

## Strategy and Best Practices for Foundations Cases

### Oral Boards Standard Process

Follow these steps as you go through each case:

- **Intro:** “What do I see when I walk in the room?”
- **Vitals:** Ask for full vitals, Ask for POC glucose
- **Primary Survey:** Assess Airway, Breathing and Circulation (Disability/Exposure prn)
- **Sick or Stable:** Decide if patient is currently Sick (intervene immediately) or Stable (collect more history)
- **Initial Action:** as indicated, place 2x LBIV, O2, cardiac monitor, pulse ox, IVF, EKG, procedures prn (intubate, needle thorax, central line, etc), send stat labs and imaging, initial meds (pain, D50, blood, etc), perform Point of Care Ultrasound (POCUS) as appropriate
- **HPI:** Obtain HPI from patient +/- family +/- EMS
- **Additional History:** Past Med/Surg Hx, Family Hx, Social Hx (etoh, drugs, smoking), Allergies, Meds, DNR/DNI as needed, ID sources of supplemental hx (EMS, family, chart) if limited
- **Physical Exam:** Perform a focused, relevant Physical Exam; do not forget full skin, rectal or GU exam as appropriate
- **Additional Action:** Labs, Imaging, Meds, Procedures prn, POCUS prn, Consults prn
- **Repeat Vitals:** ask RN for repeat vitals, reassess patient status, response to interventions
- **Ask for Results**
- **Act on Results:** additional testing, meds, consults prn
- **Diagnosis:** Verbalize your working or final diagnosis
- **Update:** Update the patient, family, PMD as needed
- **Disposition** Home, Admit, Transfer

### General Tips:

- Foundations cases are meant to simulate the REAL clinical environment. Make the decisions you think you should in real life. Act how you would act for a real ED patient, talk to the “patient”, “consultant”, etc as if they were real.
- Instructors are not trying to trick you but rather determine your skill at taking care of sick patients; take the hint if they are leading you in a different direction, stand your ground if you know you are right
- Immediately address/treat unstable vitals, pain or any abnormal results
- Remember to check POC glucose for any altered or unstable pt; don't forget a pregnancy test
- Remember to do GU or Rectal exams when appropriate; Expose/examine all skin
- Prep and use the provided Note Sheet to prompt key actions, remind you of case strategy, note your differential diagnosis and record any key case info or critical actions
- Early in the year, you can ask quick questions about the oral boards process during the case but save any content or management related questions until the instructor prompts discussion.