AN INTRODUCTION TO PODCASTS

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OVERVIEW

I love podcasts. A podcast episode is a lecture or conversation that is either video- or audio-recorded and then streamed online. The "podcast" itself is the term used to refer to the collection of podcast episodes created by a particular author or group of authors. There are emergency medicine doctors that have their own podcasts focusing on niche topics such as ultrasound, anatomy, or critical care, among others; the New England Journal of Medicine releases a summary form of their journal weekly via podcast, and the popular "Social Media and Critical Care" (SMACC) conference broadcasts all the talks from their yearly conference via podcast.

HOW DO I ACCESS PODCASTS?

To access a podcast, you need a podcast player. I prefer the native podcast app “Podcasts” packaged with the iPhone… I have also used PodCruncher and Overcast in the past. I can’t speak to any programs on the android platform. To
subscribe to a podcast, most podcast apps have a "+" or "search" function to help you find the podcast you want. When you find the one you want, subscribe to it. Almost all of the podcasts—with the notable exception of EMRAP—are free.

DO I NEED TO BE LISTENING TO PODCASTS?

What is the role of podcasts in emergency medicine? Especially in residency—or as a medical student?

Overall, they're certainly not necessary to being a great medical student, resident, or emergency medicine doctor. But they can be helpful and help you maintain intellectual curiosity even when exhausted. I bike and walk my dog a lot, and so it allows me to learn when I usually would have just listened to music. I also once listened to 80 hours of podcasts during a two-week road trip from Florida to Boston and back. I wouldn’t do it again, though.

They help to keep your brain thinking and help you develop a critical appraisal of your practice as a doctor. You learn about topics you might never investigate on your own. And it helps to bring some controversies in emergency medicine into focus. That being said, some podcasts are NOT for the beginner and are meant for the expert... and a select few are meant purely for the beginner and are painful to listen to by your second year of residency.

WHAT IS “FOAM”?

FOAM stands for "Free Open Access Medical education" and is the acronym adopted by the podcast/online Emergency Medicine/Critical Care community to describe what exactly is happening with all this podcast and website business. Most of the podcasts have websites with resources and "show notes" that list their references, as well as a very active comments section where it is expected that people critique and offer their opinion on what the author has said... they try to have a very active "peer review" process. It's impossible to keep up with the twitter stream of all these people, they are crazy dedicated to creating an online education resource for newbies and experts alike. The day after—even hours, minutes after—a new seminal article is published in NEJM or Annals you can expect people in the FOAM community to be totally engrossed by their virtual journal club. They all know each other, they cross-reference and appear on each other’s podcasts, they all hang out at conferences together, and they all argue together—they really have formed an online community.
FOR THE FIRST YEAR RESIDENT:

First year is all about learning your core content. There is a critical distinction that you need to keep in mind: the distinction between core content and content regarding refining one’s practice in emergency medicine. There is no reason to learn about ECMO, or listen to a bunch of podcasts debating targeted temperature management, or whether epi is useful in cardiac arrest, when you don’t know how to treat atrial fibrillation or find the gallbladder reliably with the ultrasound or know how to treat TCA overdose.

You probably need to start with *EM Hippo*, and when you have time to sit down and read, read *Rosens*. A good outline for inservice prep is *Carol River’s Preparing for the Written Board Exam in Emergency Medicine*, but neither Hippo nor River’s will substitute for Rosens. Your Rosen’s digital copy is through a program called Inkling (using the code on the inside cover of the book) which is a great format, making Rosens very easy to read on any Apple or Android device. *The ICU Book* by Marino and *Antibiotic Basics for Clinicians* by Hauser are also available on Inkling and are great resources.

Hippo is nice because it is as convenient as a podcast but is focused on exclusively core content. You can maybe add on EM Basic or FOAMcast, and others for interest if you have time. Start listening to EMRAP maybe. But have a good foundation in the basics before you branch out… otherwise the other podcasts will sail right over your head and you’ll find yourself practicing questionable medicine.

I cannot say this enough: BASICS BASICS BASICS. Some attendings have made note that residents listen to all the podcasts but don’t know the basics well enough, or at all. *Don’t be that resident.*

FOR EVERYONE ELSE:

Have fun!
SO, WHERE DO I BEGIN?
There are plenty of podcasts out there in Emergency Medicine—and some notable ones in related disciplines—and I'll go through a list of some I think you should know about. For certain podcasts, I have particular personal favorite episodes that I have noted. For each podcast I have also listed the last three podcasts as of 3/18/16.

