

GOALS FOR THE PRIMARY CARE CLERKSHIP

GOALS - The goal of the Third Year Primary Care clerkship is intended as a brief, but intensive, introduction to the world of the generalist physician. These four weeks will allow students the chance to study the patient-centered biopsychosocial approach to the patient care that is central to primary care. Students will learn a great deal about the broad range of clinical problems encountered by the generalist, and gain a broader perspective on the role of medical care in people's lives. The curriculum of the Primary Care clerkship has been constructed to emphasize, in particular, communication skills, clinical decision-making skills, a commitment to lifelong learning, and health promotion and disease prevention. Specifically, the overarching goals are:

- Give students the opportunity to experience the core features of primary care, especially the principles of disease prevention and the benefits of a longitudinal relationship in health promotion.
- Provide students opportunity to develop skills necessary to patient care such as reviewing charts, interviewing, and examining patients more efficiently.
- Foster growth in student's communication skills and help students learn how to succinctly present to their attending by the end of the clerkship.
- Allow students to become more confident in offering their assessments, both diagnostic and therapeutic.
- Provide students the opportunity to become more efficient at researching clinical questions to improve patient care.

PRIMARY CARE CLERKSHIP OBJECTIVES

PHYSICIANSHIP OBJECTIVES - Complementary to specific knowledge and skills objectives, students are expected to demonstrate ongoing growth in the area of interpersonal and communication skills, medical ethics and moral reasoning, practice-based learning and improvement and professionalism. During the Primary Care clerkship, the student will:

- Describe and demonstrate patient centered care and shared decision making by acknowledging the patient's role as an active participant in his or her own care, and asking the patient for his/her perceptions of illness and priorities for intervention * (ECIS 1, ; MKS 1c.; PCMC6)
- Describe the potential of the physician-patient encounter itself as a therapeutic tool * (ECIS 1, ; PCMC 6,)
- Demonstrate acceptance of uncertainty & the ability to defer part of the evaluation to later visits when appropriate (PCMC 3)
- Demonstrate awareness of the cost of health care and the need for parsimony in choosing diagnostic and treatment methods SATBC-1, MKS-3b

HISTORY AND PHYSICAL EXAM OBJECTIVES

HISTORY and PHYSICAL OBJECTIVES		
Physical Exams	Specific Physical Examination Objectives	Resources
General	<ul style="list-style-type: none"> - Perform a <u>focused</u> evaluation, rather than a "complete H & P," based on the chief complaint ^(PCMC1, 2) - Perform fundoscopy, the ENT exam, the musculoskeletal exam, the genital exam, and the rectal exam ^(PCMC 2) 	Goroll SIMPLE modules
		Didactic Sessions Shoulder/Knee Small Group Session
		Feedback Opportunities Direct Observation Mid-Clerkship Feedback
		Clinical Opportunities
Musculoskeletal	<ul style="list-style-type: none"> - In a patient with acute low back pain, compare and contrast the history and physical examination most consistent with lumbosacral strain or sciatica, and list the warning signs for a more serious diagnosis. MKS-3a, MKS-1d - Identify key elements in history and physical examination for the patient with knee or shoulder pain to construct a differential diagnosis for each concern. MKS-3a - Perform an adequate shoulder and knee exam and know the names of the physical exam maneuvers used in each exam. PCMC-2 	

