**Nov 10**

**Pleural Effusions**

1. Describe the symptoms and physical exam findings of a pleural effusion.
2. Describe the indications for thoracentesis.
3. Describe the appropriate tests to order to evaluate pleural fluid according to Light’s criteria, 2-test and 3-test rule. Know how to determine if the fluid is transudative or exudative.
4. Describe the differential for transudative effusions and describe the evaluation that can help determine when a transudative effusion is falsely exudative (especially after diuretics have been given.)
5. Describe the differential for exudative effusions. Know the indications for chest tube drainage of exudative pleural effusions.

**COPD**

1. Define COPD based on pathophysiology and spirometry.
2. Describe the different stages of COPD severity by Gold criteria.
3. Know the recommended treatment for each stage of COPD severity.
4. Describe the diagnosis and management strategy of COPD exacerbation.

**Sleep/OSA**

1. Describe the risk factors, and 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.
2. Describe the increase in mortality and morbidities associated with undiagnosed or untreated OSA.
3. Describe the STOP-BANG questionnaire and how it helps to look for the diagnosis of sleep apnea. Understand its sensitivity and specificity for the diagnosis of OSA.
4. Describe the apnea-hypopnea index and how it relates to the diagnosis of OSA. Understand the indications for full-night and split-night polysomnography studies.
5. Describe the treatment strategies for OSA including lifestyle changes, positive airway pressure, and oral appliances. Know the indications for bariatric surgery in the treatment of OSA.