

OVERVIEW OF GASTROINTESTINAL DISEASES SKILLS COURSE

A/Prof Goh Lee Gan

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INTRODUCTION

This family practice skills course focuses on gastrointestinal diseases. This area of practice is chosen because it is an area of practice that is of everyday importance both in the family practice setting in the community as well as in the hospital based setting. Not all gastrointestinal symptoms are red flags but it is certainly important to be able to recognise which patients have self-limiting disease and which have early serious disease that needs to be identified in time. A systematic approach in history taking, clinical examination, appropriate investigations and timing referral to our gastroenterologist colleagues will stand all of us in good stead. Adequate patient education, explanation and follow-up is also important. This family practice skills course has capacity building as the end in mind. Please make a note of the dates – 7th and 8th March 2009.

The sponsorship of AstraZeneca in this family practice skills course is gratefully acknowledged. Thanks are also due to our specialist colleagues who are the domain experts in this course for writing the course material for six topics, for delivering the lectures and sharing their expertise, as well as some of them for being resource persons in the skills workshops.

COURSE OUTLINE AND CME POINTS

This skills course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated below.

Components and CME Points

- Distance Learning Course – 6 units (1 CME point per unit)
- 2 Seminars (2 CME points per seminar)
- Workshops (2 CME points)
- Reading papers on GASTROINTESTINAL DISEASES – read 5 out of 10 recommended journals (max. of 5 CME points for the whole CME year)

Distance Learning Course

- Unit 1: Diagnosis and Management of Gastroesophageal Reflux Disease
(Prof Fock Kwong Ming)
- Unit 2: Gastritis and Peptic Ulcer Disease
(Dr Richard Guan)
- Unit 3: Gastric Cancer, Barrett's Esophagus and Esophageal Adenocarcinoma
(Prof Ho Khok Yu)
- Unit 4: A Clinical Approach to Upper Gastrointestinal Conditions (Prof Teo Eng Kiong)
- Unit 5: Approach to Lower Gastrointestinal Conditions
(Dr Yim Heng Boon)
- Unit 6: Diagnosis & Management of the Irritable Bowel Syndrome
(A/Prof Gwee Kok Ann)

COURSE TOPIC DETAILS

Unit 1: Diagnosis and Management of Gastroesophageal Reflux Disease

- Definition
- Diagnosis
- Management of GERD

Unit 2: Gastritis and Peptic Ulcer Disease

- Gastropathy and Gastritis
- Peptic Ulcer Disease
- Non-steroidal anti-inflammatory drugs and peptic ulcer
- Complications of peptic ulcer
- The refractory ulcer

Unit 3: Gastric Cancer, Barrett's Esophagus and Esophageal Adenocarcinoma

- Introduction
- Diagnosis and Treatment
- Gastric Cancer
- Barrett's Esophagus
- Esophageal Adenocarcinoma

Unit 4: A Clinical Approach to Upper Gastrointestinal Conditions

- Introduction to the anatomical segments of the
- Abdominal wall and its visceral association
- Organs with symptoms referable to the upper abdomen
- Clinical presentation of upper gastrointestinal pathology
- Physical examination of patients with upper abdominal symptoms
- Relevant investigations
- Empirical treatment
- Case Studies

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Unit 5: Approach to Lower Gastrointestinal Conditions

- What to look for in a patient with lower abdominal pain
 - o History
 - o Physical Examination
- What to look out for in a patient with chronic diarrhoea
- What to look out for in a patient with chronic constipation
 - o Evaluation
 - o Physical Examination
- Symptoms and signs of lower gastrointestinal bleeding

Unit 6: Diagnosis & Management of the Irritable Bowel Syndrome

- Definitions
- Diagnostic criteria
- Clinical features of IBS
- Management of IBS
- Investigations
- Treatment of IBS

FACE-TO-FACE SESSIONS

Seminar 1: 7 March 2009

2.00pm – 4.15pm

Unit 1: Diagnosis and Management of Gastroesophageal Reflux Disease
(Prof Fock Kwong Ming)

Unit 2: Gastritis and Peptic Ulcer Disease
(Dr Richard Guan)

Unit 3: Gastric Cancer, Barrett's Esophagus and Esophageal Adenocarcinoma
(Prof Ho Khek Yu)

Workshop 1: 7 March 2009

4.30pm – 6.45pm

Workshop A : Case Studies
(Dr Richard Guan)
- Liver Function Test

Workshop B : Demonstration / Practical Skills
(Prof Ho Khek Yu)
- Endoscopic pictures interpretation, types of bowel preps
- X-ray films of GIT conditions

Note: Workshop A and Workshop B will run concurrently as a round robin. Course participants will be assigned a group to attend workshop A followed by workshop B (Group 1), or workshop B followed by workshop A (Group 2). Please also take note that the workshops will be conducted only on Saturday evening.

Seminar 2: 8 March 2009

2.00pm – 4.15pm

Unit 4: A Clinical Approach to Upper Gastrointestinal Conditions
(Prof Teo Eng Kiong)

Unit 5: Approach to Lower Gastrointestinal Conditions
(Dr Yim Heng Boon)

Unit 6: Diagnosis & Management of the Irritable Bowel Syndrome
(A/Prof Gwee Kok Ann)