

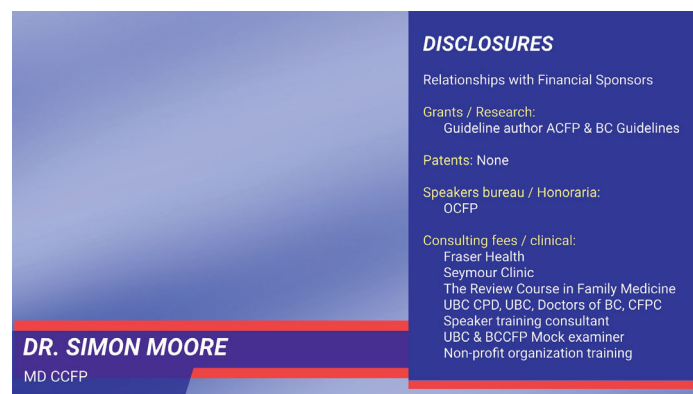
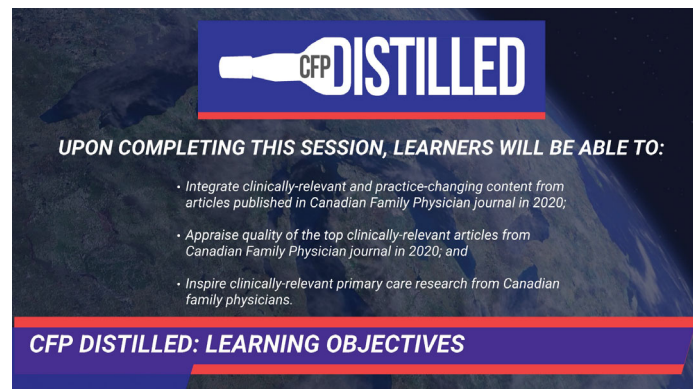


DISTILLED

TOP CFP JOURNAL ARTICLES OF 2020

LIVE

WITH DR. SIMON MOORE & DR. PAUL DHILLON



DR. PAUL DHILLON
 MB BCH CCFP(EM)

DISCLOSURES

Relationships with Financial Sponsors

Grants / Research:
Rural Coordination Centre of BC

Patents: None

Speakers bureau / Honoraria:
OCCF

Consulting fees / clinical:
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BC Family Doctors
VigilINT
Vancouver Coastal Health, NWT
Cowrie Medical Clinic
Canadian Armed Forces

DISCLOSURES

Disclosure of Financial Support

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Potential for conflict(s) of interest:

Dr. Simon Moore & Dr. Paul Dhillon have received payment in the form of a **speaker honorarium from the Ontario College of Family Physicians** who is supporting this program.

MITIGATING POTENTIAL BIAS

The Ontario College of Family Physicians, FMS Planning Committee, Program and Scientific Chairs have reviewed and approved session learning objectives. The Planning Committee and Chairs have set guidelines for sessions to ensure the quality of content and presentations.

The Ontario College of Family Physicians, FMS Planning Committee, and the Program and Scientific Chairs have reviewed and approved speaker disclosures in the program to ensure mitigation of any biases.

The FMS program and its material is peer reviewed and all the recommendations involving clinical medicine are based on evidence that is accepted within the profession; and all scientific research referred to, reported, or used in the CPD activity in support or justification of patient care recommendations conforms to the generally accepted standards.

None.

OUR RELATIONSHIP TO CFP JOURNAL


CAUTION

MAY CONTAIN HUMOUR & CLINICAL PEARLS

HANDOUT: CFPDISTILLED.COM

BREAKING NEWS

SPORTS

FOOD

POLITICS

KIDS NEWS

SKIN CARE

ART & TRAVEL

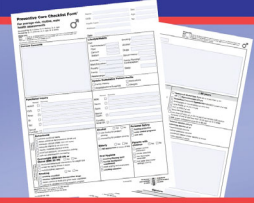
TODAY'S SHOW: TOP ARTICLES

MOST-READ


MASKS FOR VIRUS PREVENTION

CFP Jul 2020, 66 (7) 509-517;

BREAKING NEWS



PREVENTION: CHECK THE CHECKLIST



CFP Apr 2020, 66 (4) 270-272



NEW:

- Ca, Vitamin D
- CTFPHC
- AAA, HCV, Lung & Colon Cancer

PREVENTION: CHECK THE CHECKLIST



CFP Apr 2020, 66 (4) 270-272



NEW:

