

FOAM Club

Guide to selecting blog post and podcast episodes

FOAM Club is designed to teach new skills in critical appraisal of blogs and podcasts. As such, choosing subject matter that the attendees are likely to be familiar with can aid in the acquisition of new concepts and take the focus away from controversies surrounding evidence-based care. It is also helpful to choose a blog post and podcast episode that focus on the same clinical topic. Ultimately though, the choice is yours.

Sample blog and podcast selections

Topic 1: Limp / septic arthritis vs transient synovitis in pediatric patients

Blog - <https://pedemmorsels.com/septic-arthritis/> (3 minutes)

Podcast - <https://pemplaybook.org/podcast/please-just-stop-limping/> (30 minutes)

Topic 2: Salicylate Toxicity

Blog - <https://rebelem.com/salicylate-toxicity/> (10 minutes)

Podcast - <https://coreem.net/podcast/episode-147-0/> (10 minutes)

Topic 3: Hyphema

Blog - <https://pedemmorsels.com/hyphema/>

Podcast - <https://www.emboardbombs.com/podcasts/2020/1/26/66-hyphema-its-the-bloody-eye>

If you would like to select your own topic

The goal of this educational intervention is to teach learners a structure for critically assessing FOAM resources, specifically blogs and podcasts. Since the objective is to teach a new process for critical appraisal, the topic selected should be a core content area where there is not a lot of controversy in the diagnosis and management. For example, in selecting the PEM topic, we chose limp, given its straightforward assessment and diagnostics. We intentionally avoided neonatal fever, as recent research has altered the standard approach. Thus, we'd like to avoid the conversation discussing the nuances of neonatal fever as opposed to those of the FOAM resource appraisal.

After your attendees learn the basics of FOAM appraisal, we suggest future sessions could explore newer or controversial topics to understand how to FOAM resources fill a gap in traditional journals.

Time Investment

Ideally the pre-course work would not be excessive. The podcast should be approximately 30 minutes and the blog should be able to be read in no more than 10 minutes.

Source: While there may be some benefit to selecting both high- and low-quality evidence. A secondary objective is to introduce learners to the leading FOAM content sources for EM and PEM. Thus, we recommend trying to select your resources from the following sites. Remember that FOAM mandates free, open access resources. So, care should be taken to avoid resources that require paid access or are hosted behind firewalls.

Recommended FOAM resources

Pediatric Emergency Medicine

Pediatric EM Morsels <https://pedemmorsels.com/>

PEMBlog <https://pemcincinnati.com/blog/>

Don't Forget the Bubbles <https://dontforgetthebubbles.com/>

PEM Playbook <https://pemplaybook.org/>

PEM Academy <http://www.pemacademy.com/>

Little Patients Big Medicine <http://www.littlebigmed.com/>

Emergency Medicine and Critical Care

Life in the Fast Lane <https://litfl.com/>

Academic Life in Emergency Medicine (ALiEM) <https://www.aliem.com/>

Rebel EM <https://rebelem.com/>

5 Minute Sono <http://5minsono.com/>

EmCrit <https://emcrit.org/>