

Emory PA Program Board Review DVD Home Study Objectives

Review of Common Cardiovascular Disorders I & II

At the conclusion of these sessions, the participant will apply their knowledge of etiology, risk factors, prevention, and clinical manifestations of the following disorders to arrive at a diagnosis, and prognosis, anticipate complications and create an initial management plan for:

- 1) Ischemic Heart Disease
 - a. Coronary Heart Disease
 - b. Angina
 - c. Acute Myocardial Infarction
 - d. Acute Coronary Syndrome

- 2) Congestive Heart Failure

- 3) Pericarditis

- 4) Vascular Disease
 - a. Acute Rheumatic Fever
 - b. Arterial Occlusive Disease of Aorta, Iliacs and Lower Extremities
 - c. Aortic Aneurysms

- 5) Valvular Disease/Endocarditis

- 6) Cardiomyopathy
 - a. Dilated
 - b. Hypertrophic
 - c. Restrictive

- 7) Differential Diagnosis and assessment of Chest Pain

- 8) Metabolic Syndrome

Review of Chest X-ray Films

At the conclusion of this session, the participant will use a systematic approach to identify normal anatomical structures and apply the concepts of radiographic density differences in order to interpret a chest X-ray. The student will choose the appropriate radiological studies to further evaluate an abnormal chest X-ray, and identify the chest x-ray findings associated with the following conditions:

- 1) Pericardial effusion

- 2) Enlargement of specific chambers
 - a. Right atrium
 - b. Right ventricle
 - c. Left atrium
 - d. Left ventricle
- 3) CHF
- 4) Atelectasis
- 5) Infiltrates
- 6) Pulmonary mass
- 7) Pleural effusion
- 8) Pneumothorax
- 9) COPD
- 10) Hilar enlargement
- 11) Pulmonary emboli
- 12) Common lung tumors (benign and malignant)

Review of Common Disorders in Dermatology

At the conclusion of this session, the participant will recognize the clinical manifestations of the following dermatologic conditions and generate a management plan.

- 1) Zoster
- 2) Oral Candidiasis
- 3) Cellulitis
- 4) Impetigo
- 5) Mycosis (skin and nail)
- 6) Seborrhea
- 7) Cyst/Lipoma
- 8) Acne Vulgaris
- 9) Scabies and Other Infestations and Bites
- 10) Eczema
- 11) Psoriasis
- 12) Pityriasis
- 13) Urticaria and Erythema Multiforme
- 14) Skin Cancer
 - a. Malignant Melanoma
 - b. Basal Cell Carcinoma
 - c. Squamous Cell Carcinoma

Review of Diabetes: Evaluation and Management

At the conclusion of this session, the participant will be able to diagnose and manage and/or appropriately refer a patient with Diabetes, based on a working knowledge of the following:

Etiologies:

- 1) Type 1 Diabetes Mellitus
- 2) Type 2 Diabetes Mellitus
- 3) Gestational Diabetes
- 4) Other etiologies of diabetes

Specific Acute Complications:

- 1) Diabetic Ketoacidosis
- 2) Hyperosmolar Nonketotic Coma
- 3) Hypoglycemia

Specific Long-term Complications:

- 1) Macrovascular Disease
- 2) Microvascular Disease (retinopathy, nephropathy, neuropathy)

What Constitutes Standards of Care?

- 1) Work-Up and treatment of both the Type 1 and Type 2 patient with diabetes
- 2) Define ADA parameters of glycemic control for nonpregnant individuals with diabetes

Treatment of Diabetes:

- 1) Nonpharmacologic
- 2) Pharmacologic for both Type 1 and Type 2

Review of Electrocardiography

At the conclusion of this session, the participant will be able interpret the following electrocardiographic patterns:

- 1) Normal EKG waves, intervals, and amplitude
- 2) Arrhythmias
- 3) Heart block
- 4) Ischemia/infarction
- 5) Pericarditis
- 6) Pulmonary embolus
- 7) Electrolyte abnormality
- 8) Hypertrophy

Review of Common Problems in Emergency Medicine

At the conclusion of this session, the participant will be able assess, anticipate potential complications, and initiate appropriate treatment of the following emergency medicine topics:

