

DNIPRO STATE MEDICAL UNIVERSITY

Department of Internal Medicine 3
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METHODICAL GUIDELINES
for practical classes in internal medicine
for the foreign 6-year students

Theme № 17: **Concluding session on Rheumatology**

Protocol 1 from 31.08.2022

1. Topic 17: Concluding session on Rheumatology

2. Location: clinical base of the Department of Internal Medicine 3 DSMU Classroom, Hospital Rheumatology Department.

3. The Goal: to be able to carry out diagnostic search, differential diagnosis and prescribe treatment for disease of the connective tissue

- Conduct a survey of the patient with detailed characteristics of the back pain, articular syndrome and their equivalents.
- History data to identify factors for the development of the rheumatology diseases, concomitant pathology, which may affect the prognosis and treatment tactics.
- For a physical examination of the joints function, assess the spinal cord status, disorders of the internal organs due to systemic damage.
- Develop a plan for laboratory and instrumental examination of the patient in the aspect of differential diagnosis between SCTD and other diseases accompanied by articular syndrome.
- Find the syndromes are identified in the survey and determine the leading syndrome.
- Justify the results of the differential diagnosis.
- Formulate a clinical diagnosis according to modern classifications.
- Identify the risk of complications and prognosis using scales.
- To determine the treatment of a patient in accordance with current European, American and National recommendations.
- Write a logical and consistent rationale for the clinical diagnosis, plan for examination and treatment of the patient.
- Apply deontological skills when dealing with patients, taking into account the psychological characteristics of patients with the rheumatology diseases.

4. Professional orientation of students: The Systemic Connective Tissue Diseases (CTD) is one of the most common causes of the disability, especially those of working age. The prevalence among these diseases is differ, but in each case, this is a difficult to diagnose and treat. Patients suffer with continuously pain, limitation of the activity and complications like heart, respiratory, renal failure that may cause the premature death.

5. Educational purpose: The medical and social significance of the rheumatology diseases require knowledge of the initial manifestations, clinical signs, progression, treatment and prophylaxis by the general physician. The doctor should be able to define disease, prescribe medication and perform modern kinds of the treatment.

5.1. The specific objectives - to be able to:

1. Carry out a detailed patient survey (complaints, medical history, history of life).
2. Conduct a physical examination (inspection, palpation, percussion, auscultation), evaluate the functional capacity of the joints and spine.

3. To develop a patient examination plan (rheumatic probe, radiography, MRT, CT, arthroscopy) for differential diagnosis and diagnosis verification.
4. Estimate the results of additional research methods.
5. To formulate a clinical diagnosis according to modern classifications.
6. To determine the tactics of the patient management according to modern recommendations.
7. To appoint the medical therapy on the basis of current standards.
8. Identify methods of primary and secondary prevention, prognosis, and working capacity.

To write the justification of a preliminary diagnosis of the patients with back pain, articular syndrome and another signs of the SCTD, a survey plan and a treatment plan.

6. The basic level of knowledge and skills

No.	Discipline	Know	Be able to
1	Anatomy	Anatomic structure of the spine and joints.	
2	Histology	Structural elements of bones and cartilage.	
3	Pathophysiology	Signs of the muscles and joints immunocomplex inflammation.	
4	Pharmacology	Anti-inflammatory drugs Glucocorticoids. Immunodepressions.	Prescribe recipes for these medicines.
5	Propaedeutic of internal medicine	Clinical signs of the diseases with articular syndrome.	To independently conduct a clinical examination. Recognize clinical symptoms. Conduct an evaluation of clinical data (complaints, anamnestic data, review).
6	Internal Medicine	Diagnostics of SCTD and SV. Methods of the inflammatory process evaluation, immunocomplex inflammation (common blood count, rheumatic	Estimate physical examination data. Set a preliminary diagnosis. Make a plan of laboratory and instrumental research

		probe, autoimmune markers, X-ray, Echo). Instrumental research methods. Tactics of patient management depending on the main reason. Standards of the treatment. Primary and secondary prevention. Expertise of the working capacity. Prognosis.	methods. Evaluate data from laboratory and instrumental studies. Perform differential diagnosis. To formulate a clinical diagnosis. Make a plan of treatment. To introduce dispensary supervision, examination of disability.
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7. List of theoretical questions, which are discussed in the lesson:

1. Causes of arthralgia / myalgia, of joints diseases
2. Methods of muscles and joints examination
3. Clinical picture and criteria for diagnosis of systemic lupus erythematosus, systemic scleroderma, dermatomyositis, nodular polyarthritis, osteoarthritis, rheumatoid arthritis, gouty arthritis
4. Differential diagnosis at SCTD and SV;
5. Standards for treatment of systemic lupus erythematosus, systemic scleroderma, dermatomyositis, nodular polyarthritis, osteoarthritis, rheumatoid arthritis, gouty arthritis;
6. Standards of treatment of reactive arthritis;
7. The primary diagnostics and differential diagnostics of the diseases manifested by hemorrhagic syndrome (data of the physical, laboratory and instrumental investigation)
8. Clinical management of patients with hemorrhagic syndrome. Current treatment protocols according to modern standards and guidelines.
9. The common approaches to the management of the patient with unknown origin
10. The common approaches to the management of the patient with the weight loss

8. Methodology of practical training

1. After checking the presence, the teacher conducts a written entrance control of the basic knowledge (a set of 10 tests is applied according to the number of students)
2. Distribution of students for the management of patients

No.	The task	Teacher's guidance for students	Teacher's notices for students
1	To master the methodology		

	of the X-ray evaluation and the results of the laboratory tests		
2	Curation of patient with SCTD and articular syndrome	During the examination: 1. Conduct a detailed survey, examination of the patient, palpation, percussion and auscultation 2. To find and substantiate the main syndromes: articular, inflammatory, hemorrhagic 3. Rationale for the preliminary diagnosis 4. To determine the future management and treatment of this patient.	Pay special attention to detailing the patient's complaints, history of the disease, risk factors of the complications.

3. The analysis of theoretical questions on the topic of the lesson.
4. Analysis of the patient in the patient's bed.
5. Interpretation of detected clinical symptoms.
6. Discussion of the results of instrumental and laboratory research methods.
7. The appointment of drug therapy to the patient in the light of the clinical situation.
8. Evaluation of the effectiveness of treatment in a hospital.
9. Consideration of prophylaxis and prognosis of the disease in this patient.
- 10 Conducting the final testing.

10. Information sources:

1. Harrison's principles of internal medicine, 18-th edition.
2. Kumar & Clark Clinical Medicine, 7-th edition.
3. Internal disease 2nd edition // Educational guideline for 6th year English speaking student. Volume 3.- 2018.- Dnipro
4. Internal disease 3rd edition (revised and update) // Educational guideline for 6th year English speaking student. Volume 3.- 2019.- Dnipro. – 501 p
5.
<https://www.rheumatology.org/Practice-Quality/Clinical-Support/Clinical-Practice-Guidelines>

