

A GUIDE TO THE ALFRED ICU 'LABS AND LYNES' SESSIONS

by Mike Purvis-Smith, updated 9 Aug 2023

Objectives of the Labs and Lynes sessions

- Develop presentation skills
- Achieve active learning through case-based discussion
- Focus on 'real world' clinical decision making and data interpretation
- Create a learning resource that is useful to others at a later date - see: <https://intensiveblog.com/labs-lynes/>

Rostering

- Now runs 3-6 monthly as a 'Labs and Lynes Masterclass'
- A request for interesting cases will sent in Education WhatsApp group a month prior
- Even if you are not rostered or presenting, but have a great case that you learned from, you can still submit it for publication on INTENSIVEblog.com.

How to prepare a Labs and Lynes session

- Actively seek useful learning points from cases in the unit
- Remind your team (including SR and consultant) to be on the lookout for useful cases
- Prepare a presentation and a written summary (see below)

Presentation

- Lead a discussion that is interactive - a 'question and answer' format works well
- Can use powerpoint, whiteboard or other modality to support the presentation, though just showing an x-ray or the data and leading a discussion may be all that is needed
- You may need to direct questions at individuals if people are
- duration: 5-10 mins max

Written summary

- The goal is to create a lasting, stand alone resource that others can learn from asynchronously (i.e. at a later date)
- You can submit as a word document (via email to Mike Purvis-Smith)
- Provide in question and answer format following a case introduction
- Usually aim for 3-5 questions per case (some may be a single question 'spot diagnosis', others may be more involved or evolve; longer cases can be divided into 2 blog posts)
- Provide answers in a short form/long form format ('answer/interpretation') i.e. short form gives the specific answer, long form discusses why, gives an approach to the problem or details other considerations

- Aim to be specific (highlighting what is relevant to clinical decision making in this particular case) and contextually relevant, rather than comprehensive
- Provide references using AMA format (easily done by cut-and-paste after using the “cite” button to auto-generate references in Pubmed) and links to useful resources
- Define any abbreviations when first used
- Any data presented should include units of measurement +/- normal ranges
- If suitable, written summaries will be posted on INTENSIVE (the Alfred ICU educational website); i.e. they will be published with YOU credited as the author
- If the cases cannot be adequately de-identified/ fictionalised they will not be posted on the website, but may be stored safely for educational purposes
- A suggested proforma is available at the end of this document

Database

- ‘Labs and lytes’ that are suitable for publication on INTENSIVE are entered into a free-to-access searchable database found here: <http://intensiveblog.com/labs-lytes/>

Examples

- [What does this monitor screen tell you about TBI?](#)
- [Not all fever is infection](#)
- [What's up with this pacing swan?](#)
- [How new is new?](#)
- [Where are the stripes?](#)
- [What does this monitor screen tell you about TBI?](#)

Having trouble?

If in doubt, ask for help!

- Use your team to help you find the most suitable cases
- Keyword search the database to see what has already been done: <http://intensiveblog.com/labs-lytes/>
- Discuss your cases with your team, including your consultant but especially your Senior Registrar - the discussion might even benefit the patient!
- Liaise with Mike Purvis-Smith or Chris Nickson as needed for help with creating the presentation and the written summary

Labs and Lytes Pro Forma

Date: <enter date here>

Author: <enter your name here>

Case 1

<enter case introduction here>

Questions

Q1. <enter question here +/- additional data/ images to interpret>

Answer

<enter short answer here>

<enter longer expansion here>

<enter additional case information here if needed/ or if case evolves>

Q2. <enter question here +/- additional data/ images to interpret>

Answer

<enter short answer here>

<enter longer expansion here>

...

<Add further questions and answers in the above format, usually 3-5 per case is sufficient>

<Add additional cases in the above format as required>

Contact the education fellow or Mike Purvis-Smith if you need help or to submit the proforma when it is complete