

Transitioning to Residency Elective

Transitioning from 4th year medical school to internship can be an intimidating experience for novice doctors. Knowledge on responding to emergency conditions in the middle of the night may be insufficient, or possibly forgotten by the end of 4th year.

Some studies, such as that published in the *Annals of Internal Medicine* by John Young in 2011 suggest that there are more hospital deaths and hospitals are less efficient in the month of July. This elective aims to provide 4th year medical students with a review of practical information for taking care of patients in the beginning of the intern year.

Curricular overview:

Section 1: How to respond to the following problems that may arise while on call:

1. Your patient has a low blood sugar
2. Your patient has a high blood sugar
3. Your patient is short of breath
4. Your patient is hypoxic
5. Your patient is less responsive/unresponsive
6. Your patient is having a seizure
7. Your patient has chest pain
8. Your patient is hypotensive
9. Your patient is hypertensive
10. Your patient just vomited blood
11. Your patient is tachycardic
12. Your patient has uncontrolled pain
13. Your patient has a low potassium
14. Your patient has a high potassium
15. Your patient may be having a stroke
16. Your patient who is getting a blood transfusion has a fever
17. Your patient is an atrial fibrillation with rapid ventricular response
18. Your elderly patient just got out of bed and fell
19. Your patient's INR is too high
20. Your patient is having an allergic reaction to a medication
21. Your patient has decreased urine output
22. You were doing a procedure and got a needlestick
23. Your patient has decreased urine output

Section 2: Practical tips for inpatient orders

1. Writing maintenance IV fluids
2. Sliding scale insulin

Section 3: Radiology: Sometimes it can be confusing to know what the best study is to order to evaluate for a specific condition. Moreover, inpatient studies at night are not always read emergently

1. I am worried about a GI perforation
2. I am worried about intracranial bleeding
3. I am worried about a stroke
4. I am worried about bowel obstruction
5. When do I worry about giving IV contrast
6. How to evaluate for free intraperitoneal air
7. How to evaluate for pneumothorax
8. What to look for on chest x ray after intubation
9. How to identify blood on a head CT

Section 4: Procedures

1. How to place a central line
2. How to perform an LP
3. How to manage epistaxis
4. How to perform a paracentesis
5. How to place an NG tube
6. Tips for placing a foley catheter
7. How to perform bag-valve-mask ventilation

Section 5: Journal Club topics

1. Death telling
2. Reducing medical errors
3. Improving communication within the health care team
4. Wellness and sleep hygiene
5. Residents as teachers
6. Dealing with difficult patients