

Welcome to Episode 5 of “The 2 View,” the podcast for EM and urgent care nurse practitioners and physician assistants!

Show Notes for Episode 5 of “The 2 View”

## Needle Sticks

Needlestick Helpline: If you have questions about appropriate medical treatment for occupational exposures, assistance is available from the Clinicians’ Post Exposure Prophylaxis (PEP) Line at 1-888-448-4911.

National Clinician Consultation Center. Ucsf.edu. Accessed April 22, 2021.  
<https://nccc.ucsf.edu/>

Moayed, Siamak MD, Torres, Mercedes MD. HIV Post-Exposure Prophylaxis. EM:RAP CorePendum. Emrap.org. Updated October 5, 2020. Accessed April 22, 2021.  
<https://www.emrap.org/corependium/chapter/rech6mbrZTyKtAIqw/HIV-Post-Exposure-Prophylaxis>

Roberts, Martha ACNP, CEN. Viewpoint: A Needle Stick and a Life Lesson. Emergency Medicine News. Lww.com. Updated December 2015. Accessed April 22, 2021.  
[https://journals.lww.com/em-news/Fulltext/2015/12000/Viewpoint\\_\\_A\\_Needle\\_Stick\\_and\\_a\\_Life\\_Lesson.19.aspx](https://journals.lww.com/em-news/Fulltext/2015/12000/Viewpoint__A_Needle_Stick_and_a_Life_Lesson.19.aspx)

*Announcement:* Updated Guidelines for Antiretroviral Postexposure Prophylaxis after Sexual, Injection-Drug Use, or Other Nonoccupational Exposure to HIV — United States, 2016. Morbidity and Mortality Weekly Report (MMWR). Cdc.gov. Updated May 6, 2016. Accessed April 22, 2021. <https://www.cdc.gov/mmwr/volumes/65/wr/mm6517a5.htm>

U.S. Public Health Service. Updated U.S. Public Health Service Guidelines for the Management of Occupational Exposures to HBV, HCV, and HIV and Recommendations for Postexposure Prophylaxis. *MMWR Recomm Rep*. 2001;50(RR-11):1-52. Cdc.gov. Updated June 29, 2001. Accessed April 22, 2021. <https://www.cdc.gov/mmwr/preview/mmwrhtml/rr5011a1.htm>

Dominguez KL, Smith DK, Thomas V, et al. Updated guidelines for antiretroviral postexposure prophylaxis after sexual, injection drug use, or other nonoccupational exposure to HIV—United States, 2016. Cdc.gov. Updated May 23, 2018. Accessed April 22, 2021.  
<https://stacks.cdc.gov/view/cdc/38856>

Schillie S, Vellozzi C, Reingold A, et al. Prevention of Hepatitis B Virus Infection in the United States: Recommendations of the Advisory Committee on Immunization Practices. *MMWR Recomm Rep*. 2018;67(1):1-31. Cdc.gov. Updated January 12, 2018. Accessed April 22, 2021. <https://www.cdc.gov/mmwr/volumes/67/rr/rr6701a1.htm>

CDC - Bloodborne Infectious Diseases: HIV/AIDS, Hepatitis B, Hepatitis C - Emergency Needlestick Information - NIOSH Workplace Safety and Health Topic. Cdc.gov. Published November 21, 2018. Accessed April 22, 2021. <https://www.cdc.gov/niosh/topics/bbp/emergnedl.html>

Hepatitis C Questions and Answers for Health Professionals. Cdc.gov. Published April 9, 2021. Accessed April 22, 2021. <https://www.cdc.gov/hepatitis/hcv/hcvfaq.htm>

Hepatitis B Foundation: Understanding Your Hepatitis B Test Results. Hepb.org. Accessed April 22, 2021. <https://www.hepb.org/prevention-and-diagnosis/diagnosis/understanding-your-test-results/>

### **Procedures: The Top Ten in EM Right Now**

Roberts M, Roberts JR. The Proceduralist. Accessed April 22, 2021. <https://www.theproceduralist.org/>

The Proceduralist. Youtube.com. Accessed April 22, 2021. <https://www.youtube.com/channel/UCQtZPVvIl2tCJdNrslXcCww>

### **Back Pain Featuring W. Richard Bukata, M.D.**

Motov, Sergey. Faculty Forum: A Practical Approach to Pain Management. YouTube. <https://www.youtube.com/watch?v=IJSioPsGw3A>. The Center for Medical Education. Published December 2, 2020. Accessed April 22, 2021.



