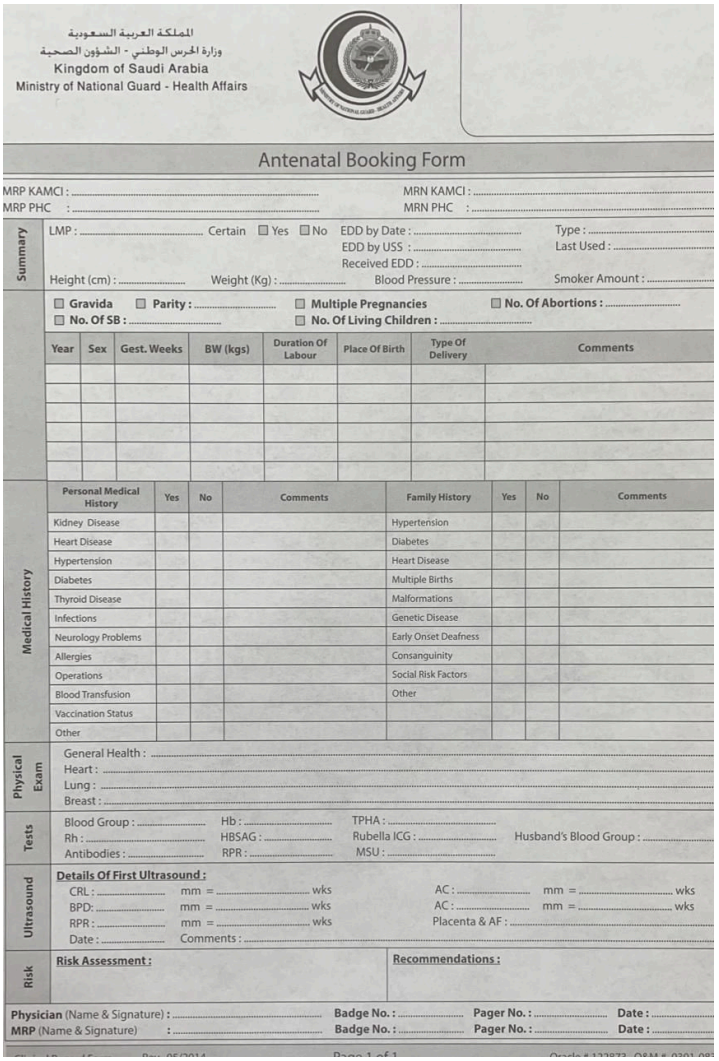
Centers references:

These references were sent by dr. asmaa to the students coordinators in all centers, so you can use them to prepare for osce

- Week1:
  Kindly read about headache, approach With hx and red flags
  https://www.aafp.org/afp/2013/0515/hi-res/afp20130515p682-t7.gif
- Week2: (same references as case discussion number 5 given by dr. asmaa)
  This week, our goal to learn antenatal counseling According to the following links
    - Folic acid -Dietary -Common queries(travel , hair dye,,Ects)
    - recommend examination
    - how to calculate GA , EDD

  https://www.aafp.org/afp/2014/0201/hi-res/afp20140201p199-t2.gif
  https://www.aafp.org/afp/2014/0201/hi-res/afp20140201p199-t1.gif
  https://www.aafp.org/afp/2014/0201/hi-res/afp20140201p199-ut1.gif
  https://www.aafp.org/afp/2017/0515/hi-res/afp20170515od4-t1.gif
  https://www.aafp.org/afp/2014/0201/hi-res/afp20140201p199-t3.gif
  This paper summaries all important work in ANC



المملكة العربية السعودية
وزارة الحرس الوطني - الشؤون الصحية
Kingdom of Saudi Arabia
Ministry of National Guard - Health Affairs

Antenatal Booking Form

MRP KAMCI : ..... MRN KAMCI : .....
MRP PHC : ..... MRN PHC : .....

Summary

LMP : ..... Certain ☐ Yes ☐ No EDD by Date : ..... Type : .....
EDD by USS : ..... Last Used : .....
Received EDD : .....
Height (cm) : ..... Weight (Kg) : ..... Blood Pressure : ..... Smoker Amount : .....

☐ Gravida ☐ Parity : ..... ☐ Multiple Pregnancies ☐ No. Of Abortions : .....
☐ No. Of SB : ..... ☐ No. Of Living Children : .....

