

Choosing Wisely

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Medicina Interna
Becado Geriatría
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- **Don't routinely avoid influenza vaccination in egg-allergic patients.**
- **No evite sistemáticamente la vacunación antigripal en pacientes alérgicos al huevo**



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Vaccine

journal homepage: www.elsevier.com/locate/vaccine



Safety of trivalent inactivated influenza vaccines in adults: Background for pandemic influenza vaccine safety monitoring

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Sistema de reporte de reacciones adversas de vacunas (VAERS)

- Vacuna influenza inactivada trivalente
- Seguimiento de 1990 a 2005
- 747.1 millones de dosis
- 18245 reacciones adversas en personas \geq 18 años (2518 reportes serios)
- 371 muertes
- Anafilaxia 4

Table 1
Adverse event reports following trivalent inactivated influenza vaccine in adults age ≥ 18 years, by age-group and severity, VAERS^a, July 1, 1990 through June 30, 2005, United States.

	All ≥ 18 years	18–49 years	50–64 years	≥ 65 years
Serious reports^b				
N (rate) ^c	2518 (3.4)	752 (2.9)	718 (4.2)	1048 (3.4)
% Male	43	37	43	46
% TIV alone	86	83	87	88
Mean (median) age	58 (60)	36 (38)	57 (57)	75 (74)
Mean (median) onset interval ^d	19 (3)	20 (2)	15 (4)	21 (3)
Nonserious reports				
N (rate) ^c	15,727 (21.1)	7452 (28.3)	4197 (24.3)	4078 (13.1)
% Male	24	21	22	30
% TIV alone	78	84	79	67
Mean (median) age	52 (51)	37 (39)	56 (56)	73 (72)
Mean (median) onset interval ^d	5 (1)	6 (0)	5 (1)	2 (1)
All reports				
N (rate) ^c	18,245 (24.4)	8204 (31.1)	4915 (28.5)	5126 (16.5)

- 26 estudios
- 4172 pacientes
- 513 pacientes identificados con reacciones severas
- 597 dosis en pacientes con reacciones severas
- Ninguna anafilaxia

Egg-allergic patients can be safely vaccinated against influenza

J ALLERGY CLIN IMMUNOL
VOLUME 130, NUMBER 5

- **Don't screen for carotid artery stenosis (CAS) in asymptomatic adult patients.**
- No es recomendable el screening de estenosis carotidea en adultos asintomáticos.



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FAMILY PHYSICIANS

REVIEW

Annals of Internal Medicine

Screening for Asymptomatic Carotid Artery Stenosis: A Systematic Review and Meta-analysis for the U.S. Preventive Services Task Force

Daniel E. Jonas, MD, MPH; Cynthia Feltner, MD, MPH; Halle R. Amick, MSPH; Stacey Sheridan, MD, MPH; Zhi-Jie Zheng, MD, MPH, PhD; Daniel J. Watford, MD, MPH; Jamie L. Carter, MD, MPH; Cassandra J. Rowe, MPH; and Russell Harris, MD, MPH

Ann Intern Med. 2014;161:336-346. doi:10.7326/M14-0530

www.annals.org

- 56 estudios
- Ninguno de los estudio seleccionados proporcionó evidencia de que se redujese el ACV ipsilateral
- Dos estudios reportaron (peri operatorio, 30 días) infarto agudo al miocardio no fatal
- De los pacientes tratados con endarterectomía, estos tienen 1.9% de ACV perioperatorio y muerte que aquellos en terapia medica

- La Original Contributions tiene
- Tal **Selection Process for Surgeons in the Asymptomatic Carotid Atherosclerosis Study** puede
- La Wesley S. Moore, MD; Candace L. Vescera, RN; James T. Robertson, MD; William H. Baker, MD; Virginia J. Howard, MSPH; and James F. Toole, MD rapia
- El screening podría conducir a cirugías no indicadas, que se traducen en daños graves, accidente cerebrovascular e infarto de miocardio e incluso la muerte.

- **Don't wake the patient for routine care unless the patient's condition or care specifically requires it.**
- No despierte al paciente para la atención de rutina; a menos que el estado del paciente o la atención específicamente lo requiera.



