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UFH Family Medicine Training Program Curriculum Goals and Objectives 2013

Rotation: **SHU Orthopedics at with Dr. Ashwin Deshmukh &
Endocrinology with Dr. Hau Liu**
Faculty Administrator: **Saied Mirafzali, MD**

Instructions to Preceptor:

1. Review this document with the fellow at the start of the rotation.
2. At the end of the rotation evaluate the fellow using the Competency Based Evaluation Form (or contact the Training Program to obtain access to an online evaluation forms.)

Instructions to Fellow:

1. Review this document with the preceptor at the start of the rotation.
2. Obtain the completed Competency Based Evaluation Form from the preceptor on the last day of the rotation.
3. Review the completed evaluation with your advisor.

Instructions to Advisor:

1. Review all Competency Based Evaluation Forms at the next Biannual Evaluation.

Rotation Schedule: As determined by SHU Site Director

Required Attendance:

1. 3 days per week of orthopedics clinic with Dr. Ashwin Deshmukh
2. 1 day/week of endocrinology with Dr. Hau Liu
3. 1-2 shifts/week of ER with Dr. Shannon Moffett
4. 1 day of continuity clinic/week in family medicine at SHU

GOALS:

Fellows will manage common acute, chronic, and overuse Orthopedic problems including rehabilitation. They will identify high risk conditions requiring referral.

Learning Objectives Required To Meet Specific Rotation Goals:

Professional Competencies:

1. Fellow shows appropriate respect for staff and patients
2. Fellow consistently behaves in a professional manner

Orthopedics –

SUGGESTIONS from Dr. Deshmukh:

If you can, try to read something about the following common diagnoses:

1. Shoulder impingement syndrome, biceps tendinitis, Rotator cuff and SLAP tears
2. Elbow lateral epicondylitis, cubital tunnel syndrome
3. Hip impingement (FAI), trochanteric bursitis
4. Knee meniscus tears, patellofemoral pain/chondromalacia patella, Anterior Cruciate ligament tears, osteoarthritis
5. Ankle sprains, fractures.
6. Foot plantar fasciitis, achilles tendinitis
7. The neurologic exam for neck and back pain.

If you don't know these topics by the time you start, it's quite ok. But it will greatly assist your learning if you can start to familiarize yourself with these topics, as we will be seeing these frequently over the next few weeks.

Because these are the common chief complaints, the broad categories in which you can start framing your learning are:

1. Neck pain/radiculopathy
2. Shoulder pain
3. elbow pain
4. back pain/radiculopathy
5. hip pain
6. knee pain
7. ankle pain/instability
8. foot pain--achilles tendinitis, plantar fasciitis, metatarsalgia, and hallux valgus/hallux rigidus

Understands the diagnosis & management of:

1. Hand-Mallet finger, central slip tear, volar plate injury, collateral lig injury, ruptured flexor tendon, PIP dislocation, Boxer's fx, thumb UCL injury.
2. Wrist-Sprains, scaphoid fractures, non-displaced adult fractures
3. Forearm-Buckle, torus, greenstick fractures, non-displaced adult fractures
4. Elbow-Lateral & medial epicondylitis, radial head fractures, nursemaids elbow
shoulder-impingement, rotator cuff sprains/tears, dislocation, instability, bursitis, thoracic outlet syndrome
5. Neck-sprains, whiplash injury, prolapsed disc, nerve root entrapment, spinal stenosis, posture problems, instability, stable vs unstable fractures
6. Thoracic spine-scoliosis, kyphosis, compression fracture
7. Lumbar-sprain/strain, prolapsed disc, spinal stenosis, spondylolysis, spondylolisthesis, redflags, chronic pain management
8. Sacrum-Sacroiliac dysfunction, piriformis syndrome
9. Hip-fracture, avascular necrosis, hip pain by age (Congenital hip dislocation, toxic synovitis vs septic hip, Legg-Perthes, Slipped Capital Femoral Epiphysis, osteoarthritis), bursitis, avulsion fractures
10. Thigh-sprains, contusion, myositis ossificans
11. Knee-Patellofemoral syndrome, Pes anserine & ITB tendinitis/bursitis, patellar tendinitis, Osgood-Schlatters, ACL/PCL tears, collateral lig tears, meniscus injuries, patellar dislocation
12. Leg-Shin splints, stress fractures, compartment syndrome
13. Ankle-Lateral & medial sprains, syndesmosis injuries, instability, malleolar fractures, Ottawa rules, osteochondral injuries
14. Foot-Fractures of base of 5th metatarsal (Avulsion vs Jones,), navicular injuries, stress

Endocrinology clinic with Dr. Hau Liu – understand the diagnosis & management of common endocrinological conditions.

SUGGESTIONS from Dr. Hau Liu:

Endocrine syllabus for readings in Uptodate, <SHU Fellowship Endocrine Syllabus, SHU 2014-2015> is attached below for documentation.

Osteoporosis

Objectives: 1) Understand the epidemiology of fractures 2) Understand how to apply the FRAX algorithm to men and women 3) Appreciate how to get the most of the DXA scans in the initial diagnosis and follow-up of your patients 4) Know the laboratory workup for secondary osteoporosis and when you should apply it 5) Appreciate nutritional and lifestyle changes that can help your patients with osteoporosis 6) Understand the controversies regarding calcium therapy for osteoporosis prevention and treatment and vascular complications 7) Know the safety, efficacy, and duration of therapies for treatment of osteoporosis

Aging Endocrine Function in Men: Testosterone

Objectives: 1) Understand what is a "low T" and the signs and symptoms of low testosterone and hypogonadism 2) Appreciate the problems associated with measuring testosterone in clinical practice 3) Know the means to replace testosterone, assess response to replacement and monitor safety of testosterone in older men

