

Resources Week 1	Mon	Tue	Wed	Thu	Fri
PODCASTS Curbsiders PC:RAP Peds Rap	CURBSIDERS becoming a PGY1 https://thecurbsiders.com/podcasts/176-intern	PCRAP 2/2019 asymptomatic HTN https://www.hippoed.com/pc/rap/episode/intothinair/asymptomatic	Mono https://www.hippoed.com/peds/rap/episode/pedsrapmay2018/momonucleosis	PCRAP 12/2018 HTN in pregnancy https://www.hippoed.com/pc/rap/episode/clotsandocps/hypertensive	Group A pharyngitis https://www.hippoed.com/peds/rap/episode/yearoftheeye/groupa
AFP Articles	Value of the Physical Exam - https://www.aafp.org/news/practice-professional-issues/20190805physexamstudy.html	Pediatric RASHES https://www.aafp.org/afp/2015/0801/p211.html	Low back pain https://www.aafp.org/afp/2018/1001/p421.html	Acute Migraine https://www.aafp.org/afp/2018/0215/p243.html	Ear Pain https://www.aafp.org/afp/2018/0101/p20.html
TEACH card	TEACH: Diabetic Ketoacidosis	TEACH: OB – PNC/screening	TEACH: Peds – hyperbili	TEACH: Hospice Care	TEACH: Peds – newborn screen
EKG or Photo Quiz	ECG Rule of Fours https://litfl.com/ecg-rule-of-fours/	Photo Quiz! https://www.aafp.org/afp/2019/1001/p435.html	Peds ECGs https://litfl.com/paediatric-ecg-interpretation-ecg-library/	Photo Quiz! https://www.aafp.org/afp/2018/0401/p465.html	Photo Quiz! https://www.aafp.org/afp/2018/1215/p749.html
Tweetorials & Other FOAM	TW - Forgetting to learn https://twitter.com/AvrahamCopperMD/status/1180651685011738624?s=20	Vital Talk communication skills - https://www.vitaltalk.org/guides/covid-19-communication-skills/	TW - Calling consults https://twitter.com/VarunPhadke2/status/1233841954615681025?s=20	TW - ACS basics https://twitter.com/POPCoRNet/work/status/1250240148278611968?s=20	Ambivalence in Pregnancy https://www.innovating-education.org/2019/05/counseling-for-pregnancy-ambivalence/

Resources

- **AFP Journal** - <https://www.aafp.org/journals/afp.html>
 - **AFP Podcast** <https://www.aafp.org/journals/afp/explore/podcast.html>
- **TEACH cards** - <https://www.fammed.wisc.edu/teachcards/>
- **Primary Care: RAP Podcast** <https://www.hippoed.com/pc/rap/episode>
- **Peds RAP:** <https://www.hippoed.com/peds/rap/>
- **Curbsiders** <https://thecurbsiders.com/>
- **Twitter Tweetorials** – interesting and useful tutorials on Twitter
- **AFP Photo Quiz** – <https://www.aafp.org/afp/viewRelatedDepartmentsByDepartment.htm?departmentId=5>
- **Life in the Fast Lane EKGs** – <https://litfl.com/>

What is FOAM? Free Open Access Medical Education, an idea that sprung up from EM docs in academics (<https://rebelem.com/got-foam/>), but is now wide-spread #MedEd online across specialties. EM has more sites and does it better than most of us, but it's lead to #SoMe and Tweetorials.