- **Vaccines**
- HPV, HZV, Pneumococcal

PREVENTION: CHECK THE CHECKLIST




CFP Apr 2020, 66 (4) 270-272

TOP STORIES

- GOUT**
- PHARYNGITIS
- CHOOSING WISELY
- THYROID

TOP CFP ARTICLES OF 2020



TOP STORIES

FORGET GOUT TARGETS

CFP Sep 2020, 66 (9) 671

Allopurinol Dosing

Target Uric Acid = No benefit in:

- Flares
- Pain
- Function

11 RCTs, n=6283

FORGET GOUT TARGETS

CFP Sep 2020, 66 (9) 671

Fewer flares if colchicine + allopurinol for first 3 months

FORGET GOUT TARGETS

CFP Sep 2020, 66 (9) 671

Feverpain > Centor Score

- Fever > 24h
- Pus
- Severely inflamed
- No cough/coryza

0,1	= 15%
2,3	= 35%
4	= 65% chance of strep

FEVERPAIN > CENTOR SCORE

CFP Apr 2020, 66 (4) 251-257

TOP STORIES

OPIOIDS: CHOOSE (SOMETHING ELSE) WISELY

CFP May 2020, 66 (5) 336

OPIOIDS: C.E.P. OPIOID MANAGER

OPIOIDS: C.E.P. OPIOID MANAGER

CFP May 2020, 66 (5) 336

- No benefit**

20 RCTs, 4 systematic reviews

- Even in elderly

RCT, n = 251

DON'T TREAT SUBCLINICAL HYPOTHYROIDISM

CFP Mar 2020, 66 (3) 188

BREAKING NEWS

SPORTS

FOOD

POLITICS

KIDS NEWS

SKIN CARE

ART & TRAVEL

TODAY'S SHOW: TOP ARTICLES



SPORTS

OSTEOARTHRITIS

ACUPUNCTURE

PLATELET-RICH PLASMA

TOP CFP ARTICLES OF 2020



SPORTS



OSTEOARTHRITIS 1 OF 2: TOOL

CFP Mar 2020, 66 (3) 191-193;



How many people will have their osteoarthritis pain meaningfully improved (>50%) by different treatments?



OSTEOARTHRITIS 1 OF 2: TOOL

CFP Mar 2020, 66 (3) 191-193;



Exercise




Intra-articular corticosteroids



OSTEOARTHRITIS 1 OF 2: TOOL

CFP Mar 2020, 66 (3) 191-193;





Running

- Might **prevent knee OA**
- Does not cause OA*

*Exception: Elite

Syst. rev. 17 studies, n=114,289

O.A. 2 OF 2: RUN ALONG

CFP Nov 2020, 66 (11) 828;

CFP DISTILLED



Acupuncture helps **low back pain**

More pain relief than

- sham
- no treatment
- usual care

Syst. rev. 31 RCTs: n=6656

GET BACK TO ACUPUNCTURE

CFP Mar 2020, 66 (3) 186-187;

CFP DISTILLED



No difference (pain, function, return to sport) for:

- Lateral epicondylitis*
- Rotator cuff**, or
- Achilles tendinopathy***

*2 RCTs, n=88
 **5 RCTs, n=214,108
 ***3 RCTs, n=116

PLATELET-RICH: RESULTS-POOR

CFP May 2020, 66 (5) 337; Nov 2020, 66 (11) 824-826

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BREAKING NEWS

 SPORTS	 FOOD
 POLITICS	 KIDS NEWS
 SKIN CARE	 ART & TRAVEL

TODAY'S SHOW: TOP ARTICLES

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POLITICS

FECAL INCONTINENCE

DEMENTIA

TOP CFP ARTICLES OF 2020

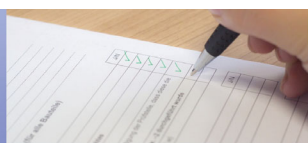


- Urge, Passive, Involuntary, Seepage
- **Treat:** diet, antimotility agents, neuromodulation, surgery

ASK ABOUT FECAL INCONTINENCE



CFP Apr 2020, 66 (4) 264;



- **NO (asymptomatic) screening**
- MoCA now \$\$\$
- Validated in primary care
 - Mini-Cog
 - Memory Impairment Screen
 - GP Assessment of Cognition
 - Short Portable Mental Status Questionnaire
 - Free and Cued Selective Reminding Test
 - 6 Item Cognitive Impairment Test

VALIDATED DEMENTIA SCREENING



CFP Jan 2020, 66 (1) 40;



