

## IDPT7070

### Community and Primary Care

---

#### Course Goals

1. Develop an appreciation of the unequivocal value of Primary Care as an integral part of any well-functioning health system.
  2. Develop an understanding of caring for patients and patients' families in the context of the primary care clinic and community.
  3. Develop and advance the knowledge, skills and attitudes necessary to provide Ambulatory (community-based) Clinical Care for common acute and chronic conditions.
  4. Develop and advance the knowledge, skills and attitudes needed to conduct well-visits and age-appropriate clinical preventive services.
  5. Develop and advance the knowledge, skills and attitudes necessary to provide health behavior change counseling and motivational interviewing.
  6. Develop an appreciation for the importance of physician wellness and self-care.
  7. Advance ability to communicate effectively with patients and interprofessional colleagues including oral presentation and written documentation of an adult outpatient encounter.
  8. Develop knowledge, skills, and attitudes necessary to critically appraise the value of cancer screening within a population.
  9. Develop the knowledge and skills to use telehealth technology in an appropriate and efficient way to provide patient-centered care.
- 

#### Clinical Learning Objectives

##### Clinical

###### *Interpersonal and Communication Skills*

1. Provide an oral presentation and written summary of an adult outpatient encounter that appropriately communicates the data acquired and the clinical reasoning that supports the differential diagnosis.
2. Identify health behavior change language during a patient encounter and engage in health behavior change counseling, specifically using the skills of motivational interviewing.
3. Communicate effectively with patients, patients' families, health care team, and interprofessional colleagues including oral presentation and written documentation of an adult outpatient encounter.

###### *Patient Care*

1. Perform a focused or comprehensive physical exam on adult ambulatory patients as required by presenting complaint.
2. Develop a prioritized differential diagnosis, select a working diagnosis, and develop initial treatment plan following an outpatient encounter of an adult patient presenting with common clinical concerns including: abdominal pain, cough, intimate partner violence, dysuria, failure to thrive, fatigue, headache, joint pain, sprains/strains, low back pain, male genitourinary symptoms, rhinitis, and skin lesions and rashes.
3. Order appropriate diagnostic and screening tests and develop initial management plan for chronic conditions commonly seen in the adult ambulatory setting including asthma, COPD, depression/anxiety, diabetes, dyslipidemia, hypertension, obesity, oral health, end of life care, and thyroid disease.
4. Gather a comprehensive or focused history on adult ambulatory patients as required by presenting concern.
5. Recommend and counsel patients in an adult ambulatory setting on appropriate cancer screening tests based on the patients' age and risk factors.
6. Gather data to perform well-visits and recommend age-appropriate clinical preventive services.

---

## Didactic Learning Objectives

### Asthma and COPD Diagnosis and Management

1. Develop basic interpretation of pulmonary function tests.
2. Develop a differential diagnosis and diagnostic approach to cough and dyspnea.
3. Diagnose, differentiate, and treat stable and exacerbations of COPD and asthma.
4. Describe the key historical features and physical exam findings associated with COPD and asthma.

### Common Outpatient Infections

1. Identify common infectious disease syndromes seen in primary care.
2. Generate specific differential diagnosis for common infectious syndromes.
3. Utilize point of care resources to create evidence-based treatment plans for common outpatient infections.
4. Determine appropriate use of antibiotic medications to patient cases.

### Community Health Assessment and Service-Learning Project

1. Explore the community and make observations of available resources and environmental factors that may impact the health of the population you see in a clinical setting.
2. Utilize existing data sources to assess a population's health and identify areas of concern.
3. Identify and explore community resources available to your clinic's population.
4. Evaluate a community's strengths or areas of needs within the 5 domains of social determinants of health.

### Developing and Defending a Differential Diagnosis

1. Practice developing an assessment and plan for common primary care concerns.
2. Refine your point-of-care knowledge gathering tools.
3. Practice presenting a full case with a differential and plan.
4. Practice creating PICO questions to focus your patient care learning.

### Hypertension TBL

1. Identify critical aspects of the history and physical exam when evaluating a patient with new hypertension.
2. Formulate appropriate diagnostic work up plan for patients with a new diagnosis of hypertension.
3. Utilize an evidence-based approach to treating hypertension using relevant guidelines.
4. Identify the risks of treating hypertension in geriatric patients.
5. Demonstrate patient centered care when selecting hypertension treatment regimen.
6. Describe when to deviate from guideline directed management based on patient goals and preferences.

### Introduction to Geriatric Assessment

1. Perform a comprehensive medication reconciliation and identify medications that should be avoided or used with caution in older adults.
2. Describe components of a fall risk assessment, use results to identify underlying causative factors, and make recommendations for non-pharmacologic management.
3. Differentiate between normal changes in cognition with aging, mild cognitive impairment (mild neurocognitive disorder), and dementia (major neurocognitive disorder).
4. Develop a differential diagnosis for weight loss in an older adult patient

### Introduction to Motivational Interviewing and Health Behavior Change Workshop - Part I

1. Describe causes of death related to patient behavior.
2. Identify 5 or more specific skills for facilitating health behavior change.
3. Practice skills for facilitating health behavior change with patients at clerkship sites.