@painfreeED

LaFollette R. Back to Basics: Treatment of Acute Low Back Pain in the ED — Taming the SRU. Emergency Medicine Tamed. Tamingthesru.com. Published August 31, 2020. Accessed April 22, 2021. <https://www.tamingthesru.com/blog/diagnostics/back-pain>

Della-Giustina D. Evaluation and treatment of acute back pain in the emergency department. *Emerg Med Clin North Am*. 2015;33(2):311-326. Published May 2015. Accessed April 22, 2021. <https://pubmed.ncbi.nlm.nih.gov/25892724/>

Edlow JA. Managing Nontraumatic Acute Back Pain. *Ann Emerg Med*. 2015;66(2):148-153. 2015. Accessed April 22, 2021. [https://www.annemergmed.com/article/S0196-0644\(14\)01509-1/pdf](https://www.annemergmed.com/article/S0196-0644(14)01509-1/pdf)

## Recurring Sources

Center for Medical Education. Ccme.org. Accessed April 22, 2021. <http://ccme.org>

The Skeptics Guide to Emergency Medicine. Thesgem.com. Accessed April 22, 2021. <http://www.thesgem.com>

The Proceduralist. Theproceduralist.org. Accessed April 22, 2021. <http://www.theproceduralist.org>

The Procedural Pause. Emergency Medicine News. Lww.com. Accessed April 22, 2021. <https://journals.lww.com/em-news/blog/theproceduralpause/pages/default.aspx>

\*Here are just a few links we mentioned in the podcast. This is a small taste of the 100's of videos and blogs we have on procedures. Be sure to check out the FULL library of videos and blogs on the blog site, The Procedural Pause. For new blogs and more, you can check out our new site, The Proceduralist!

- Procedure: Slit Lamp Exam - <https://journals.lww.com/em-news/blog/theproceduralpause/pages/post.aspx?PostID=89>
- Procedure: Cerumen Impaction - <https://journals.lww.com/em-news/blog/theproceduralpause/pages/post.aspx?PostID=109>

- Procedures: Ear Wicks -  
<https://journals.lww.com/em-news/blog/theproceduralpause/pages/post.aspx?PostID=105>
- Procedure: Ankle relocations and splinting -  
<https://journals.lww.com/em-news/blog/theproceduralpause/pages/post.aspx?PostID=90>
- Procedure: Some lower leg splinting -  
<https://journals.lww.com/em-news/blog/theproceduralpause/pages/post.aspx?PostID=73>
- Procedure: Tonometry -  
<https://journals.lww.com/em-news/blog/theproceduralpause/pages/post.aspx?PostID=86>
- Procedure: TXA / Epistaxis -  
<https://www.youtube.com/watch?v=vx0nPnkJK44>
- Procedure: Lumbar Puncture (Part I in a series) -  
<https://journals.lww.com/em-news/blog/theproceduralpause/pages/post.aspx?PostID=20>
- Procedure: Central Line Tie Down -  
[https://www.youtube.com/watch?v=JyDjU3O\\_bNA](https://www.youtube.com/watch?v=JyDjU3O_bNA)

**Trivia Question: Send answers to [2viewcast@gmail.com](mailto:2viewcast@gmail.com)**

Last month we asked you a trivia question regarding sickle cell disease – we know why it’s called sickle cell disease, but who were the two people who discovered why the red blood cells become a sickled shape? Desi Spellings, FNP-C from Memphis, Tennessee gave us the correct answer of E. Vernon Hahn and Elizabeth Gillespie. Be sure to cash in your prize – you can email [meghan@ccme.org](mailto:meghan@ccme.org) to get your course at 20% off.

Please note that for this month, if you get the trivia question correct, you will win 20% off any CCME course you want. That’s right, ANY CCME course you want, including live courses. You can buy it for yourself or give it to a friend - it’s your 20% off. So, download and listen to the episode for the question!

Please email us your guesses at [2viewcast@gmail.com](mailto:2viewcast@gmail.com) and tell us who you want to give a shout-out to.