

# Medical Emergencies in Primary Care



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Patients with life threatening illness may present to the GP surgery for medical care. Early recognition and treatment are essential in most cases to avoid serious long term morbidity or even unexpected death. This course focuses on these presentations and draws on a symptom based approach to review the recognition and treatment for a range of life-threatening emergencies including anaphylaxis, acute myocardial ischaemia, abdominal disease in the elderly and acute headache.

## **Learning Outcomes:**

**At the completion of the workshop the participants should be able to:**

1. Discriminate the clinical features that indicate life threatening acute anaphylaxis
2. Prioritise the immediate management of the patient with acute anaphylaxis
3. Differentiate the Red flags indicative of a high risk for serious disease in the elderly patient presenting with acute abdominal pain
4. Structure the assessment of the elderly patient presenting with acute abdominal pain
5. Discriminate the features in history and physical examination that indicate a high risk for life threatening disease in a patient presenting with acute chest pain
6. Outline the immediate management of the patient at risk for acute myocardial ischaemia
7. Contrast the clinical presenting features of acute migraine, subarachnoid haemorrhage and bacterial meningitis

## **Summary of the e-Learning Program**

The e-learning is interactive and requires the clinician to consider a range of the clinical problems and scenarios and provide a response. At the end of each topic a summative quiz is used to evaluate learning and understanding of the topic material. There are four topics with a total course time of 8.5 hours.

The four topics are

1. Acute Anaphylaxis - Recognition and Emergency Management
2. Severe Headache - Red flags for Serious disease
3. Acute Abdominal Pain - Assessment and Investigation
4. Cardiac Chest Pain - Immediate Management and ECG diagnosis

# Outline of the Program

## Pre Course Quiz

### 1. Anaphylaxis

**Module summary:** Acute Anaphylaxis is a severe hypersensitivity reaction characterised by cardiovascular collapse and respiratory compromise. Symptoms develop rapidly often within several minutes, (but may develop within seconds to as long as an hour), after contact with the allergen. Management involves assessment of the patients airway, breathing and circulation and the immediate administration of Adrenaline. Additional therapies include nebulised Salbutamol, IV Fluids, IV Glucagon, Vaopressors and Steroids.

#### Interaction/Assessment:

- Video eTutorial : Medical Emergencies in Parimary Care
- Interactive Clinical Casebook: Acute anaphylaxis (Formative assessment: 90 mins)
- Topic Quiz – Acute Anaphylaxis (Summative assessment: 30 mins)

### 2. Acute Severe Headache

**Module summary:** In this module we will consider the serious causes that need to be considered in acute headache and their distinctive clinical features. The "red flags" for serious disease are reviewed and provide important clues for identifying the patient at high risk for serious disease. The module concludes with a review of the evidence based pharmacological management of migraine and tension headache.

#### Interaction/Assessment:

- Interactive Clinical Casebook – Acute Headache (Formative assessment: 90 mins)
- Topic Quiz – Acute Headache (Summative assessment: 30 mins)

### 3. Acute Abdominal Pain

**Module Summary:** Acute abdominal pain is a common cause of serious illness. It is vital to have a sound approach to the assessment, investigation and management of patients presenting with abdominal pain as presentations with serious pathology can be subtle and easily missed. This is particularly true in specific populations such the elderly.

Compared to younger patients, acute abdominal pain in the elderly is associated with a high rate of misdiagnosis. Important considerations when in assessing the elderly patient with abdominal pain include the high incidence of serious disease in this population and an appreciation that “atypical” presentations for serious and life threatening conditions are “typical” in this patient group.

This module explores the assessment of an elderly patient with abdominal pain and identifies red flags and clinical examination findings indicating a high risk for serious illness.

#### Interaction/Assessment:

- Interactive Clinical Casebook – Acute Abdominal pain (Formative assessment: 90 mins)
- Topic Quiz – Acute Abdominal Pain (Summative assessment: 30 mins)

## **4. Acute Chest Pain**

**Module summary:** Chest pain, although a common presentation, remains one of the most difficult presentations to assess and treat because of the risk of missing life-threatening disease. In this topic the approach to the patient with acute chest pain is discussed in detail with the aim of providing a clinical framework to assist the clinician with undertaking assessment and management of patients presenting with acute myocardial ischaemia.

**Interaction/Assessment:**

- Interactive Clinical Casebook – Acute Chest Pain (Formative assessment: 90 mins)
- Topic Quiz – Acute Chest Pain (Summative assessment: 30 mins)

## **5. Final Post Course Assessment Quiz**

Final Course Quiz – Medical Emergencies in Primary Care (Summative assessment: 30 mins)