Resources Week 2	Mon	Tue	Wed	Thu	Fri
PODCASTS Curbsiders PC:RAP Peds Rap	CURBSIDERS - Medication overuse - https://thecurbsiders.com/podcast/189-overuse	Peds RAP – vaccine skeptics https://www.hippoed.com/peds/rap/episode/prematurre/communicating	PCRAP FREE EPISODE Family Centered Care - https://www.hippoed.com/pc/rap/episode/mailbagmarch/familycentered	CURBSIDERS – EtOH use disorder treatment https://thecurbsiders.com/podcast/194-alcohol or PCRAP 3/2019 EtOH use disorder	PCRAP 2/2018 Knee OA https://www.hippoed.com/pc/rap/episode/thetragicaly/kneeo
AFP Articles	Motivational Interviewing (FPM) https://www.aafp.org/fpm/2011/0500/p21.html	Heel pain https://www.aafp.org/afp/2018/0115/p86.html	Concussion management https://www.aafp.org/afp/2019/0401/p426.html	Derm basics - https://www.aafp.org/afp/2012/0715/p161.html	Asthma Peds - https://www.aafp.org/afp/2008/0415/p1109.html
TEACH card	TEACH: Peds – congenital heart dz	TEACH: OB – 1 st tri bleed	TEACH: GI Bleeding	TEACH: OB - GDM	TEACH: Pancreatitis
EKG or Photo Quiz	Hyperkalemia https://litfl.com/hyperkalaemia-ecg-library/ and low Mg https://litfl.com/hypomagnesaemia-ecg-library/	Photo Quiz! https://www.aafp.org/afp/2018/1001/p449.html	MI and NSTEMIs https://litfl.com/anterior-myocardial-infarction-ecg-library/ and https://litfl.com/myocardial-ischaemia-ecg-library/	Photo Quiz! https://www.aafp.org/afp/2018/0301/p337.html	A fib https://litfl.com/atrial-fibrillation-ecg-library/ and MAT https://litfl.com/multifocal-atrial-tachycardia-mat-ecg-library/
Tweetorials & Other FOAM	Sexual Health history - https://www.aafp.org/afp/2020/0301/p286.html	Person-centered language https://practicetransformation.umn.edu/clinical-tools/person-centered-language/	TW - Hyperkalemia https://twitter.com/CRRTiff/status/1241118321702916096?s=20	TW - Hemodialysis https://twitter.com/ssfarouk/status/1250041877426036739?s=20	TW - Telemedicine in Primary Care - https://twitter.com/primarycarechat/status/1246234649246019584

Resources

- **AFP Journal** - <https://www.aafp.org/journals/afp.html>
 - **AFP Podcast** <https://www.aafp.org/journals/afp/explore/podcast.html>
- **TEACH cards** - <https://www.fammed.wisc.edu/teachcards/>
- **Primary Care: RAP Podcast** <https://www.hippoed.com/pc/rap/episode>
- **Peds RAP:** <https://www.hippoed.com/peds/rap/>
- **Curbsiders** <https://thecurbsiders.com/>
- **Twitter Tweetorials** – interesting and useful FOAM
- **AFP Photo Quiz** – <https://www.aafp.org/afp/viewRelatedDepartmentsByDepartment.htm?departmentId=5>
- **Life in the Fast Lane EKGs** – <https://litfl.com/>

What is FOAM? Free Open Access Medical Education, an idea that sprung up from EM docs in academics (<https://rebelem.com/got-foam/>), but is now wide-spread #MedEd online across specialties. EM has more sites and does it better than most of us, but it's lead to #SoMe and Tweetorials.

Resources Week 3	Mon	Tue	Wed	Thu	Fri
PODCASTS Curbsiders PC:RAP Peds Rap	CURBSIDERS Syncope - http://thecurbsiders.com/medical-education/s2e10-syncope-deconstructed	PCRAP Feb 2020 CAP update https://www.hippoed.com/pc/rap/episode/dontgobreaking/community	CURBSIDERS Vertigo/dizziness - http://thecurbsiders.com/medical-education/49-vertigo-dizziness-treat-send-home-might-stroke	CURBSIDERS INCONTINENCE #53 http://thecurbsiders.com/medical-education/53-urinary-incontinence-tips-strategies-stay-dry	PCRAP Jan 2020 Breast cancer screening https://www.hippoed.com/pc/rap/episode/january2019/breastcancer
AFP Articles	Peds – AOM https://www.aafp.org/afp/2019/0915/p350.html	Acne vulgaris https://www.aafp.org/afp/2019/1015/p475.html	Depression - https://www.aafp.org/afp/2018/1015/p508.html AND https://www.aafp.org/afp/2020/0215/p250.html	Cervical Cancer screening - https://www.aafp.org/afp/2018/0401/p441.html	Suspected dementia https://www.aafp.org/afp/2018/0315/p398.html
TEACH card	TEACH: Alcohol withdrawal	TEACH: OB – later bleeding in pregnancy	TEACH: CHF	TEACH: Peds – newborn feeding	TEACH: Hypertensive urgency and emergency
EKG or Photo Quiz	Photo Quiz! https://www.aafp.org/afp/2019/0901/p313.html	LBBB https://litfl.com/left-bundle-branch-block-lbbb-ecg-library/ and RBBB https://litfl.com/right-bundle-branch-block-rbbb-ecg-library/	Photo Quiz! https://www.aafp.org/afp/2019/0615/p773.html	Polymorphic https://litfl.com/polymorphic-vt-and-torsades-de-pointes-tdp/ AND pre-excitation https://litfl.com/pre-excitation-syndromes-ecg-library/	Photo Quiz! https://www.aafp.org/afp/2017/0715/p121.html
Tweetorials & Other FOAM	TW - How to Derm https://twitter.com/HarkerDavid/status/1249864039808880640?s=20	TW - Anemia https://twitter.com/acweyand/status/1217584193070411777?s=20	IPV - https://www.integration.samhsa.gov/clinical-practice/intimate-partner-violence	TW - Bipolar I https://twitter.com/tylerblack32/status/1206847308794454017?s=20	TW - Dosing furosemide https://twitter.com/sargsyan/status/1236032879068614656?s=20