### **Introduction to Population and Community Health**

1. Describe how the determinants of health and health equity contribute to health.
2. Define population health and how this is characterized at a clinic level and at a community level.
3. Practice accessing secondary data sources to describe the health of your clinic community.
4. Discuss how different stakeholders address population health.

### **Introduction to Primary Care**

1. Describe primary care.
2. Describe importance of team-based primary care.
3. Identify your role as a student in the primary care setting.
4. Identify barriers to teamwork and solutions to those barriers.

### **Motivational Interviewing and Health Behavior Change Workshop - Part II**

1. Discuss experiences of attempting health behavior change counseling in the CPC clerkships sites, identifying common challenges and barriers encountered at the clinical site.
2. Describe solutions to common challenges and barriers to motivational interviewing and health behavior change counseling.
3. Practice skills using role play for facilitating health behavior change utilizing tips and tricks for challenging situations.

### **Musculoskeletal Primer for Non-orthopedists**

1. Evaluate a patient for basic musculoskeletal conditions associated with posture, ergonomics, and biomechanics.
2. Differentiate between common musculoskeletal conditions based on patient history and mechanism of injury to target the root cause of pain and dysfunction.
3. Recognize when imaging is appropriate for musculoskeletal complaints.
4. Educate patients regarding exercise.

### **Nuts and Bolts of CPC: Orientation to Community and Primary Care Clerkship**

1. Describe the Community and Primary Care (CPC) Clerkship, including being able to recognize the faculty and coordinators involved, and describe what types of sites and specialties are included in CPC, how the schedule works, and other requirements including didactics, workshops, and assignments.
2. Describe the grading process for the Community and Primary Care Clerkship.

### **Palliative Care Module - An In-Depth Look at Palliative Care and its Services**

1. Define palliative care and the impact it has on patient quality of life.
2. Describe the characteristics of patients who can benefit from palliative care.
3. Locate resources to aid in your support of palliative care.

### **Palliative Care Module - Managing Pain in Patients at Risk for Substance Abuse Disorder**

1. Identify opportunities to introduce basic advance care planning in their clinical site for patients who have not started, or engaged in, the planning process.
2. Use communication skills and motivational strategies to increase patient participation in basic advance care planning.
3. Create a follow up plan for patients to have ongoing advance care planning conversations and complete their advance directive.

### **Palliative Care Module - Matching the Drug Class to the Pain**

1. Describe how to select the minimum safe and effective medication for treating pain.
2. Select a medication class that matches the patient's pain type and pattern.
3. Refine drug choice, accounting for benefits, side effects, and risks of each drug class.

### **Preventive Care and Cancer Screening Workshop**

1. Recognize the difference between screening and diagnostic tests.
2. Review typical screening modalities for a given cancer/disease.
3. Review USPSTF recommendations for various cancer screening tests.
4. Reflect on the quality of evidence supporting screening recommendations.
5. Consider the trade-offs between benefits and harms of screening.
6. Describe two requirements of a successful screening program.
7. Use point of care tools to suggest age-appropriate screening tests.

### **Primary Care Oral Presentations**

1. Explain how primary care settings and inpatient settings are different.
2. Explain how this affects the way that you present a patient.
3. Demonstrate using a framework to present patients in the primary care setting.

### **Review of Common Musculoskeletal Complaints, Diagnosis, and Management**

1. Describe what constitutes evidenced-based practice for musculoskeletal care, including the relative value of history, physical exam, and imaging studies for diagnosis.
2. Build an initial framework for musculoskeletal differential diagnosis.
3. Explain the importance of secondary prevention whenever a musculoskeletal diagnosis is made.
4. Actively participate in answering clinically relevant questions pertaining to common hip, shoulder, spine, knee, hand, and foot/ankle diagnoses.

### **Telehealth and Equity**

1. Review the public layperson's perception about telehealth's utility and compare it to the medical perspective.
2. Identify 3 vulnerable populations that could be marginalized by a shift from in-person care to telehealth services.
3. Identify 3 vulnerable populations that could be better-served by a shift from in-person care to telehealth services.

### **The US Healthcare System/Practice Transformation**

1. Summarize how and where people seek healthcare.
2. Describe basic makeup of the US healthcare workforce.
3. Compare healthcare workforce in urban and rural settings.
4. Discuss factors that impact the high cost of healthcare.
5. Compare cost and quality of United States healthcare to that of other countries.
6. Appreciate the role of primary care in the larger healthcare system in the United States.

### **Transitions in Care**

1. Define basic characteristics of common healthcare payer sources, including coverage of home care, rehabilitation, and long-term care services.
2. Apply understanding of the health care system to determine resources available to patients during transition of care.
3. Identify potential hazards of hospitalization for older adult patients and identify potential prevention strategies.