

**Thematic plan of practical classes**  
**For " OUTPATIENT THERAPY " discipline**  
**For the 5th year faculty of international students**

*The thematic plan was approved at a meeting of the Department of Outpatient Therapy and General Medical Practice (Protocol No. 10 of 08/30/2024)*

**1. Differential diagnostics of broncho-obstructive syndrome. Outpatient aspects of diagnostics and treatment of bronchial asthma and chronic obstructive pulmonary disease. Emergency medical care for an asthma attack in outpatient settings. (6 hours)**

1) The concept of broncho-obstructive syndrome, the main diseases accompanied by this syndrome, the algorithm of diagnostic search.

2) Bronchial asthma. Definition. Risk factors. Classification. Outpatient patient examination plan. Formulation of diagnosis. Clinical examination.

3) Emergency medical care for an asthma attack and asthmatic status in outpatient settings.

4) Principles of step-by-step treatment of bronchial asthma in outpatient settings. Indications for hospitalization. Examination of temporary disability. Indications for referral to the MREC. Prevention.

5) Chronic obstructive pulmonary disease (COPD). Risk factors. Classification. Outpatient examination plan, formulation of diagnosis. Clinical examination.

6) Principles of COPD treatment in outpatient settings. Indications for hospitalization. Temporary disability examination. Indications for referral to the MREC. Prevention.

**2. Differential diagnostics of chest pain. Outpatient aspects of diagnostics and treatment of non-coronary heart diseases. (6 hours)**

1) Causes and mechanisms of chest pain development. Angina syndrome. Main diseases manifested by angina syndrome. Heart diseases accompanied by non-coronary cardialgia. Features of chest pain syndrome caused by extracardiac diseases (abdominal organs, lungs and pleura, mediastinum, spine, peripheral nervous system and shoulder girdle muscles). Examination plan for a patient with chest pain.

2) Myocarditis. Causes. Diagnostic criteria. Outpatient patient examination plan. Indications for hospitalization. General principles of treatment. Clinical follow-up after myocarditis. Temporary disability examination. Indications for referral to the Medical and Social Expertise Commission. Prevention.

3) Pericarditis. Classification. Clinical signs. Outpatient examination plan. Indications for hospitalization. General principles of treatment. Clinical follow-up. Temporary disability examination. Indications for referral to the MREC. Prevention.

4) Cardiomyopathies. Classification. Differential diagnosis of primary cardiomyopathies. Outpatient examination plan for suspected cardiomyopathy. Indications for hospitalization. General principles of treatment. Clinical examination. Temporary disability examination. Indications for referral to the MREC. Prevention.

5) Acute rheumatic fever and chronic rheumatic heart disease. Diagnostic criteria. Outpatient examination plan. Indications for hospitalization. General principles of treatment. Temporary disability examination. Indications for referral to the MREC. Clinical examination.

Prevention.

**3. Differential diagnostics of urinary syndrome. Outpatient aspects of diagnostics and treatment of chronic pyelonephritis, chronic glomerulonephritis and chronic kidney disease. Emergency medical care for renal colic in outpatient settings. Therapeutic aspects of managing patients with type 2 diabetes mellitus in outpatient settings, prevention of complications. (6 hours)**

1) The concept of urinary syndrome, its features in pyelonephritis, glomerulonephritis, urolithiasis, urethritis, cystitis, urinary tract tumors, nephropathy. Algorithm of diagnostic search for urinary syndrome.

2) Chronic pyelonephritis. Risk factors. Outpatient examination plan. Indications for hospitalization. General principles of treatment. Clinical examination. Temporary disability examination. Prevention.

3) Chronic glomerulonephritis. Classification. Outpatient patient examination plan. Indications for hospitalization. General principles of treatment. Clinical examination. Temporary disability examination. Indications for referral to MREC. Prevention.

4) Chronic kidney disease. Definition. Classification. Diagnostic principles. Medical tactics at each stage of chronic kidney disease. Indications for referral to the Medical and Social Expertise Commission. Medical examination.

5) Renal colic: clinical picture, emergency medical care in outpatient settings, medical tactics.

6) Type 2 diabetes mellitus. Risk factors for the development of the disease. Scales for screening carbohydrate metabolism disorders. Diagnostic principles.