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Sleep Deprivation in Critical Illness: Its Role in Physical and Psychological Recovery

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Journal of Intensive Care Medicine

27(2) 97-111

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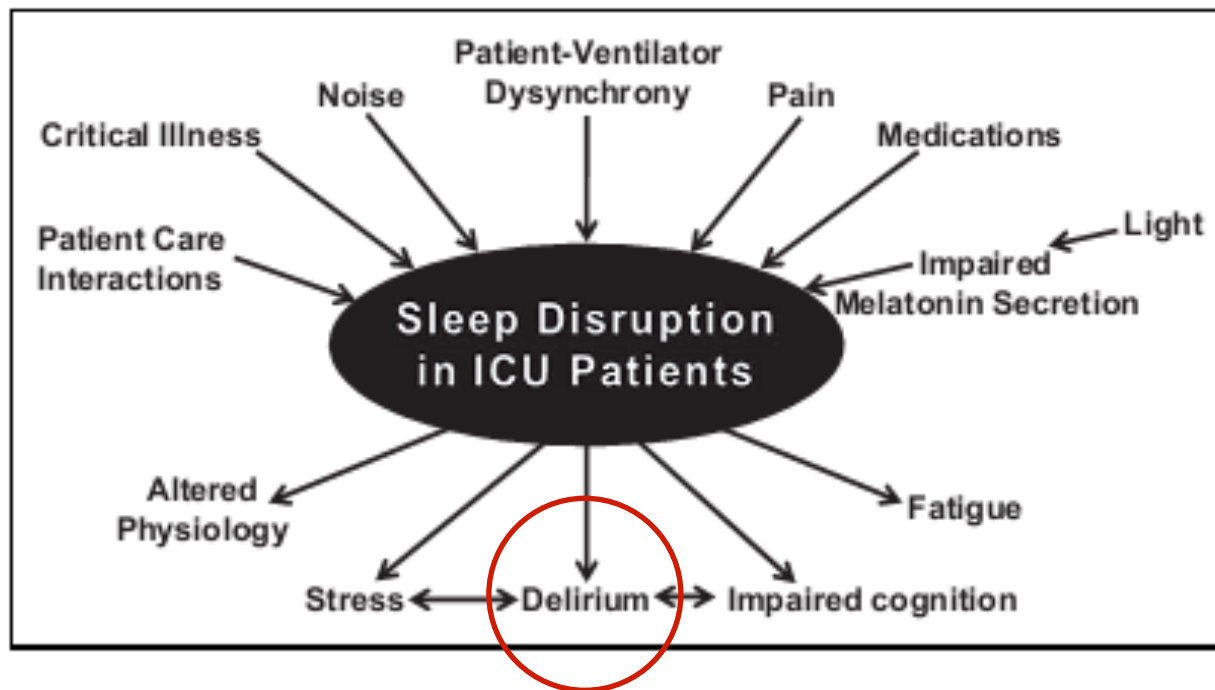
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DOI: 10.1177/0885066610394322

<http://jicm.sagepub.com>





- **Don't administer supplemental oxygen to relieve dyspnea in patients with cancer who do not have hypoxia.**
- No administrar oxígeno suplementario para aliviar la disnea, en pacientes con cáncer que no tienen hipoxia.



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ORIGINAL ARTICLE

Interventions for alleviating cancer-related dyspnea: A systematic review and meta

Support Care Cancer (2009) 17:367–377
DOI 10.1007/s00520-008-0479-0

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ORIGINAL ARTICLE

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**Use of oxygen and opioids in the palliation of dyspnoea
in hypoxic and non-hypoxic palliative care patients:
a prospective study**

Katri Elina Clemens · Ines Quednau ·
Eberhard Klaschik

ment
GUIDELINES

Palliative Care in Lung Cancer

**ACCP Evidence-Based Clinical Practice Guidelines
(2nd Edition)**

*Paul A. Kvale, MD, FCCP; Paul A. Selecky, MD, FCCP; and
Udaya B. S. Prakash, MD, FCCP*

- El oxígeno administrado por cánula nasal, no proporciona beneficios sintomáticos para el alivio de la disnea refractaria, en pacientes con enfermedad terminal, comparado con el aire de la habitación.

