2017-2018 PCC Activity Level Objectives

Outpatient Clinic

1. Conduct a focused history appropriate for common acute and chronic medical conditions seen in the ambulatory medical setting.
2. Perform a focused physical exam appropriate for common acute and chronic medical conditions seen in the ambulatory medical setting.
3. Formulate a differential diagnoses appropriate for common acute and chronic medical conditions seen in the ambulatory medical setting.
4. Perform comprehensive wellness exam, identifying screening and preventive recommendations relevant to patient’s age and comorbidities.
5. Create written notes to document a patient encounter for an acute problem and for a comprehensive, preventive care visit.
6. Demonstrate use of test characteristics, predictive values, and likelihood ratios in formulating assessments and treatment plans appropriate to patient’s situation.
7. Formulate clinical questions during patient encounters and demonstrate understanding of evidence-based resources for point-of-care use.
8. Explain and negotiate treatment plans with patients and family, using a perspective and language that are patient-centered.
9. Perform comprehensive, well-organized, and appropriately succinct verbal presentations to the preceptor.
10. Explain the indications for use of EKG, Chest X-ray, stress testing, and echocardiogram in the evaluation of patients presenting with chest pain.
11. Be able to interpret an EKG.
12. Describe imaging test options and indications for their use in the evaluation of patients presenting with abdominal pain, back pain, headache, and musculoskeletal pain, including options such as CT scan, ultrasound, and plain films.
13. Explain initial treatment options for GERD, IBS, constipation, diarrhea, back pain, migraine headaches, carpal tunnel syndrome, shoulder impingement, sprains/strains, and Acute Otitis Media.
14. Describe indications to screen for asthma, depression, diabetes, lipid disorders, hypertension, and substance abuse.
15. Perform screening for asthma, depression, diabetes, lipid disorders, hypertension, and substance abuse.
16. Identify staging scales used to grade asthma and depression severity.
17. Explain initial treatment options and long-term treatment options for asthma, depression, diabetes, hyperlipidemia, hypertension, obesity, and substance abuse.

Self-directed Learning
(Use the course syllabus, on-line reading resources, and clinical questions as guides)

1. Describe the pathophysiology, differential diagnosis, diagnostic testing, and treatment options for the following medical conditions:
   a. Abdominal Pain
   b. Chest Pain
   c. Headache
   d. Musculoskeletal pain
   e. Respiratory Infections
   f. Asthma & COPD
   g. Depression
   h. Diabetes
   i. Hyperlipidemia
   j. Hypertension
   k. Substance Abuse
   l. Skin lesions/Dermatology

**Motivational Interviewing Exercise**

1. Demonstrate motivational interviewing techniques to help influence patient behavior.
2. Discuss challenges, successes, and strategies in assisting a patient in making behavioral changes.

**Problem Based Learning**

**Case 1: 54 year old man with type 2 diabetes mellitus**

1. Perform an appropriately focused history and physical to diagnose signs, symptoms and sequelae of Type 2 Diabetes.
2. List the appropriate laboratory tests, preventive measures, and monitoring involved in diabetes disease management.
3. Discuss how clinicians can use disease management to enhance patient care.
4. Formulate and present an effective management plan for a patient with diabetes, including properties of commonly-used medications.
5. Describe how diabetes impacts treatment of dyslipidemia and hypertension (lipids and hypertension covered more fully in the next PBL case).
6. Discuss the rationale for and different approaches to alcohol use disorders in the ambulatory setting.
7. Demonstrate Motivational Interviewing for weight loss efforts with overweight/obese patients.
8. Counsel patients regarding nutrition and exercise, medication options, and surgical treatment of obesity.
9. Recommend appropriate health promotion for men over 50.
10. Discuss evidence and counsel a patient regarding the pros and cons of prostate cancer screening and digital rectal exam stool testing.
11. Describe evaluation of sleep-disordered breathing.
12. Diagnose common cutaneous fungal and yeast rashes and provide appropriate treatment.

Case 2 48 year old woman sub-sternal chest pain

1. Differentiate among common causes of chest pain using history and physical findings; identify risk factors for coronary artery disease and determine pretest prevalence (calculate difference with and without smoking – can we use this information to motivate patients to quit?).
2. Apply test sensitivity, specificity, pretest probabilities and likelihood ratios to select and interpret appropriate tests for the evaluation of chest pain and cardiac risk assessment.
3. Describe appropriate screening, diagnosis and treatment of hyperlipidemia.
4. Diagnose, evaluate and treat a patient with hypertension.
5. Discuss diagnosis and management of GERD.
6. Effectively counsel a patient to change a behavior, and counsel patients on assistive medications and techniques for smoking cessation.
7. Screen patients for domestic violence/abuse, discuss how to locate and refer to available resources.
8. Identify ways to counsel adult woman on health promotion.

Case 3 78 year old woman with back pain

1. Describe history (including ‘red flags’), physical examination and treatment of back pain.
2. List indications for imaging for back pain.
3. Discuss screening, diagnosis and treatment of depression.
4. Counsel patients on pharmacologic treatment for depression.
5. Outline screening, diagnosis and treatment of osteoporosis.
6. Explain results of bone mineral density testing.
7. Illustrate a stepwise approach to chronic pain management.
8. Describe controversies in management of patients with non-cancer pain, and discuss methods for patient monitoring.
9. Recognize common skin cancers (basal cell, squamous cell, melanoma) and counsel patients regarding surgical excision.
10. Describe challenges faced by elderly patients, including access to services, loss of independence, physical limitations and financial concerns, and how these affect their health.
11. Identify ways to counsel an elderly patient regarding health maintenance, including when to cease screening and discussing end-of-life issues.

**Dermatology**

1. Describe a skin lesion using appropriate medical terminology.
2. Utilize on-line and text resources to identify common skin lesions including:
   - Actinic keratosis
   - Seborrheic keratosis
   - Keratoacanthoma
   - Melanoma
   - Squamous cell carcinoma
   - Basal cell carcinoma
   - Warts
   - Inclusion cysts

**Diabetic Foot Exam**

1. Explain the importance of the diabetic foot exam
2. Describe the key components of a diabetic foot exam
3. Perform an appropriate diabetic foot exam and recognize key findings
4. Describe how the exam is incorporated into primary care practice (such as how often is exam done, who performs the exam, how it is recorded in the medical record, and how normal and abnormal results could affect further work-up and management of the patient with diabetes).

**Evidence Based Medicine**

1. Identify knowledge gaps that arise in the course of patient care.
2. Explain the levels of evidence and strength of recommendations available to guide decision making.
3. Formulate clinical questions and categorize these as foreground or background.
4. Acquire an evidence-based answer to clinical questions.
5. Integrate information searches into clinical care utilizing the most appropriate on-line information resources.

**Musculoskeletal**

1. Describe the essential basic exam components for any painful joint.
2. Explain the special test maneuvers specific to the knee and shoulder and the significance of these tests.
3. Perform an appropriate knee and shoulder exam.