



# SOUTHEAST CHAPTER UPDATE

TRIENNIAL NEWSLETTER

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WINTER 2019

## NEWSLETTER EDITOR

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## NOVEMBER Meeting In Review

TOPIC: Updates On Use Of Early Exclusive and Supplemental Parenteral Nutrition In The Critically Ill Adult

By Lindsey Sellers, PharmD



On November 13, 2018, the Southeast Chapter of the Society of Critical Care Medicine welcomed Dr. Jayshil Patel, assistant professor at the Medical College of Wisconsin, to discuss updates to the use of parental nutrition in critically ill adults. Dr. Patel reviewed guideline recommendations for the initiation of enteral and parenteral nutrition as well as recent evidence from randomized controlled trials.

The CALORIES and NUTRIREA-2 trials evaluated the role of early enteral and early exclusive parenteral nutrition and did not detect a mortality difference between the two routes of delivery. ICU-acquired infections did not differ between the enteral and parenteral groups in

either study, suggesting that parenteral nutrition may be a safe alternative when enteral nutrition cannot be provided.

Dr. Patel then reviewed recent literature assessing the role of supplemental parenteral nutrition. The EAT-ICU study found that supplemental parenteral nutrition improved energy and protein balance but did not have an impact on 6 month performance score, length of ICU hospital stay or 28-day or 6-month mortality. The TOP-UP trial investigated provision of supplemental parenteral nutrition in underweight and obese ICU patients. Supplemental parenteral nutrition improved calorie and protein provision, but did not have a significant impact on hospital mortality or quality of life. Further studies are needed to investigate the role of parenteral nutrition in patients at high nutritional risk.

## Want to Become More Involved?

For members interested in joining a committee, please contact us at [communications@sccmse.org](mailto:communications@sccmse.org), and let us know how we can get you involved with the Southeast Chapter of SCCM.

# Facebook Live Erlanger's Pet Therapy Program

By Kathryn Fitton, PharmD Candidate 2020

On December 17, 2018, the Southeast Chapter of SCCM hosted the third Facebook Live Event in the Patient and Family Support Series with a discussion about pet therapy.

Mia, a Physician's Assistant at Erlanger's ICU in Chattanooga, Tennessee, hosted the session and was joined by Samantha, the ambassador for the Erlanger Pet Therapy Program, and Karen, a Nurse Practitioner at Erlanger, with her pet therapy dog, Maggie.

Karen and Maggie started their journey together back in 2009. Maggie's basic obedience class instructor recommended her as a therapy dog due to her friendly temperament and sweet disposition.

Karen enrolled her in a Canine Good Citizen course, and Maggie passed the Therapy Dog International (TDI) test to

become a certified therapy dog.

In order to pass, Maggie had to greet a friendly stranger without being prompted, cooperate with other dogs, and behave in a medical environment. The hardest test was having to walk past a cheeseburger without touching it!

Samantha explained having the right temperament and disposition was essential. Many animals in the therapy program at Erlanger did not attend a course or obtained any certifications.

Some requirements Erlanger has for the therapy animals are annual vaccinations and no raw food diets due to the risk of passing diseases in the hospital.

The Erlanger Pet Therapy Program has received positive reactions from the hospital staff and patients.

One story that highlighted the



*Pictured: One of the trained Pet Therapy Dogs participating in the program.*

impact of the program was that of a patient struggling because she missed her dog at home. Maggie was able to cheer her up and motivate her to participate in physical therapy she was not willing to do previously.

Erlanger's Pet Therapy Program is unique in that it has a designated staff member for pet therapy.

If you missed the event, you can still see it on our Facebook page: [www.facebook.com/SESCCM](https://www.facebook.com/SESCCM).

## ULTRASOUND COURSE - Coming in April

The Southeast Chapter of the SCCM invites you to the one-day Critical Care Ultrasound course conveniently scheduled the day before the Southeastern Critical Care Summit on Wednesday, April 17, 2019.

The course is designed to improve the knowledge and skills of practitioners who manage and treat adult patients in the intensive care unit. Attendees will participate in seminars and hands-on skill stations to reinforce fundamental concepts.

More information and registration can be found on our website or through this link: <https://conta.cc/2D118yl>.

# January Twitter Journal Club

By Aaron M. Chase, PharmD Candidate 2020

On January 30 2019, the Southeast Chapter of SCCM hosted a Twitter journal club discussing the outcomes with the use of epinephrine in Out-of-Hospital Cardiac Arrest (PARAMEDIC2 trial) that was recently published in the New England Journal of Medicine. During this discussion, a total of 40 tweets were sent out from the SCCM SE region Twitter account.

The conversation centered on the controversial role and benefit epinephrine in cardiac arrest.

Several studies have been conducted to test the potential benefit of epinephrine in cardiac arrest.

Previously, the OPALS study published by Steill et al. in 2004 observed no significant difference in survival rate with administration of epinephrine.

The PACA trial came to a similar conclusion although notably the study was significantly underpowered. In contrast, the PARAMEDIC2 trial demonstrated



a reduction in mortality at 30 days with epinephrine compared to normal saline placebo (unadjusted OR for survival, 1.39; 95% CI 1.06 to 1.82;  $P=0.02$ ).

