

A decorative graphic on the left side of the slide consists of a network of thin, light blue lines. These lines form a complex, branching pattern that resembles a circuit board or a stylized tree. Small circles are placed at various points where the lines intersect or terminate, adding to the technical or digital aesthetic of the design.

TECHNOLOGY IN PRIMARY CARE

STEPHANIE LETNEY, D.O.

A decorative graphic on the left side of the slide, consisting of a network of light blue lines and small circles, resembling a circuit board or a stylized tree structure, extending from the top to the bottom of the frame.

DISCLOSURES

NONE

A decorative graphic on the left side of the image, consisting of white lines and circles on a blue gradient background. The lines resemble a circuit board or a stylized tree structure, with circles acting as nodes or junctions.

*"TECHNOLOGY IS ANYTHING THAT WASN'T
AROUND WHEN YOU WERE BORN."*

-ALAN KAY (COMPUTER ENGINEER)

A decorative graphic on the left side of the image, consisting of white lines and circles on a blue gradient background, resembling a circuit board or a stylized tree structure.

*"WE ARE STUCK WITH TECHNOLOGY WHEN
WHAT WE REALLY WANT IS JUST STUFF THAT
WORKS."*

-DOUGLAS ADAMS (AUTHOR)

A decorative graphic on the left side of the image, consisting of white lines and circles on a blue gradient background. The lines resemble a circuit board or a stylized tree structure, with circles acting as nodes or junctions.

*“THE HUMAN SPIRIT MUST PREVAIL OVER
TECHNOLOGY.”*

-ALBERT EINSTEIN



OBJECTIVES

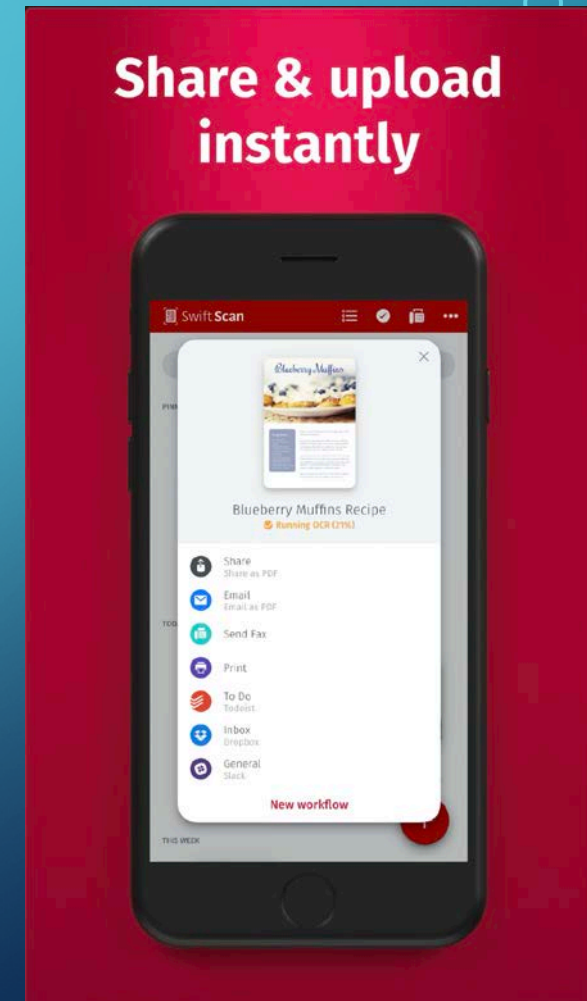
PROVIDE RESOURCES UTILIZING ACCESSIBLE TECHNOLOGY TO IMPROVE CLINICAL PRACTICE IN FAMILY MEDICINE, TO INCLUDE THE FOLLOWING:

- ORGANIZATION/WORK FLOW
- MEDICAL REFERENCE
- PODCASTS
- PATIENT ASSISTANCE
- WELLNESS

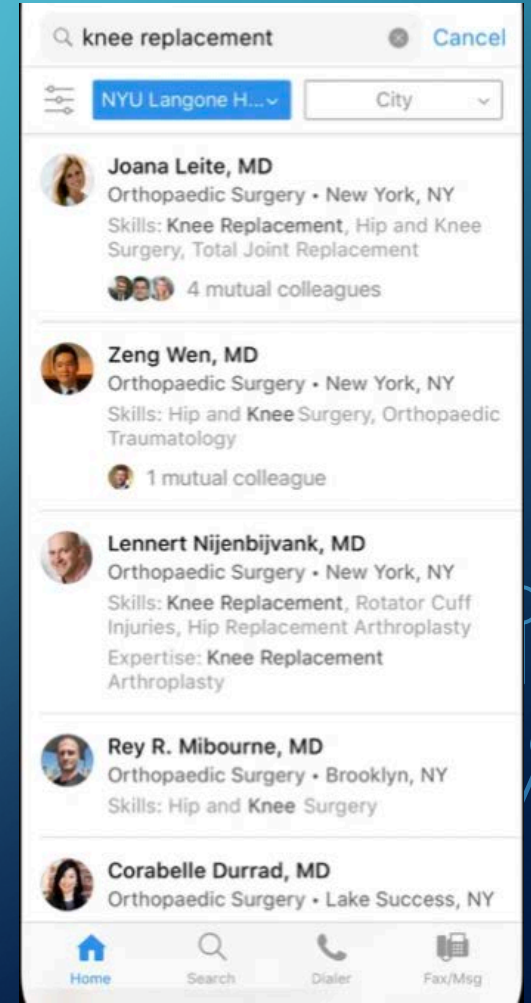
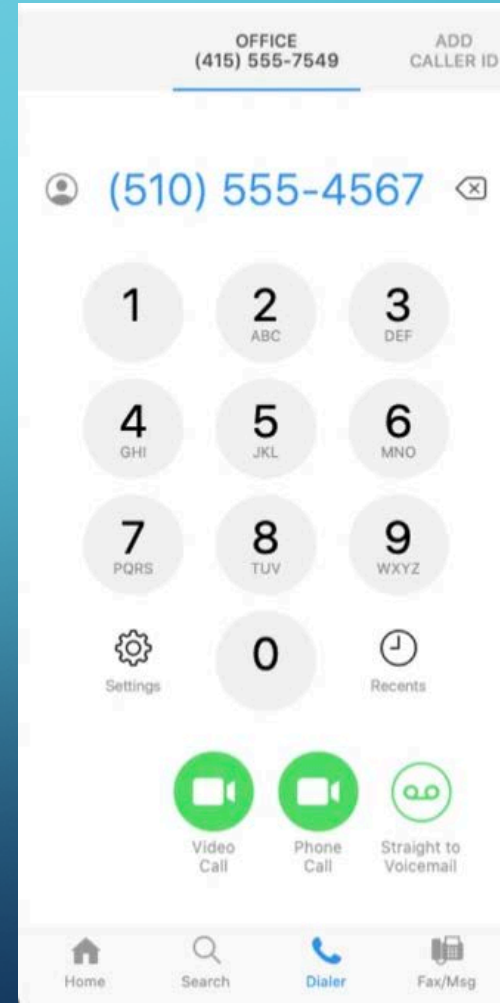
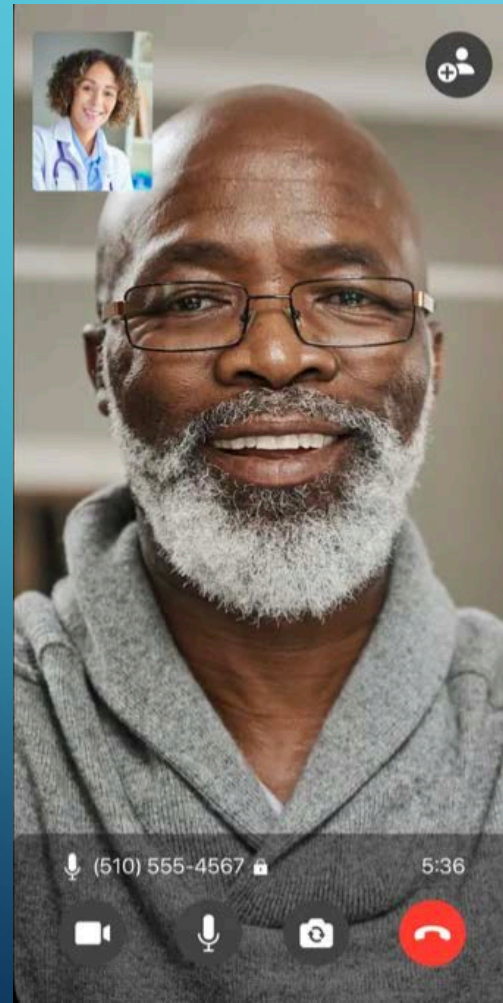
A decorative graphic on the left side of the slide, consisting of a network of light blue lines and small circles, resembling a circuit board or a stylized tree structure, set against a blue gradient background.

ORGANIZATION / WORK FLOW

SWIFTSCAN



DOXIMITY DIALER





COMPANION EMR APPS

-FUNCTIONALITY AND FEATURES VARY

***IMAGE CAPTURE

A decorative graphic on the left side of the image consisting of white lines and circles on a blue gradient background, resembling a circuit board or a stylized tree structure.

MEDICAL REFERENCE

USPSTF PREVENTION TASKFORCE



Carrier 3:26 PM

Browse by Topic

View All Counseling Preventive RX Screening

Abdominal Aortic Aneurysm, Screening, 2019

RECOMMENDATION SUMMARY

Alcohol Unhealthy Use in Adolescents and Adults, Screening and Behavioral Counseling Interventions. 2018

RECOMMENDATION SUMMARY

Aspirin Use for Prevention of Morbidity and Mortality from Preeclampsia: Preventive Medication, 2014

RECOMMENDATION SUMMARY

Aspirin Use to Prevent Cardiovascular Disease and Colorectal Cancer, Preventive Medication, 2016

RECOMMENDATION SUMMARY

Asymptomatic Bacteriuria in Adults, Screening, 2019

RECOMMENDATION SUMMARY

Atrial Fibrillation with Electrocardiography, Screening, 2018

RECOMMENDATION SUMMARY

Autism Spectrum Disorder in Young

Bookmarks Search Tools Grades

Carrier 11:23 AM

Search For Recommendations

Enter the following information to retrieve recommendations from the USPSTF Preventive Services Database. When using this tool please read the specific recommendation to determine if the preventive service is appropriate for your patient. This tool is not meant to replace clinical judgment and individualized patient care.

