

What The Hell Has  
BROWN Been Reading  
JOURNAL ARTICLES  
10/2020

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**BICYCLE INJURIES** May, 2020 ACEPNews  
Compiled by Michael Mello, M.D.

- ▶ 2018 857 Bicyclist Killed
- ▶ 6% increase from 2017
- ▶ Average Age 47 increased from 41 10 years ago
- ▶ M>F by 8X
- ▶ 75% Urban
- ▶ 25% BA > 0.08 g/dL
- ▶ 61% No Helmet

\*\*\*\*\* Nonfatal Head Injuries were Reduced by 42% with Helmet Use\*\*\*\*\*

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Headaches Associated With PPE- A Cross-Sectional Study Among Frontline Healthcare Workers During COVID-19  
Headache The journal of head and face pain March, 2020

- ▶ National University Hospital, Singapore
- ▶ N= 158 participants age 21-35 years paramedical staff, nurses and doctors Self Administered Questionnaire
- ▶ 81% had PPE associated Headaches
- ▶ Increased risk of headaches were:
  1. history of headaches
  2. > 4hours of PPE usage

**CONCLUSION**-MOST OF THE HEALTH CARE WORKERS DEVELOPED HEADACHES

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Topical Tranexamic Acid Compared With Anterior Nasal Packing for Treatment of Epistaxis in Patients Taking Antiplatelet Drugs: Randomized Controlled Trial  
Acad Emerg Med 2018

- ▶ N- 124 ASA or clopidogrel or both
- ▶ Topical TXA (500mg/5mL) VS anterior nasal packing
- ▶ Primary outcome = bleeding stopped at 10 minutes
- ▶ Secondary outcome = rebleeding at 24 hours, time in ED, pt. satisfaction
- ▶ 73% TXA bleeding stopped in 10 minutes
- ▶ 29% nasal packing bleeding stopped in 10 minutes
- ▶ 24 hour rebleed 5% TXA VS 10% nasal packing
- ▶ Discharge from ED <2 hours TXA 97% VS 13% nasal packing
- ▶ Patient Satisfaction TXA >> nasal packing
- ▶ \*\* NO Adverse Events in Either Group\*\*

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Effects of Out-of-Hospital TXA VS Placebo on 6-Month Functional Neurologic Outcomes in Patients With Moderate or Severe Brain Injury  
JAMA Sept. 2020

- ▶ N= 966 Randomized multicenter clinical trial
- ▶ TXA Given Within 2 Hours of Injury
- ▶ 5/2015-11/2017
- ▶ 15 years +
- ▶ GCS 12 or Less
- ▶ SBP 90 Hg or higher
- ▶ Primary Outcome = Favorable Neurologic Outcome at 6 Months
- ▶ CONCLUSION: \*NO STATISTICAL DIFFERENCE BETWEEN THE TWO GROUPS\*

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Antibiotic Treatment for Appendicitis Successful in First 90 Days for Many  
American College of Surgeons Virtual meeting 2020

- ▶ N= 1552
- ▶ Multicenter Randomized Study
- ▶ 10 Day Course of Antibiotics VS Laparoscopy Appendectomy
- ▶ Primary Outcome= 30 Day health status (European Quality of Life-5 Dimensions)
- ▶ 29% Antibiotic group within 90 days had an Appendectomy
  - ▶ 41% of this group had an appendicolith
  - ▶ of these pts with an appendicolith there were increased complications
- ▶ CONCLUSION: STAY TUNED

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Benadryl: Drug Safety Communication-Serious Problems with High Doses of the Allergy Medicine  
FDA MedWatch Safety Alert 9/24/2020

- ▶ BENADRYL CHALLENGE- videos on social media like TikTok
- ▶ Hallucinations and Increased Sleep
- ▶ COMPLICATIONS= seizures, coma, cardiac problems (hypotension, palpitations, tachycardia), N/V, dizziness, epigastric distress, death
- ▶ Anticholinergic Syndrome- Red as a Beet, Dry as a Bone, Blind as a Bat, Mad as a Hatter, Hot as a Hair, Stuffed as a Pipe(urinary retention, ileus)
- ▶ Tx: ABC, IVF, BZ, Sodium bicarb, Physostigmine

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APPS



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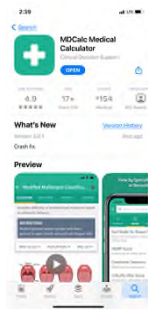
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