

# UWSMPH Primary Care Clerkship

## Learning Objectives: Condensed Version

### Symptomatic Conditions

#### 1. Abdominal Pain

- Signs and Symptoms (S/S) that should prompt urgent surgical/GI evaluation
- Most common diagnoses by age/gender
- State pros and cons of Ultrasound, CT, endoscopy
- Initial management of GERD, IBS, constipation, diarrhea

#### 2. Back Pain

- S/S of cauda equina syndrome, Abdominal aortic aneurysm
- Acute vs chronic; Role of imaging and labs
- Initial management of back pain
- Use of ice, heat; therapy

#### 3. Chest Pain

- S/S of acute coronary syndrome, dissection, pneumothorax
- Most common diagnoses by age/gender. Likelihood of CAD.
- Pros and cons of cardiac testing, ECG, CXR, Stress, Echo
- Initial mgmt of chest pain. Basic ECG interpretation.
- Use of aspirin, nitroglycerin

#### 4. Headache (HA)

- S/S of increased intracranial pressure, temporal arteritis
- Features of common primary HA syndromes
- Role of imaging and labs
- Meds for migraine (acute/ preventive)
- Use of HA management plan and diary

#### 5. Musculoskeletal Pain (MSK)

- S/S of septic arthritis, ligament tear, dislocation, rheumatoid arthritis
- Most common diagnoses by age/joints involved
- Role of radiography and labs
- Initial mgmt of common diagnoses: carpal tunnel, shoulder impingement, sprains/strains; Using Ottawa rules
- Use of ice, heat, therapy, NSAIDs

#### 6. Respiratory Infections

- S/S of pneumonia, epiglottitis
- Common URI viruses and bacteria; allergic vs infectious S/S
- Distinguishing Acute Otitis Media (AOM) vs Otitis Media with Effusion (OME); Clinical definitions of Sinusitis, Bronchitis
- Limiting antibiotic use; use of Wait And See Prescription (WASP)
- Use of antitussives, decongestants, allergy meds

## **Chronic Conditions**

### **7. Asthma/COPD**

- Screening smokers for COPD
- Asthma staging: mild-severe, intermittent vs persistent; COPD: Stages 1-4 When to refer
- When to evaluate for other causes of dyspnea
- Initial evaluation at diagnosis of COPD
- Effects of smoking cessation on COPD;
- Pros/cons of peak flow monitoring
- Use of Asthma Action Plan. Common controller and rescue meds.
- Relative costs of various meds

### **8. Depression**

- Screening criteria, methods
- Mild-severe, definition of treatment resistance, assessing suicidality
- When/how to screen for medical conditions and bipolar disorder; dementia work-up
- Use of written scales (Beck, Geriatric). Special considerations in adolescents, geriatrics.
- Effectiveness of medications, therapy, exercise
- Use and effects of SSRIs
- Relative costs of various meds
- Population costs and effects of depression and its treatment

### **9. Diabetes**

- Screening criteria and methods
- Definitions pre-diabetes, Type 1, Type 2
- Secondary causes such as Cushings, meds
- Initial evaluation at diagnosis of DM2
- Effects of Therapeutic lifestyle changes
- Pros/cons of home glucose monitoring
- Initial medications, when to use other classes
- Use of dieticians, DM educators

### **10. Dyslipidemia**

- Screening criteria, fasting vs random labs
- LDL levels at which to start treatment by risk factors
- When/how to evaluate for 2nd causes of dyslipidemia
- Calculating risk of CAD (Framingham data)
- Effects of Therapeutic Lifestyle Changes (TLC)
- Lab monitoring
- Effects on lipids and common side effects of statins, fibrates, niacin
- Use of dieticians, When to refer
- Relative costs of various meds

### **11. Hypertension**

- Screening criteria, process for obtaining accurate BP
- Definitions pre-HTN through malignant HTN
- When/how to evaluate for 2nd HTN
- Initial evaluation at diagnosis of HTN
- Effects of TLC, DASH diet
- Pros/cons of home BP monitoring
- Initial medications, when to use other classes
- Mgmt resistant HTN, when to refer
- Relative costs of various meds
- Population costs and effects of HTN therapy
- Relative costs of various meds
- Population costs and effects of Diabetes and its treatment

## **12. Obesity**

- Screening criteria and methods
- Definitions of overweight/obesity by BMI, BMI percentile in children; excess body weight
- Contribution to and when/how to screen for medical complications
- Assessing readiness to change
- Counseling re calorie limitation, exercise
- Food diaries
- Mechanism, effectiveness of medications
- Role of / indications for /costs of /effects of bariatric surgery
- Population costs and effects of obesity

## **13. Substance Abuse**

- Screening criteria and methods. Effect of alcohol on liver tests and CBC
- Definitions abstinence, low risk, high risk, abuse, dependence;
- Role of dual-diagnoses in substance use
- Contributions of substance use to disease development
- 5 “A”s Models for management. Definition of stages of change
- Weight gain after quitting smoking
- Use of / relative costs of / contraindications to Nicotine Replacement Therapy, bupropion, varenicline.
- Population effectiveness of various substance use reduction efforts

## **Systems of Care & Learning**

### **14. Doctor/Patient Communication**

- Evidence for using motivational interviewing
- Application of motivational interviewing

### **15. Evidence-Based Medicine**

- Formulating answerable clinical questions
- Clinical application of test characteristics

### **16. Preventative Services: Health Promotion/ Disease Prevention**

- How source of recommendation influences guidance

- Recommended preventive services by age/gender