

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 :					
	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 :		Husband's Blood Group :					
	Rh :		HBSAG :		Rubella ICG :							
Ultrasound	Antibodies :											
	RPR :											
Risk	Details Of First Ultrasound :											
	CRL : mm = wks AC : mm = wks											
	BPD : mm = wks AC : mm = wks											
	RPR : mm = wks Placenta & AF :											
	Date : Comments :											
	Risk Assessment :					Recommendations :						
Physician (Name & Signature) :										Badge No. :	Pager No. :	Date :
MRP (Name & Signature) :										Badge No. :	Pager No. :	Date :

- Week3

هذا الاسبوع سيكون النقاش عن

Sleep hygiene و بالذات

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

<i>Finding</i>	<i>Sensitivity (%)</i>	<i>Specificity (%)</i>	<i>Technique</i>
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 سوال: 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...,)