
JLGH WINTER 2024 RECAP

Q&A for Extended Learning

The Winter issue of The Journal of Lancaster General Hospital offered articles on pre-exposure prophylaxis and non-occupational post-exposure prophylaxis, anti-obesity pharmacotherapy, firearm safety, thyroglossal duct cysts, and other practice recommendations. Review the questions and answers below to see how much you remember from the issue. Need a refresher? All issues of JLGH are available at JLGH.org.

Q What tests should be conducted prior to starting pre-exposure HIV prophylaxis? Why are these important?

A Clinicians should test for syphilis, gonorrhea, chlamydia, reduced renal function, and hepatitis B and C, because results of these tests can impact medication selection.

Q According to CDC and Department of Health and Human Services guidelines, what criteria must an individual meet to be a candidate for non-occupational post-exposure HIV prophylaxis?

A Patients must present within 72 hours of an encounter with substantial risk of HIV acquisition from a source-patient known to be HIV positive.

Q Lifestyle interventions should be advised for all patients with obesity. At what BMI do clinical practice guidelines recommend that pharmacotherapy be considered in addition to these interventions?

A The recommendations are for patients with a body mass index (BMI) ≥ 27 kg/m² with weight-related comorbidities (diabetes, hypertension, dyslipidemia, etc.) or with a BMI ≥ 30 kg/m².

Q How many suicides by firearm occurred in 2023 in Lancaster County? What new resource is available to health care providers to help combat death by firearm?

A In 2023, there were 37 suicides by firearm in the county. The new firearm safety initiative, led by Lancaster General Hospital and community partners, is designed to educate clinicians and provide gun locks and educational materials for patients.

Q Diagnosis of thyroglossal duct cysts (TGDCs) is primarily clinical. What imaging studies can assist in defining the cyst's extent and rule out other conditions?

A Ultrasound, computed tomography scan, and magnetic resonance imaging can all be used. Ultrasound is particularly useful due to its ability to distinguish TGDCs from other cystic or solid neck masses.

Q New Endocrine Society guidelines call for limiting vitamin D supplementation beyond the daily recommended intake for the general population. Which groups does this guidance suggest supplementation may benefit?

A Children aged 1-18 years, pregnant people, adults older than 75 years, and adults with prediabetes.