SKILLS OBJECTIVES

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SKILL	Specific Knowledge Objectives	Resources
Communication	<ul style="list-style-type: none"> - Demonstrate patient communication skills, with particular emphasis on counseling skills for patient instruction, education, and motivation (ECIS 3; PCMC 6) - Demonstrate appropriate consultation and referral skills, and the ability to <u>succinctly</u> present a patient's problem to other members of the health care team (ECIS 3; PCMC 3; SATBC 3) - Demonstrate the ability to present a patient's problem to other members of the health care team, focusing on the main complaint and pertinent positives and negatives from the history and physical examination. (ECIS 3; MSK -3a; PCMC 3,) - Document concisely and legibly in the patient record and in other written communications (ECIS 2; PCMC 3) - Demonstrate the ability to counsel a patient on preventive health measures, including healthy diet, 	<p>Articles on eMERG and in syllabus Orientation</p>
	<ul style="list-style-type: none"> - exercise, and immunizations. (ECIS 3; PCMC6) 	<p>Didactics Weekly report sessions</p>
		<p>Skill Session Clinical Skills Assessment</p>
		<p>Clinical Opportunities</p>

KNOWLEDGE OBJECTIVES

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- Demonstrate management of common problems encountered primarily or exclusively in the ambulatory setting ^(MKS 1e; PCMC 3)
e.g. hyperlipidemia, fatigue, common psychiatric problems in primary care, rashes, low back pain, upper respiratory infections, vaginitis
- Describe the contrast between outpatient and inpatient diagnosis and management of diseases also commonly seen in the hospital ^(MKS 1d, MKS-1e, MKS-1c)
e.g. hypertension, diabetes, HIV infection, respiratory infections
- Describe principles of health promotion and disease prevention ^(MKS 1-f, 3b)
e.g. the periodic examination, immunization, smoking cessation, nutritional counseling
- Describe the basic principles of medical economics in the United States, ^(CES 1; SATBC 1) particularly as they relate to payment for and access to ambulatory services.

General Primary Care Knowledge Objectives

TOPIC	Specific Knowledge Objectives	Resources
Dyslipidemia	<ul style="list-style-type: none"> - Describe the indications for TLC versus medications given a patient's cholesterol values and medical history based on the AHA guidelines and more recent updates. When should therapy be initiated, major risk factors to consider that modify LDL goals. MKS-1d, MKS-1e 	<p>Goroll</p> <p>SIMPLE modules</p> <p>Articles on eMERG</p>

	<ul style="list-style-type: none"> - Describe the mechanism of action and side effects of a) HMG CoA Reductase inhibitors, b) bile acid resins, c) nicotinic acid, d) fibric acid derivatives, e) ezetimibe. Describe each of their effects on the lipid profile. MKS-1e - Define the Metabolic Syndrome and know the best treatment to treat the underlying problem as well as its role in long term cardiovascular health. MKS-1b, MKS-1e, MKS-1d 	<p>Didactics</p> <p>Cholesterol/Hypertension small group sessions</p>
		<p>Clinical Opportunities</p>
		<p>Small Group</p>
TOPIC	Specific Knowledge Objectives	Resources
Hypertension	<ul style="list-style-type: none"> a. Discuss the prevalence of hypertension in the United States and the reasons why control is less than ideal. MKS-1f b. Describe the criteria necessary for a diagnosis of hypertension be able to stage based on JNC VIII classification stages. MKS-1d c. Describe an appropriate history and physical examination as well as laboratory tests in the work up for a newly diagnosed hypertensive patient. PCMC-1, PCMC-2, MKS-1d, d. List the most common causes and prevalence of secondary hypertension. Identify the patient who 	<p>Goroll</p> <p>SIMPLE modules</p>
		<p>Didactics</p> <p>Cholesterol/Hypertension Lecture</p>
		<p>Clinical Opportunities</p>

