

PHYSICIAN'S FIRST WATCH for September 7, 2020

David G. Fairchild, MD, MPH, Editor-in-Chief

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- COVID-19: Russian Vaccine Early Results / Vaccine Makers' Pledge
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- Residency Training: "Never Waste a Crisis" -- Perspectives from History and Today

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Multilevel Surgery May Benefit Those with Obstructive Sleep Apnea

By Kelly Young

Edited by

- David G. Fairchild, MD, MPH, and

- Jaye Elizabeth Hefner, MD

Combined palatal and tongue surgery may help patients with obstructive sleep apnea that hasn't responded to other treatments, suggests a preliminary trial in JAMA.

Roughly 100 adults in Australia with moderate-to-severe obstructive sleep apnea (apnea-hypopnea index of 15 or more events per hour of sleep) for whom other treatments had failed were randomized to undergo either surgery or continued medical management that focused on weight loss and lifestyle changes. Surgery consisted of uvulopalatopharyngoplasty and radiofrequency volume reduction of the tongue.

At 6 months, the surgery group had a significantly greater reduction of apnea or hypopnea events than the medical management group (between-group difference, 18 events per hour). The surgery group also reported greater improvements in daytime sleepiness. Two patients in the surgery group (4%) experienced serious adverse events potentially related to the surgery.

Editorialists point out several limitations, including the short follow-up time and the underrepresentation of women and minorities.

Link(s):

JAMA article (Free)

<http://response.jwatch.org/t?ctl=8BEED:AA579CC6C4DC3B7A1E6121A67C65C38CD2B71D9A95FA21D3&>

JAMA editorial (Free)

<http://response.jwatch.org/t?ctl=8BEBE:AA579CC6C4DC3B7A1E6121A67C65C38CD2B71D9A95FA21D3&>

Background: NEJM Journal Watch Neurology coverage of obstructive sleep apnea guidelines (Your NEJM Journal Watch subscription required)

<http://response.jwatch.org/t?ctl=8BEBF:AA579CC6C4DC3B7A1E6121A67C65C38CD2B71D9A95FA21D3&>

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COVID-19: Russian Vaccine Early Results / Vaccine Makers' Pledge

By Kelly Young

Edited by

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- Jaye Elizabeth Hefner, MD

Here are some of the latest developments on candidate vaccines for COVID-19:

Russian vaccine: Russian scientists have published results of the phase I and II trials for a COVID-19 vaccine in The Lancet. The vaccine, which uses two different adenoviral vectors that carried the gene for SARS-CoV-2 spike glycoprotein, induced an immune response and appeared safe in roughly 75 healthy adults.

Vaccine makers' pledge: Rival companies developing candidates for COVID-19 vaccines are expected to sign a public pledge not to request emergency use authorization for the vaccines until they have "substantial evidence of safety and efficacy" from phase III trials, according to the Wall Street Journal. The joint statement could be released as early as this week. The CDC has told states to prepare to distribute vaccines as early as November.

Link(s):

The Lancet article (Free)

<http://response.jwatch.org/t?ctl=8BEC0:AA579CC6C4DC3B7A1E6121A67C65C38CD2B71D9A95FA21D3&>

Wall Street Journal story on vaccines (Subscription required)

<http://response.jwatch.org/t?ctl=8BEC1:AA579CC6C4DC3B7A1E6121A67C65C38CD2B71D9A95FA21D3&>

NEJM Journal Watch COVID-19 page (Free)

<http://response.jwatch.org/t?ctl=8BEC2:AA579CC6C4DC3B7A1E6121A67C65C38CD2B71D9A95FA21D3&>

NEJM COVID-19 page (Free)

<http://response.jwatch.org/t?ctl=8BEC3:AA579CC6C4DC3B7A1E6121A67C65C38CD2B71D9A95FA21D3&>

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Your NEJM Group Today: A Curve Ball / Social Distancing & Other Childhood Infections / Critical Care & Endocrinology Opportunities

By the Editors

Check out what's happening around NEJM Group:

NEJM Primary Care/Hospitalist Page: Clinical problem-solving: A 70-year-old man presented to the emergency department after an episode of altered mental status. Two days before presentation, he began having increased urinary frequency and decreased urine volume after eating a rice cake made with potato. On the day of presentation, he appeared disoriented and he fell. See his diagnosis at the first link below.

NEJM Journal Watch Pediatrics and Adolescent Health: Less social interaction during the COVID-19 pandemic has led to an impressive reduction in common childhood infectious diseases.

NEJM CareerCenter:

-- Critical care: Memorial Healthcare System in southern Florida is seeking a critical care physician, dedicated to night shifts, to join its critical care team.

-- Endocrinology: San Juan Regional Medical Center in Farmington, New Mexico, is recruiting an experienced endocrinology physician to join a busy outpatient practice.

Link(s):

NEJM clinical problem-solving (Registration or subscription may be required)

<http://response.jwatch.org/t?ctl=8BEC4:AA579CC6C4DC3B7A1E6121A67C65C38CD2B71D9A95FA21D3&>

NEJM Primary Care/Hospitalist page (Free)

<http://response.jwatch.org/t?ctl=8BEC5:AA579CC6C4DC3B7A1E6121A67C65C38CD2B71D9A95FA21D3&>

NEJM Journal Watch Pediatrics and Adolescent Health summary (Free)

<http://response.jwatch.org/t?ctl=8BEC6:AA579CC6C4DC3B7A1E6121A67C65C38CD2B71D9A95FA21D3&>

NEJM CareerCenter critical care listing (Free)

<http://response.jwatch.org/t?ctl=8BEC7:AA579CC6C4DC3B7A1E6121A67C65C38CD2B71D9A95FA21D3&>

NEJM CareerCenter endocrinology listing (Free)

<http://response.jwatch.org/t?ctl=8BEC8:AA579CC6C4DC3B7A1E6121A67C65C38CD2B71D9A95FA21D3&>

With high demand for asymptomatic COVID-19 testing -- and an expected increase in viral upper respiratory infections with the change in seasons -- Dr. Paul Sax proposes that we start separating out symptomatic from asymptomatic COVID-19 testing. He suggests using a quick and less

expensive antigen test for asymptomatic testing, and the PCR only for people with symptoms. Read his rationale in the latest HIV and ID Observations post.

Link(s):

HIV and ID Observations post (Free)

<http://response.jwatch.org/t?ctl=8BEC9:AA579CC6C4DC3B7A1E6121A67C65C38CD2B71D9A95FA21D3&>

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Residency Training: "Never Waste a Crisis" -- Perspectives from History and Today

By the Editors

Dr. Holland Kaplan identifies five themes for making the most of a catastrophe in the latest Insights on Residency Training blog post. Read more at the link below.

Link(s):

Insights on Residency Training post (Free)

<http://response.jwatch.org/t?ctl=8BECA:AA579CC6C4DC3B7A1E6121A67C65C38CD2B71D9A95FA21D3&>

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