Age Weight Height

Year(s) Pounds Feet Inches

Sex

N/A Female Male

Pregnant

N/A Yes No

Tobacco User - ever

N/A Yes No

Sexually Active

N/A Yes No

Reset Start

Topics Bookmarks Search Tools Grades

Carrier 3:27 PM

Back

General Rationale Clinical Others Tools

Colorectal Cancer: Screening --Adults aged 50 to 75 years

Grade: A (Recommended)

Specific Recommendations:

The USPSTF recommends screening for colorectal cancer starting at age 50 years and continuing until age 75 years. The risks and benefits of different screening methods vary. See the [Clinical Considerations section](#) and the [Table](#) for details about screening strategies.

Frequency of Service:

Evidence from RCTs demonstrates that annual or biennial screening with gFOBT as well as 1-time and every 3- to 5-year flexible sigmoidoscopy reduces colorectal cancer deaths.¹ The CISNET models found that several screening strategies were estimated to yield comparable life-years gained (ie, life-years gained with the noncolonoscopy strategies were within 90% of those gained with the colonoscopy strategy) among adults aged 50 to 75 years and an efficient balance of benefits and harms (see the full CISNET report for more details^{2, 12}). These screening strategies include 1) annual screening with FIT, 2) screening every 10 years with flexible sigmoidoscopy and annual screening with FIT, 3) screening every 10 years with colonoscopy, and 4) screening every 5 years with CT colonography. The findings for CT colonography depend on the proxy measure used for the burden of screening (number of lifetime colonoscopies or lifetime cathartic

Topics Bookmarks Search Tools Grades

MDCALC MEDICAL CALCULATOR



9:03

Search

Search "Creatinine" or "Cockcroft"

FAVORITES RECENT MY SPECIALTY ALL

0-9

4AT ★
Delirium screening.

4C Mortality Score for COVID-19 ★
In-hospital COVID-19 mortality.

4Ts for HIT ★
HIT vs other causes of thrombocytopenia.

6 Minute Walk Distance ★
Functional status.

A

A-a O₂ Gradient ★
Shunting & V/Q Mismatch.

AAP Pediatric HTN Guidelines ★
Pediatric HTN diagnosis.

Abbey Pain Scale ★
Pain assessment in dementia.

Absolute Lymphocyte Count ★

A B C D E F G H I J K L M N O P Q R S T U V W X Y

9:05

Search

appendicitis

FILTER RESULTS BY

Appendicitis

RESULTS: 8

AIR Score ★
Diagnoses appendicitis.

Alvarado Score ★
Appendicitis diagnosis.

Pediatric Appendicitis Risk Calculator ★
Appendicitis risk in children.

Pediatric Appendicitis Score (PAS) ★
Predicts appendicitis in children.

RIPASA Score ★
Diagnoses appendicitis with lab values and clinical findings.

Duke Activity Status Index (DASI) ★
Functional capacity.

Gupta Perioperative Risk ★
Periop cardiac risk.

Surgical Appgar Score (SAS) ★

9:07

Search

Alvarado Score ★

CALCULATOR NEXT STEPS EVIDENCE CREATOR

Predicts likelihood of appendicitis diagnosis.

When to Use ▼ Pearls/Pitfalls ▼ Why Use ▼

Content contributed by Ayomide Loye, MD & Xiao Chi Zhang, MD, MS

Signs

Right lower quadrant tenderness No 0 Yes +2

Elevated temperature (37.3°C or 99.1°F) No 0 Yes +1

Rebound tenderness No 0 Yes +1

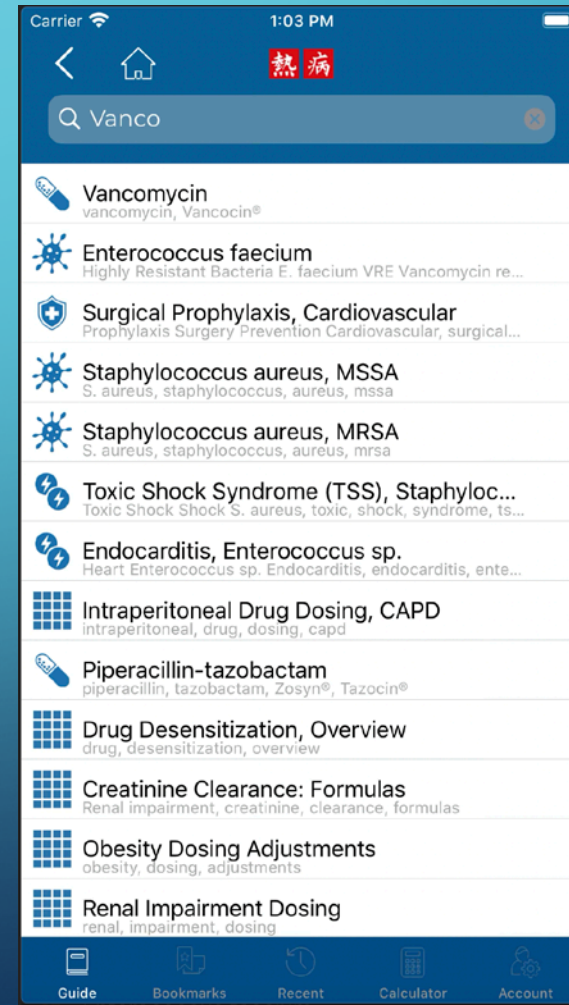
RESULT ↑

0 points Unlikely appendicitis

SANFORD GUIDE



Free
REQUIRES In-App Purchases

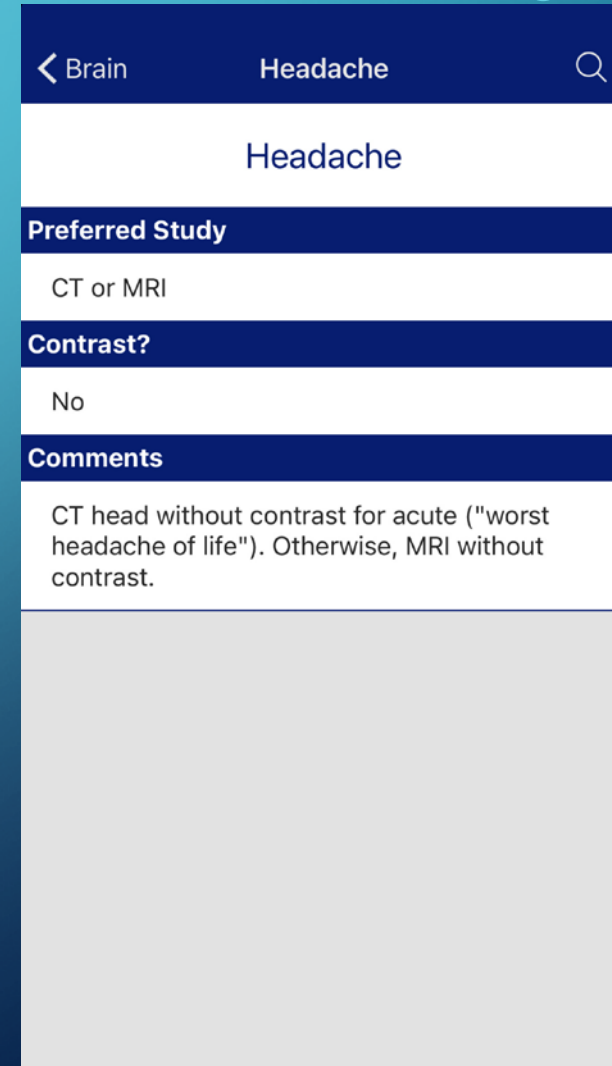
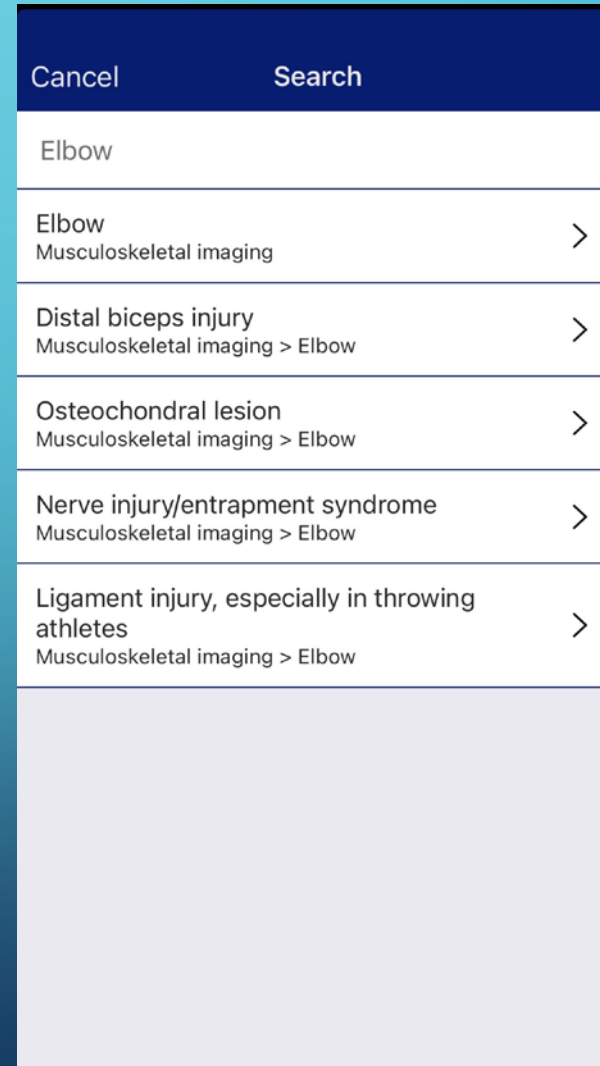
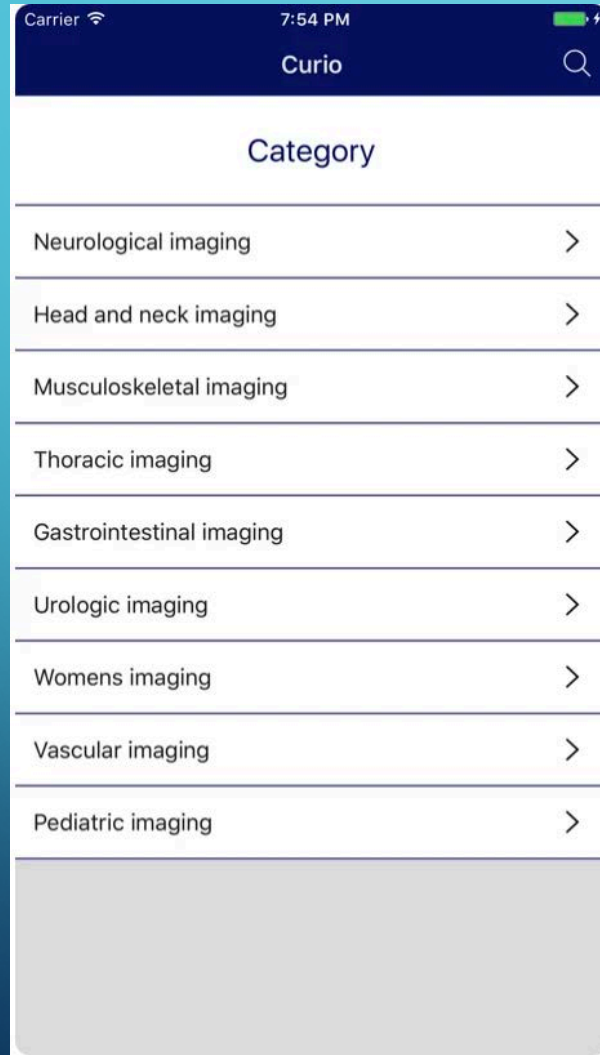
The antibiotic susceptibility table in the Sanford Guide app. It shows the effectiveness of various antibiotics against different bacteria. The table is organized by antibiotic type (Penicillins, Tetracyclines, etc.) and then by specific antibiotic. The bacteria listed are E. faecalis (S), E. faecium (S), E. faecalis (VRE), E. faecium (VRE), S. aureus MSSA, S. aureus HA-MRSA, S. aureus CA-MRSA, Staph coag-neg (S), Staph coag-neg (R), S. epidermidis (R), S. epidermidis (S), S. lugdunensis, S. saprophyticus, and Strep. anginosus gp. The table uses color coding to indicate susceptibility: green for susceptible, yellow for intermediate, and red for resistant. The bottom navigation bar is the same as the home screen.