	<p>needs to be worked up for secondary hypertension and what tests should be considered. MKS-1d, MKS-3a</p> <p>e. Prescribe antihypertensive therapy appropriate to the patient's concurrent medical conditions and define the common side effects of each of the following medication classes: a) Beta blockers b) Thiazide diuretics c) ACE inhibitors d) Calcium channel blockers e) ARB's. MKS-1e</p>	Small Group
<u>TOPIC</u>	Specific Knowledge Objectives	Resources
Smoking Cessation	<p>a. Outline a smoking cessation counseling plan, for a patient who smokes cigarettes, based on the Agency for Health Care Policy and Research Clinical Practice Guideline for smoking cessation. MKS-f, MKS-1c</p> <p>b. Counsel a patient who smokes cigarettes on use and side effects of the various medications for smoking cessation. PCMC-6, ECIS-3</p>	Articles on eMERG
		Didactics
		Smoking Cessation lecture
		Clinical Opportunities
<u>TOPIC</u>	Specific Knowledge Objectives	Resources
Nutrition	<p>a. List specific dietary measures which will help reduce weight, lower cholesterol and control hypertension in a patient with hypercholesterolemia and hypertension MKS-1f, MKS-1c</p> <p>b. Define the role of the DASH diet in treating a patient with hypertension and role of a low fat/cholesterol diet in a patient with</p>	Goroll
		SIMPLE
		Articles on eMERG
		Didactics
		HTN/Cholesterol Small Group Session

	<p>hypercholesterolemia and the specifics of what the diets entail. MKS-1f, MKS-1c</p> <p>c. Perform a motivational interview to bring about behavior changes in your patient. PCMC-6</p>	<p>Weight Management for Patient with Obesity lecture</p> <p>Small Group/Sim Session Clinical Skills Assessment</p>
		Clinical Opportunities
TOPIC	Specific Knowledge Objectives	Resources
Obesity	<p>a. Calculate a Body Mass Index and know the classification of obesity based on BMI MKS-1d</p> <p>b. Counsel a patient on diet, exercise and behavioral modifications to lose weight (see 3c also) PCMC-6</p>	<p>Goroll</p> <p>SIMPLE</p> <p>Articles on eMERG</p>
		Didactics
		Weight Management for Patient with Obesity lecture
		Small Group/Sim Session Clinical Skills Assessment
		Clinical Opportunities
TOPIC	Specific Knowledge Objectives	Resources
Headaches	<p>a. Compare and contrast the common signs and symptoms of migraine, tension, and cluster headaches. MKS-1d, MKS-3a</p>	<p>Goroll</p> <p>SIMPLE</p> <p>Articles on eMERG</p>

	<p>b. Outline acute therapy for each of these three types of headache. MKS-1e, MKS-3b</p> <p>c. Discuss the effective treatments for prophylaxis of migraine headaches. MKS-1e, MKS-3b</p> <p>d. Counsel a patient about the nonpharmacologic management of recurrent headaches, tension, and/or migrainous. MKS-1e, PCMC-6</p> <p>e. Describe the signs and symptoms of temporal arteritis and utilize the appropriate diagnostic tests and initial treatments. MKS-1d, MKS-1e</p>	<p>Didactic</p> <p>Headache lecture</p> <hr/> <p>Clinical Opportunities</p>
<u>TOPIC</u>	Specific Knowledge Objectives	Resources
Musculoskeletal	<p>a. In a patient with acute low back pain, list indications for obtaining a plain film of the lower back. Define role for advanced imaging. MKS-1d</p> <p>b. Describe evidenced based therapy for lumbosacral strain. MKS-1e</p> <p>c. List the common diagnoses presenting as shoulder and knee pain to the primary care office and discuss which diseases present in certain patient populations. MKS-1d, MKS-3a</p> <p>d. Develop and record an initial management plan for the most common diagnoses related to the shoulder and knee. Demonstrate the knowledge of when to refer to Orthopedics. MKS-1e, MKS-3b</p>	Goroll
		SIMPLE
		Articles on eMERG
		Didactic
		Shoulder/Knee Complaint lecture
		Small Group/Sim Session
		Clinical Opportunities

