Ministry of Health of the Republic of Belarus

Educational Establishment

«Vitebsk State Order of Peoples` Friendship Medical University»

Chair of Propedeutics of Internal Diseases

 It predicated on meeting

 of the chair from

 Protocol № \_\_ "\_\_\_" \_\_\_\_\_\_\_\_\_20\_\_\_yr

**METHODOLOGICAL RECOMMENDATIONS FOR LEARNERS N4**

for practical training

on Propaedeutics of Internal Diseases

for specialty 7-07-0911-01 “General Medicine”

2nd year of medical faculty

full-time higher education

**Theme:** Subjective and objective methods of examination of patients with diseases of the thyroid gland, lymph nodes, musculoskeletal system. Laboratory and instrumental examination methods for diseases of the thyroid gland, lymph nodes, musculoskeletal system

**Time**: 3 academic hours

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**Motivational characteristics of the need to study the topic of the class**

Subjective and objective examination of patients with diseases of the thyroid gland, lymph nodes, musculoskeletal system plays an important role in the initial examination of the patient, as it allows to diagnose a number of thyroid diseases, diseases of the blood system, diseases of the musculoskeletal system, as well as malignant neoplasms.

Evaluation of the data of laboratory and instrumental methods of examination allows to specify a preliminary diagnosis and make a plan of subsequent treatment measures.

**Aims and objectives of the class**

*Teaching objectives*: to acquaint learners with the rules of general and local survey, to disclose the technique of survey and its diagnostic value.

*Developmental objectives:* formation of learners' attentiveness, observation (in the process of practical training), independence (in preparation for practical training).

*Educational objectives:* study and observance of the main issues of medical ethics and deontology in the process of communication with patients

In the process of studying the topic, the learner should

**study:**

*the technique of palpation of the thyroid gland, lymph nodes, the study of bones, joints, muscles;*

**learn to:**

*perform palpation of the thyroid gland, palpation of the available lymph nodes, examine the bone, joint and muscle system;*

**to practice:**

*techniques of palpation of the thyroid gland, lymph nodes, the study of the musculoskeletal system.*

**Practical skills formed during the study of the topic:**

*1. Techniques of palpation of the thyroid gland;*

*2. Methods of palpation of lymph nodes;*

*3. Methods of examination of the musculoskeletal system;*

*4. Interpretation and analysis of laboratory and instrumental methods of examination in diseases of the thyroid gland, lymph nodes, musculoskeletal system.*

**Interdisciplinary and intradisciplinary links**

The study of the topic of the lesson is closely interconnected and is a preparation for the study of disciplines at the following chairs: Chair of Departmental Therapy and Cardiology, Chair of General Medical Practice, Chair of Phthisiopulmonology, Chair of Dermatovenerology and Cosmetology, Cahir of Neurology and Neurosurgery.

**Theoretical part**

When preparing for the lesson, attention should be paid to:

- Methodological guidelines for the organization of independent work of learners”;

- information block of the topic of the lesson in the theoretical section of the course.

**Questions for classroom knowledge control:**

1. Subjective method of examination of patients with thyroid gland diseases: complaints, features of the present disease history, past life history. Diagnostic value. Objective method of examination of patients with thyroid gland diseases. Palpation of the thyroid gland. Degrees of the thyroid gland enlargement according to WHO. Laboratory and instrumental methods of examination in thyroid gland diseases. Diagnostic value.

2. Subjective method of examination of patients with lymph node diseases: complaints, peculiarities of the present disease history, past life history. Diagnostic value. Objective method of lymph nodes examination. Palpation of lymph nodes. The concept of lymphoadenitis and lymphoadenopathy. Diagnostic value. Laboratory and instrumental methods of examination. Diagnostic value.

3. Subjective method of examination of patients with diseases of the musculoskeletal system: complaints, peculiarities of the present disease history, past life history. Diagnostic value. Objective methods of examination of the musculoskeletal system: general and local survey, examination of degree of the muscle development, determination of the muscle strength, detection of changes in the shape of bones, the presence of deformation, pain, determination of the defiguration and deformation of joints, determination of the active and passive mobility. Laboratory and instrumental methods of research. Diagnostic value

**Practice part**

When preparing for the lesson, attention should be paid to:

- information block of the topic of the lesson in the theoretical section of the course and the attached literature.

- training videos presented in the theoretical section on the course DLS (follow the link)

“Musculo-Skeletal examination” <https://www.youtube.com/watch?v=n6btorvK3V4>

“Lymph nodes examination’’ <https://www.youtube.com/watch?v=WSi42C9Nzv8>

“Palpation of thyroid gland” <https://vk.com/video-117441868_456239024>

**Tasks and questions for control mastering of the topic:**

1. Techniques for palpation of the thyroid gland. Degrees of thyroid hyperplasia according to WHO;
2. Methods of palpation of lymph nodes and their characteristics;
3. How bones and joints change in various diseases;
4. Types of spinal curvatures;
5. How to determine muscle tone and strength;
6. Laboratory and instrumental methods of examination used in diseases of the thyroid gland, enlargement of lymph nodes, diseases of the musculoskeletal system.

**Questions for supervised independent work (SIW).**

*SIW is not applicable*

**Assignments for supervised independent work (SIW).**

*SIW is not applicable*

**Deadline for completion of supervised independent work (SIW).**

*SIW is not applicable*

**Forms of control of supervised independent work (SIW).**

*SIW is not applicable*

**Literature**

**Basic:**

1. Немцов, Л.М. Пропедевтика внутренних болезней = Propaedeutics of Internal Diseases: в 2 ч. : учеб. пособие : для иностр. студентов учреждений высш. образования по специальности «Лечебное дело». Ч. 1 : Обследование органов дыхания и сердечно-сосудистой системы / Л. М. Немцов. - Витебск: ВГМУ, 2021. – p. 40-55. – 154 экз. Режим доступа: <https://elib.vsmu.by/handle/123/23000>

**Additional:**

1. Немцов Л.М. General propedeutics of internal diseases: Lecture course (Общая пропедевтика внутренних болезней: Курс лекций (на английском языке), 2-е издание / Л.М. Немцов. – Витебск: ВГМУ, 2016. – p. 13-24. – 310 экз. Режим доступа: <http://elib.vsmu.by/handle/123/268>
2. Current Medical Diagnosis & Treatment / edited by Maxine A. Papadakis, Stephen J. McPhee, Michael W. Rabow ; associate ed. Kenneth R. McQuaid. - 61st ed. - New York [etc.] : McGraw-Hill, 2022. -– 1840 pp. – 1 экз.

4. Доценко, Э.А. Методы исследования в клинике внутренних болезней = Diagnostic methods in the internal medicine : практикум для студентов стоматол. фак. на англ. яз. / Э. А. Доценко [и др.]; М-во здравоохранения Республики Беларусь, Белорус. гос. мед. ун-т, Каф. пропедевтики внутрен. болезней. - 2-е изд. - Минск: БГМУ, 2023. – 73 с. – 1 экз