Disorders of Vitamin D and Calcium Metabolism

Objectives: 1) Understand the definition of vitamin D deficiency 2) Know when to measure vitamin D metabolites and how to treat vitamin D deficiency 3) Understand the pathophysiologic basis for hypercalcemia and hypocalcemia

Common Thyroid Disorders

Objectives: 1) Understand the signs and symptoms of hyperthyroidism and what testing the clinician should do 2) Understand the diagnosis and safe treatment of hypothyroidism 3) Appreciate how drugs can alter thyroid function tests and when treatment is needed

Adrenal Hormones

Objectives: 1) Review the effects of glucocorticoids on bone and carbohydrate metabolism and how to safely taper these drugs 2) Review the indications for aldosterone antagonists 3) Understand [how to evaluate and manage an adrenal incidentaloma](#)

Diabetes Mellitus

Objectives: 1) Review the literature supporting role of lifestyle intervention in the management and prevention of obesity and diabetes 2) Develop a patient prescription for lifestyle changes 3) Review the epidemiology of today's global diabetes epidemic 4) Understand pharmacologic agents available for treatment of diabetes 5) Develop an approach to global risk assessment to minimize diabetes and related complications

Obesity

Objectives: 1) Discuss the rationale in making obesity a disease 2) Compare and contrast current therapies for obesity 3) Construct an evidence based treatment plan for the obese patient with and without medical co-morbidities

Pituitary Disease

Objectives: 1) [Understand](#) the common presentations of pituitary disease 2) Discuss an efficient evaluation of common pituitary disorders 3) Review case based discussions of the etiology and treatment of Acromegaly and Cushing's

Women with Endocrine Disorders

Objectives: 1) Review guidelines for advising/treating the woman with thyroid illness seeking pregnancy 2) Review initial evaluation of thyroid nodules 3) Discuss an initial approach to the women with menstrual irregularities (PCOS) 4) Discuss the diagnosis and management of gestational diabetes

ER shifts with Dr. Shannon Moffett – refer to ER Core document.

SHU Fellowship Endocrine Syllabus, SHU 2014-2015

Fellow Name: _____

Please read following topics in Uptodate:

		<u>Date Completed</u>
1. Thyroid	A. Hyperthyroidism	
		<u>Diagnosis of hyperthyroidism</u>
		<u>Treatment of Graves' hyperthyroidism in adults</u>
B. Hypothyroidism	<u>Disorders that cause hyperthyroidism</u>	
		<u>Diagnosis of and screening for hypothyroidism in nonpregnant adults</u>
		<u>Treatment of hypothyroidism</u>
C. Thyroid nodules	<u>Disorders that cause hypothyroidism</u>	
		<u>Diagnostic approach to and treatment of thyroid nodules</u>
D. Thyroid cancer	<u>Differentiated thyroid cancer: Overview of management</u>	
E. Thyroid and pregnancy	<u>Overview of thyroid disease in pregnancy</u>	
2. Diabetes Mellitus/Hypoglycemia	A. Diabetes general, DM1 and DM2	
		<u>Overview of medical care in adults with diabetes mellitus</u>
		<u>Screening for type 2 diabetes mellitus</u>
		<u>Overview of diabetic nephropathy</u>
B. DM treatment	<u>Glycemic control and vascular complications in type 2 diabetes mellitus</u>	
		<u>Initial management of blood glucose in adults with type 2 diabetes mellitus</u>
		<u>Management of persistent hyperglycemia in type 2 diabetes mellitus</u>
		<u>Insulin therapy in type 2 diabetes mellitus</u>
	<u>Management of blood glucose in adults with type 1 diabetes mellitus</u>	

C. DM and pregnancy	<u>Management of diabetes mellitus in hospitalized patients</u>	
	<u>Pregestational diabetes: Preconception counseling, evaluation, and management</u>	
	<u>Diabetes mellitus in pregnancy: Screening and diagnosis</u>	
	<u>Gestational diabetes mellitus: Glycemic control and maternal prognosis</u>	
D. Hypoglycemia	<u>Hypoglycemia in adults without diabetes mellitus: Diagnostic approach</u>	
	<u>Hypoglycemia in adults: Clinical manifestations, definition, and causes</u>	
3. Reproductive Disorders		
A. Male hypogonadism	<u>Clinical features and diagnosis of male hypogonadism</u>	
	<u>Testosterone treatment of male hypogonadism</u>	
B. PCOS	<u>Diagnosis of polycystic ovary syndrome in adults</u>	
	<u>Treatment of polycystic ovary syndrome in adults</u>	
4. Adrenal/Pituitary		
	<u>Causes, presentation, and evaluation of sellar masses</u>	
	<u>Diagnosis of</u>	
	<u>hypopituitarism</u>	
	<u>Establishing the cause of Cushing's syndrome</u>	
	<u>Causes of hyperprolactinemia</u>	
	<u>Diagnosis of acromegaly</u>	
	<u>The adrenal</u>	
	<u>incidentaloma</u>	
	<u>Clinical presentation and diagnosis of pheochromocytoma</u>	
	<u>Approach to the patient with hypertension and hypokalemia</u>	
5. Obesity/Nutrition		
A. Obesity	<u>Obesity in adults: Prevalence, screening, and evaluation</u>	
	<u>Obesity in adults: Overview of management</u>	
B. Lipid		

disorders

Screening for lipid

Treatment of lipids (including hypercholesterolemia) in primary prevention

Approach to the patient with hypertriglyceridemia

6. Calcium/Bone

A. Osteoporosis

Overview of the management of osteoporosis in postmenopausal women

Screening for

osteoporosis

B. Calcium

Diagnostic approach to

hypercalcemia

Treatment of

hypercalcemia

Diagnostic approach to hypocalcemia

hypocalcemia

Treatment of