- TICS = Phone MMSE
 - Telephone Interview of Cognitive Status
- Telephone MoCA

TELEPHONE DEMENTIA SCREENING



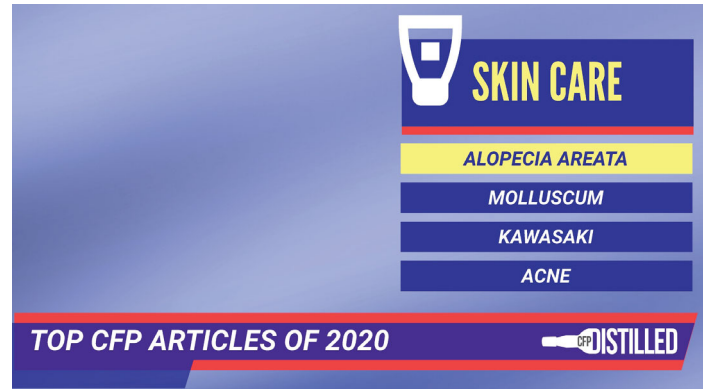
CFP Jul 2020, 66 (7) 502-503;



BREAKING NEWS


	SPORTS		FOOD
	POLITICS		KIDS NEWS
	SKIN CARE		ART & TRAVEL

TODAY'S SHOW: TOP ARTICLES 



SKIN CARE

- ALOPECIA AREATA
- MOLLUSCUM
- KAWASAKI
- ACNE


TOP CFP ARTICLES OF 2020 




- Little evidence for children
- Treatment options:
 - Steroids (topical, SC, PO)
 - Minoxidil
 - Bimatoprost

STARTING STRATEGY: SPREAD STEROIDS 


CFP Jul 2020, 66 (7) 499-501




MOLLUSCUM

BLISTERING BEETLES BANISH BUMPS 

CFP Jun 2020, 66 (6) 419-420



- Cantharidin
 - 2+ treatments q3-4 wks
 - 92% blister
 - **98% improve**, 90% resolve
Chart review n=300
- Or, do nothing
 - Resolve: 6-18 months

BLISTERING BEETLE BALM BANISHES BUMPS 

CFP Jun 2020, 66 (6) 419-420;


KAWASAKI



4/5 + persistent fever = Kawasaki's disease

RECOGNIZE & TREAT KAWASAKI 

CFP Aug 2020, 66 (8) 577-579;




Tetracyclines

- Short-term
- Hypersensitivity
- Autoimmune

Macrolides

Clindamycin

BEWARE OF ACNE Rx SIDE EFFECTS 

CFP Sep 2020, 66 (9) 669-670;

BREAKING NEWS

 SPORTS	FOOD 
 POLITICS	KIDS NEWS 
 SKIN CARE	ART & TRAVEL 

TODAY'S SHOW: TOP ARTICLES 



FOOD

CANNABIS

KETO

ANTIBIOTICS

ALCOHOL & DRUGS

TOP CFP ARTICLES OF 2020



Harms

- Mom
- Fetus
- Breastfed infants

- Non-systematic review
- Longitudinal studies since '78 into teen years

DON'T MIX CANNABIS & PREGNANCY



CFP Feb 2020, 66 (2) 98-103;

LO CARB & KETO



FAD OR FACT? THE LATEST DIETS



CFP Apr 2020, 66 (4) 262-263;



Low-carb diets

- **Reduce A1C & weight**
- Use plant proteins (animal increases mortality)


Keto diet

- 85% seizure reduction
11 RCTs, n = 712

FAD OR FACT? THE LATEST DIETS



CFP Apr 2020, 66 (4) 262-263;



Most Frequent Side Effects:

- GI
- Derm


Short course = equal effect & less side effects

- Pneumonia, UTI, abdo

DURATION: THE LONG & SHORT

CFP Sep 2020, 66 (9) 651-659;

CFP DISTILLED



Acamprosate: Abstinence

- NNT = 12

Naltrexone

- NNT = 20 for abstinence
- NNT = 13 for reduction

YOU CAN TREAT A.U.D.

CFP Aug 2020, 66 (8) 583;

CFP DISTILLED



Microdosing Buprenorphine-naloxone avoids withdrawal

- Protocols in article

Off-label, not in guidelines

YOU CAN MICRODOSE FOR O.U.D.

