

Elective: Internal Medicine; Gastroenterology

OVERVIEW

A gastroenterology elective is offered at the Health Sciences Centre and St Boniface Hospital for fourth year medical students. The elective student will be an active participant on the inpatient GI consult service and be responsible of the initial assessment of gastroenterology consultations. The history, physical exam, investigations, differential diagnosis and management will be discussed with other members of the team (GI fellow and medical trainee) and the GI consultant. There will be an opportunity to observe upper and lower GI endoscopy, particularly on those patients the student sees in consultation. In addition, the fourth year student will participate in two GI clinics each week at which time they will have the opportunity to see a new patient or a follow up of a common GI disorder and have that case reviewed with the attending physician. The student will participate in all of the teaching rounds and journal clubs that are held during their elective period.

INTRODUCTION

Location(s):

Health Science Centre
St. Boniface General Hospital

Preceptors:

HSC: Drs. Bernstein, Cantor, Singh, Targownik
SBGH: Drs. Duerksen, Ilnyckyj, Moffatt

Contact Person:

Suzanne Doyle, Education Coordinator, Gastroenterology
sdoyle1@hsc.mb.ca
204-789-3888

LEARNING OBJECTIVES (CanMEDS)

Goals & Objectives

On completion of the rotation, the student should be able to:

- 1) Gain proficiency in performing a detailed GI related history and physical examination.
- 2) Develop an approach to the diagnostic workup and management of common gastrointestinal problems.
- 3) Develop expertise in synthesis of clinical data to formulate problem lists and differential diagnoses for common GI problems.
- 4) Understand the risks and indications for upper and lower endoscopy
- 5) Understand clinically relevant GI physiology and pathophysiology associated with disease processes.

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Medical Expert

As Medical Experts, physicians integrate all of the CanMEDS Roles, applying medical knowledge, clinical skills and professional attitudes in their provision of patient-centered care.

The student can expect to be actively involved in the service. This will encompass:

- The medical trainee rotating through GI will become familiar with gastrointestinal diseases by seeing out-patient and in-patient consultations with review by attending supervisor.
- The trainee will be familiar with diagnosis and treatment of common GI diseases with a reading program and attendance at GI rounds. In particular, management of GI bleeding, diarrhea, nausea, emesis, constipation, fecal incontinence, abdominal pain and heartburn should be reviewed. Rotating trainees will understand when it is appropriate to investigate anemia from a GI perspective and when it is not. The trainee will also become familiar with approaches to common GI diseases such as irritable bowel syndrome, non-ulcer dyspepsia, acid peptic disease, gastroesophageal reflux disease, achalasia, Crohn's disease, ulcerative colitis, celiac disease, infectious colitis, ischemic colitis, radiation colitis, and pancreatitis. The trainee will be familiar with commonly order lab tests in the evaluation of GI diseases.

Procedural Skills:

- The trainee will become familiar with major investigational techniques of GI endoscopy and biopsy, including the indications, risks and contraindications of these procedures. They will be familiar with the information obtainable by the above investigations and the interpretation of specimens. Pathology rounds, lab results, x-ray reviews and journal club are the didactic basis for this process. The trainee will continue to expand their knowledge of history and physical exams as a source of new and/or reliable information. Supervision will be provided.

Consultancy Skills:

- The trainee will be expected to demonstrate skills appropriate to the level of training in assessment of inpatient and outpatient consults and effectively communicate suggestions for diagnosis and management to the attending supervisor.

Communicator

Physicians effectively facilitate the doctor-patient relationship and the dynamic exchanges that occur before, during, and after the medical encounter.

As Communicators, students will facilitate the doctor-patient relationship:

- The trainee will continue to improve consultation skills with respect to GI in communication with patients and their families, relatives, support staff, colleagues and attendings.
- The trainee will demonstrate accurate and appropriate progress/consultation notes. Urgent

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follow up recommendations often require direct and clear communication with the admitting team and other professionals.

Collaborator

Physicians effectively work within a healthcare team to achieve optimal patient care.

As Collaborators, students will work effectively within the surgical team to achieve optimal patient care:

- Emphasis will be on recognition of the trainee's role as a member of the health care team – working with allied health professionals, patients, families and supervisors in the decision making process and management plans.
- The trainee will demonstrate clear, thorough and empathic communication skills to patients and their families.
- The trainee will demonstrate accurate and appropriate progress/consultation notes. Urgent follow up recommendations often require direct and clear communication with the admitting team and other professionals.

