Ambulatory Medicine/Geriatrics Clerkship: Topic Outline

Listed below are the conditions we expect you to see and study during the Ambulatory Medicine/Geriatrics Clerkship. We have included some questions to guide your independent study. Good places to look for information include: Lecture notes, Up-to-Date, library search.

Adult preventive visit

1. What is the difference among primary, secondary, and tertiary prevention?
2. What is the USPSTF?
3. What are the three categories clinical prevention?
4. What do the grades of recommendations mean?
5. What are the recommendations for men and women 25-65 and over 65?

Adult immunizations

6. What are the immunizations recommended for all adults?
7. Which adults should have the influenza or pneumococcal vaccine?

Smoking cessation

8. What are the 5 A's of smoking cessation?
9. What strategies are available to treat tobacco use?
10. What are the different types of nicotine replacement and how would you instruct someone in using each type?

Low vision

11. What are the leading causes of blindness in adults?

Sinusitis

12. What are the difference in presentation, evaluation, and treatment of chronic and acute sinusitis?
13. When is imaging appropriate for sinusitis?
14. When should you consider antibiotic therapy for sinusitis?

Pharyngitis

15. What are the characteristics that make pharyngitis more likely to be streptococcal?
16. What are the dangerous sequela of untreated streptococcal pharyngitis?
17. What is the treatment of choice for streptococcal pharyngitis?

URI

18. What are the common organisms that cause upper respiratory infections?
19. What are the classes of medications used for symptomatic therapy?
20. What is the evidence for their effectiveness?

Cerumen impaction

21. What are the methods to resolve a cerumen impaction?

Hearing loss

22. What are the common types of hearing loss in older adults and the most appropriate treatment for each?
23. What are the methods to screen for hearing loss and the advantages/disadvantages for each?

Acute bronchitis

24. What are the common agents that cause acute bronchitis in different age groups?
25. How is acute bronchitis treated?
26. How does this differ from treating an acute exacerbation of chronic bronchitis?

COPD/chronic bronchitis

27. How do you diagnose COPD and chronic bronchitis?
28. What are the treatment strategies (risk factor modification, medications, etc) and which ones extend life as opposed to treat symptoms?

Chronic cough

29. What are the common causes of chronic cough?
30. What is the algorithm to diagnose chronic cough?
31. What are the treatments for each of the common causes of chronic cough?

Hypertension

32. How is HTN staged?
33. What are the acceptable initial therapies (lifestyle modifications, single med, multiple med) for each stage of HTN?
34. What are the classes of medications for HTN and how does each one work?
35. What are the first line medications?
36. What are special considerations and which classes of medications are recommended for these?

Coronary artery disease

37. How do you define typical angina, atypical angina, and non-cardiac chest pain?
38. What is pretest probability and how is this concept useful in evaluating patients for coronary artery disease?
39. What are the different tests available to evaluate coronary artery disease and what are the advantages/disadvantages of each one?
40. Does the USPSTF make any recommendations for screening for coronary artery disease?
41. What are the risk factors for CAD?

42. What are the treatment options for CAD and what factors are considered when determining what type of treatment is optimal?
43. What are the EKG findings that demonstrate old infarcts and acute ischemia or infarct?
44. Which people (age, gender, risk factors) benefit from aspirin therapy to prevent heart attacks? Which people have more harm than benefit?

CHF

45. What are the physical exam findings common to congestive heart failure?
46. What are the main history complaints in patients with CHF?
47. What are the common radiographic and EKG findings for people with CHF?
48. What are the common causes of CHF?
49. What is the staging system for CHF?
50. How do you manage the symptoms of CHF? (lifestyle, medications, etc)
51. How do you monitor therapy?
52. What is BNP and when is it useful?

GE reflux

53. How is GERD diagnosed?
54. What are the dangerous complications of GERD and which patients are at the highest risk?
55. What are the treatment strategies for GERD?
56. What are the diagnostic tests used in GERD?
57. Which patients need diagnostic testing?
58. What is the difference between GERD and dyspepsia?
59. What role does H. pylori play in GERD?

Ulcer/gastritis

60. What is the common presentation of peptic ulcer disease?
61. What is the role of H. pylori in PUD?
62. What are the “test and treat” and “early EGD” work-up strategies for PUD? Which patients are appropriate for each strategy?
63. What are the different types of testing for H. pylori and the advantages/disadvantages of either?
64. What are the common treatment strategies?

