

OBJECTIVES FOR COMMON CLINICAL PROBLEMS

Gastroesophageal Reflux Disease (GERD)

A. Knowledge: Students should be able to define, describe, and discuss:

1. The pathophysiology of GERD including the contributing factors and protective factors:
 - Saliva production
 - Effect of esophageal motility and clearance
 - Effect of lower esophageal sphincter tone and pressure
2. The pathophysiology of acid production and how the common medications effect acid production
3. The symptoms GERD can present with including:
 - Heartburn
 - Chest pain
 - Globus
 - Dysphagia/ motility or mechanical
4. The complications that can occur from GERD:
 - Asthma
 - Laryngitis
 - Peptic stricture
 - Barretts esophagus
 - Esophageal cancer

B. SKILLS: Students should demonstrate specific skills, including:

1. Obtaining an appropriate history in a patient with GERD and be able to elicit the worrisome features/complications including:
 - Stricture
 - Cancer
 - Bleeding
2. Generate a differential diagnosis for the symptoms of GERD
3. Laboratory interpretation: Order and interpret diagnostic and laboratory tests based on the differential diagnosis. These may include:
 - CBC
 - Tests for *Helicobacter pylori*

Students should be able to define the indications for:

- Esophagogastroduodenoscopy
 - pH probe
 - Barium studies of the gastrointestinal tract
4. Students should understand how to manage a patient with GERD including:
 - Lifestyle modification
 - Caffeine
 - Alcohol
 - Diet
 - Weight loss
 - Elevating head of bed
 - Smoking
 - Medical management
 - Proton pump inhibitors
 - H₂ blockers
 - Antacids
 - Surgical management
 - Identify who is a candidate for surgical correction of GERD