- 1) Head/Neck Trauma
- 2) Chest Trauma
- 3) Abdominal Trauma
- 4) GU Trauma
- 5) Burns
- 6) Heat Illness
- 7) Cold Illness
- 8) Shock
- 9) Anaphylaxis
- 10) Poisoning and Overdose
- 11) Spider/Snake/Insect Bites
- 12) Human/Animal Bites
- 13) Rabies and Tetanus

Review of Common Endocrine Disorders

At the conclusion of this session, the participant will recognize the clinical features, accurately diagnose, effectively manage, including referral, anticipate common complications, and provide prognoses for the following endocrine disorders:

- 1) Diseases of the Thyroid Gland
 - a. Hyperthyroidism
 - i. Graves' Disease
 - ii. Hashimoto's thyroiditis
 - iii. Thyroid storm
 - b. Hypothyroidism
 - c. Other types of Thyroiditis
 - d. Thyroid nodule(s)
- 2) Hypo/Hyperparathyroidism
- 2) Diseases of the Adrenal Glands
 - a. Cushing's syndrome
 - b. Corticoadrenal insufficiency
- 3) Diseases of the Pituitary Gland
 - a. Acromegaly/gigantism
 - b. Dwarfism
 - c. Diabetes insipidus

Review of Common Fluid and Electrolyte Disorders/Renal Disease

At the conclusion of these sessions, the participant will apply his/her knowledge of etiology, risk factors, prevention, and clinical manifestations of the following disorders to arrive at a diagnosis, and prognosis, anticipate complications and create an initial management plan for:

- 1) Water Disturbances
- 2) Potassium Imbalance
- 3) Sodium Imbalance
- 4) Calcium Disorders
- 5) Phosphate Imbalance
- 6) Magnesium Imbalance
- 7) Acidosis (Metabolic and Respiratory)
- 8) Alkalosis (Metabolic and Respiratory)
- 9) Renal disease
 - a. Nephrotic syndrome
 - b. Glomerulonephritis
 - c. Acute renal failure
 - d. Chronic renal failure
 - e. Hematuria
 - f. Polycystic kidney disease

Review of Common GI Disorders

At the conclusion of this session, the participant will integrate their knowledge of the etiology and clinical presentation of the following gastrointestinal disorders into the evaluation, and management of:

1. Esophageal disorders
2. Gastritis
3. PUD
 - a. Zollinger- Ellison Syndrome
 - b. Gastrinoma
4. Diarrhea (Acute and Chronic)
5. Inflammatory Bowel Disease
 - a. Crohn's Disease
 - b. Ulcerative Colitis
6. Fatty Liver Disease
7. Cirrhosis
8. Ascites
9. Hepatitis
10. Hepatomegaly
11. Irritable Bowel Syndrome
12. Pancreatitis (Acute and Chronic)
13. Mesenteric Ischemia

14. Nutritional Deficiencies
15. Chronic Constipation/Diverticulosis/Diverticulitis

Review of Common Hematologic Disorders

At the conclusion of this session, the participant will be able to evaluate and initiate treatment of the following hematologic disorders:

- 1) Anemias
- 2) Polycythemia
- 3) Leukemia
- 4) Lymphoma
- 5) Coagulation Disorders
- 6) Splenic Disorders
- 7) Transfusion Therapy

Evaluation and Treatment of the Hypertensive Patient

At the conclusion of this session, the participant will be able to:

- 1) Define and identify the stages of hypertension and end organ damage
- 2) Incorporate principles of evidence-based therapy (both non-pharmacologic measures and pharmacologic therapy) to personalized patient treatment and monitoring, including drug dosages, adverse side effects and common drug interactions in the prescribing of:
 - a. Diuretics
 - b. Sympatholytics
 - c. Vasodilators
 - d. ACE Inhibitors
 - e. Calcium Channel Blockers
 - f) Renin Inhibitors

Review of Common Infectious Diseases

At the conclusion of this session, the participant will recognize the signs/symptoms, formulate a diagnosis, anticipate complications, and propose treatment of the following infectious disease topics:

