



## BEST PRACTICES

LISTEN AND LEARN: A GUIDE  
TO PODCASTS FOR INTERNISTS

Savannah Duckworth, MD, FACP; Tiffany I. Leung, MD, MPH, FACP, FAMIA;

Avital O'Glasser, MD, FACP, FHM; Amanda Clark, MD

*Dr. Duckworth (seduckworth@umc.edu) is assistant professor of medicine at the University of Mississippi.*

*Dr. Leung (t.leung@maastrichtuniversity.nl) is an assistant professor at the Faculty of Health, Medicine and Life Sciences and PhD candidate at the Care and Public Health Research Institute at Maastricht University in The Netherlands.*

*Dr. O'Glasser (oglassea@ohsu.edu) is an associate professor of medicine at Oregon Health & Science University.*

*Dr. Clark (avclark@umc.edu) is assistant professor of medicine at the University of Mississippi.*

During a long, grinding commute, you quickly (and safely) pick a podcast to listen to as you gear up for a busy day. Why not learn about the latest and relatable medical topics to share during rounds or during the next faculty meeting? Besides, you just remembered you needed to earn some extra CME credits.

Podcasts, downloadable digital audio and video files, have become increasingly popular. Over the last decade, more than 18.5 million episodes were produced and made available for download on Apple Podcasts, although numerous platforms offer podcasts, such as Google Podcasts, SoundCloud, and others. If you own a smartphone, you have podcasts at your fingertips. Podcasts on medical subjects are also growing in popularity, including medical news, editorial supplements to review peer-reviewed literature, case report discussions including clinical diagnostic and management principles, and discussions about humanities and medicine. Many, but not all, are recorded by practicing physicians and clinician researchers, creating an audio archive of medical knowledge to learn from at your own pace. Dr. Adam Rodman, host of the podcast *Bedside Rounds*, views it as something that is “as important as anything I’ve ever taught in a classroom. It’s a chance to teach about important subjects that I never got in medical school and residency to a global audience of learners.” He explains how through podcasting he has been able to connect with people worldwide. “Medical podcasting is exciting new territory.”

For the busy student, trainee, or clinician, podcasts can be a convenient way to stay up-to-date with the flood of new medical knowledge and associated critiques, from clinical practice guidelines to the latest clinical trial results. They are especially helpful for those who prefer an auditory learning style or simply find it convenient to listen to a podcast during a workout, commute, or other activity. Podcasts can also serve as supplementary educa-

tional tools for teaching and faculty development, even if there are no formal curricular guidelines for this yet.

Here, we offer a set of curated podcasts for internists at any career stage to achieve these learning objectives. Download your favorite podcast app and get searching!

*Bedside Rounds* by Adam Rodman, MD, MPH, an academic hospitalist at Beth Israel Deaconess Medical Center in Boston, explores the history of medicine. He describes *Bedside Rounds* as “a monthly story ranging from Joseph Goldberger’s filth parties to prove pellagra wasn’t infectious to the last days of the oldest ice mummy ever found.” The goal is to “show how modern medicine was made—the philosophical assumptions, the accidents of history, scientific controversies, the nature of medical epistemology. Because ultimately we are a part of living medical history, and if we can better understand our past, we can see better where we’re headed.”

*Annals On Call* is a podcast that showcases articles from *Annals of Internal Medicine* and is hosted by Robert Centor, MD, Professor of General Internal Medicine at University of Alabama at Birmingham. “As host, I invite an expert (sometimes an author) to discuss the article and put the findings into clinical context,” says Centor. “We try to highlight various types of articles—original research, guidelines, commentaries, On Being a Doctor, In the Clinic and even older articles. We aim for 20-30 minutes and publish twice each month. We also hope that we address a good balance of inpatient and outpatient internal medicine.”

The *Curbsiders*, a weekly to twice-weekly hour-long discussion providing clinical pearls and up-to-date medical knowledge spanning multiple specialties and topics, offers more than 150 episodes for download at the time of this writing. The series has received excellent ratings from nearly one thousand reviewers on Apple Podcasts.