EM HIPPO – at HippoED.com
$249 a year if you are a resident, this is hands-down the best comprehensive boards/inservice-review video/podcast resource. Videos are downloadable, there are powerpoint/review sheets, comes with a 1,000 question question bank that focuses on bread-and-butter emergency medicine, and covers everything. I used it, and I’m better for it. Questions are very similar to in-service questions.

EMRAP
This costs money (unless you’re a resident). But it costs money because it is basically a couple-hours-long monthly journal club that hits all the latest and greatest things going on in the world of emergency medicine. If you are a student, you really just need to know this exists... it's probably not that useful to you right now. If you are a resident, it is free through your membership with EMRA. Everyone talks about it--attendings and residents--you should listen so you can be in the loop. It’s funny, too. It has its own app, it won’t stream through your Podcast app.

EM BASIC
This is a podcast meant primarily for medical students and first year--maybe second year--residents. A little dry, but thorough and totally on point. Put together by a senior EM resident at a military residency. Start here if you are new to emergency medicine.

Last three episodes: The undifferentiated sick infant
Heme One Part 2- Hematology Emergencies
Heme Once Part 1 – Oncology Emergencies
FOAMCAST
This is a podcast by two emergency medicine residents who try to 1) summarize what is new in the FOAM-world that week and 2) do some board review. They are funny, if a little awkward, and it is totally suitable for the EM resident.

Last three episodes: Episode 45 – Diverticulitis
Episode 44 - Sepsis Redefined
Episode 43 - Alcohols

EMCRIT
This podcast is produced by Dr Scott Weingart, an emergency medicine doctor who was also trained in surgical critical care at Baltimore Shock/Trauma, one of the premiere trauma centers in the country. This is one of the most well-known podcasts. The motto used to be “Bringing upstairs care, downstairs” until he decided the “upstairs [critical care] care” was NOT what they wanted to emulate at many institutions. The motto is "maximally aggressive care, everywhere" and really focuses on our jobs as master “resuscitationists”. I love listening to him because I think sick patients are the most fun patients, and also the most scary patients, and also the patients that really push you to your diagnostic limits sometimes... and he loves that too, and it's apparent while listening to him. Most of the topics may not make any sense to you if you are early in your training. But he also has some great lectures, like on acid-base, and the ED thoracotomy. Some people love him, some hate him—including some of our attendings--but give it a go. There are some really good talks on psychology and the mental aspects of doctoring, and he makes medicine exciting.

Check out these episodes (Some of my favorites):
Podcast 108: How to Be a Hero by Cliff Reid ←AMAZING talk. 
It’ll make you cry.
Podcast 83: Crack to Cure – ED Thoracotamy
Podcast 82: The Mind of the Resuscitationist with Cliff Reid
Podcasts 44, 45, 46, 50: Acid Base
Last three episodes: Wee – Cliff Deutschman with Additional Thoughts
Podcast 169 – Sepsis 3.0 with Merv Singer
Podcast 168 – Kyle Gunnerson and the EC3

EM ULTRASOUND PODCAST
By two very well known EM ultrasound gurus (Mike and Matt) out in Colorado, this is the best podcast for EM ultrasound. Obviously, video-heavy.

Last three episodes: TEE Part 2. Demonstration on an unsuspecting fellow
TEE Part 1 – Why, how, and demonstration
Gastric Ultrasound part 2
ERCAST
This is a podcast produced by Rob Orman MD, one of the same guys who produces EMRAP. One of my favorites... this guy has a great voice, and is very funny. Often takes the form of a "fireside chat" with specialists from other fields, but deals with the whole breadth of emergency medicine, not just a particular niche.

Last three episodes: Which Chest Pain Patients can be Discharged?
   Sepsis demystified
   Amal Mattu on Being too tall and giving kick ass lectures

SMACC (Social Media and Critical Care)
SMACC broadcasts the lectures from their annual conference of critical care people online through this podcast. The conference used to be held in Australia, though 2015 was in Chicago, and 2016 in Dublin. It attracts a lot of people from the European and Australian critical care communities, and it can be fascinating to hear from people across the globe about how the practice of medicine is both universal and particular to one’s circumstances and location.

Check out these episodes:
   Oct 21, 2015: Crack the Chest, Get Crucified (the late John Hinds)
   Oct 9, 2015: Amal Mattu on Lessons from the Princess Bride
   Oct 6, 2015: John Hinds—More Cases from the Races
   July 9, 2014: Greg Kelly – When Children Die 🔄really, really good

Last three episodes: ICP Monitoring is So Last Season
   Emerging Toxicology –Steve Aks
   Is there a Doctor on the Plane? Joe Lex

THE SKEPTICS GUIDE TO EMERGENCY MEDICINE
“Meet ‘em, greet ‘em, treat ‘em, and street ‘em”, this podcast focuses on dogmalysis and an uncompromising application of evidence based medicine to emergency medicine practice.