Although the trial showed promising results with 30-day mortality and ROSC, several key factors should be considered. The Resuscitation Council (UK) guidelines were utilized instead of the ACLS (US) guidelines. In the UK guidelines, epinephrine is not administered until after the 3rd shock leading to a longer time to epinephrine administration, which presents a potential confounder.

Also, the proportion of poor neurological outcomes at

discharge were higher in the epinephrine group with 31% scoring 4-5 on the modified Rankin Scale (severe impairment) compared to only 17.8% in the placebo group.

The decrease in mortality at the cost of increased adverse neurological outcomes has led to a great amount of debate in the medical community.

Currently, epinephrine is a crucial player in the treatment of cardiac arrest despite the significant amount of controversy that surrounds its benefits. The complete discussion can still be viewed via our twitter feed (@SCCMSE) viewing the hashtag #SCCMSECHAT.

## May is National Critical Care Awareness and Recognition Month (NCCARM)

May is National Critical Care Awareness and Recognition Month (NCCARM) and the Southeast Chapter of the Society of Critical Care Medicine would like to celebrate with our members.

On **Friday, May 17, 2019**, SCCM encourages everyone to wear blue and share your photos.

If you are interested in helping the chapter celebrate at your institution, please email Mia at [Mia.ottey@gmail.com](mailto:Mia.ottey@gmail.com) for more information.





# CPR Event Recap - Save A Life Event - A Focus on Hands-Only CPR

By Susan Smith, PharmD, BCCCP, BCPS



SCCM SE Chapter members went into the community to teach hands-only CPR at the Christmas in Comer 5K run in Comer, GA on December 1st and at the Holly Jolly Elf Trot in Winder, GA on December 2nd.

Hand-only CPR is a life-saving effort recommended for adults and teens who suddenly collapse in the out-of-hospital setting. It pushes the remaining oxygen through the body to keep vital organs alive until more specialized life-saving efforts can be initiated.

Community members practiced

the two steps to hands-only CPR and learned how to use automated external defibrillators.

Participants expressed appreciation for the training, with one individual stating *"My husband has had a heart attack before and I'm afraid of it happening again. I hope I never have to use this skill, but now I'll know how to save his life if it ever occurs."*

*If you're interested in hosting a hands-only CPR event in an area near you, please contact us at [communications@sccmse.org](mailto:communications@sccmse.org).*




## Support The Southeast Chapter By Shopping With Amazon Smile

Support the Southeast Chapter of the Society of Critical Care Medicine by shopping at [www.smile.amazon.com](http://www.smile.amazon.com) instead of [amazon.com](http://amazon.com). Select the Southeast Chapter as your charity, and every time you make a purchase using smile.

[amazon.com](http://amazon.com), Amazon donates a portion of the purchase price to our local chapter. Merchandise prices are exactly the same as on the regular website with your regular amazon account. We hope you will consider Amazon Smile for your next Amazon purchase.



# SAVE THE DATES




THE SOUTHEAST CHAPTER OF THE  
SOCIETY OF CRITICAL CARE MEDICINE  
PROUDLY PRESENTS A QUARTERLY  
LECTURE AND DISCUSSION ON

TOPIC OF DISCUSSION:  
**"THE LEVEL 1 BURN PATIENT - THE FIRST 48 HOURS"**


TUESDAY, MARCH 12, 2019 | 5:30 – 7:30 P.M. EST

LIVE EVENT- ATLANTA LOCATION, GRADY MEMORIAL HOSPITAL

DINNER | NETWORKING | EXHIBITORS BOOTHS 5:30 – 6:00 P.M.  
KEYNOTE SPEAKERS PRESENTATION/DISCUSSION 6:00 – 7:00 P.M.  
Q&A | RAFFLE ANNOUNCEMENT | CLOSING 7:00 – 7:30 P.M.



GUEST SPEAKER:  
Juvonda Hodge, MD  
Assistant Professor of Surgery,  
Trauma/Surgical Critical Care at  
Grady Memorial Hospital,  
Department of Surgery,  
Emory University School of Medicine  
Assistant Medical Director,  
Grady Memorial Hospital Burn Center



## SESCCM JUNE MEETING DATE June 11, 2019

Speaker: Dr. Andre Holder, MD  
Topic: "NIPPV and Me: And Evidence-based Approach to  
Targeted Non-invasive Respiratory Support"

The SE Chapter of SCCM is excited to announce  
the addition of TWO NEW sites in our Southeast region:

Jackson, MS  
Tuscaloosa, AL

Please help us welcome them!

## TWITTER JOURNAL CLUBS COMING IN APRIL, JULY AND OCTOBER

## SE CHAPTER MEETING AT SCCM ANNUAL CONGRESS

Monday, February 18, 2019  
2:30 - 3:30 PM

Omni Hotel, Grand "B" Room, San Diego, CA

Join us afterward in the hotel lobby bar for an informal social  
event to meet other chapter members.

## SOUTHEAST CRITICAL CARE SUMMIT

April 18 - 19, 2019

Emory Conference Center Hotel, Atlanta, GA

Information/registration at: [www.criticalcaresummit.com](http://www.criticalcaresummit.com)

## THANK YOU TO OUR NOVEMBER MEETING SPONSORS



Newsletter designed by JDM Graphic Designs  
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