Year	Sex	Gest. Weeks	BW (kgs)	Duration Of Labour	Place Of Birth	Type Of Delivery	Comments

Medical History

Personal Medical History	Yes	No	Comments	Family History	Yes	No	Comments
Kidney Disease				Hypertension			
Heart Disease				Diabetes			
Hypertension				Heart Disease			
Diabetes				Multiple Births			
Thyroid Disease				Malformations			
Infections				Genetic Disease			
Neurology Problems				Early Onset Deafness			
Allergies				Consanguinity			
Operations				Social Risk Factors			
Blood Transfusion				Other			
Vaccination Status							
Other							

Physical Exam

General Health : .....
Heart : .....
Lung : .....
Breast : .....

Tests

Blood Group : ..... Hb : ..... TPHA : .....
Rh : ..... HBSAG : ..... Rubella ICG : ..... Husband's Blood Group : .....
Antibodies : ..... RPR : ..... MSU : .....

Ultrasound

Details Of First Ultrasound :
CRL : ..... mm = ... wks AC : ..... mm = ... wks
BPD : ..... mm = ... wks AC : ..... mm = ... wks
RPR : ..... mm = ... wks Placenta & AF : .....
Date : ..... Comments : .....

Risk

Risk Assessment : | Recommendations :

Physician (Name & Signature) : ..... Badge No. : ..... Pager No. : ..... Date : .....
MRP (Name & Signature) : ..... Badge No. : ..... Pager No. : ..... Date : .....

- Week3
  هذا الاسبوع حيكون النقاش عن Insomnia evaluation
  و بالذات Sleep hygiene
  24 yrs old health male , medical student diagnosed with 1 ry insomnia and come to you for counseling about sleep hygiene only !!
  https://www.aafp.org/afp/2015/1215/hi-res/afp20151215p1058-ut2.gif
  https://www.aafp.org/afp/2015/1215/hi-res/afp20151215p1058-ut1.gif
  https://www.aafp.org/afp/2015/1215/hi-res/afp20151215p1058-t5.gif
  https://www.aafp.org/afp/2015/1215/hi-res/afp20151215p1058-t1.gif
  https://www.aafp.org/afp/2015/1215/p1058-s1.html

- week4

  Topic for this wk > DASH diet
  How to Counsel Pt about lowering blood pressure without medication 👌
  https://www.aafp.org/afp/2015/0601/p772-s1.html

- week5:
  هذه مواضيع هذا الاسبوع

  History for chronic cough in Pt finally diagnosed with GERD and Pt education
  Chronic cough History taking (same reference for case discussion number 3)
  https://www.aafp.org/afp/2017/1101/p575.html
  GERD Pt education
  https://www.aafp.org/afp/2015/0515/p692-s1.html
  https://familydoctor.org/condition/heartburn/

- week6: Carpal tunnel

Table 2. Diagnostic Value of History and Physical Examination Findings for Carpal Tunnel Syndrome

Finding	*Sensitivity (%)*	*Specificity (%)*	*Technique*
Flick sign	93	96	History of awakening with symptoms and shaking the hand to provide relief
Positive findings on both the median nerve compression test and the Phalen maneuver	80	92	See individual maneuvers
Classic or probable pattern on hand symptom diagram	64 to 75	73	See Figure 2
Nighttime or morning symptoms	70	43	—
Positive findings on the Phalen maneuver	57 to 68	58 to 73	Flex the patient's wrist 90 degrees with the elbow in full extension; pain or paresthesias in the fingers innervated by the median nerve within 60 seconds are a positive result
Thumb abduction weakness	29 to 65	65 to 80	Ask the patient to raise the thumb perpendicular to the palm, then apply downward pressure on the distal phalanx while the patient resists
Median nerve compression test	64	83	Apply direct pressure over the transverse carpal ligament; sensory symptoms within 30 seconds are a positive result
Square-shaped wrist	53	80	Increased depth-to-width ratio
Tinel sign	36 to 50	77	Repeatedly tap the volar surface of the patient's wrist over the transverse carpal ligament; pain or paresthesias in the fingers innervated by the median nerve are a positive result
Hypalgesia	39	88	Decreased sensation to pain on the palmar aspect of the index finger compared with the ipsilateral little finger on the affected hand
Thenar atrophy	12 to 16	90 to 94	—

Adapted with permission from LeBlanc KE, Cestia W. Carpal tunnel syndrome. Am Fam Physician. *2011;83(8):955, with additional information from references 6, 8, and 9.*

- week 7:
  Last topic for teaching DLP education

https://www.aafp.org/afp/1998/0501/p2207.html

Extra mentioned by dr asmaa:

- وقالت سؤال: How to diagnose GDM? 75g OGTT
- 1)acute diarrhea > focus on *acute non inflammatory*diarrhea, skip tables that include (Abx of choice, manifestations of each pathogen…,)