Welcome to the Chiefs’ Corner, a curated list of up-to-date educational supplements for the busy UA IM residents on the go.

Friday, September 27th 2019

Listen along to this 30-minute episode of the "Curbside Consults" Podcast produced by NEJM Resident 360 which talks about the history of the opioid epidemic and gives practical recommendations to the common problem of pain management.

Discussions and laws regarding vaping and E-cigarettes have been all over the news lately. Read the original article that sparked the debate and news headlines. Spoiler: we still don't know what is quite going on, despite what the news is telling us.

ASTHMA GUIDELINES:
An Update
**Asthma Guidelines Update Alert**

**Per Dr. Laura Meinke:** "There are new asthma management guidelines that were released by the Global Initiative for Asthma (GINA). They are quite different than what we were doing before for mild intermittent asthma. Basically, the recommendation is now to treat all asthmatics, no matter how mild, with some inhaled corticosteroid (for mild intermittent asthma, the ICS use can be PRN along with their beta agonist use). Here is a link for the "pocket guide" which is a ridiculous 39 pages in length."

Click on the link or image above to see the guidelines. A concise summary of the major updates can be found on page 16. Below is an update to the asthma stepwise approach graph (click image below for a larger view).

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**Palliative Care Education On-The-Go**

As part of an ongoing initiative, BUMC has joined the Center to Advance Palliative Care (CAPC) with support from a grant from the RiverStyx Foundation. Membership is free to University of Arizona residents and allows access to a wide variety of case-based and interactive courses that touch on topics from effective communication to managing complex symptoms. Sign up using your @bannerhealth.com email address.
Consequences of Excess Iodine

Salt was originally iodized to prevent iodine deficiency, one of the leading preventable causes of intellectual and developmental disability worldwide. But what happens when we take in too much iodine? This systematic review, published in Nature Reviews: Endocrinology, delves into the possible consequences of excess iodine supplementation, especially in relation to CT contrast, and its link to hypothyroidism.

For further reading: A meta-analysis on excess iodine intake with a review of the Wolff-Chaikoff effect and different sources of iodine.

Announcements:
Recruitment season is upon us. You can get involved by signing up for interview dinners (more info to come), and participating in interview days by giving tours or by answering questions and hanging out with the applicants in between their interviews. Remember, these are next year's interns that you'll work with! Let's make sure we have a great upcoming class.

Your Co-Residents' Suggestions
As recommended by Dr. Nadia Nunes Cavalcante, The Scope is a weekly eNewsletter designed for residents by residents which reviews the week's best evidence-based medicine, written in plain language.

Feedback/contributions are welcome. If you stumble upon an interesting article/podcast, etc. and want the rest of the residency to know, send it to jvondrak@deptofmed.arizona.edu and we can feature you in next month's newsletter!

If you know of anyone who is interested in subscribing, email jvondrak@deptofmed.arizona.edu or click here to access the Subscribe Form to be added to the mailing list.