Resources

- **AFP Journal** - <https://www.aafp.org/journals/afp.html>
 - **AFP Podcast** <https://www.aafp.org/journals/afp/explore/podcast.html>
- **TEACH cards** - <https://www.fammed.wisc.edu/teachcards/>
- **Primary Care: RAP Podcast** <https://www.hippoed.com/pc/rap/episode>
- **Peds RAP:** <https://www.hippoed.com/peds/rap/>
- **Curbsiders** <https://thecurbsiders.com/>
- **Twitter Tweetorials** – interesting and useful FOAM
- **AFP Photo Quiz** – <https://www.aafp.org/afp/viewRelatedDepartmentsByDepartment.htm?departmentId=5>
- **Life in the Fast Lane EKGs** – <https://litfl.com/>

What is FOAM? Free Open Access Medical Education, an idea that sprung up from EM docs in academics (<https://rebelem.com/got-foam/>), but is now wide-spread #MedEd online across specialties. EM has more sites and does it better than most of us, but it's lead to #SoMe and Tweetorials.

Resources Week 4	Mon	Tue	Wed	Thu	Fri
PODCASTS Curbsiders PC:RAP Peds Rap	Adult Rashes - https://thecurbsiders.com/podcast/161-rashes	Peds – constipation PEDS RAP https://www.hippoed.com/peds/rap/episode/asitefor/constipation	CURBSIDERS chronic pain https://thecurbsiders.com/podcast/156-chronic-pain	Asthma Adults – CURBSIDERS http://thecurbsiders.com/medical-education/71-asthma-made-simple	Cheaper meds URGENT CARE RAP - https://www.hippoed.com/urgentcare/rap/episode/ucmarch2020/lessexpensive
AFP Articles	Process-Oriented Advanced Care planning - https://www.aafp.org/afp/2019/0301/p278.html	Diabetes Type 2 DM Therapies https://www.aafp.org/afp/2019/0215/p237.html	Anxiety - https://www.aafp.org/afp/2015/0501/p617.html	Knee pain https://www.aafp.org/afp/2018/1101/p576.html	OB - Postpartum https://www.aafp.org/afp/2019/1015/p485.html
TEACH card	TEACH: Pulmonary embolism	TEACH: Cellulitis	TEACH: Acute renal failure	TEACH: OB – nausea, vomiting	TEACH: Blood product transfusion AND HIT
EKG or Photo Quiz	Pericarditis https://litfl.com/pericarditis-ecg-library/ and COPD https://litfl.com/ecg-in-chronic-obstructive-pulmonary-disease/	Photo Quiz! https://www.aafp.org/afp/2017/0601/p729.html	KILLER ECGs https://litfl.com/killer-ecg-patterns/	Photo Quiz! https://www.aafp.org/afp/2018/0515/p673.html	flutter https://litfl.com/atrial-flutter-ecg-library/ sinus tachy https://litfl.com/sinus-tachycardia-ecg-library/
Tweetorials & Other FOAM	OB – ectopic pregnancy - https://www.reproductiveaccess.org/resource/ectopic-algorithm/	TW - Torsades https://twitter.com/AvrahamCopperMD/status/1199093561657982977?s=20	TW - Cellulitis? https://twitter.com/DrStevenTChen/status/1118558808958210048?s=20	TW - Elevated BUN/Cr https://twitter.com/tony_breu/status/1191522558287454209?s=20	Anxious https://twitter.com/RFentonMD/status/1239950327849324545?s=20

