

**Common Symptoms**

- (1) Cough & Wheezing
  - Asthma<sup>1-6</sup>
  - COPD<sup>1-6</sup>
- (2) Diarrhea
  - Acute Infectious<sup>1-4</sup>
  - Celiac Disease<sup>1,2,4,6</sup>
  - Inflamm. Bowel Disease<sup>1-3, 5</sup>
- (3) Dizziness
  - Atrial Fibrillation<sup>2-5</sup>
  - Benign Positional Vertigo<sup>1,2</sup>
  - Posterior Circulation Infarct<sup>3,5</sup>
- (4) GI Symptoms, Lower
  - Diverticulitis<sup>1-5</sup>
  - Hemorrhoids<sup>2-6</sup>
  - Irritable Bowel Syndrome<sup>2,4</sup>
- (5) GI Symptoms, Upper
  - Gastroparesis<sup>1,2,5</sup>
  - GERD<sup>1,2,4,6</sup>
  - Ulcer Disease<sup>1-6</sup>
- (6) Headache
  - Brain Tumor<sup>3,5</sup>
  - Migraine<sup>1,2,4</sup>
  - Subarachnoid Hemorrhage<sup>1-3,5</sup>
- (7) Ocular Disturbances
  - Acute Vision Loss<sup>1,3,5</sup>
  - Diplopia<sup>1,3,5</sup>
  - Red Eye<sup>1,3,5</sup>
- (8) Pain
  - Ankle Sprain<sup>2,4,5</sup>
  - Fibromyalgia<sup>1,2</sup>
  - Low Back<sup>2-5</sup>
  - Rotator Cuff<sup>1,2,4,5</sup>
- (9) Painful Legs
  - Acute Ischemia<sup>3,5</sup>
  - Claudication<sup>1,5</sup>
  - Peripheral Neuropathy<sup>1,5,6</sup>
- (10) Skin Complaint
  - Drug Eruption<sup>2-5</sup>
  - Itch<sup>2,4</sup>
  - Pigmented/Raised Lesion<sup>2,3,5,6</sup>
- (11) Sleep Disorders
  - Insomnia<sup>1,4,5</sup>
  - Narcolepsy<sup>1</sup>
  - Obstructive Sleep Apnea<sup>1,5</sup>
- (12) Upper Respiratory Complaints
  - Allergic Rhinitis/Sinusitis<sup>1,2,4</sup>
  - Otitis Externa<sup>1,2,4</sup>
  - Otitis Media<sup>1,2,4</sup>
  - Streptococcal Pharyngitis<sup>1-5</sup>
- (13) Urinary Tract Complaints
  - Dysuria<sup>1-4</sup>
  - Hematuria<sup>1,2,4</sup>
  - Urinary Incontinence<sup>1,2</sup>

<sup>1</sup>Recognize & Describe, <sup>2</sup>Diagnose, <sup>3</sup>Triage & Resuscitate, <sup>4</sup>Manage, <sup>5</sup>Consult, <sup>6</sup>Prevent & Screen

