



# The Gyn Times

## December 2017

UCF/HCA GME CONSORTIUM GREATER ORLANDO OB/GYN RESIDENCY PROGRAM NEWS

IN THIS ISSUE

## Judicious Use of Blood Products

### Blood transfusions occur in > 10% of hospitalized patients!

The Joint Commission identified blood transfusion as one of the top 5 most frequently overused therapeutic procedures in the US.

### Risks of Blood transfusions have changed

Previously: HIV, Hepatitis, bacteria, fever

Currently: TRALI, TACO, hemolytic reaction, Chagas, West Nile, iron overload, etc.

### Concerns:

- Postoperative infections
- Longer hospital stay
- Increased morbidity & mortality
- Immunomodulation
- Allo-immunization
- Iron overload
- Severe allergies
- Financial impact
- Limited supply

### Chronic Anemia Management

- Pharmacological – iron (PO, IV), Epogen, B-12, folate, Vit K
- Referral to Hematology
- Use of transfusion alternatives
- Reduced blood draws
- Interventional radiology techniques
- Optimization of Hgb/Hct prior to elective surgical procedures

### Transfusion Guidelines 2017

- Hgb < 7
- Hgb 7-8 if large blood loss, unstable, or cardiac disease
- Pre-operative Hgb < 8 if expected EBL > 750 mL
- Rapid blood loss > 1500 mL
- Chemo-induced anemia < 9
- Pediatric Hgb < 8
- Neonatal volume

### Transfuse 1 unit and reevaluate!



### Noteworthy News

Your spot for up-to-the minute news & views

Page 2

### CREOG Corner

A dose of education for your day

Page 2

### Cozy Cat Calendar

Know where to be and when to be there!

Page 3

### Research Road

Navigating the tides of research

Page 3

### Didactic Den

What's up and coming in the world of didactics

Page 4

# Noteworthy News



- New ACOG Practice Bulletins on:
  - ◆ Postpartum Hemorrhage
  - ◆ Vaginal Birth After Cesarean Delivery
  - ◆ Pelvic Organ Prolapse
  - ◆ LARC – Implants & IUDs
  - ◆ Neural Tube Defects
  - ◆ Tubal Ectopic Pregnancy
  
- Journal Club is being revamped!
  - ◆ Stay tuned for more details
  
- Board Vitals for Step 3 study
  - ◆ Use your UCF email to join/log in
  - ◆ Information forthcoming on question banks for CREOG/board review
  
- MOC modules for PGY<sub>4</sub> residents due by December 19
  - ◆ Available on Medhub
  - ◆ Print out and turn in to Annie

- The Society for Academic Specialists in Obstetrics and Gynecology (SASGOG) offers membership for residents for \$55 and provides opportunities to publish, educational resources, and discounted fees for annual meetings.
  - ◆ <https://sasgog.memberclicks.net/>
  
- ACOG Annual Meeting – Austin, TX
  - ◆ April 27-30, 2018
  
- CREOG/APGO Annual Meeting – National Harbor, MD (D.C.)
  - ◆ Feb 28-March 3, 2018
  
- ASRM has stellar e-modules available for free to residents!
  - ◆ [www.asrm.org](http://www.asrm.org) → ASRM eLearn



## CREOG Corner

Excerpted from: Pearls of Excellence - Contraception for Women with Migraines; Abbey Hardy-Fairbanks, MD

There is an increased risk for cerebral thromboembolism (CTE) in women who use Combined Hormonal Contraception (CHC), have migraines, have hypertension, or use tobacco. These factors have a multiplicative effect of on risk for CTE. Women who experience migraines with aura and use CHC increase their risk of CTE three-fold, although the absolute risk is low and less than during pregnancy.

Risk for CTE per 100,000 women/years

	No CHC	Taking CHC
Healthy	6	12
Migraine (no aura)	12	19
Migraine with aura	18	30
Pregnancy	34	

### CREOG STUDY RESOURCES

ACOG Prologs are wonderful, succinct, and portable resources for CREOG studying!

CREOG Quizzes:  
<https://www.acog.org/About-ACOG/ACOG-Departments/CREOG/CREOG-Search/CREOG-Quiz>

Pearls of EXXcellence:  
<https://www.excellence.org/pearls-of-excellence/list-of-pearls/>

Migraines without aura may worsen, improve, or remain stable in women who take CHCs. While on CHCs, migraines typically occur during the hormone-free interval, and are termed estrogen withdrawal-associated headaches. Using continuous dosing with a shortened or absent hormone free interval typically alleviates these headaches. Menstrual migraines are considered a subtype of migraines without aura and are similar to the migraines triggered by a hormone free interval during CHC use, and will often resolve with similar interventions. Women who start a new hormonal contraceptive should be asked to notify the provider if their headaches worsen.

## COZY CAT CALENDAR



12/13/17: Gyn Onc Academic Half-Day

12/20-26/17: Team 1 Covering

12/27-1/2/18: Team 2 Covering

1/4/18: Pre-interview Dinner

1/5/18: Interviews

1/9/18: Pre-interview Dinner

1/10/18: Last Interview Date!