Resources

- **AFP Journal** - <https://www.aafp.org/journals/afp.html>
 - **AFP Podcast** <https://www.aafp.org/journals/afp/explore/podcast.html>
- **TEACH cards** - <https://www.fammed.wisc.edu/teachcards/>
- **Primary Care: RAP Podcast** <https://www.hippoed.com/pc/rap/episode>
- **Peds RAP:** <https://www.hippoed.com/peds/rap/>
- **Curbsiders** <https://thecurbsiders.com/>
- **Twitter Tweetorials** – interesting and useful FOAM
- **AFP Photo Quiz** – <https://www.aafp.org/afp/viewRelatedDepartmentsByDepartment.htm?departmentId=5>
- **Life in the Fast Lane EKGs** – <https://litfl.com/>

What is FOAM? Free Open Access Medical Education, an idea that sprung up from EM docs in academics (<https://rebelem.com/got-foam/>), but is now wide-spread #MedEd online across specialties. EM has more sites and does it better than most of us, but it's lead to #SoMe and Tweetorials.

Resources Week 5	Mon	Tue	Wed	Thu	Fri
PODCASTS Curbsiders PC:RAP Peds Rap	PCRAP 9/2018 Infertility https://www.hippoed.com/pc/rap/episode/retrievethose/infertility	PCRAP 6/2019 IBD in primary care https://www.hippoed.com/pc/rap/episode/doesmyliverlook/ibdinprimary	CURBSIDERS DM UPDATE https://thecurbsiders.com/podcast/168-diabetes-update	CURBSIDERS DVT and PE's - https://thecurbsiders.com/podcast/154-dvt-pe	PCRAP 8/2019 HIV for PCPs https://www.hippoed.com/pc/rap/episode/primarycaregets/hivcareforth
AFP Articles	HLD POEM https://www.aafp.org/afp/2020/0101/p53.html	Outpatient Anticoagulation https://www.aafp.org/afp/2019/1001/p426.html	Peds – toilet training Toilet training https://www.aafp.org/afp/2019/1015/p468.html	Gender diverse care https://www.aafp.org/afp/2018/1201/p645.html	Cervical Cancer screening - https://www.aafp.org/afp/2018/0401/p441.html
TEACH card	TEACH: Peds – neonatal sepsis	TEACH: OB – SAB and TAB	TEACH: Atrial fibrillation	TEACH: Peds – non accidental trauma	TEACH: Obstructive Sleep apnea
EKG or Photo Quiz	Photo Quiz! https://www.aafp.org/afp/2019/1201/p713.html	SVT https://litfl.com/vt-versus-svt-ecg-library/ and monomorphic VT https://litfl.com/ventricular-tachycardia-monomorphic-ecg-library/	Photo Quiz! https://www.aafp.org/afp/2019/0115/p125.html	Hypothyroid https://litfl.com/hypothyroidism-ecg-library/ and pericardial effusion https://litfl.com/ecg-findings-in-massive-pericardial-effusion/	Photo Quiz! https://www.aafp.org/afp/2018/0801/p185.html
Tweetorials & Other FOAM	TW - Elevated lactate? https://twitter.com/aryadoctoryet/status/1221539183220723721?s=20	TW - Positive blood cultures? https://twitter.com/VarunPhadke2/status/1186491759230107648?s=20	TW - ABX decisions? https://twitter.com/VarunPhadke2/status/1183147708271484928?s=20	Miscarriage Care initiative - https://www.reproductiveaccess.org/programs/mci/ and https://www.innovating-education.org/2017/11/counseling-epl-management-options/	TW - Hypokalemia https://twitter.com/tony_breu/status/1096216765539979264?s=20

