

## RHEUMATOLOGY GOALS AND OBJECTIVES

### Faculty:

Abraham Gedalia, M.D.

### Goals:

1. Understand how to distinguish normal or transient disorders from pathological rheumatogenic conditions.
2. Understand how to diagnose and manage rheumatologic problems which generally do not require referral.
3. Understand how to recognize, initiate management of, and refer rheumatologic problems which require referral.
4. Understand the management of a child with a limp.
5. Understand the general pediatrician's role in prevention and health maintenance of rheumatologic disorders.

**Competency Tools:** Multiple choice quiz.

### Learning Objectives and Curriculum Content:

1. Define range of motion of joints at various stages of normal physical development.
2. Differentiate arthralgia from arthritis.
3. Differentiate benign, self-limited leg pains from potentially serious ones.
4. Recognize, describe the pathophysiology of, and manage these conditions:
  - a. Benign musculoskeletal pain
  - b. Drug reactions with associated arthralgias or arthritis (e.g. serum sickness)
  - c. Growing pains (idiopathic limb pains of childhood.)
  - d. Henoch-Schonlein Purpura
  - e. Hypermobility syndrome
  - f. Patellofemoral syndrome
  - g. Transient synovitis
  - h. Fibromyalgia syndrome
  - i. Pain and somatization syndromes
  - j. Reflex sympathetic dystrophy
  - k. Orthopedic problems (legg-calv-perth's disease, osgood-schlatter, slipped capital femoral epiphysis, chondromalacia petelae)
5. Recognize, provide initial management of, and refer as needed the following:
  - a. Acute rheumatic fever
  - b. Arthritis associated with malignancy, inflammatory bowel disease, viral infections, bleeding diatheses
  - c. Juvenile dermatomyositis

- d. Juvenile rheumatoid arthritis
  - e. Kawasaki's syndrome
  - f. Lyme disease
  - g. Mixed connective tissue disease
  - h. Scleroderma
  - i. Spondyloarthropathies
  - j. Systemic lupus erythematosus
  - k. Systemic vasculitides (polyarteritis nodosa, Takayasu arteritis)
- I.
- l. Childhood sarcoidosis
  - m. Familial Mediterranean fever in children
6. Discuss the evaluation, diagnostic work up, differential diagnosis, and initial management of the child with:
- a. Limp
  - b. Swollen or painful joint
  - c. Refusal to walk
  - d. Refusal to use a limb
7. Counsel patients in endemic areas about how to reduce exposure to Lyme disease.
8. Counsel patients with streptococcal disease or prior rheumatic fever about the importance of antibiotics to reduce the risk of rheumatic fever.
9. Explain the role of physical therapy, occupational therapy, and routine eye exams in various types of juvenile arthritis.

**Skills Acquisition:**

1. Perform a thorough examination of the joints and muscles
2. Interpret positive physical findings in the context of rheumatologic diseases
3. Obtain a complete history in patients with potential rheumatologic disease processes
4. Order and interpret appropriate laboratory tests to evaluate a patient with possible rheumatologic disease.

**Reading Materials:**

1. Nelson Textbook, 17<sup>th</sup> edition.
2. Division article packet.
3. Articles from the attending's files.

**Rotation Requirements:**

1. Residents will be expected to attend 3 weekly rheumatology clinics at Children's Hospital and one clinic per work in Metairie.
2. Residents will be expected to perform inpatient consultations, read about the topic and present the consult to the attending for discussion.
3. Residents will have the opportunity to attend outreach clinics at Children's special services, Earl K. Long Hospital (Baton Rouge) and at the University Medical Center (Lafayette).

4. Residents will be expected to attend grand rounds and journal clubs of the adult rheumatology section at LSU.
5. Residents will be expected to attend City-wide rheumatology (LSU/Ochsner) conference once per month.
6. Residents will be expected to read selected articles and discuss them with the attending.
7. Residents will have the opportunity to participate in clinical or basic science research in rheumatology.