	d. Define nonpharmacologic therapy and pharmacologic therapy including toxicities for the management of OA in the primary care setting. MKS1-1e,	
<u>TOPIC</u>	Specific Knowledge Objectives	Resources
Diabetes	a. List the latest criteria for the diagnosis of diabetes mellitus. MKS-1d	Goroll SIMPLE Articles on eMERG
	b. Discuss the role of weight and diet in the treatment of adult onset diabetes. MKS-1d	
	c. List the classes of oral hypoglycemic agents and describe their mechanism of action and associated side effects. MKS-1e	Didactic Diabetes lecture
	d. Discuss when and how to initiate insulin therapy in an adult onset diabetic. MKS-1e	Small Group/Sim Session
	e. Describe preventive measures for a) foot care b) diabetic nephropathy c) diabetic retinopathy d) diabetic neuropathy in a patient with adult onset diabetes mellitus. MKS-3b	Clinical Opportunities
<u>TOPIC</u>	Specific Knowledge Objectives	Resources
Thyroid Disease	a. List the signs and symptoms of hyperthyroidism and hypothyroidism MKS-1d.	Goroll SIMPLE Articles on eMERG

	<p>b. Discuss the etiologies of hyperthyroidism and hypothyroidism. MKS-1b, MKS-1d</p> <p>c. Discuss the labs and studies used to diagnose thyroid disease. MKS-1d</p> <p>d. Discuss how to treat hyperthyroidism and hypothyroidism MKS-1e</p> <p>e. Define the work-up of a thyroid nodule. MKS-1d</p>	<p>Didactic</p> <p>Thyroid lecture</p>
		Clinical Opportunities
		Small Group/Sim Session
TOPIC	Specific Knowledge Objectives	Resources
Gastrointestinal	<p>a. IBS: List signs and symptoms of irritable bowel syndrome and outline a treatment plan for a patient with irritable bowel syndrome. MKS-1d, MKS-1e</p> <p>b. GERD: Describe the clinical features and complications of GERD. Know the nonpharmacologic and pharmacologic therapy of GERD. Explain the role of EGD or other diagnostic testing in a patient with GERD. MKS-1d, MKS-1e</p> <p>c. Nonulcer dyspepsia: Describe the clinical features of a patient presenting with dyspepsia and a cost effective initial workup and treatment plan. Discuss the role of H. Pylori testing and treatment in nonulcer dyspepsia. MKS-1d, MKS-1e</p> <p>d. Liver: Describe a cost effective approach to the work up of the asymptomatic patient with elevated LFT's. MKS-1d</p>	<p>Goroll</p> <p>SIMPLE</p>
		Didactic
		Small Group/Sim Session
		Weekly Report
		Clinical Opportunities
TOPIC	Specific Knowledge Objectives	Resources

Upper Respiratory Diseases	<p>a. Discuss the prevalence of upper respiratory infections presenting to a primary care office. MKS-1f,</p> <p>b. Compare and contrast symptoms and physical exam findings consistent with a viral upper respiratory infection vs. streptococcal pharyngitis vs. sinusitis vs bronchitis vs influenza. MKS-1d, MKS-3a</p> <p>c. Discuss how to approach a patient with a common cold in regard to a cost effective and evidence based treatment plan.MKS-1e</p> <p>d. Discuss how to diagnose and treat viral rhinosinusitis and acute bacterial sinusits.MKS-1e</p> <p>e. Allergic Rhinitis: List the symptoms and clinical signs that help differentiate between allergic and vasomotor rhinitis. Describe the treatment options for them. MKS-1d, MKS-3a, MKS-1e, MKS-3b</p> <p>f. In a patient who complains of sore throat, describe indications for obtaining a rapid streptococcal screening test, define the Centor criteria and its sensitivity and specificity for identifying streptococcal pharyngitis. MKS-1d, MKS-1f</p> <p>g. Discuss the antibiotic resistance mechanisms especially in regard to URI's and the impact on primary care physicians. MKS-1f, MKS-1e</p>	<p>Goroll</p> <p>SIMPLE</p>
		<p>Didactic Sinusitis Lecture</p>
		<p>Small Group/Sim Session</p> <p>Weekly report</p>
		<p>Clinical Opportunities</p>
<p>TOPIC</p>	<p>Specific Knowledge Objectives</p>	<p>Resources</p>

