

Primary Care Commonalities

Content Outline

Objectives

- Provide an overview of hypertension in adults and its evaluation and management
- Discuss fatigue in adults and its evaluation and management
- Review evaluative and treatment approaches to management of dizziness

1. Hypertension in Adults
 - A. Screening and diagnosis
 1. Organizational guidelines
 2. Blood pressure thresholds
 - B. Diagnosis
 1. Guidelines for taking blood pressure
 2. Factors that adversely affect blood pressure readings
 - C. Management
 1. Lifestyle change recommendations
 2. Pharmacotherapies for treatment
 3. Monitoring response to treatment
2. Fatigue in Adults
 - A. Types of fatigue and associated conditions
 1. Physiologic fatigue and its causes
 2. Chronic fatigue and its causes
 3. Secondary fatigue and its causes
 - B. Myalgia Enccephalomyelitis/Chronic Fatigue Syndrome
 1. Diagnostic criteria
 2. Characteristics and pathophysiology
 3. Treatments
3. Dizziness in Adults
 - A. Differential diagnosis
 1. Peripheral
 2. Central
 3. Other
 - B. Presentation and physical examination
 1. Episodic or acute
 2. Triggered or spontaneous
 3. Dix-Hallpike and Epley maneuvers
 4. HINTS evaluation approach
 5. Laboratory evaluation and imaging
 - C. Management

Reading Material Resources- Page 2

Reading Material Resources

Module WB2611: Primary Care Commonalities is based on the resources listed below. A copy of the resources is included with the module.

Hypertension in Adults: Initial Evaluation and Management, Clarke, Lindsey, S., American Family Physician, Volume 108, Number 4, October 2023, 352-359

Fatigue in Adults: Evaluation and Management, Latimer, et al., American Family Physician, Volume 108, Number 1, July 2023, 58–69

Dizziness: Evaluation and Management, Rogers, et al., American Family Physician, Volume 107, Number 5, May 2023, 514-525