

Primary Care Bootcamp: Adult Course Curriculum



The Practice of Internal/Adult Medicine



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- 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