Leader

Physicians engage with others to contribute to a vision of a high-quality health care system and take responsibility for the delivery of excellent patient care through their activities as clinicians, administrators, scholars, or teachers.

As Leaders, students will participate in the activities of the surgical service, making decisions, allocating resources, and contributing to the effectiveness of the health care team:

- The trainee will become familiar with management of patients with common, uncommon and multi-system problems and understand when it is appropriate to further investigate from a GI perspective and when it is not and what resources would be the best to utilize in various situations. The trainee will also learn from the GI fellow (and at times in the absence of the GI fellow when the trainee must be independent) as to how to manage an inpatient consultation service effectively and efficiently.

Health Advocate

Physicians responsibly use their expertise and influence to advance the health and well-being of individual patients, communities and populations.

As Health Advocates, students will responsibly use their expertise and influence to advance the health and well-being of individual patients, communities and populations:

- The trainee should be able to identify determinants of health that affect a patient (i.e. poverty, unemployment, education, social support, etc.) and adapt management plan accordingly. They should understand the burden of illness at the community level and the societal impact of GI diseases and have an awareness of public and private organizations that provide education and advocacy.

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Scholar

Physicians demonstrate a lifelong commitment to reflective learning, as well as the creation, dissemination, application and translation of medical knowledge.

As Scholars, students will demonstrate a lifelong commitment to learning:

- The trainee is encouraged to implement self-initiated continuing education (i.e. read around cases, and undertake reading on GI topics not exposed to in the clinical rotation). They are to become familiar with analysis of information available and base patient care decisions on available evidence. They should be able to provide constructive feedback on GI issues to patients, students, residents and attendings. To aid in this process the trainee will attend the designated weekly rounds.

Professional

As Professionals, physicians are committed to the health and well-being of individuals and society through ethical practice, profession-Led regulation, and high personal standards of behaviour.

As Professionals, students are committed to health and well-being of individuals through ethical practice, profession-led regulation and high personal standards of behavior:

- The trainee will continue to expand their awareness of ethical issues in medicine and GI, i.e. TPN or PEG's in end stage gut disease. The trainee will participate in the inpatient consultation service and outpatient clinics and learn from the fellows and the attending gastroenterologists as to conducting themselves in the role of health professional.
- The trainee will maintain a professional attitude at all times including when some consultations requests may be considered to be less than appropriate or untimely.
- The trainee will maintain a professional approach with all members of the inpatient hospital staff, including but not limited to other physicians, medical trainees, nurses, nursing aids, ward secretaries, rehabilitation and dietary staff.
- The trainee will demonstrate professional conduct including appropriate attire, professional attitudes and responsibility.

INFORMATION

These are locations, readings, evaluations, call responsibilities, etc.

Required Reading

This guide is made for Internal Medicine residents and medical students rotating through Gastroenterology. The topics listed below are intended to cover common consult scenarios you will encounter during your rotation either as an inpatient or outpatient consultation. Hepatology topics are not covered in this section as this is a separate rotation with its own reading list. Useful websites include the American Gastroenterology Association www.gastro.org, American College of Gastroenterology www.gi.org, and also the Canadian Association of Gastroenterology www.cag-acg.org. We recommend you read consensus guidelines to gain an understanding of the basics before you read

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any clinical trials. Some of the guidelines are outdated so you may want to supplement your reading with a useful resource such as UpToDate.

THIS READING LIST for Topics listed below is ON THE U OF M LIBRARIES TOOLKIT

<http://libguides.lib.umanitoba.ca/gastroenterology>

or

<http://libguides.lib.umanitoba.ca/content.php?pid=231299&sid=1913152#13637551>

Topics to be covered

- 1) Upper GI bleeding
- 2) Colorectal cancer screening
- 3) Ulcerative colitis
- 4) Crohn's disease
- 5) Chronic diarrhea
- 6) Constipation
- 7) Nausea and Vomiting
- 8) Malnutrition Subjective global assessment
- 9) Barrett's Esophagus
- 10) Gastroesophageal reflux disease GERD
- 11) Dyspepsia
- 12) Celiac disease
- 13) Irritable bowel syndrome
- 14) Achalasia
- 15) Lower GI bleeding
- 16) Variceal bleeding
- 17) Obscure GI bleeding
- 18) Dysphagia
- 19) Short bowel syndrome
- 20) Helicobacter pylori
- 21) Acute Pancreatitis
- 22) Diverticular Disease
- 23) Pancreatic cysts
- 24) Microscopic colitis
- 25) U of M IBD Research
<http://www.ibdmanitoba.org/>