	Penicillin G	Penicillin VK	Nafcillin	Oxacillin	Cloxacillin	Flucloxacillin	Dicloxacillin	Ampicillin
Aerobic, gram positive cocci								
E. faecalis (S)	++	0	0	0	0	0	0	++
E. faecium (S)	±	0	0	0	0	0	0	±
E. faecalis (VRE)	±	0	0	0	0	0	0	±
E. faecium (VRE)	±	0	0	0	0	0	0	±
S. aureus MSSA	±	±	++	++	++	++	++	±
S. aureus HA-MRSA	0	0	0	0	0	0	0	0
S. aureus CA-MRSA	0	0	0	0	0	0	0	0
Staph coag-neg (S)	±	±	++	++	++	++	++	±
Staph coag-neg (R)	0	0	0	0	0	0	0	0
S. epidermidis (R)	0	0	0	0	0	0	0	0
S. epidermidis (S)	±	±	++	++	++	++	++	±
S. lugdunensis	±	±	++	++	++	++	++	±
S. saprophyticus	±	±	+	+	+	+	+	±
Strep. anginosus gp	++	++	+	+	+	+	+	+

CURIO DIAGNOSTIC IMAGING SELECTION GUIDE



\$2.99

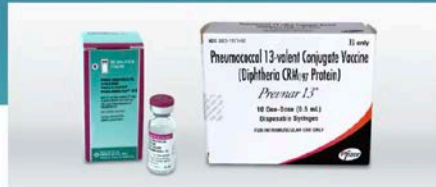


PNEUMORECS VAXADVISOR



PneumoRecs VaxAdvisor

Tool to help determine which
pneumococcal vaccines children
and adults need.



Getting Started

Enter a patient's age, pneumococcal
vaccination history, and underlying medical
conditions. Move through this tool to create
customized recommendations for
pneumococcal vaccination.

Enter Tool

Home

Disclaimer

About

PneumoRecs VaxAdvisor

Patient Characteristics

Does the patient have any of the
following risk factors?

Chronic health conditions

Select

- Alcoholism
- Chronic heart, liver, or lung disease
- Cigarette smoking
- Diabetes mellitus

Cochlear implants and CSF leaks

Select

- Cochlear implant
- Cerebrospinal fluid (CSF) leak

Immunocompromising conditions

Select

- Sickle cell disease and other hemoglobinopathies
- Anatomic or functional asplenia
- Congenital or acquired immunodeficiency
- HIV infection
- Chronic renal failure

Continue

Home

Disclaimer

About

PneumoRecs VaxAdvisor

Patient Characteristics

Age

12 years, 0 months, 0 weeks, 0 days

Risk Factors

Cochlear implants and CSF leaks

PCV13

Has received prior doses

PPSV23

Has received prior doses

Recommendation

Schedule complete for now. Reminder: A
second and final dose of PPSV23 is not
indicated until age 65 years.

Got It!

Home

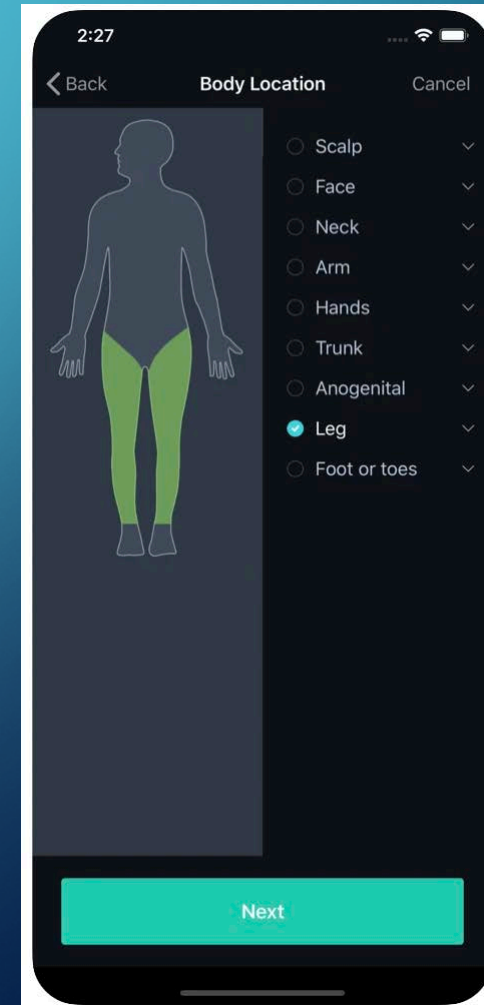
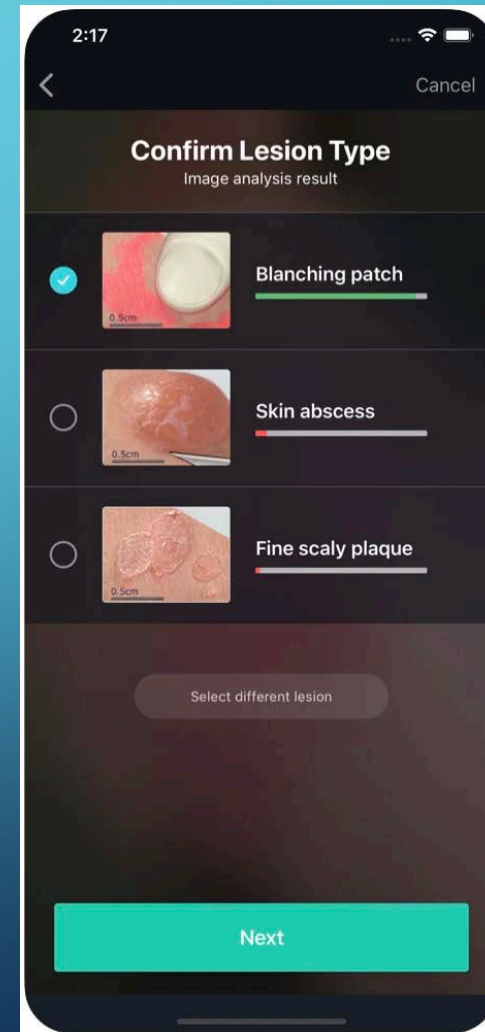
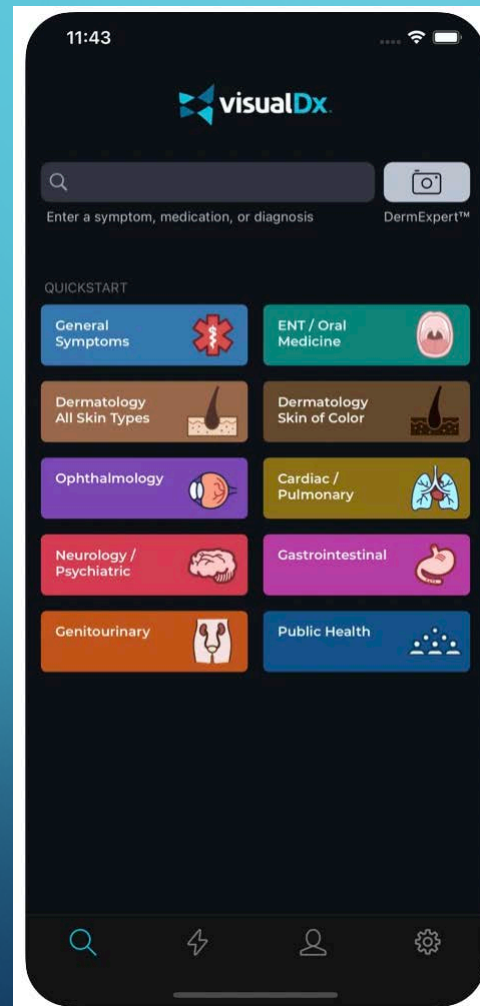
Disclaimer