Irritable bowel syndrome

65. How is IBS diagnosed?
66. What are the differences between IBS and inflammatory bowel disease?
67. How is IBS treated?

Constipation

68. What are the risk factors for constipation?
69. What are the current recommendations for dietary fiber for men and women?

70. What treatments are appropriate for acute constipation? For chronic constipation?

Renal Insufficiency

71. What are the common causes of acute renal insufficiency in adults? Of chronic insufficiency?
72. Give three examples of medications for which dosage must be altered in patients with renal insufficiency.

Menopause

73. What was the Women's Health Initiative study and what were the key findings?
74. What are the advantages and disadvantages of hormonal replacement therapy?
75. What are the physiologic changes of menopause?
76. What alternative medications are being used to alleviate symptoms of menopause? How are alternative medications evaluated for safety and efficacy? How are they regulated?

Incontinence

77. What are the most common causes of incontinence in elderly patients?
78. What are the three pathophysiologic categories of incontinence? What are the key history features of each? How is each treated?

UTI

79. What are the typical symptoms for urinary tract infections, and how do they differ in the very old?
80. What other conditions can present with dysuria, frequency or polyuria and how do you differentiate among them?
81. What are the common findings on the urine analysis?
82. What is the difference among uncomplicated UTI, complicated UTI, pyelonephritis, and interstitial cystitis?
83. What are the common organisms causing UTI in the different age groups?
84. When should you treat asymptomatic bacturia and why?
85. Which antibiotics are used to treat UTI in women? Men? Older adults?

Prostatism

86. What are the presenting symptoms for prostatitis and for prostatism?
87. What are the common organisms associated with prostatitis at various patient ages?
88. What are the typical treatments for prostatitis and prostatism?

Low back pain

89. What is the difference between acute and chronic low back pain?
90. What are the common causes of acute low back pain?
91. What are the "red flags" of acute low back pain?

92. What physical exam findings are associated with L4, L5, and S1 nerve root irritation?
93. Which patients with acute low back pain should have imaging and what type of imaging?
94. What are the treatment strategies for the common types of acute low back pain?
95. What are the treatment strategies for the common types of chronic low back pain?
96. What are the different classes of medications used in chronic pain management and the advantages/disadvantages of each one?

Osteoporosis

97. What are the risk factors for osteoporosis?
98. How is osteoporosis treated in women? In men?

Osteoarthritis

99. How does osteoarthritis differ from other types of arthritis?
100. What are the treatments for osteoarthritis and common complications of each?

Arthritis, other

101. What are the most common forms of inflammatory arthritis? What are the key features of each?
102. What medications are indicated for treatment of rheumatoid arthritis? What are the important side effects of each?
103. What physical therapy modalities are effective for arthritis?
104. What occupational therapies are commonly used for patients with arthritis?

Delirium

105. How is delirium distinguished from dementia?
106. What are the common causes of delirium in elderly patients?

Headache

107. What are the main types of headaches?
108. What are the treatment strategies for each of those types?
109. What are the signs of a dangerous headache? Who needs imaging for a headache?

Dementia

110. What are the common causes of dementia? What are the distinguishing features of each?
111. What is the evidence for the effectiveness of treatments for dementia? What is the cost?

Cerebrovascular disease

112. How are strokes classified? What are the risk factors for each?

113. What are the three most common anatomical distributions of stroke? How is each identified?
114. What is the prognosis for recovery after stroke? How can this be modified by rehabilitation interventions?

Sleep disorder

115. How are sleep disorders categorized? What are the clinical features of each?
116. What is the evidence for treatments for obstructive sleep apnea? The cost?

Parkinson's disease

117. What are the clinical features of Parkinson's disease?
118. What are the common treatments and side effects for each?

Gait Ataxia

119. What are the common causes of gait disturbance in elderly patients?
120. What are the indications for various assistive devices (cane, walker, etc.)?

Dizziness

121. What is the difference between lightheadedness (pre-syncope) and vertigo?
122. What are the common causes of pre-syncope?
123. What are the common causes of vertigo?
124. What are the treatments for each type?

Depression

125. What are the common presentations of depression at different ages?
126. What are the differences among major depression, dysthymia, seasonal affective disorder, and bereavement?
127. How do you assess suicide risk?
128. What are the classes of medication used to treat depression?
129. What are the common side effects of each class of medication?