7) Coma in diabetes mellitus: hypoglycemic, ketoacidotic, lactic acidotic, hyperosmolar. Algorithm of emergency care at the outpatient stage.

8) Treatment of type 2 diabetes mellitus in outpatient settings: lifestyle modification, prescription of hypoglycemic agents, correction of associated conditions. Hypoglycemic therapy drugs (biguanides, sulfonylurea derivatives, thiazolidinediones, glucose absorption inhibitors, meglitinides, incretin-modifying drugs) and their differentiated use. Indications and principles of insulin therapy in type 2 diabetes mellitus.

**4. Differential diagnostics of articular syndrome. Outpatient aspects of diagnostics and treatment of inflammatory and degenerative diseases of joints (rheumatoid arthritis, reactive arthritis, primary osteoarthritis, gout) in outpatient settings. Differential diagnostics of conditions accompanied by loss of consciousness (fainting, collapse). (6 hours)**

1) Joint syndrome: the concept of arthritis, arthrosis, arthropathy, diseases of the periarticular soft tissues. Risk factors for the development of inflammatory and degenerative joint diseases. Prevention of joint diseases. Methods of physical and special examination of joints and spine. The main diseases accompanied by joint syndrome, diagnostic search algorithm.

2) Rheumatoid arthritis: patient examination plan, diagnostic criteria, medical tactics, indications for hospitalization, general principles of outpatient treatment, temporary disability examination, indications for referral to the MREC, medical examination.

3) Reactive arthritis: definition of the concept, patient examination plan, differential diagnostics, medical tactics, general principles of outpatient treatment, temporary disability examination, indications for referral to the MREC, medical examination.

4) Primary osteoarthritis (osteoarthritis): diagnostic criteria, patient examination plan, medical tactics, outpatient treatment, temporary disability examination, indications for referral to the MREC.

5) Gout: etiology, pathogenesis, epidemiology. Clinical picture, clinical and radiological variants. Diagnostics and differential diagnostics. Treatment. Temporary disability examination, indications for referral to the MREC.

6) Conditions accompanied by loss of consciousness: fainting, collapse.

7) Differential diagnostics of conditions accompanied by loss of consciousness. Sequence and features of physical examination of an unconscious patient, eyewitness interviews. Emergency medical care for fainting, collapse, medical tactics.

## **5. Differential diagnostics of jaundice and hepatosplenomegaly. Outpatient aspects of diagnostics and treatment of chronic hepatitis and liver cirrhosis. (6 hours)**

1) Jaundice. Classification. Differential diagnosis of jaundice in outpatient settings.

2) Hepatomegaly, splenomegaly, hypersplenism: concept, causes. Differential diagnosis.

3) Chronic hepatitis. Classification. Clinical and laboratory syndromes. Outpatient patient examination plan. Indications for hospitalization. General principles of treatment. Temporary disability examination. Clinical examination. Prevention.

4) Liver cirrhosis. Classification. Patient examination plan. Diagnosis formulation rules. General principles of treatment in outpatient settings. Medical tactics. Indications for hospitalization. Temporary disability examination. Indications for referral to the Medical and Social Expertise Commission. Clinical examination.

## **6. Differential diagnostics of dyspeptic syndrome and abdominal pain. Diagnostics and treatment of irritable bowel syndrome. Emergency medical care for "acute abdomen" in outpatient settings. (5 hours).**

1) Dyspeptic syndrome as a collective term characterizing motor dysfunction of various parts of the digestive tract: "gastric" dyspepsia, "intestinal" and "biliary" symptoms, their pathogenesis. The range of diseases accompanied by these symptoms. Outpatient patient examination plan. Outpatient treatment principles.

2) Causes and types of abdominal pain, their pathogenesis. The concept of acute and chronic abdominal pain, "acute abdomen", the range of diseases causing these types of pain. Outpatient patient examination plan.

3) Emergency medical care and outpatient medical tactics for "acute abdomen" and acute abdominal pain.

4) Malabsorption, maldigestion and malnutrition: concepts, pathogenesis. Differential diagnostics of the level of intestinal damage (small, large). Treatment principles.

5) Irritable bowel syndrome. Diagnostic criteria. General treatment principles. Prevention.