- 1) Fungal Diseases
 - a. Cryptococcosis
 - b. Histoplasmosis

- c. Pneumocystitis
- 2) Spirochete infections
 - b. Syphilis
 - c. Lyme disease
 - d. Rocky Mountain Spotted Fever
- 3) Mycobacterial Disease
 - a. Tuberculosis
 - b. Atypical mycobacterial disease
- 4) Viral Diseases
 - a. Epstein- Barr virus infections
 - b. Herpes simplex
 - c. Influenza

(HIV/AIDS will be covered in a separate lecture)
- 5) Sexually Transmitted Diseases
 - a. Gonococcal infections
 - b. Chlamydia
 - c. Genital herpes
 - d. PID
- 6) Evaluation of Fever (including Fever of Unknown Origin)
- 7) Evaluation of Lymphadenopathy
- 8) Skin / Soft Tissue Infections
 - a. Folliculitis
 - b. Furuncle
 - c. Carbuncle
 - d. Hidradenitis suppurativa
 - e. Erysipelas

Review of Common Neurologic Disorders

At the conclusion of this session, the participant will integrate knowledge of risk factors, etiology, and signs/symptoms to evaluate and propose or initiate management of the following neurological disorders:

- 1) TIA/Stroke
- 2) Seizure
- 3) Neoplasms
- 4) Headaches
 - a. Primary (Migraine, Cluster, Tension)

- b. Pathological
- 5) Trauma
 - a. Spinal Injuries (central cord syn./Brown-Sequard/anterior cord syn./cervical spine fx)
 - b. Subdural Hematoma
 - c. Epidural
 - d. Subarachnoid Hemorrhage
 - 6) Neuropathy
 - 7) Multiple Sclerosis
 - 8) CNS Infections/Inflammation
 - a. Meningitis
 - b. Brain Abscess
 - c. HIV related encephalitis, toxoplasmosis, CNS lymphoma
 - d. Temporal Arteritis
 - e. Causes of IOP elevation
 - 9) Vertigo/dizziness
 - 10) Head Contusion
 - 11) Coma
 - 12) AMS/Confusional States
 - 13) Parkinson's disease
 - 14) Common Neoplasms

Review of Common Disorders in OB/GYN

At the conclusion of this session, the participant will identify and evaluate the following OB/GYN conditions:

- 1) Cervical Dysplasia/Abnormal Pap Smear
- 2) Ovarian Cyst/Cancer
- 3) Uterine Fibroids
- 4) Uterine Cancer
- 5) Endometriosis
- 6) Dysfunctional Uterine Bleeding
- 7) Dysmenorrhea/PMS
- 8) Infertility
- 9) Vaginitis/Cervicitis
 - a. Chlamydia
 - b. GC
 - c. BV
 - d. Trichomonas
- 10) Ectopic Pregnancy

- 11) Breast Disease (Fibrocystic, Fibroadenoma)
 - a. Evaluation of a breast nodule
- 12) Amenorrhea
- 13) Diagnosis of Pregnancy
- 14) Routine Prenatal Care
- 15) Routine Postnatal Care
- 16) Complications of Pregnancy
 - a. Pre-eclampsia/Eclampsia
 - b. Placenta Previa/Abruptio
 - c. RH Incompatibility
- 17) Abortion (Therapeutic, Spontaneous, Missed, and Septic)
- 18) Contraceptive Techniques
- 19) Menopause

Review of Common Orthopedic Problems

At the conclusion of this session, the participant will integrate knowledge of risk factors, etiology, and signs/symptoms to evaluate and propose or initiate management of the following common orthopedic problems:

- 1) Osteomyelitis
- 2) Joint Effusion
- 3) Tenosynovitis
- 4) Bursitis
- 5) Back Pain/Back Strain/sprain
- 6) Scoliosis
- 7) Disk Disease
- 8) Spinal Stenosis
- 9) Spondylosis
- 10) Carpal Tunnel
- 11) Common fractures/Pathological fractures/Dislocations/Hand Injuries
- 12) Rotator Cuff Tears
- 13) TMJ
- 14) Osteoarthritis
 - a. Pain Management
 - b. Review of NSAIDS
- 15) Rheumatic Disorders/Conditions
 - a. Fibromyalgia
 - b. Rheumatoid Arthritis, JRA
 - c. Gout/Pseudogout
- 16) Orthopedic Malignancies
 - a. Multiple Myeloma
 - b. Chondrosarcoma,
 - c. Paget's Disease
 - d. Osteosarcoma,
 - e. Ewing's Tumor