Alcohol abuse

130. How do you screen for abuse/addiction?
131. What are the different stages of substance use?
132. What are the outpatient treatments available for alcohol detoxification?
133. Who is a good candidate for outpatient alcohol detoxification and who may need inpatient detox?
134. What substances can be dangerous when stopped suddenly? Patients with addictions to which substances should be detoxed?

Anemia

135. How is anemia classified?
136. How do you work-up each class of anemia?
137. What are the potential complications of iron therapy?

Cancer screening

138. According to USPSTF, what screening tests are indicated for colon cancer? Breast cancer? Prostate cancer? Lung cancer?
139. What are the factors that determine whether a diagnostic test is appropriate for cancer screening?

HIV

140. What are the demographics of HIV in this community (incidence, prevalence, populations at risk, etc.)? How are they similar/different from other parts of the US? The world?
141. What are the diagnostic criteria for AIDS?
142. What are the primary treatments for HIV and their side effects?

Pressure ulcer

143. What are the stages of pressure ulcers and best management for each?
144. What is the evidence for the effectiveness of different prevention interventions?

Actinic keratosis

145. How would you describe actinic keratosis using dermatology terminology?
146. What are the treatments?

Seborrheic keratosis

147. How would you describe seborrheic keratosis using dermatology terminology?
148. What are the treatments?

Dermatitis

149. What are macules, papules, nodules, plaques?
150. How can rhus dermatitis (poison ivy rash) be distinguished from other forms of dermatitis?
151. What does the poison ivy plant look like at different times of the year?

Diabetes mellitus, type II

152. How do you diagnose type 2 diabetes mellitus?
153. What are the features of a diabetes diet?

154. What are the 5 classes of oral medications for diabetes mellitus and how do they work?
155. What is the initial therapy of type 2 diabetes mellitus (lifestyle changes, medications, recommended screening, primary/secondary/tertiary prevention)
156. What are the glycemic, blood pressure, and cholesterol goals in type 2 diabetes mellitus?
157. What are the different types of insulin, their onsets of actions and peak activity?
158. What are the complications of poor glycemic control?

Hypothyroidism

159. What are the common causes of hypothyroidism?
160. What are the laboratory tests used in hypothyroidism?
161. What is the standard therapy?

Hyperlipidemia

162. What are the recommended cholesterol levels according to the Adult Treatment Panel III?
163. What are the different classes of medications used to treat hyperlipidemia and what are the average percent reductions for each class?
164. Who should be screened for high cholesterol according to the USPSTF?

Obesity

165. How is obesity diagnosed?
166. Should obesity be treated? (Does it increase morbidity or mortality?)
167. What are the weight loss goals when treating obesity?
168. What are the Adkins, South Beach, Mediterranean, Low glycemic index, Low fat, and moderately deficient caloric diets?

Metabolic Syndrome

169. How is metabolic syndrome diagnosed (according to the ATP III)? FYI the World Health Organization also has a definition.
170. What is the recommended treatment strategy?

Fatigue

171. What are the common causes of fatigue and how would you evaluate a patient with fatigue?
172. How is a biopsychosocial approach to care important for this condition?

Unintended weight loss

173. What are the common causes of unintended weight loss?
174. What diagnostic evaluation is appropriate in an otherwise healthy patient?

Elder abuse/neglect

175. What is the incidence of elder abuse/neglect in your community?
176. What history and exam findings should lead to suspicion of abuse or neglect?
177. What action steps should you take if you suspect elder abuse or neglect?

EKG interpretation

178. What are the steps in systematic EKG interpretation?
179. What are the important causes of tachycardia in ambulatory patients? Bradycardia?
180. How do you differentiate right bundle branch block from left bundle branch block? Why is this clinically important?
181. What are the indications for elective cardiac pacemaker placement?

Exercise treadmill test

182. What are the sensitivity, specificity, and diagnostic value of exercise treadmill testing?
183. What are the indications for adding an imaging study to the ETT (echocardiogram, radio-active tracer, etc.)?
184. How do the indications and contra-indications for ETT compare to cardiac catheterization?

Pulmonary peak flow

185. What are the indications for peak flow measurement and how is the information clinically useful?
186. What defines a normal peak flow? What defines a dangerously low peak flow?
187. How do you perform a peak flow?

Spirometry interpretation

188. What are the indications for spirometry and how is the information clinically useful?
189. What variables determine normal spirometry?