Ophthalmology: Red eye	<p>a. List the most common diagnoses in the patient presenting with a “red eye” and know the warning signs to refer urgently to ophthalmology. MKS-1d</p> <p>b. Compare and contrast signs and symptoms of viral, bacterial, and allergic conjunctivitis. MKS-3a</p> <p>c. Outline a treatment plan for viral, bacterial, and allergic conjunctivitis.MKS-1e</p>	<p>Goroll</p> <p>SIMPLE</p> <hr/> <p>Didactic</p> <hr/> <p>Small Group/Sim Session</p> <p>Weekly Report</p> <hr/> <p>Clinical Opportunities</p>
<u>TOPIC</u>	Specific Knowledge Objectives	Resources
Genitourinary	<p>a. UTI: Describe a cost-effective approach to the diagnosis and treatment of an uncomplicated UTI in a female. Differentiate an uncomplicated from a complicated UTI. Diagnose and defined the treatment of pyelonephritis and discuss when the patient needs to be hospitalized. Be aware of emerging resistance patterns in</p>	<p>Goroll</p> <p>SIMPLE</p>

	<p>treatment of UTI's. MKS-1d, MKS-1e, MKS-3b</p> <p>b. Vaginitis:</p> <p>i. List the most common causes of vaginal symptoms in the outpatient. MKS-1d</p> <p>ii. Compare and contrast signs, symptoms, and simple lab findings of bacterial vaginosis (BV), candida vaginitis and trichomonas vaginitis, as well as differentiating from cervicitis. MKS-1d, MKS-3a</p> <p>iii. Outline a treatment plan for BV, candida vaginitis, and trichomonas vaginitis MKS-1e, MKS-3b</p> <p>iv. Define which conditions require treatment of sexual partners and be able to counsel a patient regarding safe sex practices to prevent transmission. MKS-3b, PCMC-6</p>	<p>Didactic Vaginitis/UTI lecture</p> <hr/> <p>Small Group/Sim Session</p> <p>Weekly Report Clinical Skills Assessment</p> <hr/> <p>Clinical Opportunities</p>
<u>TOPIC</u>	Specific Knowledge Objectives	Resources
Osteoporosis	<p>a. Describe how to classify and define osteoporosis. MKS-1d</p> <p>b. List the risk factors for developing osteoporosis and the screening guidelines for osteoporosis. MKS-3b</p>	<p>Goroll</p> <p>SIMPLE</p> <p>Articles on eMERG</p>

	<p>c. Discuss how to diagnose osteoporosis and be able to read a DEXA report. MKS-1d</p> <p>d. Discuss the strategies for preventing and treating osteoporosis including the role of calcium, vitamin D and medications including the risks and side effects. MKS-1e, MKS-3b</p>	<p>Didactic Osteoporosis lecture</p>
		<p>Small Group/Sim Session</p>
		<p>Clinical Opportunities</p>
<u>TOPIC</u>	Specific Knowledge Objectives	Resources
Dermatology	<p>a. List the most common lesions that present to the Primary Care office –dermatitis, psoriasis. MKS-1d</p> <p>b. Define the initial treatment of dermatitis and psoriasis. MKS-1e, MKS-3b</p> <p>c. Acne:</p> <p>i. Describe the pathophysiology of acne vulgaris and be able to recognize comedonal versus inflammatory acne. MKS-1b, MKS-1d</p> <p>ii. Discuss how to treat mild to moderate acne using topical and systemic agents and warnings regarding systemic retinoids. MKS-1e</p> <p>d. Fungal infections:</p> <p>i. Describe common outpatient fungal infections including Tinea corporis, Tinea versicolor, and onychomycosis. MKS-1d</p>	<p>Goroll</p> <p>SIMPLE</p> <p>Articles on eMERG</p> <p>Dermatology Module</p>
		<p>Didactic</p>