Resources

- AFP Journal - <https://www.aafp.org/journals/afp.html>
 - AFP Podcast <https://www.aafp.org/journals/afp/explore/podcast.html>
- TEACH cards - <https://www.fammed.wisc.edu/teachcards/>
- Primary Care: RAP Podcast <https://www.hippoed.com/pc/rap/episode>
- Peds RAP: <https://www.hippoed.com/peds/rap/>
- Curbsiders <https://thecurbsiders.com/>
- Twitter Tweetorials – interesting and useful FOAM
- AFP Photo Quiz – <https://www.aafp.org/afp/viewRelatedDepartmentsByDepartment.htm?departmentId=5>
- Life in the Fast Lane EKGs – <https://litfl.com/>

What is FOAM? Free Open Access Medical Education, an idea that sprung up from EM docs in academics (<https://rebelem.com/got-foam/>), but is now wide-spread #MedEd online across specialties. EM has more sites and does it better than most of us, but it's lead to #SoMe and Tweetorials.

Resources Week 6	Mon	Tue	Wed	Thu	Fri
PODCASTS Curbsiders PC:RAP Peds Rap	CURBSIDERS airway for a non-intensivist https://thecurbsiders.com/podcast/206	Peds RAP – allergy myths https://www.hippoed.com/peds/rap/episode/sparetherod/allergymyths	Fluid management – CURBSIDERS https://thecurbsiders.com/podcast/143-nephmadness-fluid-wars	Peds ACES Peds RAP - https://www.hippoed.com/peds/rap/episode/takeoffthated/adverse	HYPOTHYROID - https://thecurbsiders.com/podcast/208
AFP Articles	Vaginitis https://www.aafp.org/afp/2018/0301/p321.html	Peds - Pediatric gastroenteritis https://www.aafp.org/afp/2019/0201/p159.html	GYN - AUB https://www.aafp.org/afp/2019/0401/p435.html	Hip pain https://thecurbsiders.com/podcast/149-hip-pain-for-primary-care	Urgent care – Risk Stratification for suspected covid19 in adults
TEACH card	TEACH: Medication Overdose	TEACH: Acute abdominal pain	TEACH: Sepsis	TEACH: CAP	TEACH: Obstructive Sleep apnea
EKG or Photo Quiz	Toxicity https://litfl.com/beta-blocker-and-calcium-channel-blocker-toxicity/ and Hypothermia https://litfl.com/hypothermia-ecg-library/	CXR Basics http://saem.org/cdem/education/online-education/m3-curriculum/group-diagnostic-testing/radiographic-interpretation/chest-radiograph	Photo Quiz! https://www.aafp.org/afp/2020/0301/p305.html	CXR COVID https://www.hippoed.com/urgentcare/rap/episode/bo nusshortcovid4/bo nusshortcovid	Photo Quiz! https://www.aafp.org/afp/2020/0101/p47.html
Tweetorials & Other FOAM	STIs - TW - PrEP and STIs https://twitter.com/ACLakeMD/status/1175406348344930304	Contraception BC fact sheet - https://www.reproductiveaccess.org/resource/bc-fact-sheet/	Pediatric Medical Trauma - https://journalofethics.ama-assn.org/article/what-do-clinicians-caring-children-need-know-about-pediatric-medical-traumatic-stress-and-ethics/2017-08	TW - Dyspnea https://twitter.com/tony_breu/status/1006616407826681857?s=20	TW - Non-ICU Inpatient COVID https://twitter.com/runthelistpod/status/1249744182371061761?s=20

Resources

- **AFP Journal** - <https://www.aafp.org/journals/afp.html>
 - **AFP Podcast** <https://www.aafp.org/journals/afp/explore/podcast.html>
- **TEACH cards** - <https://www.fammed.wisc.edu/teachcards/>
- **Primary Care: RAP Podcast** <https://www.hippoed.com/pc/rap/episode>
- **Peds RAP:** <https://www.hippoed.com/peds/rap/>
- **Curbsiders** <https://thecurbsiders.com/>
- **Twitter Tweakorials** – interesting and useful FOAM
- **AFP Photo Quiz** – <https://www.aafp.org/afp/viewRelatedDepartmentsByDepartment.htm?departmentId=5>
- **Life in the Fast Lane EKGs** – <https://litfl.com/>

What is FOAM? Free Open Access Medical Education, an idea that sprung up from EM docs in academics (<https://rebelem.com/got-foam/>), but is now wide-spread #MedEd online across specialties. EM has more sites and does it better than most of us, but it's lead to #SoMe and Tweetorials.