

Department of Family Medicine – Lecture Series

Week #1

- Principles of Family Medicine:
 - 1) Describe the elements of the Patient Centered Medical Home
 - 2) Discuss Shared Decision Making
 - 3) Identify strategies for patient empowerment
 - 4) Demonstrate knowledge of the Stages of Change Model
- Preventive care:
 - 1) Describe Principles of Screening and Testing
 - 2) Demonstrate knowledge of Adult Immunizations
 - 3) Discuss the RISE approach to a preventative care visit
 - 4) Identify age related USPSTF health recommendations
- Women's health topics:
 - 1) Identify the types of contraception for women and the mechanism of action and effectiveness of the different contraceptive methods
 - 2) Demonstrate knowledge of the causes abnormal vaginal bleeding
 - 3) Describe the steps in the evaluation and initial management of abnormal uterine bleeding
 - 4) Discuss the appropriate work up for vaginal bleeding

Week #2

- Cardiovascular Disease
 1. Identify risk factors and screening for cardiovascular disease
 2. Demonstrate knowledge of etiology, diagnosis and treatment of Metabolic Syndrome
 3. Discuss treatment strategies for Obesity
- Hypertension
 1. Recognize screening recommendations and risk factors for hypertension
 2. Demonstrate knowledge of the different categories of anti-hypertension medicines and their mechanism of action and common side effects
 3. Discuss JNC-8 guidelines for hypertension
- Dyslipidemia
 1. Demonstrate knowledge of lipid guidelines
 2. Discuss effective medications for lowering lipids including mechanism of action and side effects
- Diabetes
 1. Discuss screening recommendations and diagnostic criteria for diabetes
 2. Identify the different categories of medications and their mechanism of action
 3. Demonstrate knowledge of disease management targets including prevention of complications
- Approach to Chest Pain in the Ambulatory Setting
 1. Recognize different etiologies for chest pain
 2. Utilize prediction rules in differentiating causes of chest pain and whether patient needs hospitalization

Week #3

- Low back pain

1. Recognize “red flag” symptoms in the patient presenting with low back pain
 2. Discuss risk factors and common etiologies for low back pain
 3. Demonstrate knowledge of appropriate indications for lab or imaging tests
 4. Develop treatment management for musculoskeletal low back pain
- Evaluation and management of joint pain (e.g.: osteoarthritis, rheumatoid arthritis)
 1. Discuss the approach to a patient with joint pain
 2. Differentiate between etiologies of joint pain
 3. Demonstrate knowledge of an evidenced based approach to appropriate testing
 4. Discuss treatment options for osteoarthritis including medication mechanism of action and side effects
 - Abuse: DV/Intimate Partner Violence, Elder and Child abuse
 1. Define IPV
 2. Demonstrate knowledge of the USPSTF recommendation on screening for IPV
 3. Discuss the concept of Power & Control
 4. Recognize risk factor for abuse
 5. Recognize the challenges victims of abuse face including the consequences of abuse
 6. Discuss the role of physicians in addressing the health and safety of victims and their families.

Week #4

- Chronic respiratory conditions; cough and shortness of breath (COPD and Asthma)
 1. Develop a differential diagnosis for the symptomatic presentation of cough or shortness of breath
 2. Demonstrate knowledge of diagnostic and staging criteria for Asthma and COPD
 3. Differentiate Asthma and COPD
 4. Discuss treatment guidelines per the GOLD criteria for COPD
 5. Discuss treatment guidelines per the Global Initiative for Asthma
- Abdominal pain
 1. Describe a systems approach to abdominal pain
 2. Discuss the etiologies of upper abdominal pain
 3. Recognize alarm symptoms in abdominal pain
 4. Determine appropriate testing based on the etiology of abdominal pain
- Selected Endocrine/Metabolic Topics in Family Medicine–Thyroid, Gout
 1. Recognize the symptoms of thyroid disease
 2. Describe the appropriate approach to diagnosing thyroid diseases
 3. Demonstrate knowledge of the treatment of hypo and hyperthyroidism
 4. Discuss the work-up of a thyroid nodule

Week #5

- Dermatology in the Family Medicine Office
 1. Describe the primary types of skin lesions
 2. Recognize the features of melanoma and non-melanoma skin cancers
 3. Recognize the features and management of common and important cutaneous conditions: psoriasis, tinea versicolor, tinea corporis, herpes zoster, toxicodendron dermatitis, scabies, acne vulgaris, rosacea, molluscum contagiosum, genital and common warts, seborrheic keratosis, and pityriasis rosea. Impetigo, erythema multiforme, atopic dermatitis, other common insect bites.
 4. Characterize the severity of burns and principles of management
 5. Characterize the severity of ulcers and principles of management
 6. Describe skin conditions associated with systemic lupus erythematosus
 7. (Pediatric cutaneous conditions and exanthems should be reviewed as part of the pediatrics core)
- Topics in aging

Adapted from Ross University

1. Describe common causes of gait disturbance.
 2. Describe principles of fall prevention in the elderly.
 3. Describe and recognize causes of blindness and treatment options in the elderly
 4. Describe causes and of hearing loss in the elderly and correlate with audiology/audiometry findings.
 5. Describe the clinical importance of aging on pharmacokinetics and pharmacodynamics.
- **3Ds: Dementia, Delirium, Depression**
 1. Distinguish between the presentations of dementia, delirium and depression
 2. Describe the appropriate work-up of a patient with altered mental status
 3. Identify the tools to evaluate dementia and depression
 4. Demonstrate knowledge of the treatment of depression

Week #6

- **Headache**
 1. Differentiate between migraine and tension headaches
 2. Recognize red flag signs of headaches
 3. Describe the etiology of migraine headaches
 4. Demonstrate knowledge of treatment of migraine and tension headaches
- **Dizziness**
 1. Differentiate four types of dizziness
 2. Demonstrate knowledge of the etiologies of vertigo
 3. Discuss the different presentations of peripheral and central vertigo
 4. Describe the Dix-Hallpike and Epley Maneuvers and their role in BPPV
- **Acute respiratory illnesses: Upper and Lower respiratory tract conditions**
 1. Differentiate bacterial and viral infections – pneumonia, sinusitis, bronchitis, pharyngitis
 2. Demonstrate knowledge of appropriate diagnostic studies if necessary to diagnose respiratory illness and severity
 3. Discuss treatment of upper and lower respiratory tract illness (sinusitis, bronchitis, pneumonia, pharyngitis)
 4. Describe the evidence regarding treatments for the common cold
- **DVT, PE and Afib in the Family Medicine setting**
 1. Describe the etiologies of Venous Thromboembolism and Atrial Fibrillation
 2. Discuss the Wells criteria and role of D-Dimer in evaluating thromboembolism
 3. Determine when anticoagulation is warranted