	<p>ii. Discuss how to initiate treatment of these conditions using topical therapies. Define the indication for and contraindications of using systemic therapies. MKS-1e, MKS-3b</p> <p>e. Skin Cancer:</p> <p>i. Define the ABCDE's for evaluation of a pigmented lesion. MKS-1d, MKS-3b</p>	<p>Small Group/Sim Session</p> <p>Clinical Opportunities</p>
<u>TOPIC</u>	Specific Knowledge Objectives	Resources
Symptoms/Diagnosis	<p>a. Chest pain: in a patient with acute chest pain, compare and contrast history and physical examination characteristics associated with a) coronary ischemia b) musculoskeletal chest pain c) gastroesophageal reflux., MKS-1d, MKS-3a</p> <p>b. Cough: Define acute versus chronic cough and know the most common etiologies as well as a cost</p>	<p>Goroll</p> <p>SIMPLE</p> <p>Articles on eMERG</p>

	<p>effective approach to the diagnosis and management. MKS-1d, MKS-3a, MKS-3b</p> <p>c. Dizziness:</p> <p>i. Discuss how to approach a patient complaining of dizziness and use clinical symptoms to classify into vertigo, circulatory dysfunction, disequilibrium and psychiatric disorders. Be familiar with most common diagnoses in each category. MKS-1d, MKS-3a</p> <p>ii. BPPV: Define the classic symptoms and know the role of the Dix Hallpike maneuver and modified Epley maneuvers in the diagnosis and treatment of this disorder. MKS-1d, MKS-1e</p> <p>d. Somatization Disorder: Define somatization disorder. List verbal or nonverbal clues that make a diagnosis of somatization more likely. Outline an effective approach to the care of a patient with somatization disorder. MKS-1d, MKS-3b</p>	<p>Didactic Chest Pain lecture Somatization lecture</p> <hr/> <p>Small Group/Sim Session Weekly Report</p> <hr/> <p>Clinical Opportunities</p>
<u>TOPIC</u>	Specific Knowledge Objectives	Resources
Screening and Prevention	<p>a. List the U.S. Preventive Task Force Guidelines for screening for breast, prostate, cervical, and colon cancer. MKS-3b</p> <p>b. List the relative benefits for patients (example: years of life saved) associated with screening for</p>	<p>Goroll</p> <p>SIMPLE</p> <p>Articles on eMERG</p>

	<p>breast, prostate, cervical, and colon cancer. MKS-1f, MKS-3b</p> <p>c. List indications and contraindications for influenza and pneumococcal vaccines. MKS-1e</p> <p>d. Discuss the general recommended vaccination schedule for the immunocompetent adult. MKS-1e</p>	<p>Didactic Screening and Prevention lecture</p> <hr/> <p>Small Group/Sim Session Weekly Report</p> <hr/> <p>Clinical Opportunities</p>
<u>TOPIC</u>	Specific Knowledge Objectives	Resources
Pharmaceuticals	<p>a. List at least five (5) tactics used by Pharmaceutical companies to influence physician prescribing CES-1</p> <p>b. Describe what limitations the FDA has over controlling direct marketing to patients CES-1</p> <p>c. Describe the typical time course for rare, serious side-effects to surface after a drug is released on the market. CES-1</p>	<p>Goroll</p> <p>Articles on eMERG</p> <hr/> <p>Didactic Physician/Pharmaceutical Relations lecture</p> <hr/> <p>Small Group/Sim Session</p>
<u>TOPIC</u>	Specific Knowledge Objectives	Resources
Statistics	<p>a. Define test sensitivity, specificity, and positive and negative predictive value. MKS-1f</p>	<p>Goroll</p> <p>Articles on eMERG</p>

		Didactic
		Small Group/Sim Session