Last three episodes: SGEM 148 – Skin Glue for Peripheral IVs
   SGEM 147 – This is SVT and I’m gonna REVERT it – Using a modified Valsalva Manoeuvre
   SGEM 146 – The HEAT is On – IV Tylenol for Fever in the ICU

EMERGENCY MEDICINE CASES
I love this podcast, mostly because I love interesting cases. Comes from Canada.

Last three episodes: 78: Anaphylaxis and Anaphylactic Shock
   77: Fever in the Returning Traveler
   Best Case Ever 44: Low Risk Pulmonary Embolism
PHARM (Prehospital and Retrieval Medicine Podcast)
This is a podcast by Minh Le Cong MD who focuses on prehospital critical care. He practices in Australia so their EMS system is a little different than ours but that’s partly what makes this podcast so interesting.

Last three episodes: 134: Preoxygenation – towards best practice 
133: EMS physicians in USA with Dr. Mike Abernethy 
132: Apnoeic Oxygenation in Emergency Intubations

HIPPO EM RESIDENT CALL ROOM
Monthly podcast produced by the Hippo Crew, hosted by two residents.

Last three episodes: Post Call: C3 Altered Mental Status 
Studying in Residency 
Progress Report: EM Year 3

ACADEMIC LIFE IN EMERGENCY MEDICINE
Audio clips from the blog Academic Life in Emergency Medicine, run by Dr. Michelle Lin of San Francisco General – listeners of EMRAP may recognize her as she is a frequent contributor to that podcast. She has a niche in medical education and technology and is on the editorial board for Annals of Emergency Medicine.

What Makes a Great Resident Teacher 
ALiEM BookClub—How we die

THE RAGE PODCAST
“The Resuscitationist’s Awesome Guide to Everything!” is created by a group of EM, CC, and retrieval/prehospital medicine docs from Australasia and the US (names you will recognize from other podcasts – Chris Nickson, Cliff Reid, John Hinds, et al). They love to bring “irreverent and educational ‘real world’ perspective to current research core topics and controversies”. Never really been done consistently and John Hinds recently died in a dramatic and devastating motorcycle crash… I don’t know what the future of this podcast will be.

Last three episodes: John Hinds defends Direct Laryngoscopy 
Steve Bernard’s Resuscitation update 2015 
PreSMACC MiniRAGE

PEM ED PODCAST
By Andrew Sloas DO, focuses on pediatric emergency medicine.

Last three episodes: Hemophilia emergencies 
Pediatric Syncope Part Deux… still fell out 
Pediatric Syncope (DFO—done fell out)
ANATOMY FOR EMERGENCY MEDICINE
Hasn’t been updated since Jun 2015 but ran for a few years before that, had some good reviews of anatomy that is relevant to us that are still available online
  Representative sampling of episodes:
    Basic anatomy of Abdomen and Pelvic Trauma
    Anatomy of the Fascia Iliaca Block
    Eye anatomy Part 1

ED ECMO
Hosted by Drs. Bellezzo, Shinar, and Weingart, this podcast is strictly dedicated to the emerging med-science of ED ECMO programs.
  Last three episodes: 26: “EPCR is a Step Too Far”: Ho vs Bellezzo: A SMACback Chicago Cage Match
    25: Updates on ECMO, new 7F reboa catheter, pre-hospital ECMO in France
    24: Weaning VA-ECMO, with Deirdre Murphy

THE EM RES PODCAST
By Dr. Bob Stuntz, this podcast is dedicated to resident education. Updating goes through spurts.
  Some three episodes: 33-Ultrasound Course: what do we do with the IVC?
    30- Sick or Not Sick?
    27 – Momentum Breakers, Part 2

BROOME DOCS
From Australia by Dr. Casey Parker, focuses on FOAM for rural and remote “generalist” practitioners --- still EM heavy.
  Last three episodes: Intubating the Critical Patient
    Really Rural Surgery with Dr. Bret Batchelor
    Clinical Case 118: the Diagnosis Explained

ANNALS of EMERGENCY MEDICINE
Monthly audio summary of Annals. You should get the actual journal in your physical mail inbox as part of ACEP and residency.
CRITICAL CARE PODCASTS

ICRITICAL CARE: ALL AUDIO
Podcast run by the Society of Critical Care Medicine. They have iCritical Care podcast streams for “LearnICU”, “Pediatric Critical Care” and “Critical Care Medicine” (adults), but if you choose the “All Audio” stream it catches all of those. I love listening to these, they are on-point. I am going to give the last three episodes from each stream since I lumped them all together.