Review of Common Pediatric Disorders

At the conclusion of this session, the participant will be able to:

- 1) Discuss the routine pediatric vaccines and immunizations schedule to include dosing schedule, precautions, and contraindications
- 2) Integrate knowledge of the etiology and signs/symptoms of the following pediatric disorders into the formulation of an accurate diagnosis, identifying potential complications, and constructing the appropriate therapy for:
 - a) Meningitis
 - b) Strabismus
 - c) Hearing Impairment
 - d) Otitis Media/Externa
 - e) Epiglottitis
 - f) Pharyngitis
 - g) Congenital Hip Disease
 - h) Pyloric Stenosis
 - i) Intussusception
 - j) Diarrhea/Constipation
 - k) Common Orthopedic Developmental Problems
 - l) Common Childhood Dermatologic Problems
 - m) Common Childhood Infectious Diseases
 1. Rubella
 2. Rubeola
 3. Varicella
 4. Mumps
 - n) Well child Care
 - o) Normal physical development in adolescence
 - p) Common behavioral problems

Review of Common Psychiatric Disorders and Medications

A. At the conclusion of this session, the participant will be able to evaluate, diagnose and propose treatment for the following psychiatric processes:

- 1) Key Components of Mental Status Exam
- 2) Delirium and Dementia/Alzheimer's Disease
- 3) Chemical Dependency/Addiction
 - a. Alcohol
 - b. Cocaine
 - c. Amphetamines
 - d. Opiates
- 4) Schizophrenia
- 5) Affective Mood Disorders
 - a. Major Depression

- b. Bipolar Disorder
- 6) Anxiety Disorders
 - a. Simple Phobias
 - b. Panic Disorder
 - c. Obsessive-Compulsive Disorder
- 7) Personality Disorders
- 8) Psychiatric Emergencies
 - a. Suicide
 - b. Psychosis
- 9) Eating Disorders
 - a. Anorexia Nervosa
 - b. Bulimia

B. Upon completion of this session, the participant will incorporate principles of therapy to patient treatment and monitoring, including drug dosages, adverse side effects and common drug interactions in the prescribing of:

- 1) Antianxiety Agents
 - a. Benzodiazepines
 - b. Antihistaminic Agents
 - c. Buspirone
- 2) Antimanic Agents
- 3) Antipsychotic Agents
 - a. Phenothiazines
- 4) Antidepressants
 - a. Tricyclic Antidepressants
 - b. Serotonin Uptake Inhibitors
 - c. MAO Inhibitors
 - d. Other Cyclic Agents (Bupropion)
- 5) Psychostimulants
 - a. Ritalin
- 6) Abuse Deterrents
 - a. Antabuse
 - b. Nicotine Therapy
- 7) Agents Used to Treat Eating Disorders

Review of Common Pulmonary Disorders

At the conclusion of these sessions, the participant will apply their knowledge of etiology, risk factors, prevention, and clinical manifestations of the following disorders to arrive at a diagnosis and prognosis, anticipate complications and create an initial management plan for:

- 1) Infectious Respiratory Disorders
 - a. Acute Bronchitis

- b. Acute Bronchiolitis
- c. Pneumonias
 - Bacterial
 - Viral
 - Fungal

2) Chronic Pulmonary Disease

- a. Asthma
- b. Chronic Bronchitis
- c. Emphysema
- d. Cystic Fibrosis

3) Neoplastic Disease

- a. Bronchogenic carcinoma
- b. Metastatic tumors
- c. Pulmonary nodules
- d. Carcinoid tumors

4) Pulmonary Circulation

- a. DVT/Pulmonary embolism
- b. Cor pulmonale

5) Pleural Diseases

- a. Pleural effusion
- b. Spontaneous Pneumothorax

6) Other Pulmonary Disorders

- Acute Respiratory Distress Syndrome
- Sarcoidosis
- Evaluation of Dyspnea

7) Restrictive Pulmonary Disease

- Idiopathic pulmonary fibrosis
- Pneumoconiosis

Review of Common Problems in ENT

At the conclusion of this session, the participant will be able to identify the anatomy of the ear, nose, and throat, differentiate the signs/ symptoms, formulate the diagnosis and propose a treatment for the following ENT topics:

