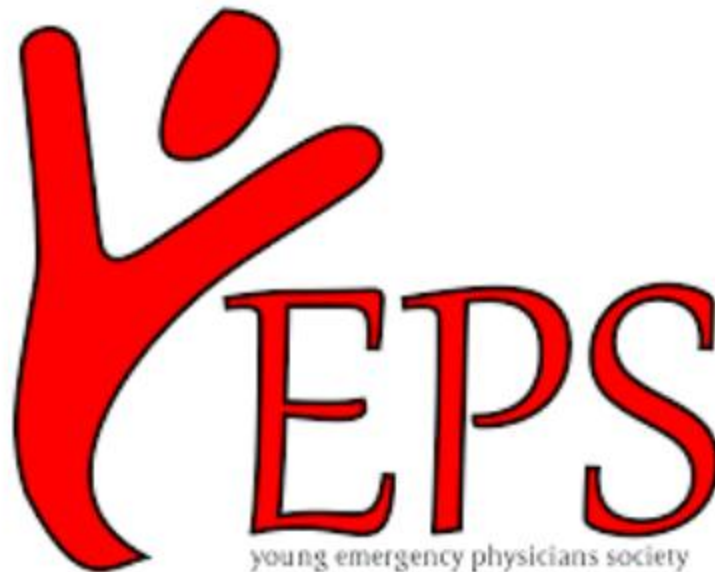


How to Use FOAMed?

Leyla Ozturk Sonmez, MD., PhD.



Introduction

- “If you want to know how we practised medicine 5 years ago, read a textbook.
- If you want to know how we practised medicine 2 years ago, read a journal.
- If you want to know how we practise medicine now, go to a (good) conference.
- If you want to know how we will practise medicine in the future, listen in the hallways and use FOAM”

from International EM Education Efforts & E-Learning by Joe Lex 2012

What's FOAMed

- **F**ree
- **O**pen
- **A**ccess
- **M**edical
- **e**ducation

What's FOAMed

- The synonym of FOAM is 'educational social media for medicine'
- FOAM resources are predominantly social media

What's FOAMed

- Medical education for anyone, anywhere, anytime

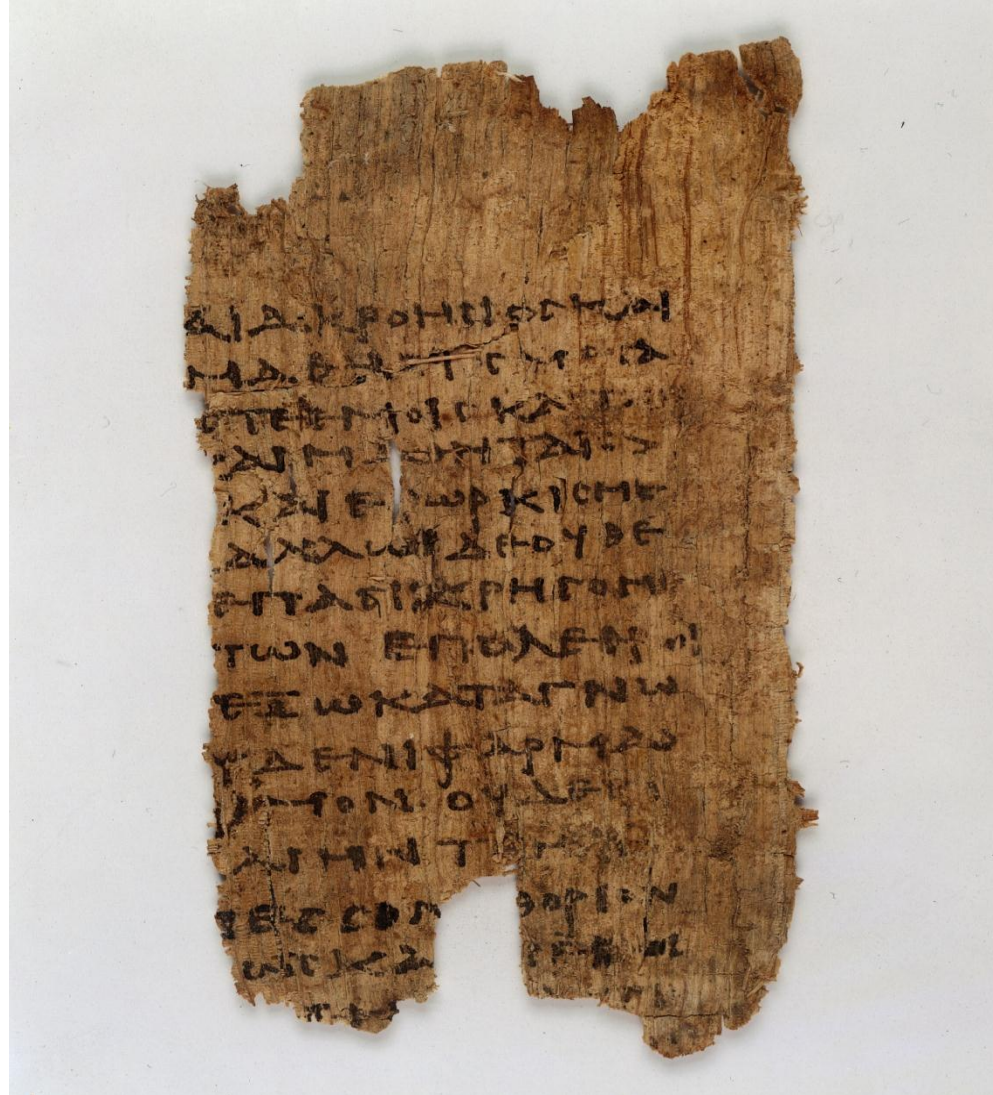
What's FOAMed

- FOAM is a dynamic collection of resources and tools for lifelong learning process
- It is alive, interacting and growing rapidly in contrast with guidelines and literature
- It's free and accessible