*NB - Definitions are provided on the last page*

## Urgent Syndromes

- (14) Acute Abdominal Pain
  - Abdominal Ischemia<sup>2,3,5</sup>
  - Bowel Obstruction<sup>2,4</sup>
  - Pancreatitis<sup>2,4</sup>
- (15) Altered Mental Status
  - Coma<sup>2,3,5</sup>
  - Delirium<sup>2,3,4,6</sup>
  - Psychosis<sup>1,3,5</sup>
- (16) Cardiac Arrest
  - Asystole<sup>3</sup>
  - Pulseless Electrical Activity<sup>3</sup>
  - Wide-Complex Tachycardia<sup>3</sup>
- (17) Chest Pain
  - Acute Coronary Syndrome<sup>2-5</sup>
  - Angina<sup>2-6</sup>
  - Pneumothorax<sup>2-5</sup>
- (18) Dyspnea
  - Commun. Acq'd Pneumonia<sup>2-5</sup>
  - PE/DVT<sup>2-5</sup>
  - Pleural Effusion<sup>2,4,5</sup>
- (19) Edema
  - Acute/Chron. Kidney Dz<sup>2-6</sup>
  - Cirrhosis<sup>2-5</sup>
  - Congestive Heart Failure<sup>2-5</sup>
- (20) Fever
  - Cellulitis<sup>2,4</sup>
  - Fever in the Newborn<sup>3,5</sup>
  - Postoperative Fever<sup>2,4</sup>
  - Staphylococcal Bacteremia<sup>2,4</sup>
- (21) Muscular Weakness
  - Guillain Barre<sup>1,3,4,5</sup>
  - Myasthenia Gravis<sup>1,4,5</sup>
  - Spinal Cord Compression<sup>1,3-5</sup>
  - Stroke<sup>2-5</sup>
- (22) Shock
  - Anaphylaxis<sup>3,5</sup>
  - Cardiogenic Shock<sup>2,3,5</sup>
  - Hemorrhagic Shock<sup>2,3,5</sup>
  - Sepsis & Septic Shock<sup>2,3,5</sup>
- (23) Syncope
  - Aortic Stenosis<sup>2-5</sup>
  - Epilepsy<sup>2-5</sup>
  - Orthostatic Hypotension<sup>2,4</sup>

## Prevention & Wellness

- (24) Cardiovascular Risk Factors
  - Hypertension<sup>2-6</sup>
  - Diabetes<sup>2-6</sup>
  - Dyslipidemia<sup>2,4-6</sup>
- (25) Diet Disorders
  - Eating Disorder<sup>2,6</sup>
  - Malnutrition<sup>2,6</sup>
  - Obesity<sup>2,6</sup>
- (26) Oral Health
  - Caries & Gingivitis<sup>1,4,6</sup>
  - Oral Cancer<sup>5,6</sup>
  - Dental Pain<sup>1,3,5</sup>
- (27) Other Prevention & Wellness
  - Adherence, Health Literacy<sup>4,6</sup>
  - Counseling, Behavioral Change<sup>4,6</sup>
  - Immunizations<sup>4,6</sup>

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### **Common Aging Issues**

- (28) Complications of Aging
  - Falls<sup>1,3</sup>
  - Hearing Loss<sup>1,5,6</sup>
  - Polypharmacy<sup>4</sup>
- (29) Neurodegenerative Disease
  - Alzheimer Disease<sup>1,5,6</sup>
  - Parkinson Disease<sup>1,5</sup>
  - Prion Disease<sup>1,5</sup>

### **Common Cancers**

- (30) Cancer
  - Breast<sup>1,5,6</sup>
  - Colorectal<sup>1,5,6</sup>
  - Lung<sup>1,5</sup>
  - Prostate<sup>6</sup>

### **Common Developmental Disorders**

- (31) Devel./Learning Disorders
  - ADD/ADHD<sup>1,5</sup>
  - Autism<sup>5</sup>
  - Developmental Delay<sup>1,5</sup>

### **Common Endocrine Disorders**

- (32) Endocrine Disorders
  - Adrenal Insufficiency<sup>1-3</sup>
  - Hypothyroidism<sup>1,2,6</sup>
  - Osteoporosis<sup>1,5,6</sup>

### **Common Infections**

- (33) Herpesvirus Infection
  - EBV Infection<sup>1,2</sup>
  - Genital HSV<sup>1,2,4</sup>
  - Herpes Zoster<sup>1-5</sup>

### **Common Infections (cont'd)**

- (34) Blood-Borne Pathogens
  - Hepatitis B<sup>2,4-6</sup>
  - Hepatitis C<sup>2,4-6</sup>
  - HIV<sup>2,4-6</sup>
- (35) Global Infectious Disease
  - Malaria<sup>1-3</sup>
  - Tuberculosis<sup>1,2</sup>

### **Common Laboratory Abnormalities**

- (36) Abnormal Liver-Related Enzymes
  - Alcoholic Hepatitis<sup>1,2,4</sup>
  - Hemochromatosis<sup>2,6</sup>
  - Hemolysis<sup>2</sup>
- (37) Anemia
  - B<sub>12</sub> & Folate Deficiency<sup>1,2,4</sup>
  - Iron Deficiency<sup>1,2,4,6</sup>
  - Sickle Cell Anemia<sup>1,2,5,6</sup>
- (38) Bleeding Disorders
  - DIC<sup>2,3</sup>
  - Thrombocytopenia<sup>1,2</sup>
  - Vitamin K Deficiency<sup>1,2,4</sup>
- (39) Electrolyte Disorders
  - Anion Gap Acidosis<sup>1,3,4</sup>
  - Hyperkalemia<sup>3,4</sup>
  - Hyponatremia<sup>1,3,4</sup>

