

## The Practice of Internal/Adult Medicine



### The Practice of Internal/Adult Medicine

- Introduction
- Implicit Bias
- Patient Care and Communication
- Preop Evaluation
- Time Management
- Transitional Care Management/Hospital Follow Up

## Clinical Approach



### Preventive Care

- Breast Cancer Screening
- Cervical Cancer Screening
- Colon Cancer Screening
- Geriatric Topics
- Lung Cancer Screening
- Prostate Cancer Screening
- Immunizations
- Preventive Care Mindset



### Common Chief Complaints

- Abdominal Pain
- Anorectal Complaints
- Back Pain: General Approach
- Back Pain: Management
- Chest Pain
- Constipation
- Diarrhea
- Gastrointestinal Bleeding
- Dizziness
- Eye Complaints
- Ear Complaints
- Headache: General Approach
- Headache: Common Conditions

Joint Pain  
Leg Swelling  
Pelvic Pain  
Shortness of Breath  
Rashes: Terminology, History & Exam  
Rashes: The 8 Patterns To Know

## **Disease-based Approach**



### **Cardiovascular**

Atrial Fibrillation  
Cardiovascular Disease Risk Assessment  
Coronary Artery Disease  
Dyslipidemia  
Heart Failure  
Hypertension: Screening  
Hypertension: Diagnosis, Workup, & Treatment  
Palpitations/Arrhythmias  
Peripheral Vascular Disease



### **Dermatology**

Acne  
Psoriasis  
Rosacea  
Skin Cancer  
Topical Corticosteroids: Side Effects & Prescribing Considerations  
Topical Corticosteroids: Potency, Vehicle, & Strength  
Wound Care: General Approach, Acute Wounds, Venous/Arterial Ulcers  
Wound Care: Diabetic Ulcers, Pressure Ulcers, Wound Dressings



### **Ear, Nose, and Throat**

Allergic Rhinoconjunctivitis  
Hoarseness



### **Endocrine/Metabolic**

Diabetes: Screening, Diagnosis, and Treatment  
Diabetes: Additional Management & Complications  
Obesity  
Osteoporosis/Low Bone Mass: Screening and Diagnosis  
Osteoporosis/Low Bone Mass: Treatment  
Thyroid Disease



## **Gastrointestinal**

- Abnormal Liver Function Tests
- Nonalcoholic Steatohepatitis & Cirrhosis
- Gastroesophageal Reflux & Peptic Ulcer Disease
- Irritable Bowel Syndrome



## **Hematologic/Immunologic**

- Abnormal CBC
- Anemia
- Deep Vein Thrombosis & Pulmonary Embolism
- Iron Deficiency



## **Infectious Diseases**

- Hepatitis C
- HIV: Screening, Diagnosis, & Initial Management
- HIV: Health Maintenance, PrEP, & PEP
- Pharyngitis/Tonsillitis
- Pneumonia
- Rhinosinusitis
- Skin & Soft Tissue Infections
- Sexually Transmitted Infection
- Tuberculosis
- Upper Respiratory Infection/Influenza
- Urinary Tract Infections/Pyelonephritis



## **Musculoskeletal**

- Acute Musculoskeletal Complaints: General Approach
- Acute Musculoskeletal Complaints: Shoulder
- Acute Musculoskeletal Complaints: Elbow
- Acute Musculoskeletal Complaints: Wrist & Hand
- Acute Musculoskeletal Complaints: Hip
- Acute Musculoskeletal Complaints: Knee
- Acute Musculoskeletal Complaints: Foot & Ankle
- Autoimmune Conditions
- Fibromyalgia
- Osteoarthritis
- Pain Management: General Approach To Chronic Pain
- Pain Management: Chronic Pain Specialist Referral
- Pain Management: Nonopioid Analgesics

Pain Management: Opioids - Initiation & Monitoring

Pain Management: Opioids - Aberrance & Tapering



## **Neurology**

Dementia: Screening & Diagnosis

Dementia: Management

Peripheral Neuropathy: History and Physical Exam

Peripheral Neuropathy: Diagnosis, Management, and Referral

Stroke & Transient Ischemic Attack in Primary Care



## **Pulmonary**

Asthma

Chronic cough

Chronic Obstructive Pulmonary Disease

Obstructive Sleep Apnea



## **Psychiatry**

Attention Deficit Hyperactivity Disorder

Anxiety Disorders

Crisis Management/Suicide Risk

Insomnia

Depression



## **Addiction Medicine**

Alcohol Use

Drug Use Disorders

Tobacco Use & Cessation



## **Genitourinary/Renal**

Chronic Kidney Disease: Definition, Screening, and Workup

Chronic Kidney Disease: Managing Co-morbid Conditions

Chronic Kidney Disease: Complications

Urinary Incontinence



## **Women's Health**

Abnormal Uterine Bleeding & Dysmenorrhea

Contraception

Preconception Planning

Menopause

Polycystic Ovarian Syndrome

Vaginitis



## Men's Health

- Benign Prostatic Hyperplasia
- Low Testosterone
- Prostatitis
- Sexual dysfunction
- Testicular complaints

## Procedural Fundamentals



### Anesthesia

- Digital Anatomical Nerve Blocks



### ECG Interpretation

- Basic ECG Interpretation
- Common STEMI Patterns
- Pulmonary Embolism
- Syncope (Case 1)
- Syncope (Case 2)
- Syncope (Case 3)
- Syncope (Case 4)



### Dermatology

- Cryotherapy
- Punch Biopsy
- Shave Biopsy
- Skin Scraping
- Skin Tag Removal



### HEENT

- Cerumen Removal
- Flourescein Staining
- Ophthalmoscope Exam
- Retracting and Everting the Eyelid
- Visual Acuity Exam



### Lacerations

- Wounds That Shouldn't Be Closed
- Wound Prep
- Skin Adhesive Glue
- Skin Tape

Staples  
General Suturing Techniques / Instrument Tie  
Simple Interrupted  
Scalp Lacs: Suture, Staple, & Hair Apposition  
Staple Removal  
Suture Removal



## **Musculoskeletal**

Ankle Arthrocentesis  
Arthrocentesis Tips and Tricks  
Joint Injection Tips and Tricks  
Elbow Arthrocentesis  
Knee Arthrocentesis  
Shoulder Arthrocentesis  
Wrist Arthrocentesis



## **Soft Tissue**

Ingrown Nail Removal  
Paronychia  
Simple Incision & Drainage  
Subungual Hematoma