1) Ear Disorders

- Hearing impairment in the elderly population
- Cerumen impaction
- Mastoiditis

- Meniere's disease
- Tympanic membrane perforation
- Benign Positional Vertigo
- Labyrinthitis/ Vestibular Neuronitis
- Serous Otitis Media

2) Nose/Sinus Disorders

- Allergic Rhinitis
- Nasal Polyps
- Epistaxis
- Acute and Chronic Sinusitis

3) Mouth and Throat Disorders

- Acute tonsillitis
- Dental abscesses
- Laryngitis
- Oral leukoplakia
- Parotitis
- Peritonsillar abscess
- Retropharyngeal abscess

Review of Common Urologic Disorders

At the conclusion of this session, the participant will be able to differentiate the signs/symptoms, formulate the diagnosis and propose a treatment for the following urologic diseases:

1) Benign conditions of the GU tract

- Benign prostatic hyperplasia
- Erectile dysfunction
- Hydrocele/varicocele
- Testicular torsion
- Cryptorchidism
- Incontinence
- Nephro/ urolithiasis

2) Infectious/ Inflammatory Conditions

- Cystitis
- Epididymitis
- Orchitis
- Prostatitis
- Pyelonephritis

3) Neoplastic Diseases

- Kidney cancer
- Bladder cancer
- Prostate cancer
- Testicular cancer

4) The evaluation of hematuria

5) Nephrolithiasis

Review of Common Disorders of the Eye

At the conclusion of this session, the participant will be able to identify the anatomy of the eye, differentiate the signs/ symptoms, formulate the diagnosis and propose a treatment for the following ophthalmologic topics:

1) Infectious / Inflammatory disorders

- Blepharitis
- Chalazion
- Hordeolum
- Orbital Cellulitis
- Conjunctivitis

2) Traumatic Eye Disorders:

- Foreign Body
- Hyphema
- Corneal Abrasion

3) Visual Disturbances

- Cataract
- Glaucoma
- Macular Degeneration
- Retinal detachment
- Retinal Vascular Occlusion

4) Diabetic and Hypertensive Retinopathy

Review of Common Problems in Surgery

At the conclusion of this session, the participant will be able to identify the anatomy, differentiate the signs/ symptoms, formulate the diagnosis and propose a treatment for the following surgical disorders:

1) Acute Abdomen

- a. Appendicitis
 - b. Cholecystitis
 - c. Volvulus
 - d. Small Bowel Obstruction
 - e. Large Bowel Obstruction
- 2) Post-op Complications
- a. Fever
 - b. Ileus
 - c. Wound Infection and Dehiscence
 - d. UTI
 - e. Pneumonia/Atelectasis
 - f. DVT
 - g. Thrombophlebitis
- 3) Wound Healing/Management
- 4) Neoplasms
- a. Breast
 - b. Thyroid
 - c. Colorectal
 - d. Liver
 - e. Brain
- 5) Hernia
- a. Direct
 - b. Indirect
 - c. Femoral
 - d. Incisional
- 6) Anal Disorders
- a. Hemorrhoids
 - b. Anal Fissures
 - c. Pilonidal cyst

Review of Hyperlipidemia

By the end of the presentation, the participant will be able

1. To describe lipoproteins and their role in lipid metabolism
2. To cite and apply the concepts of the National Cholesterol Education Program's (NCEP-ATP III) guidelines and goals into a treatment plan.
3. To list the pharmacological and non-pharmacological treatment options for dyslipidemia and individualize the uses, advantages, disadvantages, monitoring parameters, drug interactions and adverse effects of each into an appropriate, patient specific treatment plan.