About

VISUAL DX



**requires in-app purchases



CDC VACCINE SCHEDULES



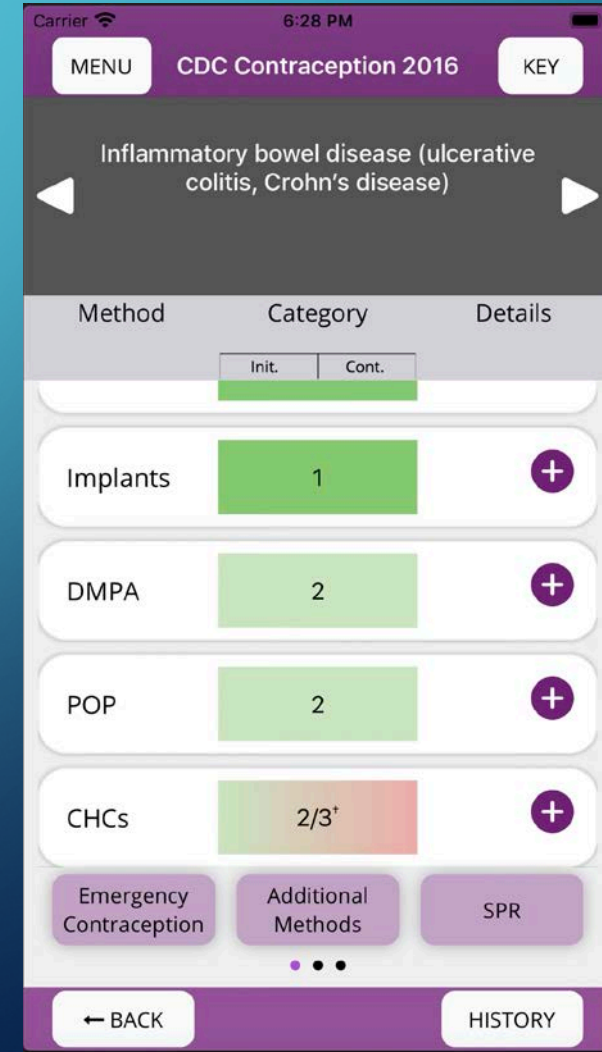
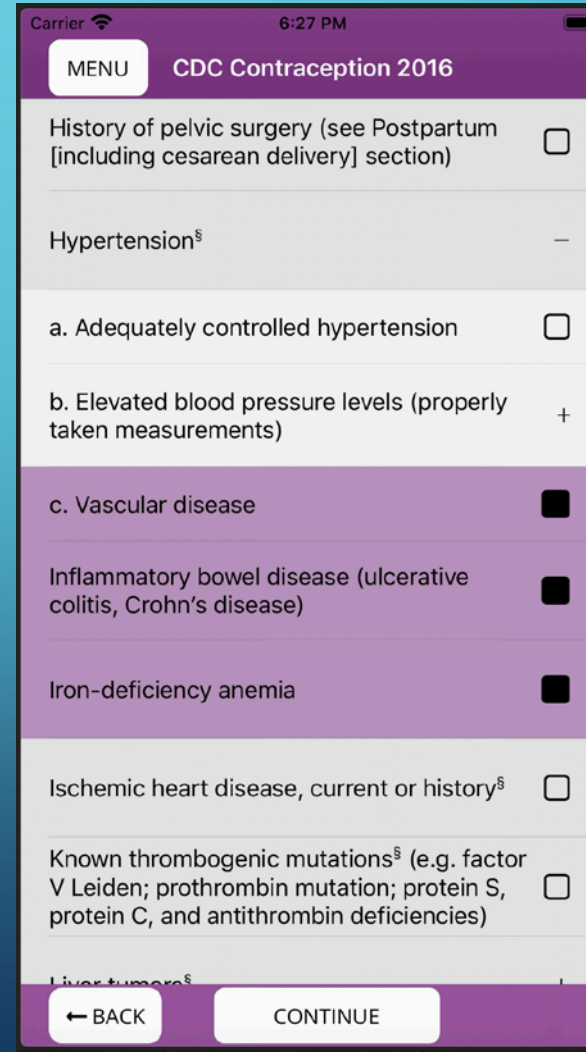
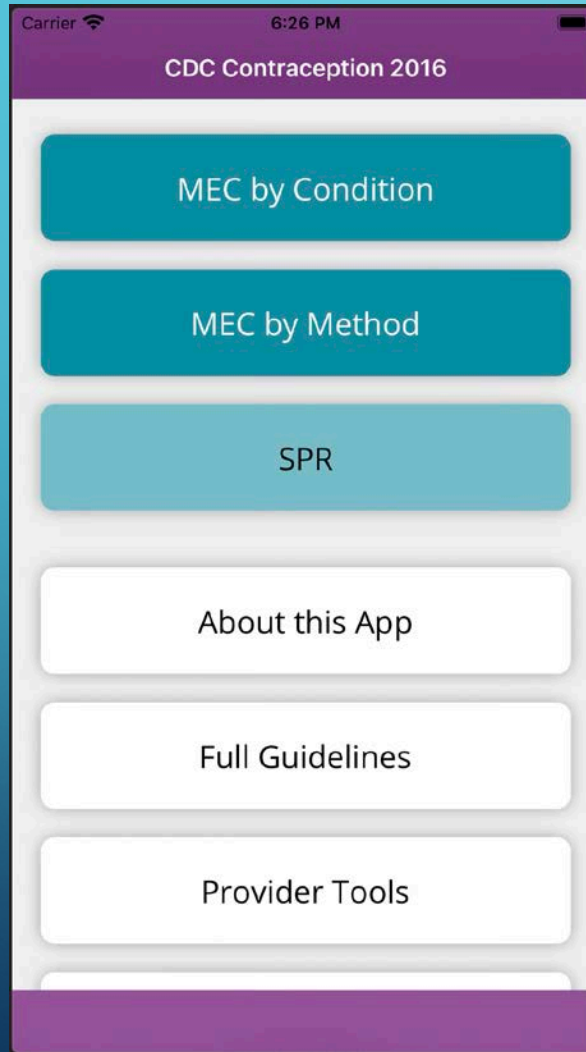
Vaccine	months							
	Birth	1	2	4	6	9	12	15
HepB	1d	2d			3d			
Rota		1d	2d	note				
DTaP		1d	2d	3d				4d
Hib		1d	2d	note			3d or 4d	
PCV13		1d	2d	3d			4d	
PPSV23								
IPV		1d	2d		3d			
Flu						IIV		
MMR					note		1d	
VAR							1d	
HepA							2d	
MCV								note

Birth - 15 mos 18 mos - 6 yrs Resources

Vaccine	Dose(s) for Selected Age Range
Influenza	1 dose annually
Td/Tdap	Substitute 1-time dose of Tdap for Td booster; then boost with Td every 10 yrs
Varicella	2 doses
HPV(Female)	3 doses
HPV(Male)	3 doses
Zoster	
MMR	1 or 2 doses
PCV13	1-time dose
PPSV23	1 or 2 doses
Meningococcal	1 or more doses
HepA	2 doses
HepB	3 doses
Hib	1 or 3 doses

Adult Conditions Resources

CONTRACEPTION



PEDI QUIKCALC



\$4.99

Carrier 3:37 PM

Slide to Estimate

Enter patient weight:

38 Lbs 5.0 Oz

17.378 Kg Calculate

39.734 Lbs 42.50 In

5 years 0 months

Estimated at 50th percentile

Weight Drugs Age Bili More

More

Calculators

- BMI
- BP Screening
- Dosage Calculator
- Growth Charts
- Weight vs Gest. Age
- IV Fluids
- Mid-Parental Height
- Update Formulary

Immunization Schedules

- AAP Birth - 18 years
- CDC Birth - 18 years
- CDC Catch-up
- CDC Adult

Weight Drugs Age Bili More

More

Immunization Schedules

- CDC Catch-up
- CDC Adult

Topicals

- Topical Steroids

References

- Tooth Eruption Chart
- Tooth Numbering

Web Links

- AAP
- HealthyChildren
- ADHD Evaluation
- Carolinas Poison Ctr.
- Columbia Flu Forecast
- CDC Flu Weekly
- Travel Destinations

Weight Drugs Age Bili More

Carrier 3:42 PM

BP Screening

Age: 15 Yrs Boy Girl

Height: 161.8 Cm US SI

Systolic: 126 mmHg

Diastolic: 77 mmHg Calculate

Stage 1 Systolic HTN

Elevated Diastolic BP

	Systolic	Diastolic
50th	107	64
90th	121	76
95th	125	80
95th+12	137	92

Using Unified 2017 Guidelines. Tap for more info.

