

October 18, 2016 AHD Objectives

Sleep medicine:

1. Describe the different types of insomnia, their diagnostic evaluation and treatment options.
2. Describe the signs and symptoms that would prompt an internist to consider the diagnosis of the sleep-related breathing disorders: obstructive sleep apnea and central sleep apnea. Know how to make the diagnosis of these disorders and the treatment options for these disorders.
3. Describe the hypersomnia syndromes of narcolepsy with and without cataplexy.
4. Define and describe the other sleep disorders including parasomnias, REM behavior disorder, and Circadian rhythm disorders.

PFT interpretation:

1. List the three factors that must be confirmed before PFTs can be reliably interpreted.
2. Describe the six steps of interpretation of PFTs and understand their values in order to make a diagnosis.

Solitary Pulmonary Nodule:

1. Define a solitary pulmonary nodule.
2. List some of the common etiologies of benign and malignant solitary pulmonary nodules.
3. Describe the radiologic features suggestive of a benign lesion vs. a malignant lesion.
4. Describe the patient characteristics that increase the risk of a nodule being malignant.
5. Discuss the indication for PET/CT in the evaluation of a pulmonary nodule.
6. Describe the management algorithm of patients with nodules < 8mm or >8mm.