**Learn with the Aging Patients**

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| --- | --- | --- | --- | --- | --- |
|  | Age 13-20 | Age 21-40 | Age 41-60 | Age 61-80s | Age 90-100 |
| Female PatientGroup #1 | Asthma | Urinary Tract Infection | Anxiety | Hypertension | * Advanced Care Planning
* Palliative Care
* Deprescribing
* Provider orders for life-sustaining treatment (POLST)
 |
| Female PatientGroup #2 | Dysmenorrhea | Depression | Dyslipidemia | Hypothyroidism |
| Male PatientGroup #3 | Sports Injury, Knee or Ankle Sprain | Conjunctivitis | Type 2 Diabetes | Insomnia |
| Male PatientGroup #4 | Acne | Pharyngitis | Chronic Obstructive Pulmonary Disease  | Dementia |

**Use this framework as a guide to create your own patients**

1. Patient demographics
2. Chief complaint
3. History of present illness
4. Past medical, surgical, psychosocial, family history
5. Medications and allergies
6. Review of systems
7. Physical assessments
8. Diagnostic investigations
9. Differential diagnoses with rationales
10. Plan of care

Note: To keep it concise, please only include pertinent data, specifically in 3, 4, 6, & 7.

**Group 1**

Asthma:

What are the characteristics of asthma?

How do you diagnose asthma?

How do you differentiate asthma from chronic obstructive pulmonary disease (COPD)?

What are the differences in treatments?

How do you evaluate the effectiveness of treatments?

Urinary Tract Infection (UTI):

How do you diagnose UTI? What's the difference between simple vs. complex UTI? Male vs. female UTI?

Do you always need to wait for the culture and sensitivity results before initiating antibiotics for UTI?

What are the first-line treatment options for nonpregnant vs. pregnant patients?

What is a recurrent UTI?

When would you recommend UTI prophylaxis?

Anxiety

How do you diagnose anxiety?

How do you evaluate the severity of anxiety? Any validated tool or questionnaire that you would use?

What are the first-line treatment options for generalized anxiety disorder? Social/Performance anxiety? Phobia? Panic attack?

What factors to consider when deciding to start a patient on nonpharmacological treatment alone vs. combined with pharmacological treatments?

If a patient has sexual dysfunction on SSRI, what would be your alternative option?

If a patient is pregnant or postpartum, what would be your choice?

Hypertension (HTN)

How do you diagnose HTN?

What factors to consider when deciding to start a patient on nonpharmacological treatment alone vs. combined with pharmacological treatments?

What are the nonpharmacological options for HTN?

What are the first-line treatment options for HTN & their monitoring parameters?

For patients with HTN & Diabetes, what are the drugs of choice?

What's your treatment target for a 61-year-old, otherwise healthy, vs. an 80-year old patient?

**Group 2**

Dysmenorrhea:

What are the treatment options for dysmenorrhea?

What are the pros and cons of those options?

How would you counsel patients?

What are the contraindications for various treatment options, e.g., oral contraceptive pill, NSAIDs, etc.?

Depression:

How would you diagnose depression?

How do you evaluate the severity of depression? Any validated tool or questionnaire that you would use?

What factors to consider when deciding to start a patient on nonpharmacological treatment alone vs. combined with pharmacological treatments?

What are the first-line treatment options?

If a patient has sexual dysfunction on SSRI, what would be your alternative option?

If a patient is pregnant or postpartum, what would be your choice?

If the patient has depression & chronic pain, what would be your choice?

Dyslipidemia

How do you diagnose dyslipidemia?

What factors to consider when deciding to start a patient on nonpharmacological treatment alone vs. combined with pharmacological treatments?

What are the nonpharmacological interventions?

How would you decide when to start pharmacological vs. nonpharmacological interventions? What's your first line, second line choice?

Any monitoring parameters with the above drugs?

Hypothyroidism

How do you diagnose hypothyroidism?

What are the treatment options?

How do you decide how much levothyroxine to prescribe?

What are the monitoring parameters, and how often would you monitor?

How would you know if the levothyroxine dose is too high for your patient? What would you do then?

**Group 3**

Sports injury—knee or Ankle (choose one of the two):

What's Ottawa Knee rule and Ankle rule?

How do you decide if the patient needs imaging?

What are the treatment options?

When would you refer the patient to a specialist?

Conjunctivitis

How do you differentiate viral vs. bacterial vs. allergic conjunctivitis?

What are the treatment options for each?

Any nonpharmacological management?

What factors to consider when deciding to start a patient on nonpharmacological treatment alone vs. combined with pharmacological treatments?

You have prescribed antibiotic eye drops for a pediatric patient. What would you instruct your patient with bacterial conjunctivitis in terms of when to return to school?

Type 2 Diabetes (DM)

How do you diagnose Type 2 DM?

If you were to design a diabetes care flow sheet for the providers at your practice, what would you include on that sheet?

What factors to consider when deciding to start a patient on nonpharmacological treatment alone vs. combined with pharmacological treatments?

What are the first-line treatment options for Type 2 DM?

At what point would you start your patient on insulin? E.g., after how many oral medications?

What's the A1c target for a patient who is 50 years old vs. 80 to 90 years old?

Insomnia

How do you diagnose insomnia?

What are the nonpharmacological treatment options for insomnia?

What are the pharmacological treatment options for insomnia?

What factors to consider when deciding to start a patient on nonpharmacological treatment alone vs. combined with pharmacological treatments?

What are the common and severe side effects? Any potential for misuse or abuse? Any of them on the Beer's list?

**Group 4**

Acne:

How do you determine whether it's mild, moderate, or severe acne?

What are the treatment options for each of the above?

Would you use Isotretinoin for mild to moderate acne? Why and why not? What are the monitoring parameters and patient teaching points related to Isotretinoin?

What factors to consider when deciding to start a patient on nonpharmacological treatment alone vs. combined with pharmacological treatments?

Pharyngitis

How do you differentiate between bacterial and viral pharyngitis?

What factors to consider when deciding to start a patient on nonpharmacological treatment alone vs. combined with pharmacological treatments?

When would you prescribe antibiotics?

What are the first-line treatment options for strep throat?

What if your patient is allergic to the first-line drug? What would you choose?

COPD

What are the hallmarks of COPD? How would you diagnose COPD?

How do you differentiate COPD vs. Asthma?

What are the differences in treatments?

How do you evaluate the effectiveness of treatments?

Dementia

What are the different types of dementia?

How would you diagnose Alzheimer's dementia?

What are the common medical issues associated with each stage—mild, moderate, severe?

When would you initiate the discussion of Advanced Care Planning with the patient and their family?

What are the treatment options? How effective are they?