Weight Drugs Age Bili More

Carrier 3:43 PM

Hours: 27.6 from Birth

Bili: 8.6 mg/dl $\mu\text{mol/L}$

Evaluate Plot Manage

High Intermediate Risk

Assess: For hemolysis

Follow-up: Track bili decline to low-risk zone

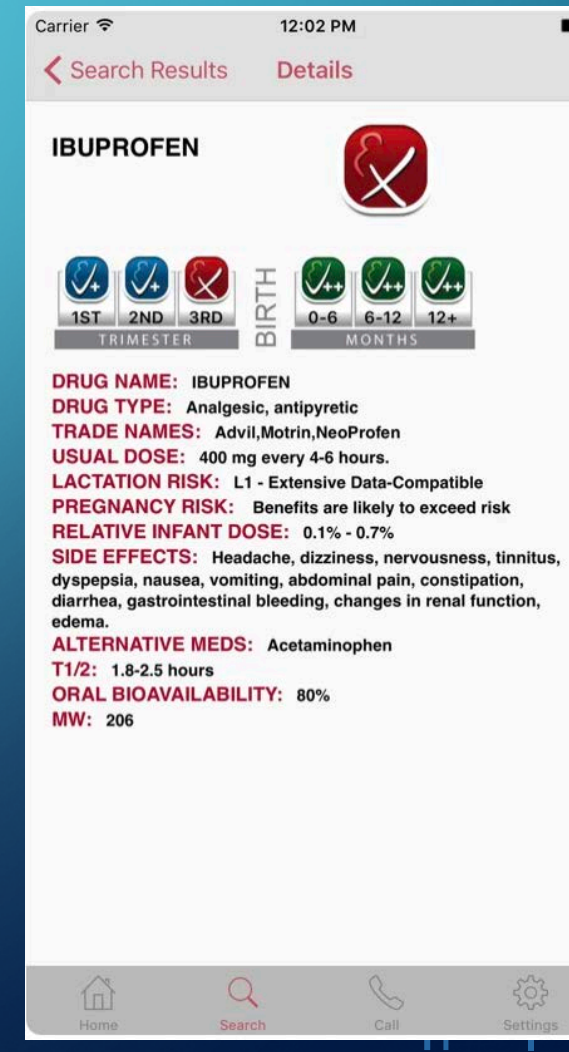
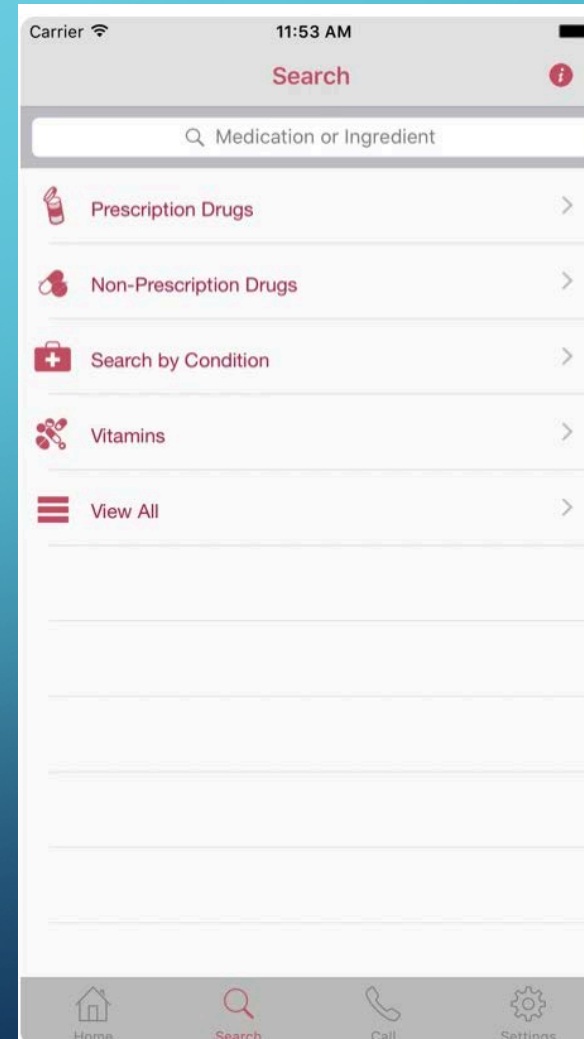
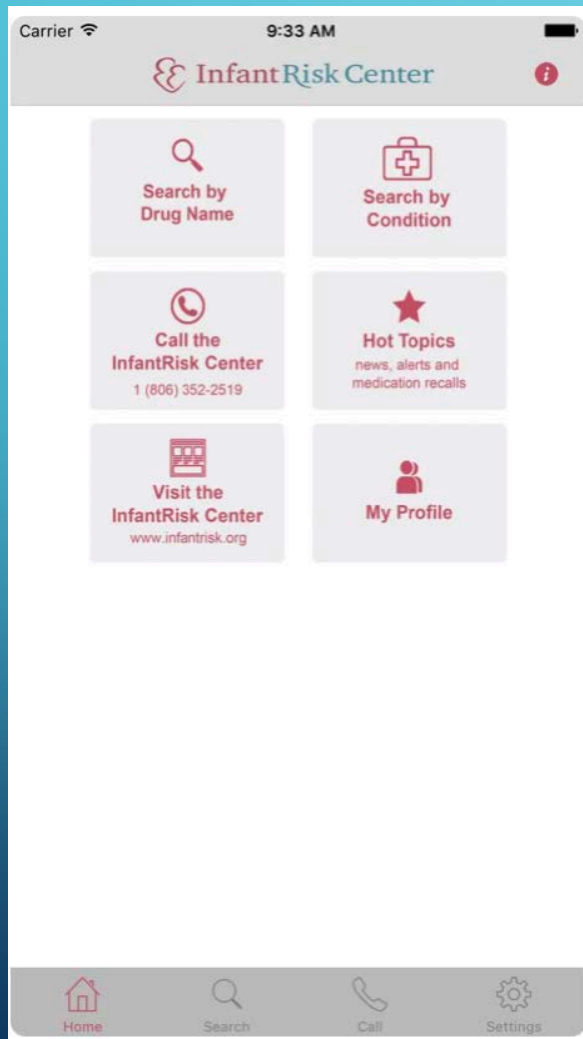
Tap for thresholds. Rotate to plot ≥ 36 weeks, $\geq 2000\text{gm}$ or ≥ 35 weeks, $\geq 2500\text{gm}$

Weight Drugs Age Bili More

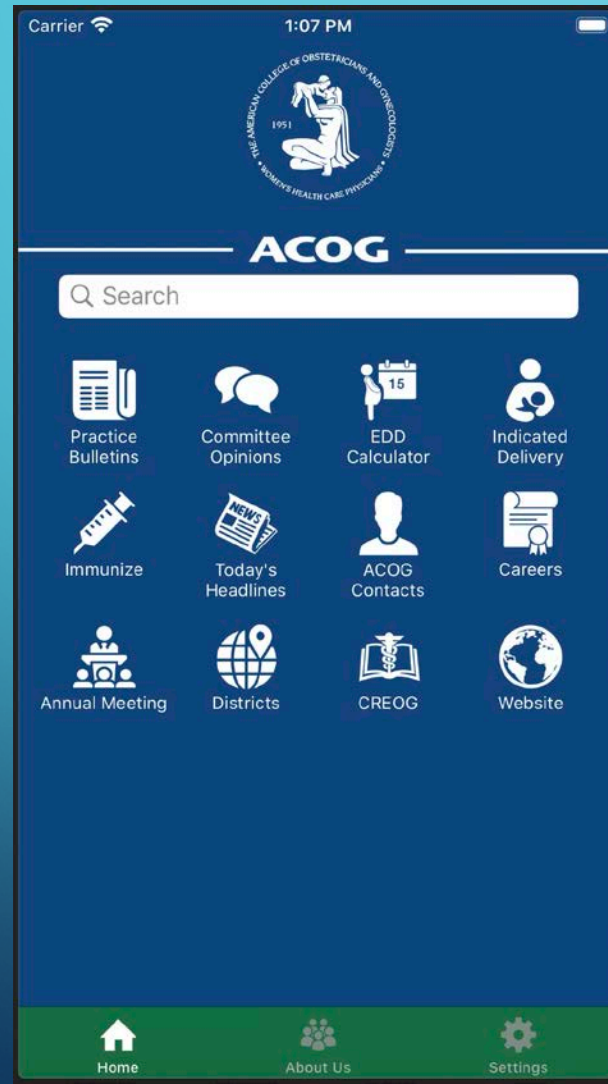
INFANTRISK CENTER HEALTH CARE MOBILE RESOURCE



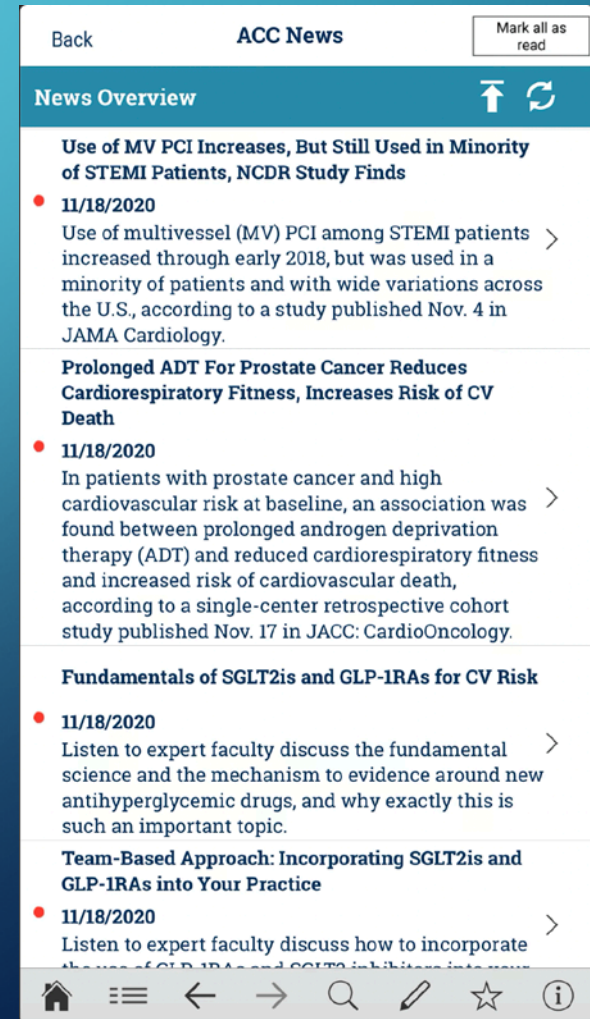
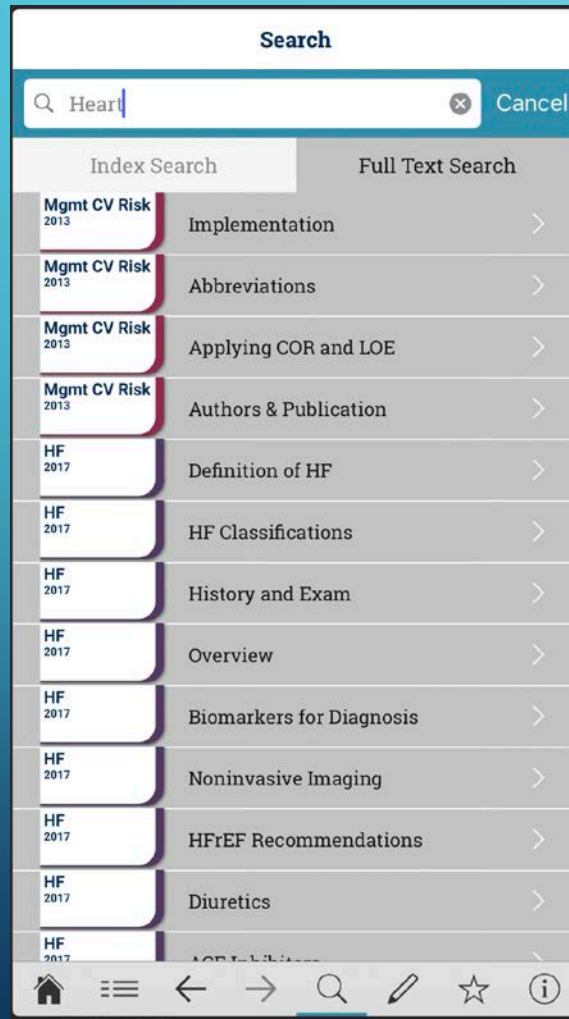
\$9.99



