Trial** Investigators.

We need to talk about TTM.... Again | LITFL: Life in the Fast ...

lifeinthefastlane.com > Medical Specialty > Emergency Medicine

Several months have passed since the results of the Targeted Temperature Management after Cardiac Arrest study (aka the **TTM trial**) were published in the ...

Reports of therapeutic hypothermia's death are greatly ...

lifeinthefastlane.com > Medical Specialty > Emergency Medicine

I expect you're completely #FOAMED out by the post-publication frenzy stirred up by the **TTM Trial**. If not, you've come to the right place! Mike collated the ...

The Targeted Temperature Management Trial (TTM) - EMCrit

emcrit.org > podcasts


Nov 18, 2013 - The **TTM Trial** was just published today in the NEJM (Nielsen et al. Targeted Temperature Management at 33°C versus 36°C after Cardiac ...

Targeted temperature management at 33°C versus 36°C after

London Trauma Conference 2015

London Trauma Conference #LTC2015 – Day Three

December 11, 2015 by [Simon Carley](#) — [Leave a Comment](#)



London Trauma Conference review with St.Emlyn's ECMO REBOA prehospital care and air ambulance work

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London Trauma Conference #LTC2015 – Day Two

December 9, 2015 by [Natalie May](#) — [1 Comment](#)



Hello again from the London Trauma Conference! If you haven't listened to the day one podcast yet, catch up here. We've managed to catch up with a couple more speakers for an in-depth chat about their talk

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SPLIT Trial

October 7, 2015 Stephen Shepherd Renal

Effect of 0.9% saline versus buffered crystalloid solution on renal complications in ICU patients. Based on concerns that renal artery blood flow (and hence nephron perfusion) falls to greater

Bellomo n 2012 demonstrated an association between chloride rich fluid and AKI

- Changed from gelatin, albumin and 0.9% saline to balanced
- Could be that gelatinS were harmful, rather than saline

Hence SPLIT


Double-blind, cluster randomised, double-crossover trial

[http://www.esicm.org/blog/?page_id=293](#) and April til October 2014


ESICM 2015

[http://www.esicm.org/blog/?p=267](#) [SPLIT Trial](#) | [ESICM Lives 2015](#) | [London Trauma Conference](#)

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ESICM LIVES 2015
BERLIN : 3-7 OCTOBER 2015



The Intensive Connection

Saturday October 3rd Sunday October 4th Monday October 5th Tuesday October 6th Wednesday October 7th

[Home](#) [SPLIT Trial](#)

Lactate Physiology and Pathophysiology. Is Lactate always Bad? A Janus-Faced Compound – Dr James Day

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SPLIT Trial

Controversies in the Management of Neuro-ICU Patients

I-NVNICTUS

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The SPLIT Trial: Saline vs Plasma-Lyte Fluid Therapy - R.E.B.E.L. EM - Emergency Medicine Blog on SPLIT Trial

giolielli cartier imitazione on Targeting

[http://www.esicm.org/blog/?page_id=293](#) and April til October 2014

SV 11:35 2016-01-25



1. "Rinaldo Bellomo Gilston lecture"
2. "International Sepsis Forum debate"
3. "Social Media and FreeOpen Access Medical Education"
4. "Mark Forrest on presentation"
5. "Bellomo on HEAT"
6. "John kheir pop up"
7. "Georg Auzinger If the sick liver HITs you"
8. "Marlies Ostermann If the circuit keeps clotting"
9. "Scott Brudney - pain agitation and delirium"
10. "Carl Waldmann - pain agitation and delirium"
11. "Luis Forni AKI who will get it?"
12. "Rinaldo Bellomo - AKI does it kill you?"
13. "Peter Pickkers - AKI Can you treat it?"
14. "John Prowle - AKI What are the long term effects?"
15. Mark Forrest - Learning from pre-hospital care
16. "Andy Johnston - critical Care in the field"
17. "Ron Daniels - tempo pace and sepsis"
18. "Zudin Puthuchear - Muscle wasting the scientific background"
19. "Brij Patel - Muscle wasting basic science - what do we know?"
20. "Claudia dos Santos - muscle wasting translational research - where"
21. "Gattinoni ARDS masterclass" — SM
22. "Jon Rivers pop up - ulna length and mechanical ventilation"
23. "Charlotte Summers pop up - why research"
24. "MCarol Hodgson pop up - PHARLAP study"
25. "John Kheir -Intravenous oxygen microparticles - a lifeboat?"
26. "Eddy Fan Is ECMO the answer? A North American Perspective"
27. "Peter Radermacher - Can you have too much oxygen?"
28. "Susanna Price Intensivist delivered ECHO: dangerous in the wrong"
29. "Antoine Vieillard-Baron Echo-directed therapy saves lives in ICU"
30. "Ashley Miller Lung ultrasound: why not just get an x-ray?"
31. "Daniel Lichtenstein Lung ultrasound: the key to rapid diagnosis"
32. Tamas Szakmany - How many are we missing? The All-Wales Size c
33. "Rinaldo Bellomo The truth about lactate"
34. "Peter Pickkers - Learning from the Ice Man"
35. "Peter Radermacher - Lessons from diving"
36. "Lee Gali - Lessons from fight club"

Inspiration



Bredda horisonten



**THE BEST JOB
IN THE WORLD**



Utbildning

Nätverk

Vetenskap

Inspiration



A hand is holding a silver smartphone. The screen is black and displays white text. The text is arranged in four lines: 'Var kritisk', 'Var öppensinnad', 'Var med', and '#FOAMed'. Below this, there is a line of text 'Tack :)'. At the bottom right of the screen, the text '@stuart_duffin' is visible. The phone has a silver bezel and a home button at the bottom.

**Var kritisk
Var öppensinnad
Var med
#FOAMed**

Tack :)

@stuart_duffin