**July 11, 2023**

**AHD Objectives**

**How to Study During Internal Medicine Residency:**

1. Recall the different ways adults learn.
2. Develop a plan to approach studying this year, this should be tailored to your year in residency.

Supplemental reading: <https://knowledgeplus.nejm.org/blog/internal-medicine-certification-exam-residency-study-tool/>

**Acute Pain Management**

1. Describe the differences between somatic, visceral, and neurogenic pain.
2. Describe the initial management of an opiate naïve patient who is in acute severe pain and who has normal renal function. Describe the initial management of the same patient who is in acute renal failure.
3. Describe the initial management of a patient with chronic long active opiate use who presents with the onset of severe acute on chronic pain.
4. Understand the opiate equivalents.
5. Know how to access the prescription drug monitoring program (PDMP or PMP) database to make informed decisions about opioid therapy.
6. Understand mechanisms of nausea and pharmacologic and non-pharmacological approaches to manage nausea.

**Sepsis Diagnosis and Management:**

1. Define sepsis and septic shock according to the Third International Definition published in 2016. Define the SIRS criteria and describe its limitations.
2. Describe the SOFA score and qSOFA score.
3. Describe the management of sepsis including the volume of resuscitation, the type of fluid recommended, goal MAP, timing of antibiotic therapy and the importance of source control.
4. Understand the prognosis and utility of lactate levels and the appropriate vasopressor to use in sepsis refractory to fluids.