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Update in Urgent Care/Immediate Care
What is Urgent Care

• Family medicine on steroids
• Hybrid F.P./E.D.
• Family medicine without the wait
Sunriver Winter
What is the Ideal Training

- Family medicine
- E.R.
Equipment
Must Have Access To X-Rays For Those ‘Special’ Patients
Trauma Room
OMT
Staff
Case #1 – Myocardial Infarction
Case #2 – Partial Avulsion
Case #3 – Laceration & Cat Bite

- Laceration
- Local anesthesia choice
- Sterile technique
- Suture choice
- Wound care
- Tetanus prophylaxis
- Cat bite
- Antibiotic
Case #4 – Lichen Simplex Chronicus

- Profound itching
- OTC corticosteroid and antifungals no relief
- No weeping
- Wife without symptoms
- Pruritic scroti?
- Clobetasol cream BID
Case #5 – Tinea Faciei
Tinea Faciei

- Circular
- Raised circumference
- Itches
- 3 weeks
- Wrestler
- Lamisil for 10 days
Case #6 – Post Surgical Infection?

- 10 days post op C5-6 HNP
- Pain increased
- No drainage
- Erythematous
- Diagnosis-keloid formation
Case #7 – Biceps Femoris Avulsion
Avulsions

- 87 y/o male
- Injured training for World Games-Decathlon
- Current World Record Holder for Decathlon
- Antalgic gait
- Pain over insertion of biceps femoris
- Ecchymosis over same area
- Pain and diminished biceps femoris strength
Case #8 – C5-C6 HNP

- 19 y/o NCAA Div I Linebacker
- “burner” for 2 months
- Radicular pain
- Atrophy 4/5 left interosseous muscles
- Diminished left hand-grip
Case #9 – Otitis Media
Case #10 – Otitis Externa
#11 - Barotrauma

- 37 y/o F-15 pilot
- Water survival with Blackhawk helicopters
- Dislodged from rescue device
- Diminished hearing, pain, and taste of lake water
Case #12 – Cervical Myospasm
Case #13 – Motion Sickness
Take Home

• Urgent care – family medicine on steroids
• It is more than metabolic syndrome
• Keeps you current in multiple areas of medicine
• Immediate gratification