CFP Dec 2020, 66 (12) 891-894;


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BREAKING NEWS

 SPORTS	 FOOD
 POLITICS	 KIDS NEWS
 SKIN CARE	 ART & TRAVEL

TODAY'S SHOW: TOP ARTICLES



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KIDS NEWS

- PREVENTING KIDS
- SCREEN TIME
- NEW IN ADHD
- COVID & WELL CHILD

TOP CFP ARTICLES OF 2020


EFFECTIVE

28% pain reduction

- **Lidocaine-prilocaine cream**
2.5/2.5%

Meta-analysis 38 RCTs, n=6314

REDUCING IUD INSERTION PAIN



CFP Aug 2020, 66 (8) 580-581;



POSSIBLY

<20% pain reduction

- **Misoprostol** 600 µg *
- **Lidocaine** 4% viscous **

*1 RCT n=120 **1 RCT, n=218

REDUCING IUD INSERTION PAIN



CFP Aug 2020, 66 (8) 580-581;



NOT EFFECTIVE

- **Misoprostol** 400µg*
- **Lidocaine** 2% **
- **Ibuprofen** **


*MA of 4 RCTs, n=400 **MA of 38 RCTs, n=6314

REDUCING IUD INSERTION PAIN




CFP Aug 2020, 66 (8) 580-581;


SCREEN TIME



CPS: SCREEN TIME LIMITS OUT

CFP Sep Jun 2020, 66 (6) 430-432.






Rule out other (e.g. learning disorder, sleep, ODD, substances, mood)

UPDATE ME ON ADHD: NEW = CHEW!

CFP Oct 2020, 66 (10) 732-736.





Rule out other (e.g. learning disorder, sleep, ODD, substances, mood)

Behavioural management **first-line** age 4-6

New **chewable** Lisdexamfetamine

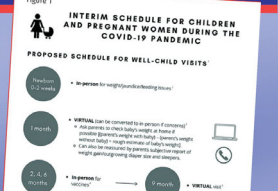
- Assess cardiac risk first

UPDATE ME ON ADHD: NEW = CHEW!

CFP Oct 2020, 66 (10) 732-736.




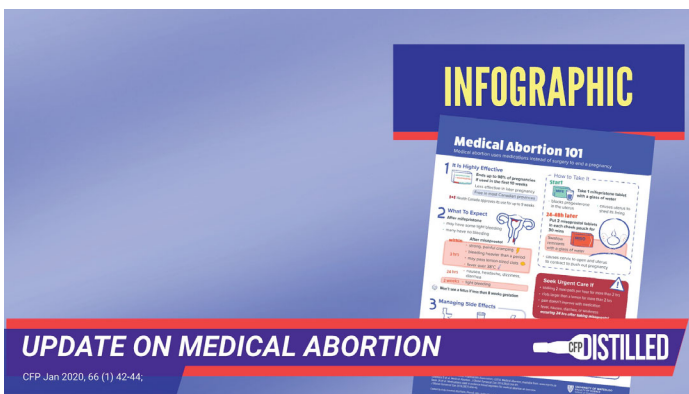
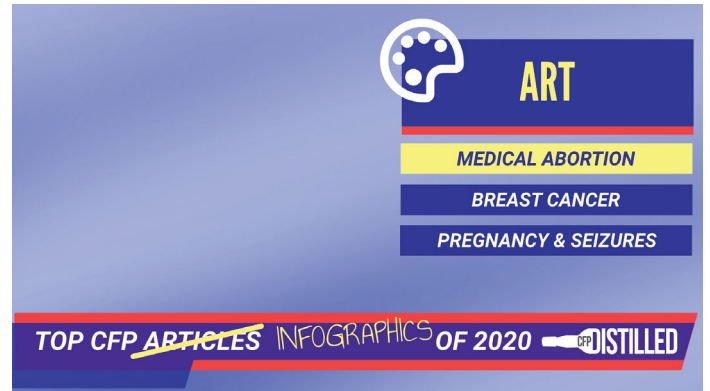
WELL CHILD VISITS



IN-PERSON OR VIRTUAL?

CFP May 2020, 66 (5) e155-e161.







INFOGRAPHIC

ANTI-SEIZURE DRUGS & PREGNANCY

CFP Apr 2020, 66 (4) 266-269





TRAVEL

TOP CFP ARTICLES OF 2020





BREAKING NEWS



SPORTS



FOOD



POLITICS



KIDS NEWS



SKIN CARE



ART & TRAVEL

TODAY'S SHOW: TOP ARTICLES





SNEAK PREVIEW

TOP CFP ARTICLES OF ... 2021?





SNEAK PREVIEW



ROURKE BABY RECORD 2020



CFP - Not yet!



TOP CFP JOURNAL ARTICLES OF 2020

LIVE

WITH DR. SIMON MOORE & DR. PAUL DHILLON

Strep Throat By James Heilmann, MD - Own work, CC BY-SA 3.0, <https://commons.wikimedia.org/w/index.php?source=11296322>

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