ACOG



ACC GUIDELINE CLINICAL APP



ASCVD RISK ESTIMATOR PLUS



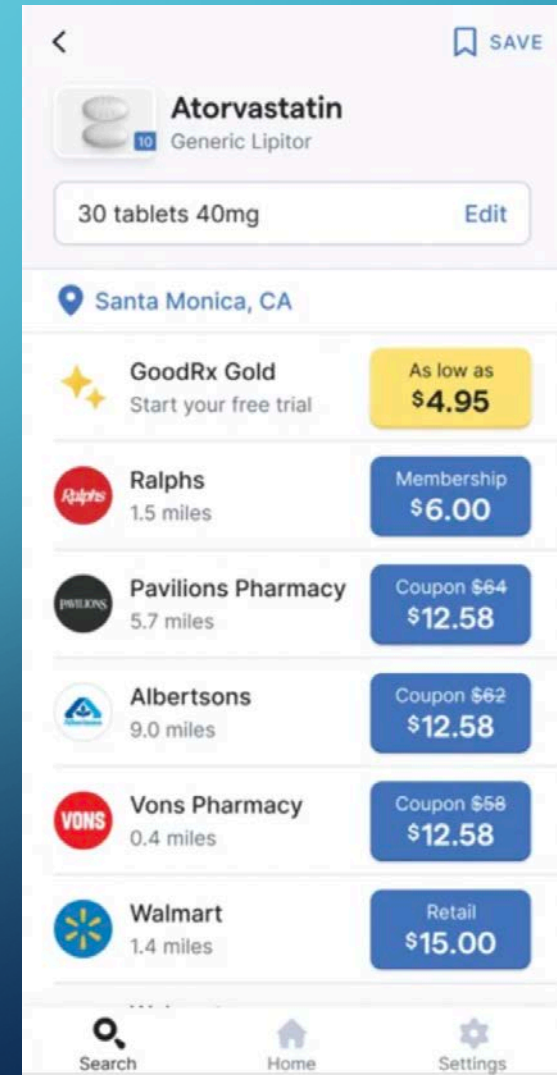
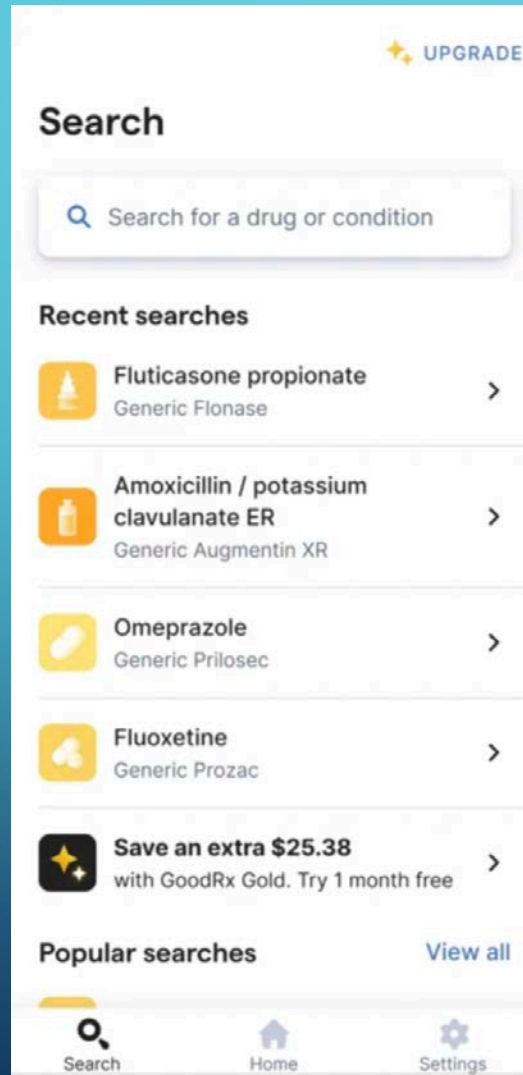
Estimate Risk		Therapy Impact		Advice	
Current 10-Year ASCVD Risk	18.4%	Previous 10-Year ASCVD Risk	~0%		
Lifetime ASCVD Risk		50%			
Estimate Risk		Unit of Measure US SI			
		Reset all			
App intended for primary prevention patients without ASCVD and LDL-C < 190 mg/dL (4.921 mmol/L)					
Patient Demographics					
Current Age					
<input type="text" value="55"/>					
Age must be between 40-79					
Sex					
Male		<input checked="" type="checkbox"/> Female			
Race					
<input checked="" type="checkbox"/> White					
African American					
Other					

Estimate Risk		Therapy Impact		Advice	
Current 10-Year ASCVD Risk	34.4%	Previous 10-Year ASCVD Risk	~0%		
Lifetime ASCVD Risk		69%			
Project Risk Reduction by Therapy				Reset	
Projected 10-Year ASCVD Risk					
18.8% with Smoking Cessation, Statin Therapy					
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Quit Smoking ⓘ			
<input checked="" type="checkbox"/>	<input type="checkbox"/>	Start/Intensify Statin ⓘ			
<input type="checkbox"/>	<input checked="" type="checkbox"/>	Start/Add Blood Pressure Medication(s) ⓘ			
<input type="checkbox"/>	<input checked="" type="checkbox"/>	Start/continue aspirin therapy ⓘ			
Remove this scenario					
+ Project a Different Therapy Combination					

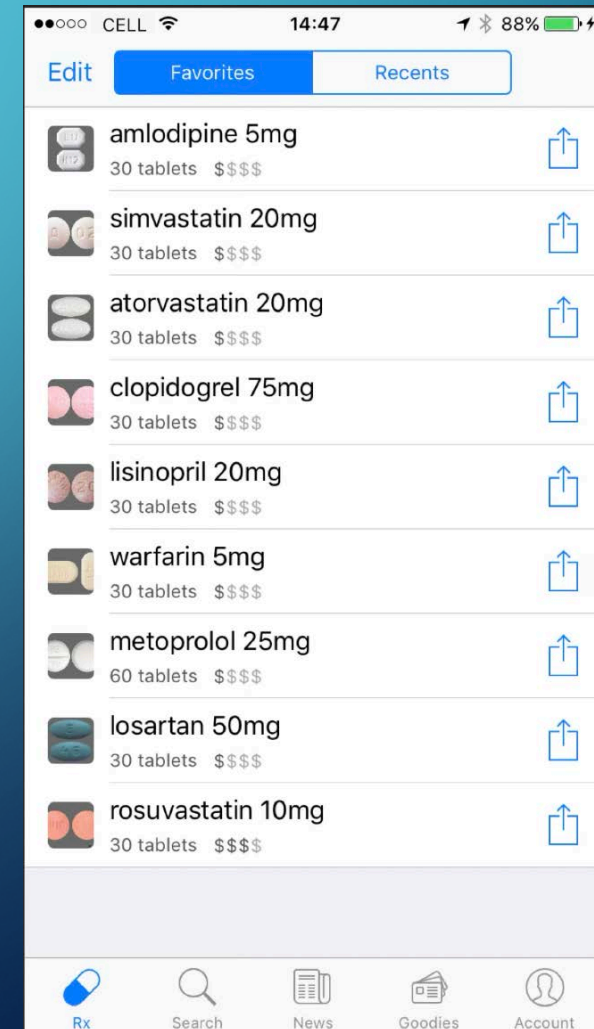
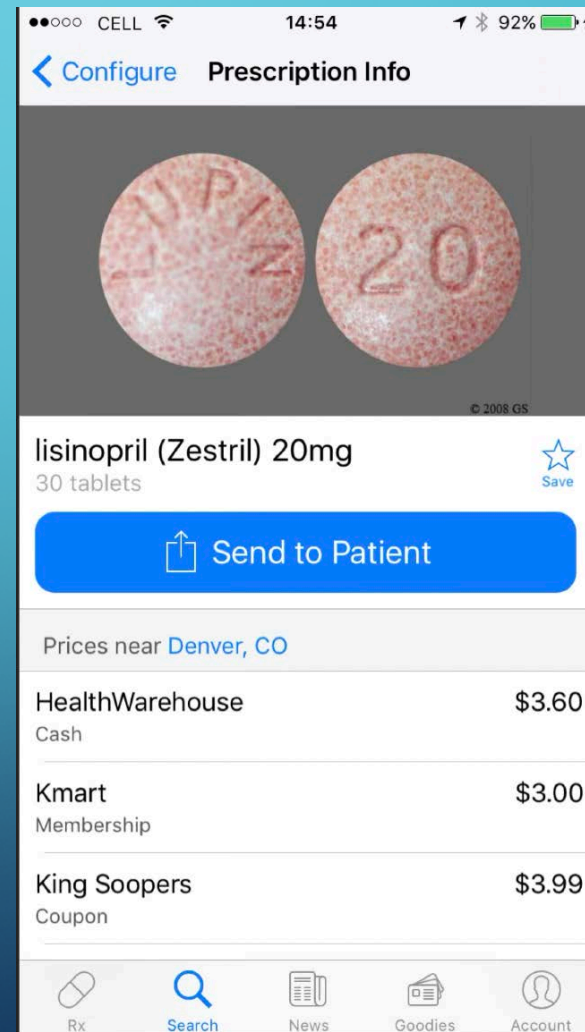
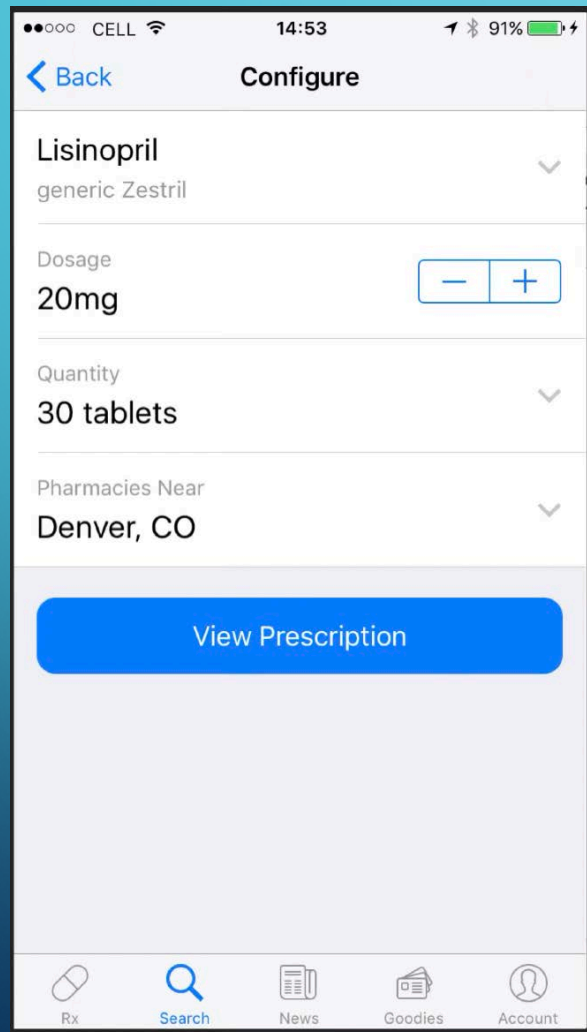
A decorative graphic on the left side of the slide, consisting of a network of light blue lines and small circles, resembling a circuit board or a neural network, extending from the top and bottom edges towards the center.