1/15/18: CREOG Review

1/17/18: SIM Lab - PPH & LEEP/CKC

1/18-20-18: CREOG In-training Exam

2/5-9/18: ACOG Wellness Week

## FAST FACTS

10%

Blood transfusions occur in 10% of hospitalized patients

42%

Percent of pregnant women in sub-Saharan Africa who give birth with a skilled attendant present

55%

Percent of infants continuing to be breastfed at 6 months of life in the USA



*Don't forget to do your CITI training prior to starting any IRB paperwork!*

*IHI QI modules are required prior to starting PGY1-2 QI project!*

## Research Road

### Meet your research team!

- Dr. Hale Toklu – GME Research Director for HCA North Florida Division
  - ◆ Hale.Toklu@hcahealthcare.com
- Megan Marquez, MSc – Clinical Research Specialist for HCA
  - ◆ Megan.Hubbard@hcahealthcare.com
  - ◆ Ms. Marquez can assist with External Data Release and other administrative questions
- There is a statistician on HCA's research team as well!
  - ◆ To reach the entire team, email: Nfrm.research@hcahealthcare.com
- Terri Gotschall, MLIS – UCF Scholarly Communications Librarian
  - ◆ Terri.Gotschall@ucf.edu
  - ◆ Refer to Ms. Gotschall for any questions regarding journals or publishing

**Patient Safety and Quality Improvement Day - May 31, 2018. All PGY2 residents will present a poster of their QI project (as well as anyone else who would like to present).**

UCF & HCA are working on a website where all research resources, guidelines, and forms will be housed. In the meantime, utilize UCF IRB for Citi Training and IRB paperwork. **THE RESIDENT SHOULD BE LISTED AS THE PRIMARY INVESTIGATOR (PI).** We will be copying Dr. Toklu and her team on all research correspondence.

Please refer to your emails for an updated poster template. Sections can be reorganized, but please do not resize or change logos/colors.

Please remember that all publications utilizing HCA data need to be submitted to HCA via the External Data Release (information previously emailed) before being submitted for presentation or poster printed for publication. Make sure to note at the beginning of the form that this is a GME request (expedited)!

■ <https://edr.hca.corpad.net/>

Refer to emails also for Patient Consent to Publish Research – to be used for case reports.



# The Road Less Traveled

by Brittney Brown, DO

During the month of November, UCF/HCA OB/Gyn residents Dr. Brittney Brown, Dr. Shruti Agarwal, and Dr. Ankit Patel were able to travel to Puerto Rico for week with a team from Calvario City Church in Orlando, FL. There, they provided medical care to those affected by Hurricane Maria. As well, they were able to bring medical supplies to replenish dwindled stocks. Their "home base" was in Dorado; however, they set up makeshift clinics in six cities in Puerto Rico: Utuado, Naranjito, San Sebastian, Rio Grande, Vega Alta, and Manati. During their time in Puerto Rico, they were able to assist the medical team with caring for over one thousand patients!



They were also able to visit El Capitolio in the capital city of San Juan, where they sat in for a legislative session and met with the Secretary of State of Puerto Rico, Luis Rivera-Martin. They feel so fortunate to have had the opportunity to travel to the beautiful island of Puerto Rico and care for those affected by Hurricane Maria. Drs. Brown, Agarwal, and Patel, as well as the entire OB/Gyn program, would like to thank the entire team from Calvario City Church in Orlando, FL and Osceola Regional Medical Center/HCA for making this mission possible.

## Didactic Den

Attendance will be tracked utilizing a sign-in sheet until the QR code kinks are worked out.

<span>◀</span> <span>▶</span> Today <b>January 2018</b>							Month	Week	☰
Sun	Mon	Tue	Wed	Thu	Fri	Sat			
31	1	2	3	4 Tumor Board 7:30 am	5 CREOG REVIEW 7:30 am	6			
7	8 CREOG REVIEW 7:30 am	9 BOOK CLUB 7:30 am	10 ATTENDING LECTURE - Palazzolo 7:30 am	11 Resident Meeting 7:30 am	12	13			
14	15 Ozcan CREOG REVIEW 7:30 am	16 Gyn Preoperative Conference 7:00 am	17 Simulation - PPH & LEEP/CKC 6:30 am	18 Tumor Board 7:30 am	19 ATTENDING LECTURE - Patel 7:30 am	20			
21	22 PB/CO Review 7:30 am	23 BOOK CLUB 7:30 am	24 ATTENDING LECTURE - Osborne 7:30 am	25 Wellness Hour 7:30 am	26 RESIDENT LECTURE: Preconception Care - Gottschalk 7:30 am	27			
28	29 Morbidity & Mortality Conference 7:30 am	30 Gyn Preoperative Conference 7:00 am	31 ATTENDING LECTURE - Ozcan 7:30 am	1 Tumor Board 7:30 am	2	3			

# Wellness Way

by Michelle S. Ozcan, MD

The UCF/HCA Greater Orlando OB/Gyn residents have embarked on a journey toward wellness and resilience! At monthly "Wellness Hours," the residents learn and practice resiliency tools that they can carry forward into their daily lives. The program, which began this academic year, aims to both prevent burnout and give residents some tools and resources to help manage the symptoms when they do occur.



So far, the residents have practiced skills as variable as camaraderie and teamwork (with a group scavenger hunt), humor, meditation, music & movement, and arts & crafts. For the Holidays, we will be exploring cooking and food with a Crazy Christmas Cookie Competition. Feedback on the program has been largely positive. We will continue into the New Year developing tools to carry us forward to be the most well-rounded and healthy physicians that we can be!



The Gyn  
Times  
Quarterly

720 W. Oak St.  
Kissimmee, FL 34741