*continued on page 2*



**BEST PRACTICES** (continued from page 1)

Podcast	Frequency	Episode duration (minutes)	CME or MOC credit?
<i>Annals of Internal Medicine</i>	Bi-monthly	15	Both, for journal members
<i>Annals on Call</i>	Bi-monthly	30	Both, for members of the American College of Physicians (ACP)
<i>Bedside Rounds</i>	Monthly	45	Both, certain episodes for ACP members
<i>BMJ Podcast</i>	Bi-weekly	20-45	None
<i>Clinical Problem Solvers</i>	Variable	15-30	None
<i>Core IM</i>	Bi-monthly	25	None
<i>Curbsiders</i>	Weekly-twice weekly	60	Both, certain episodes for ACP members
<i>Explore the Space</i>	Weekly	45	None
<i>HBR Ideacast</i>	Weekly	25	None
<i>Hospital and Internal Medicine</i>	Variable	15	None
<i>JN Listen</i>	Variable	20	CME only for journal members
<i>The Lancet</i>	Weekly	10-20	None
<i>NEJM Catalyst</i>	Variable	10-20	None
<i>NEJM This Week</i>	Weekly	30	None
<i>Nocturnists</i>	Variable	30	None
<i>Plenary Session</i>	Weekly	60-90	None
<i>The White Coat Investor</i>	Weekly	30-60	None

One of its hosts—Matthew Watto, MD, an internist and clinician educator in Philadelphia—explains that the podcast “started as a way for three early career physicians to build a better ambulatory morning report curriculum.”

Many popular journals also offer podcasts highlighting their issues and published articles as well, including *JAMA*, *NEJM*, *Annals of Internal Medicine*, *BMJ*, and *The Lancet*. Subscription to *JAMA* provides access to *JN Listen*, and members may request CME credit for episodes completed. *Annals of IM Podcast* is available without membership, but CME and MOC credits are eligible for those who subscribe to *Annals of Internal Medicine*. *The BMJ Podcast*, *NEJM This Week*, and *The Lancet* podcasts are all available without membership or subscription to their respective journals.

Additionally, there are broader topics for physicians of all specialties. *The White Coat Investor* by Jim

Dahle, MD, is an extremely popular financial resource for physicians. It includes a vast review of financial and investment information. In addition to work-life balance and hidden curriculum discussions in *The Curbsiders*, one podcast is dedicated specifically to humanistic discussions. This is *The Nocturnists* and is hosted by Emily Silverberg, MD, an academic hospitalist in San Francisco, and is focused on humanities in which doctors share their stories of joy, sorrow and self-discovery. *Explore the Space*, by Mark Shapiro, MD, a hospitalist in Santa Rosa, CA, aims to explore and examine “the interface between healthcare and society” through interviews with medical and non-medical thought leaders. *NEJM Catalyst* offers medical leadership podcasts. Some podcasts may cover topics like leadership, management, innovation and technology, which are non-clinical but still relevant to the daily work of some physicians. For example, podcasts on innovation

or women in professional roles are offered by *HBR Ideacast*, produced by *Harvard Business Review*.

Many podcasts also have associated websites and show notes for review. Several offer CME or MOC credit for listening as discussed above including *Annals on Call*, *Bedside Rounds*, and *The Curbsiders*. In addition to finding these podcasts on listening platforms, many hosts are active in other social media platforms. For example, *The Curbsiders* has an Instagram account to promote the podcast and recap episodes. Facebook, Twitter, and LinkedIn are also ways the hosts may connect with their audiences.

For those who see a gap in podcast content, the possibilities to create and build are endless. Watto and his internist co-creators for *The Curbsiders* saw an opportunity to conduct “expert interviews aka ‘curbsides’ due to (a) laziness, (b) time constraints, and (c) a lack of

continued on page 3



## BEST PRACTICES *(continued from page 2)*

---

confidence to act as authorities for an international audience.” Now more than three years old, the podcast is “run by a decentralized, volunteer team of approximately 20 students, residents, and clinician educators,” says Watto. “Each week we pursue practice-changing knowledge and expertise in internal medicine through long form interviews with thought

leaders from all over the world.” Finally, Watto speaks of the network he and his cohosts have gained of “like-minded friends on social media (who also enjoy terrible puns) and educational partnerships with various medical societies. Personally, I can’t believe what this team has accomplished and I’m excited every day to see what happens next.”

Learners across the spectrum, from student to practicing physician, can benefit from podcasting in internal medicine. It shows promise in education, physician networking, and dissemination of new research. We hope our review has familiarized you with listening options for an escape from the daily routine.

SGIM