- **Don't use homeopathic medications, non-vitamin dietary supplements or herbal supplements as treatments for disease or preventive health measures.**
- **No use medicamentos homeopáticos, suplementos dietéticos ni vitamínicos o suplementos de hierbas como tratamientos para enfermedad o medida preventiva de salud.**



The potential impact of the use of homeopathic and herbal remedies on monitoring the safety of prescription products

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Table 2 Adverse drug reactions associated with some commonly used herbal remedies

<i>Herbal medicine</i>	<i>Adverse drug reaction</i>
Ginkgo	Increased clotting times, bruising, intermittent claudication, prolonged postoperative bleeding, haemorrhage, intracerebral/subarachnoid haemorrhage/subdural haematoma, hyphema, gastric disturbances, ventricular arrhythmias, epileptic seizures ^{27,94,106,140-145,150-160}
St John's wort	Mania, hypomania, phototoxicity, contact dermatitis, cardiovascular collapse. ^{106,157,161-164} Induction of tacrolimus metabolism. ¹⁶⁵
Ephedra (ma huang)	Tachycardia, hypertension, seizures, psychosis, myocardial infarction, death. ^{156,161,166-177} In the period 1993-1997, the FDA received some 800 reports of adverse effects. ¹⁷⁸
Kava	Drowsiness, hepatitis, hepatotoxicity, potentiation of effects of other sedatives, extrapyramidal effects, kava dermatopathy (kavaism), addiction. ^{27,106,156,157,159,161,174,175,179,178-189} Kavaism is usually seen only in inhabitants of the South Pacific who ingest doses of at least 100-fold in excess of the recommended dose. ¹⁵⁹
Echinacea	Anaphylaxis and asthma-like symptoms, headaches, gastrointestinal disturbances, hepatitis. ^{106,156,160,190-192}
Valerian	Headache, dizziness, cardiac dysfunction, liver failure. ^{156,157,170,193-195}
Saw palmetto	Generally mild: decreased libido, headache, hypertension, nausea, urine retention. ^{106,196}
Ginseng	Hallucinations, schizophrenia, vaginal bleeding, Stevens-Johnson syndrome. ^{159,170,196}
Lei gong teng (Chinese herbal therapy, Thundergod vine, <i>Tripterygium wilfordii</i>)	Reversible ovarian failure, myocardial and renal damage. ^{196,197}
Germander (<i>Teucrium chamaedrys</i>)	Hepatotoxicity; cirrhosis. ¹⁹⁷⁻¹⁹⁹
Garlic	Hypoglycaemia, prolonged coagulation time. ^{170,197}
Liquorice (<i>Glycyrrhiza glabra</i>)	Torsade de pointes (due to hypokalaemia), hypokalaemic paralysis, phytoestrogenic effects. ^{176,196,200,201}
Several including dong quai (<i>Angelica sinensis</i>), red clover (<i>Trifolium pratense</i>) and alfalfa (<i>Medicago sativa</i>)	Phytoestrogenic effects due to various lignins and isoflavones. ^{196,202-204}

Table 3 Some herbal medicine–drug interactions^{64,66,140,196,204,251–268}

<i>Herbal product</i>	<i>Drug(s)</i>	<i>Comments</i>
Garlic	Ritonavir	Gastrointestinal toxicity
	Saquinavir	Altered metabolism of drug
	Chlorpropamide (for diabetes mellitus)	Hypoglycaemia due to additive effect on glucose concentrations
Kava	Alprazolam + cimetidine + lezaxacin	Lethargy and disorientation
	Opioid analgesics	Increased CNS depression
Piper spp.	Theophylline and phenytoin	Enhanced toxicity of the drugs due to increased bioavailability
Liquorice	Prednisolone	Increases in plasma clearance, increase in plasma concentration
	Oral contraceptives	Hypertension, oedema, hyperkalaemia
	Digitalis	Digitalis toxicity
	Cyclosporin	Decreased drug serum concentrations
Angelica sinensis	Warfarin	Increased clotting time – herb is a COX inhibitor
Yohimbine	Tricyclic antidepressants	Hypertension
Ginseng	Warfarin	Increased clotting time – herbal has antiplatelet activity
	Phenelzine	Manic symptoms
Kava	Alprazolam	Lethargy, disorientation
St John's wort	Cyclosporin	Decreased plasma cyclosporin due to increased metabolism by cytochrome P450 isozymes.
	Paroxetine	Increased lethargy, probably due to additive effects. Breakthrough bleeding due to increased metabolism by cytochrome P450 isozymes.
	Oral contraceptive	St John's wort is one of the commonest drugs implicated in drug–herb interactions.
Alfalfa	Cyclosporin	Immunostimulation leading to transplant rejection

Ginseng con warfarina:
Aumenta el tiempo de
coagulación – Actividad anti
plaquetaria
Ginseng con alprazolam:
Letargia y desorientación

- Gracias

- **Don't take a multi-vitamin, vitamin E or beta carotene to prevent cardiovascular disease or cancer.**
- No indique una multi-vitamina, vitamina E o beta caroteno para prevenir enfermedad cardiovascular o cáncer.



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