PATIENT ASSISTANCE

GOODRX



GOODRX PRO



An abstract graphic on the left side of the slide, consisting of a network of white lines and small circles on a blue gradient background, resembling a circuit board or a neural network.

PODCASTS



PODCASTS

FAMILY MED / IM



The Curbsiders Internal Medicine Po...

The Curbsiders
Subscribed



5.0 ★ ★ ★ ★ ★

2.1K Ratings

2016–2021

Medicine

Supercharge your learning and enhance your practice with this Internal Medicine Podcast featuring board certified Internists as they interview the experts to bring you clinical pearls, practice changing knowledge and bad puns. Doctors Matthew Watto, Stuart Brigham, Paul Williams and friends (a national network of students, residents and clinician educators) deliver a little knowledge food for your brain hole. Yummy! No boring lectures here, just high value content and a healthy dose of humor. Fantastic for Internal Medicine, Family Medicine, Primary Care, and Hospital Medicine.



AFP: American Family Physician Podcast

American Academy of Family Ph...
Subscribed



5.0 ★ ★ ★ ★ ★

521 Ratings

2015–2021

Medicine

Twice a month, faculty and residents of the University of Arizona College of Medicine-Phoenix Family Medicine Residency discuss key clinical points from each issue of American Family Physician (AFP). AFP publishes clinical reviews that help keep physicians current with advances in diagnosis and treatment. Contributing editor: Dr. Steven Brown.



Primary Care RAP

Hippo Education LLC.,

SUBSCRIBE



4.5 ★ ★ ★ ★ ★

57 Ratings

2020

Medicine

Your work is hard; staying current shouldn't be. Keep your practice ahead of the curve with entertaining, engaging and concise primary care and family medicine topics from world-class educators.

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Frankly Speaking About Family Medici...

Pri-Med

SUBSCRIBE



4.5 ★ ★ ★ ★ ★

112 Ratings

2019–2021

Life Sciences

A weekly Podcast series covering newsworthy topics in primary care medicine.

PRIMARY CARE
PERSPECTIVES



Primary Care Perspectives: Podca...

Children's Hospital of Philadelphia

SUBSCRIBE



5.0 ★ ★ ★ ★ ★

78 Ratings

2016–2021

Health & Fitness

Listen in as Katie Lockwood, MD, a primary care pediatrician at Children's Hospital of Philadelphia, discusses hot topics in primary care with CHOP subject-matter-experts as they weigh in on issues affecting the daily practice of pediatricians. This podcast is for general informational and educational purposes only and is not to be considered as medical advice for any particular patient. Clinicians must rely on their own informed clinical judgment in making recommendations to their patients. ©2016 by Children's Hospital of Philadelphia, all rights reserved.

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PODCASTS

PEDIATRICS



The Cribsiders

Justin Berk, Christopher Chiu, T...

SUBSCRIBE



5.0 ★★★★★

114 Ratings

2020–2021

Medicine

A Pediatric Podcast here to feed pediatric knowledge food to your adult-sized brain hole & provide weight-based dosings of fun.



Peds RAP

Hippo Education LLC.,

SUBSCRIBE



4.5 ★★★★★

44 Ratings

2020

Medicine

Your work is hard; staying current shouldn't be. Keep your practice ahead of the curve with entertaining, engaging and concise pediatric topics from world-class educators.



Pediatrics On Call

AAP

SUBSCRIBE



4.5 ★★★★★

132 Ratings

2020–2021

Medicine

Welcome to Pediatrics On Call: a podcast on children's health from the American Academy of Pediatrics. Each episode features interviews about new research and hot topics in the field of pediatrics. Learn about the most important innovations from the people behind them. This podcast is for pediatricians and other health professionals who serve children and their families. And if you're a parent or caregiver, it's also for you.

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PODCASTS

OB-GYN



Obgyno Wino Podcast

Nathan Riley, MD

SUBSCRIBE



5.0 ★★★★★

97 Ratings

2018–2021

Medicine

Summaries of ACOG's Practice Bulletins recorded while the host guzzles booze and speaks too closely to the microphone. Each episode accompanied by comprehensive show notes, wine recommendations, and unsolicited advice. Pour yourself a glass, and come along, friend. Help us remain the reigning #1 OBGYN Podcast Ever Made!



CREOGs Over Coffee

Brown Ob/Gyn Residency

SUBSCRIBE



5.0 ★★★★★

330 Ratings

2018–2021

Medicine

A CREOG study podcast for the busy Ob/GYN resident. 10 minutes of knowledge for your drive into work, in between cases, or just while you're savoring that cup o' joe!

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Facebook: <https://www.facebook.com/creogsovercoffee>

Website: creogsovercoffee.com

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PODCASTS

VARIOUS SPECIALTIES



Nutrition Rounds Podcast

Dr. Danielle Belardo

SUBSCRIBE



5.0 ★★★★★

965 Ratings

2018–2020

Nutrition

Welcome to Nutrition Rounds, with Dr. Danielle Belardo, the podcast for anyone interested in learning about plant based nutrition through an evidence based approach. Every week we share insights and interviews with physicians who are leading experts in nutrition and health. Whether you've been plant based for many years, or are still searching for the perfect diet, Nutrition Rounds will inspire and empower you to live your healthiest life, backed by science.



AAAAI Podcast: Conversations from...

The American Academy of Allerg...

SUBSCRIBE



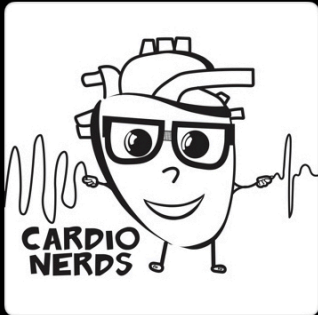
4.5 ★★★★★

26 Ratings

2018–2020

Science

The American Academy of Allergy, Asthma & Immunology (AAAAI) podcast series will use different formats to interview thought leaders from the world of allergy and immunology. This podcast is not intended to provide any individual medical advice to our listeners. We do hope that our conversations provide evidence-based information. Any questions pertaining to one's own health should always be discussed with their personal physician. The AAAAI Find an Allergist is a useful tool to locate a listing of board-certified allergists in your area.



Cardionerds: A Cardiology Podcast

CardioNerds

SUBSCRIBE



5.0 ★★★★★

185 Ratings

2019–2021

Medicine

Cardionerds is a medical cardiology podcast created to bring high yield cardiovascular concepts in a fun and engaging format for listeners of all levels.



Bowel Sounds: The Pediatric GI Podcast

NASPGHAN

SUBSCRIBE



5.0 ★★★★★

67 Ratings

2019–2021

Medicine

Bowel Sounds is a podcast on all things related to pediatric gastroenterology, hepatology, and nutrition. This podcast is brought to you by the North American Society for Pediatric Gastroenterology, Hepatology, and Nutrition (NASPGHAN).

An abstract graphic on the left side of the image, consisting of a network of white lines and small circles on a blue gradient background. The lines are vertical and horizontal, with some diagonal branches, resembling a circuit board or a neural network. The circles are small and white, some of which are connected to the lines.

