
TABLE OF CONTENTS

I. Care of Children

1. The Newborn Exam	3
2. The Developing Child & Normal Pediatric Vital Signs	6
3. Childhood Immunization Schedule & Health Care	7
4. Infant Formula & Breast-feeding	21
5. Hyperbilirubinemia in the Newborn over 35 Weeks Gestation	24
6. Fever Without a Source in Infants 0–36 Months of Age: (Febrile Infant & Toddler)	26
7. Asthma in Children	28
8. Community-Acquired Pneumonia (CAP) in Infants & Children	35
9. Otitis Media	38
10. Pharyngitis	43
11. Croup (Acute Laryngotracheitis)	46
12. Bronchiolitis	47
13. Diarrhea in Children	49
14. Constipation in Children	53
15. Urinary Tract Infections in Children	56
16. Enuresis	59
17. Rashes in Children	61
18. Attention Deficit Hyperactivity Disorder (ADHD)	65
19. Autism Spectrum Disorders	71
20. Child Abuse	73

(Community Acquired Pneumonia – See Chapter 52)

(Ocular Disorders & Screening – See Chapter 70)

(Seizure Disorders – See Chapter 61)

II. Care of the Pregnant Patient & Breast-feeding

21. Prenatal Care	79
22. Medications During Pregnancy & Lactation	86
23. Questions Expecting Parents Commonly Ask/Radiation in Pregnancy	94
24. OB Admission Note	97
25. OB Delivery Note	98
26. Postpartum Discharge Instructions	99
27. Postpartum Checkup	100

(Infant Formula & Breast-feeding – See Chapter 4)

(Radiation exposure in pregnancy – See Chapter 23)

III. Women's Health

28. Contraception	103
29. Fertility Awareness Based Medicine: Creighton Model	110
30. Pap Smears: Indications & Interpretation	112
31. Abnormal Uterine Bleeding	117
32. Amenorrhea	121
33. Menopause & Hormone Replacement Therapy	123
34. The Premenstrual Syndrome & Dysmenorrhea	126
35. Evaluation of Breast Mass, Breast Pain & Nipple Discharge	129
36. Sexually Transmitted Diseases (STDs) in Women & Men & Vaginitis	131
37. Pelvic Inflammatory Disease (PID)	134

IV. Preventive Medicine

38. Cancer Statistics, Screening & Periodic Health Exams	139
39. Smoking Cessation	143
40. Endocarditis Prophylaxis	145
41. Tuberculosis Screening	147

(HPV vaccine, see PAP Smears: Indications & Interpretation – Chapter 30)

V. Cardiology & Pulmonary Disorders

42. Evaluation of Chest Pain	155
43. ECG Interpretation	159
44. Hyperlipidemia	165
45. Hypertension	170
46. Coronary Artery Disease	177
47. Heart Failure	181
48. Atrial Fibrillation	186
49. Ambulatory Post-MI Management	189
50. Cardiac Stress Testing	191
51. Shortness of Breath	194
52. Community-Acquired Pneumonia (CAP)	198
53. Asthma in Adults	203
54. Chronic Obstructive Pulmonary Disease (COPD)	209
55. Acute Bronchitis	214

VI. Management of Common Ambulatory Conditions

56. Management of Type 2 Diabetes Mellitus	219
57. Thyroid Disease & Testing	232
58. Headache: Diagnosis & Management	239
59. Evaluation & Management of Dizziness	245
60. Prevention & Management of CVAs	248
61. Seizure Disorders	251
62. Concussion Evaluation	255
63. Liver Function Tests	257
64. Diagnosis & Management of Hepatitis B	261
65. GERD & PUD	268
66. Evaluation of Diarrhea in Adults	275
67. Constipation in Adults	278

68. Hemorrhoids	280
69. Anemia	282
70. Ocular Disorders & Screening	285
71. Allergic Rhinitis/Seasonal Allergies	289
72. Acute Sinusitis	293
73. Differential Diagnosis of Arthritis	297
74. Osteoarthritis	300
75. Rheumatoid Arthritis	302
76. Gouty Arthritis	307
77. Osteoporosis	311
78. Urinary Tract Infections	317
79. Hematuria	322
80. Proteinuria	325
81. Benign Prostatic Hyperplasia	327
82. Calcium Disorders	331
83. Potassium Metabolism	334
84. Adverse Drug Interactions & Prescribing Errors	337
85. Medication Adherence	342
86. Chronic Non-Cancer Pain Management	343

(Otitis Media – See Chapter 9)

(Pharyngitis – See Chapter 10)

VII. Musculoskeletal/Sports Medicine

87. Common Fractures/Describing Fractures	349
88. Ankle Injuries	351
89. Knee Pain	355
90. Shoulder Injuries	359
91. Elbow Injuries	362
92. Carpal Tunnel Syndrome	365
93. Low Back Pain	366
94. Corticosteroid Injection of Joints	371
95. Occupational Medicine	373

VIII. Dermatology

96. Describing Dermatologic Lesions	379
97. Contact Dermatitis	381
98. Acne & Rosacea	383
99. Skin Biopsies	389
100. Topical Steroids	392
101. Warts, Scabies, Lice & Superficial Tinea Infection Management	393
102. Hair Changes & Balding	398

IX. Surgery

103. Evaluation of Abdominal Pain	403
104. Diverticulosis & Diverticulitis	407
105. Management of Wounds	409
106. Pain Management in Adults & Children	415
107. Preoperative Evaluation	419

X. Care of Patients with Psychiatric Disorders

108. Anxiety Disorders 427
109. Depression 432
110. Sexual Dysfunction 438
111. Alcohol and Other Drugs of Abuse 444

XI. Care of the Geriatric Patient

112. Periodic Health Screening in the Elderly 451
113. Drugs to be Cautious of in the Elderly 453
114. Falls in the Elderly 457
115. Vertebral Compression Fractures in the Elderly 460
116. Urinary Incontinence in the Elderly 462
117. Evaluation of Mental Status Changes in the Elderly 466
118. Addressing Code Status 472
119. End of Life Care 473

XII. HIV & AIDS

120. Ambulatory HIV/AIDS Management 477
121. CD4 Cell Counts & Associated Clinical Manifestations 484
122. HIV Post-exposure Prophylaxis (PEP) 485

XIII. Appendix

123. Formulas 491
124. Symptomatic Medications: Colds & Flu, Sinusitis, Bronchitis, Etc. 492
125. Adult Advanced Cardiac Life Support (ACLS) Protocols 494
126. Common Adult Emergency Drug Dosage 497
127. Preparation of Infusion for Adult Emergency Drugs 498
128. Nutrition for 4 Entities: Hypertension, Hyperlipidemia, Diabetes
& Obesity 499

Index 507