Last three episodes for Pediatrics:
310 – Evidence based pediatric outcome predictors to Guide the Allocation of Critical Care Resources in a Mass Casualty Event
307 – Transforming the Morbitidy and Mortality Conference to Promote Safety and Quality in a PICU
300 – Timing of Death in children referred for UCU with Severe Sepsis

Last three episodes for LearnICU
314 – Sepsis redefined: Why Do We need a New Definition
313 – Idarucizumab for Dabigatran Reversal
312—Interview with SCCM President Todd Dorman

Last three episodes for Critical Care Medicine:
305 – The Importance of Process of Care and ICU structure to Improved Outcomes
299—Mortality in Multicenter Critical Care Trials: An analysis of Interventions with Significant Effect.
298 – Critical Care Organizations in Academic Medical Centers in North America: A Descriptive Report

INTENSIVE CARE NETWORK PODCASTS
This is a podcast by Oliver Flower, who is also a big part of the SMACC conference. He does some great, pure physiology lectures and pure critical care lectures.

Last three episodes: Raw Science 6: The Oxygen Cascade Step 2a
Human Factors
You do the math 5: Logarithms and Exponentials

MARYLAND CC PROJECT
Podcast run by the University of Maryland (Baltimore Shock/Trauma!) Critical Care Fellows where they posted one of their lectures each week. Fairly new.

Last three episodes: The Quality-Cost Interface of Healthcare Reform
Woods: Care of the Critically Ill HIV patient
Shiber: Updates in Traumatic Brain Injury
TRAUMA

TRAUMACAST
Podcast by the Eastern Association of Trauma and Surgery – some of this isn’t useful to us to know but it helps to know what the trauma and surgery community is talking about since we see patients with trauma and surgical (and post-surgical) problems.

Last three episodes: Small Bowel Obstruction: The gastrograffin challenge
What is the Right Approach for the Active Shooter Epidemic
Antibiotics-only vs Surgery for Acute Appendicitis

TRAUMA LOUPES
Podcast run by the Journal of Trauma and Acute Care Surgery, includes “summary, commentary, and interviews” of each months issue. Not bad. One podcast a month each lasting about 10-20 minutes. I’m not sure why there isn’t a podcast for February or March.

GENERAL MEDICINE

JAMA Editor’s Summary
Weekly audio summary of the journal—similar to NEJM, you can get the table of contents for most major journals sent to your email inbox, which is what I do for JAMA and NEJM.

CHEST Journal Podcasts
A monthly podcast where the journal CHEST (by the American College of Chest Physicians) discusses one or more articles with those articles’ author.

Last three episodes: Achthar vs Corticosteroids: Is the price difference warranted?
Antithrombotic Therapy for VTE Disease: CHEST Guideline
Navigating Conflicts between Advance Directives and Surrogate Decision Makers

NEJM
The New England Journal of Medicine has a weekly digest of their articles... since I don't always read the actual journal--but our consultants do--it can be enlightening. You can also get the table of contents sent to your inbox every week through their main website, which is what I do instead of listening to the podcast.
NON-MEDICINE PODCASTS I RECOMMEND

RADIOLAB
This show is “designed for listeners who demand skepticism, but appreciate wonder”, always has fascinating discussions.
   Check out this podcast: 102: Colors (touches on how ancient societies couldn’t see blue—fascinating)
   Last three episodes: Debatable
                  K-poparazzi
                  Hard Knock Life

FRESH AIR
NPR-run podcast on contemporary arts and issues, has book reviews, movie reviews, music reviews, and interviews that are always interesting, hosted by Terry Gross.
   Last three episodes: Opening the books on Trump’s Business Deals in Atlantic City
                       A Glimpse inside “The Real Russia”
                       Pen-Pal Passion is Revived in Broadway’s “She Loves Me”

TINY DESK CONCERTS
Both well known artists and some obscure ones (Adele to Wilco to Passion Pit) perform short concerts at the desk of Bob Boilen in the NPR office, usually 10-20 minutes long.
   Last three episodes: Graham Nash
                        Gaelynn Lee
                        Julien Baker

PIANO JAZZ SHORTS
A personal favorite, run by NPR
   Last three episodes: Music of Marian McPartland
                       Harold Mabern 1991
                       Mark Murphy, 1998

HIDDEN BRAIN
“A conversation about life’s unseen patterns” by NPR.
   Last three episodes: Episode 23: Boredom
                       Encore of Episode 9: Aziz Ansari on Modern Love
                       Episode 22: Originals
TEACHING IN HIGHER ED: FACULTY DEVELOPMENT FOR PROFESSORS
An interesting podcast on education.
   Last three episodes: 92: Small Teaching (James Lang)
   91: Choose your own adventure assessment
   90: Take-aways from the Lilly Conference