WELLNESS



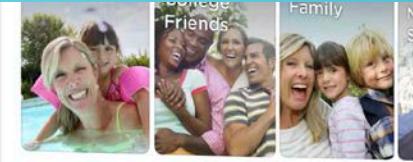
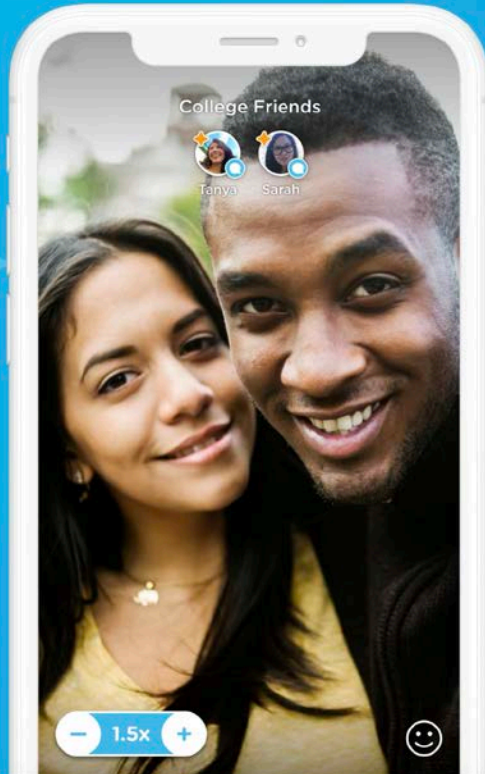
SOCIAL MEDIA

- “TAKE A BREAK”
- “MUTE”
- “RESTRICT PRIVACY SETTINGS”

MARCO POLO – STAY IN TOUCH



Watch messages
when it's convenient



All Chats



Antonio
Active now

3



Lauren
Last active 1 hr ago

2



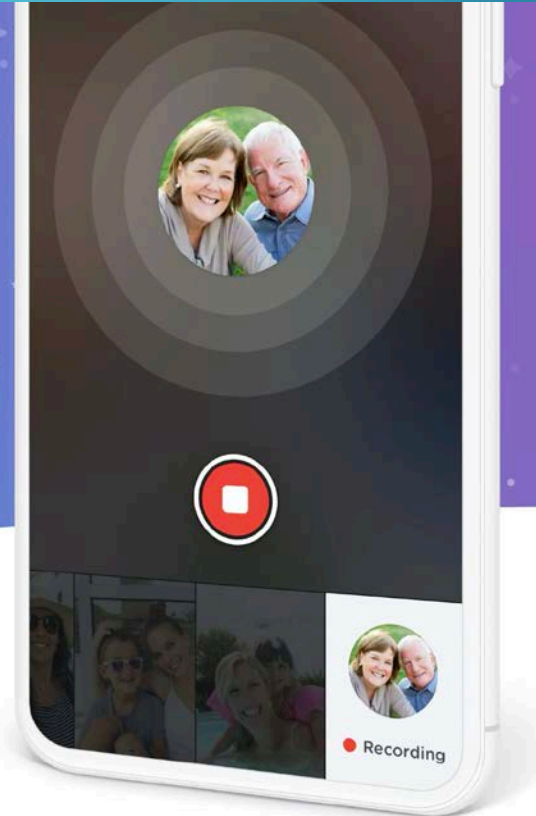
Family
6 members



Joel
Active now

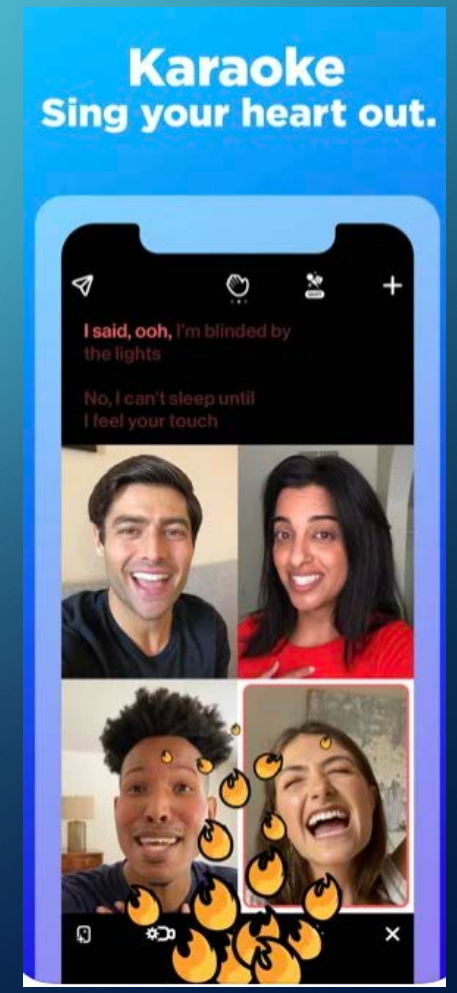


Talk in a group or
connect one-on-one



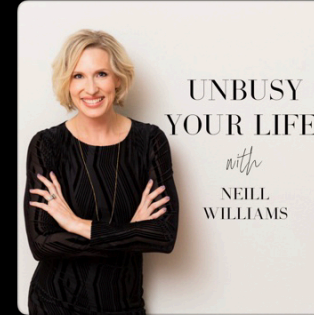
Audio-only when you
don't want to be seen

HOUSE PARTY



WELLNESS

PODCASTS



Unbusy Your Life

Neill Williams

SUBSCRIBE



5.0 ★★★★★

15 Ratings

2020–2021

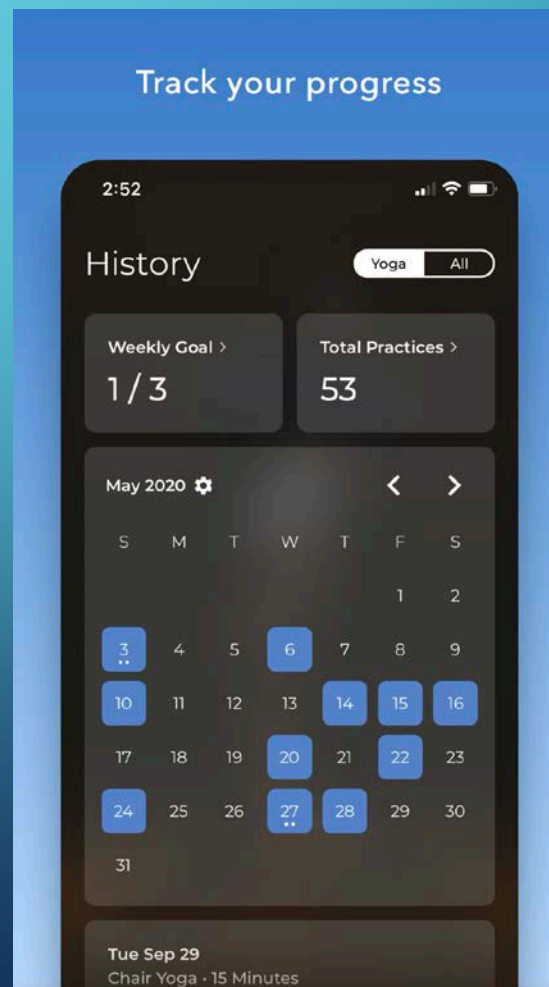
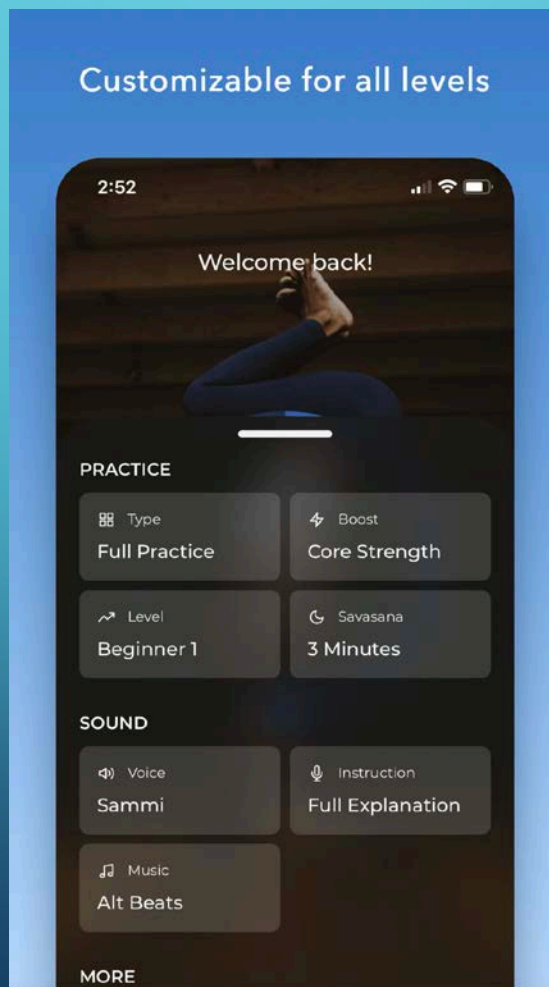
Self-Improvement

As a working Mom, it seems like you are just too busy and it's almost impossible to strike a balance between work and life. The key to unbusyng your life is to learn how to increase your productivity and manage yourself in your time instead of trying to manage your time. Each week Neill Williams, Life Coach and Productivity expert, will teach you the strategy, skills and tools to become more productive. (More info + episode show notes available on neillwilliams.com/blog)

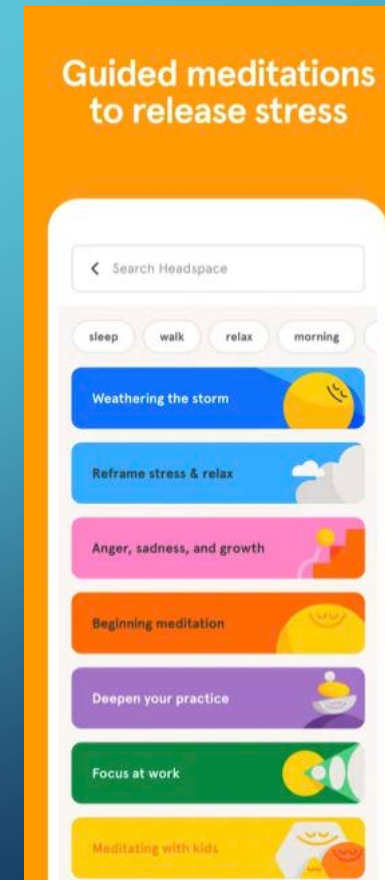
MY FITNESS PAL



YOGA | DOWN DOG



HEADSPACE: MEDITATION





EXPLORE

- CALENDAR APPS
- FOOD DELIVERY
- SPIRITUAL DISCIPLINES
- APPLICATIONS FOR HOBBIES
- DOWNTIME
 - STREAMING VIDEO
 - STREAMING MUSIC
 - GAMES

A decorative graphic on the left side of the slide, consisting of white lines and circles on a blue gradient background, resembling a circuit board or a stylized tree structure.

*“SIMPLICITY IS ABOUT SUBTRACTING THE
OBVIOUS AND ADDING THE MEANINGFUL.”*

-JOHN MAEDA