### **Common Rheumatologic Disorders**

- (40) Arthritis
  - Osteoarthritis<sup>1,2</sup>
  - Rheumatoid Arthritis<sup>1,2,5</sup>
  - SLE<sup>1-3,5</sup>

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## Mental Health & Illness

- (41) Affective Disorders
  - Bipolar Illness<sup>2-5</sup>
  - Major Depression<sup>2,3</sup>
  - Suicidality<sup>2-5</sup>
- (42) Stress Disorders
  - Anxiety<sup>1,4,5</sup>
  - Panic Disorder<sup>1,3-5</sup>
  - PTSD<sup>1,3,5,6</sup>
- (43) Substance Abuse
  - Alcohol<sup>2-4,6</sup>
  - Opioid<sup>2,3,6</sup>
  - Tobacco<sup>2,4,6</sup>

## Trauma & Violence

- (44) Head Trauma
  - Concussion<sup>2-4,6</sup>
  - Subdural Hematoma<sup>1-3,5</sup>
  - Traumatic Brain Injury<sup>2,3,5</sup>
- (45) Interpersonal Violence
  - Child & Elder Abuse<sup>3-6</sup>
  - Intimate Partner Violence<sup>3-6</sup>
  - Penetrating Trauma<sup>3,5</sup>

## Men's Reproductive Health

- (46) Male Genitourinary Disorders
  - Erectile Dysfunction<sup>1,4,5</sup>
  - Scrotal Mass/Pain<sup>2,3</sup>
  - Testicular Cancer<sup>1,5,6</sup>

## Women's Reproductive Health

- (47) Abnormal Vaginal Bleeding
  - Abnormal Uterine Bleeding<sup>2,4,5</sup>
  - Ectopic Pregnancy<sup>2,3,5</sup>
  - Postpartum Hemorrhage<sup>3,5</sup>
- (48) Gynecologic Symptoms
  - Amenorrhea<sup>2,4,5</sup>
  - Pelvic Pain<sup>2,3,5</sup>
  - Vaginitis<sup>2,4,6</sup>
- (49) Reproduction & Gestation
  - Contraception<sup>4,6</sup>
  - Labor & Delivery<sup>3-5</sup>
  - Prenatal Care<sup>4,6</sup>

<sup>1</sup>**Recognize & Describe:** For symptom or syndrome, describe the classic illness script\* for the top three most prevalent causes plus the most emergent cause. For a disease, describes the illness script\*.

<sup>2</sup>**Diagnose:** In addition to recognizing and describing (above), outlines diagnostic criteria (where applicable), orders and interprets appropriate diagnostic tests (lab and imaging) based on pretest probability and characteristics of the diagnostic test.

<sup>3</sup>**Triage & Resuscitate:** Recognizes and communicates condition, including presence of “red flag” symptoms/signs; implements life- or limb-saving treatment while arranging for an appropriate expert team to assume care.

<sup>4</sup>**Manage:** Describes evidence-based management strategies, describes criteria for therapeutic success, describes and monitors treatment side effects. Also recognizes epidemiologic factors, comorbidities, and medications that pose risks and require alterations in standard treatment or monitoring. Implements infection control protocols, if indicated.

<sup>5</sup>**Consult:** Identifies appropriate consultant to assist in management, and communicates in time frame appropriate to the patient's needs and pace and severity of the disease.

<sup>6</sup>**Prevent & Screen:** Describe and order evidence-based screening recommendations; outline characteristics of individuals needing a different screening approach based on epidemiology, exposure, or family history that conveys higher risk; interpret results of screening tests and initiate timely referral to the appropriate specialist.

\*Illness Script: includes epidemiology, time course, signs, symptoms, and underlying disease mechanisms