4. To develop a patient care plan based on a patient's cardiovascular risk utilizing Framingham categories

The following topics related to hyperlipidemia will be considered:

- 1) Pathophysiology
- 2) Components of the lipid panel
- 3) Risk factors
- 4) Complications
- 5) Screening recommendations
- 6) Lifestyle modification
- 7) Pharmacologic treatment
- 8) Treatment goals
- 9) Case studies

Interpretation of Heart Sounds-Workshop

By the end of the workshop, the participant will be able to:

- Describe the cardiac anatomy and physiology as it relates to heart sounds
- Utilize the stethoscope effectively to maximize the examiner's ability to auscultate subtle heart sounds
- Recognize the causes, categorize by timing of these murmurs, and describe heart murmurs in detail.
- Formulate a differential diagnosis for the etiology of extra heart sounds
- Interpret heart sounds based on timing, location, radiation, pitch, and changes in quality with specific exam techniques.
- Identify the valve problem, given the physical exam abnormalities and the characteristics of heart sounds
- Demonstrate PE techniques to further evaluate a murmur
- Identify the heart abnormality or diagnosis, given a classic description of case presentation with risk factors, history and physical exam findings.
- Identify the heart abnormality by listening to simulated heart sounds and rhythms

Approach to Selecting the Appropriate Antibiotic

By the end of this case-based session, the learner will be able to:

- Prescribe the appropriate 1st and 2nd line antibiotic for empiric treatment of common bacterial infections in the community and hospital settings
- Tailor the choice of antibiotic based on unique patient risk factors
 - Young (developing)patients, and elderly patients with chronic renal insufficiency
 - Pregnant or potentially pregnant women

- Lactating women
 - Patients who primarily work outdoors (sun-sensitivity)
 - Immunocompromised
- Discuss when antibiotics are not appropriate treatment (viral or self-limiting infections)
 1. Judge the value of Evidence Based Medicine electronic resources for information on safe, effective antibiotic treatment.

Review of Antimicrobial Agents

By the end of this session, the learner will compare and contrast the clinical uses, precautions and side effects of using the following antimicrobial agents:

1. Penicillins
2. Cephalosporins
3. Carbapenems
4. Aminoglycosides
5. Quinolones
6. Macrolides
7. Clindamycin
8. Sulfonamides
9. Tetracyclines
10. Vancomycin
11. Oxazolidinones
12. Cyclic Lipopeptides
13. Metronidazole
14. Tinidazole
15. Chloramphenicol
16. Antifungal Agents
17. Antiviral Agents
18. Antimycobacterials
19. Urinary Antibacterials
20. Antiparasitic Agents

Review of HIV/AIDS

By the end of this case-based session, the participant will be able to:

1. Identify patients at risk for HIV/AIDS
2. Apply to virology and epidemiology aspects of HIV/AIDS to clinical practice, including modes of transmission
3. Recognize the signs/ symptoms of the initial presentation of an HIV infected person

4. Initiate a plan for diagnostic studies to confirm the diagnosis of an HIV infection and to assess the severity of the disorder
5. Recognize the signs/symptoms of the common opportunistic infections and associated disorders in a patient with AIDS
6. Initiate 1° and 2° preventive care recommendations for patients, who are HIV +
7. formulate a treatment plan for a patient diagnosed as HIV+, including non-pharmacologic and pharmacologic management, and patient education
8. Predict the prognosis, and recognize common complications in HIV+ patients

Preparing to take the PA Board Certification/Recertification Exam: Tips for success (Study and Test-taking Skills)Workshop

By the end of the workshop, the learner will:

1. Plan an organized approach to prepare for the PANCE or PANRE
 - a. List clinical topic areas that are your known weaknesses based on self-assessment or feedback on practice exams.
 - b. Develop a study topic and schedule to relearn areas of weaknesses
 - c. Utilize electronic practice exams to assess clinical knowledge level and ability to manage the electronic software
 - d. Identify published or online resources to support your preparation for the PANCE/PANRE, including the NCCPA topic list and test matrix.
2. Identify techniques based on learning theory that will enhance exam performance
3. Utilize testing theory to avoid unnecessary errors
4. Identify clues in test questions to help choose the correct answer option
5. Identify evidenced-based clinical knowledge resources to utilize for studying
6. Given clinical cases in a test format, review the level of clinical judgment needed to improve your likelihood for choosing the correct answer