History

- The term “FOAM” was come into existence in 2012, at the ICEM conference in Dublin by Mike Cadogan(@sandnsurf) and Sean Rothwell(@Rothy001)

Hippocratic Oath



Hippocratic Oath

- ‘... and to teach them this art – if they desire to learn it – without fee and covenant’

How/ Where Can I Find FOAM Resources?

- Blogs,
- Podcasts,
- Tweets,
- Google[®] hangouts,
- Web-based applications,
- Online videos,
- Text documents,
- Photographs,
- Graphics

Yes! I Find Them!

- Currently, there are over 240 blogs and podcasts using the FOAM banner in emergency medicine and critical care alone

<https://www.aliem.com/>



all facets of emergency medicine and education is available

<https://ecgweekly.com/>



Be the best at electrocardiography!

<http://criticalcarereviews.com/>



**“Promoting open access for scientific
advancement”**

<http://dontforgetthebubbles.com>



You' ll find every content about pediatrics
Just click the emergency topic

<http://emcrit.org/>



EMCrit Project

“we bring the best evidence-based information from the fields of **critical care**, **resuscitation**, and **trauma** and translate it for bedside use in the Emergency Department (ED) and the Intensive Care Unit”

<http://www.emlitofnote.com/>

EMERGENCY
LITERATURE OF NOTE

- Provides you to stay updated with the EM literature and shares their critics

<http://lifeinthefastlane.com/>



“Your regular and reliable source for the highest highlights, sneakiest sneak peeks and loudest shout-outs from the webbed world of emergency medicine and critical care”

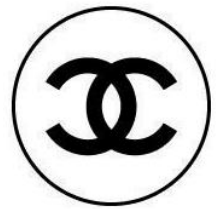
<http://sonospot.wordpress.com/>

SonoSpot: Topics in Bedside Ultrasound

*Share & highlight US cases, tips & tricks, research, news, people and
events*

Better, faster, stronger access to the unseen

<http://stemlynsblog.org/>



CHANEL

St.Emlyn's

Emergency Medicine #FOAMed

“**St.Emlyn's** is a collection of people and projects aimed at improving Emergency Medicine through free and open access education [#FOAMed](#)”

Besides, they have their own conference!



St Emlyn's Conference
9th October 2018
Manchester

<http://www.thepoisonreview.com/>



THE POISON REVIEW

*"Poison is in everything, and
no thing is without poison" - Paracelsus*

Medical toxicology in every respect

<http://regionstraumapro.com/>

The Trauma Professional's Blog

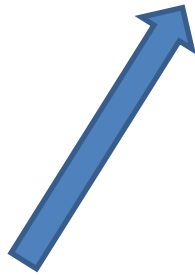
Every content about pediatric and adult trauma!

Twitter[®]



Log in

**See what's happening in
the world right now**



#FOAMed



Twitter[®]

- Recommended FOAM Emergency Physicians using Twitter[®]

@precordialthump

@sandnsurf



Twitter[®]

- @_NMay -Natalie May - EP, UK
- @emcrit - Scott Weingart- EP and Intensivist, USA
- @amalmattu- Amal Mattu- EP, USA
- @joelex5- Joe Lex- EP, USA
- @bedsidesono- Mike Stone- EP and Sonographer, USA
- @smaccteam- Oliver Flower, Roger Harris and Chris Nickson and the Organisers of the SMACC conference
- @criticalcarenow- Haney Mallemat- Critical Care and Emergency Physician, USA
- @SocraticEM- Victoria Brazil- EP, Australia
- @EM_Manchester- Simon Carley- Professor of EM, UK

FOAM vs. Journal

- The post-publication analysis of scientific research
- In bridging the distance between research and practice
- Clearing the unperceived points of the article

FOAM vs. Journal

- **FOAM is not a scientific research**
- But, it is a useful way to
 - Disseminate,
 - Discuss,
 - Dissect,
 - Deliberate,

the products of a research

FOAM vs. Journal

- FOAM opinions and arguments are;
 - Free and open to debate and discussion
 - Real time
 - Live

FOAM vs. Textbook

- Trainees must read at least one textbook, entirely
 - All the bases are covered in textbooks
 - FOAM mostly focused on more “hot” topics

Take Home Note

- Learners need to develop their own personal 'curriculum' that will evolve over time according to their changing requirements and those of their patients

Message from Joe LEX

Stay Tuned in
Radio Show **DrJoesGroove**
<https://phillycam.org/listen>

Thanks...