Additional Reading

1. Chronic Pancreatitis
2. Eosinophilic Esophagitis
3. Malabsorption Small intestinal bacterial overgrowth

U of M Libraries Toolkit

1. Please also see the U of M Libraries Gastroenterology toolkit for some reading -
<http://libguides.lib.umanitoba.ca/gastroenterology>
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WARD ACTIVITIES

These are examples of schedules, expectations, rotation details, etc. All the details below are subject to change.

Expectations

GASTROENTEROLOGY: HSC SITE

1. In-Person Orientation
 - For an in-person orientation with Suzanne on your first day, please report at 8:45 am to Room 804G, John Buhler Research Centre (8th Floor of the John Buhler Research Centre, Digestive Diseases Group) to Ms. Suzanne Doyle, 789-3888, (sdoyle1@hsc.mb.ca). It will take about 15 minutes.
 - Please also inform Suzanne if you are post-call the first day of your rotation, and if you are doing Guest Call during your GI rotation.
2. Clinics
 - Rotators will be assigned 1-2 ambulatory clinics per week during their GI rotation
3. Academic Half-Days
 - Please inform program when your academic half-day is.
 - GI's Academic Half-Day is Monday or Thursday morning, usually at 9:00 am
 - There are almost always some type of GI rounds on Thursdays at Noon
4. Exit Interview – in the last week of your rotation, you must arrange for a meeting with your preceptor, in order for you to discuss your evaluation.

Please feel free to contact Suzanne Doyle 789-3888 sdoyle1@hsc.mb.ca if you have any further questions regarding your orientation.

GASTROENTEROLOGY: SBGH SITE

1. Orientation
 - Trainees rotating at SBGH are asked to call Dr. Duerksen one week before the start of their rotation (204-237-2796) or by email @ dduerkse@sbgh.mb.ca, to set up the orientation apt. He often meets rotators at 9:00 am on the first day of the rotation, usually in Room C5120, but prior arrangements need to be made, as quite often he is on service.
 - Please inform our GI Chief Resident Esmail Abej (eaabej@yahoo.com) and the program at SBGH Bea Cayer at bcayer@sbgh.mb.ca if you are post-call the first day of your rotation, and if you are doing Guest Call during your GI rotation.
2. Clinics
 - Rotators will do approx. 2 half-day GI Clinics per week in addition to consults
3. Academic Half-Days
 - Please inform program when your Academic Half-Day is.

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- GI's Academic Half-Day is Monday or Thursday morning, usually at 9:00 am
 - There are almost always some type of GI rounds on Thursdays at Noon
4. Exit Interview – in the last week of your rotation, you must arrange for a meeting with your preceptor, in order for you to discuss your evaluation.

Please feel free to contact Bea Cayer 237-2796 bcayer@sbgh.mb.ca or Suzanne Doyle 789-3888 sdoyle1@hsc.mb.ca if you have any further questions regarding your orientation.

Service Rounds

- GI PATHOLOGY ROUNDS – MS4 Conference Rm HSC/SBGH – 1 per month – Thursday, 12:00 Noon
- MEDICINE GRAND ROUNDS – Theatre A/NG002 SBGH – 1 per month – Tuesday, 8:00 am
- JOINT GI SURGERY/GI MEDICINE/RADIOLOGY ROUNDS – 1 per month – Wednesday, 11:00
- GI LINK ROUNDS – 535 BMB Bldg/NG002 SBGH – 2 per month – Thursday, 12:00 Noon
- HSC GI Thursday Noon Journal Club
 - HSC: Internal Medicine Resident or GI Fellow – 1 per month – Thursday, 11:30 am
 - SBGH: Internal Medicine Resident or GI Fellow – 1 per month – Thursday, 12:00 Noon
- GI ACADEMIC HALF DAY – 8TH Floor JBRC – 1 per week – TBA
- GI METHODOLOGY ROUNDS – HSC – 1 per month – TBA