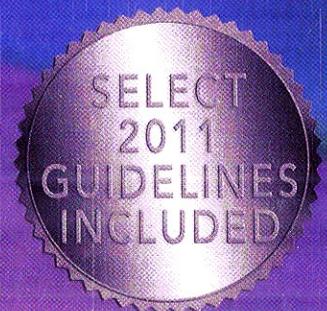


SECOND EDITION

FAMILY PRACTICE GUIDELINES



Jill C. Cash ■ Cheryl A. Glass

EDITORS

SPRINGER  PUBLISHING COMPANY

Contents

SECTION I. GUIDELINES

1. Health Maintenance Guidelines 3

Jill C. Cash and Elizabeth Parks

Pediatric Well-Child Evaluation 3

Anticipatory Guidance by Age 3

Nutrition 3

Exercise 10

Other Providers 11

Adult Risk Assessment Form 11

Adult Preventive Health Care 11

Immunizations 11

Immunizations for Travel 11

2. Pain Management Guidelines 29

Moya Cook

Acute Pain 29

Chronic Pain 30

Lower Back Pain 32

3. Dermatology Guidelines 35

Jill C. Cash

Acne Rosacea 35

Acne Vulgaris 36

Benign Skin Lesions 38

Animal Bites, Mammalian 38

Insect Bites and Stings 40

Candidiasis 42

Contact Dermatitis 43

Eczema or Atopic Dermatitis 44

Erythema Multiforme 46

Folliculitis 47

Hand-Foot-and-Mouth Syndrome 48

Herpes Simplex Virus Type 1 49

Herpes Zoster, or Shingles 50

Impetigo 51

Lice (Pediculosis) 52

Lichen Planus 53

Pityriasis Rosea 54

Precancerous or Cancerous Skin Lesions 55

Psoriasis 56

Scabies 58

Seborrheic Dermatitis 59

Tinea Corporis (Ringworm) 61

Tinea Versicolor 62

Warts 63

Wounds 64

Xerosis (Winter Itch) 65

4. Eye Guidelines 67

Jill C. Cash

Amblyopia 67

Blepharitis 68

Cataracts 68

Chalazion 69

Conjunctivitis 70

Corneal Abrasion 72

Dacryocystitis 73

Dry Eyes 74

Eye Pain 75

Excessive Tears 77

Glaucoma, Acute Angle-Closure 78

Hordeolum (Stye) 79

Strabismus 80

Subconjunctival Hemorrhage 81

Uveitis 81

Resources 82

5. Ear Guidelines 85

Moya Cook

Acute Otitis Media 85

Cerumen Impaction 86

Hearing Loss 87

Otitis Externa 88

Otitis Media With Effusion 90

Tinnitus 91

6. Nasal Guidelines 93

Jill C. Cash

- Allergic Rhinitis* 93
- Epistaxis* 95
- Nonallergic Rhinitis* 97
- Sinusitis* 98

7. Throat and Mouth Guidelines 101

Jill C. Cash

- Avulsed Tooth* 101
- Dental Abscess* 101
- Epiglottitis* 102
- Oral Cancer, Leukoplakia* 103
- Pharyngitis* 105
- Stomatitis, Minor Recurrent Aphthous Stomatitis* 107
- Thrush* 107

8. Respiratory Guidelines 109

Cheryl A. Glass

- Asthma* 109
- Bronchitis, Acute* 113
- Bronchitis, Chronic* 115
- Bronchiolitis* 116
- Chronic Obstructive Pulmonary Disease (COPD)* 118
- Common Cold/Upper Respiratory Infection* 120
- Cough* 122
- Croup, Viral* 124
- Emphysema* 126
- Pneumonia (Bacterial)* 128
- Pneumonia (Viral)* 130
- Respiratory Syncytial Virus* 131
- Tuberculosis* 133

9. Cardiovascular Guidelines 137

Christopher S. Shadowens

- Acute Myocardial Infarction* 137
- Atherosclerosis and Hyperlipidemia* 138
- Chest Pain* 144
- Chronic Venous Insufficiency* 147
- Congestive Heart Failure* 148
- Dysrhythmias* 150
- Hypertension* 156
- Murmurs* 158
- Palpitations* 162
- Peripheral Arterial Disease* 163
- Syncope* 164
- Thrombophlebitis* 166

10. Gastrointestinal Guidelines 171

Cheryl A. Glass

- Abdominal Pain* 171
- Appendicitis* 174
- Celiac Disease* 177
- Cholecystitis* 178

- Colic* 180
- Constipation* 182
- Crohn's Disease* 185
- Cyclosporiasis* 190
- Diarrhea* 192
- Diverticulosis and Diverticulitis* 193
- Elevated Liver Enzymes* 195
- Gastroenteritis, Bacterial and Viral* 198
- Gastroesophageal Reflux Disease (GERD)* 200
- Giardia Intestinalis* 203
- Hemorrhoids* 205
- Hepatitis A* 207
- Hepatitis B* 210
- Hepatitis C* 214
- Hernias, Abdominal* 218
- Hernias, Pelvic* 220
- Hirschsprung Disease, or Congenital Aganglionic Megacolon* 222
- Hookworm, Ancylostoma Duodenale and Necator Americanus*
Definitions 224
- Irritable Bowel Syndrome (IBS)* 225
- Jaundice* 228
- Malabsorption* 231
- Nausea and Vomiting* 233
- Peptic Ulcer Disease* 236
- Pinworm, Enterobiasis Vermicularis* 240
- Post-Bariatric Surgery Management* 241
- Roundworm, Ascaris Lumbricoides* 245
- Ulcerative Colitis* 246
- Resources* 248

11. Genitourinary Guidelines 251

Cheryl A. Glass

- Benign Prostatic Hypertrophy* 251
- Chronic Kidney Disease in Adults (CKD)* 254
Debbie Croley
- Epididymitis* 258
- Hematuria* 259
- Hydrocele* 262
- Interstitial Cystitis* 263
- Prostatitis* 264
- Proteinuria* 267
- Pyelonephritis* 269
- Renal Calculi, or Kidney Stones (Nephrolithiasis)* 272
- Testicular Torsion* 274
- Undescended Testes, or Cryptorchidism* 275
- Urinary Incontinence* 276
- Urinary Tract Infection (Acute Cystitis)* 280
- Varicocele* 283

12. Obstetrics Guidelines 287

Jill C. Cash

- Preconception Counseling: Identifying Patients at Risk* 287
- Routine Prenatal Care* 289
- Anemia, Iron Deficiency* 291

| | |
|--|-----|
| <i>Pregnancy-Induced Hypertension, or Preeclampsia</i> | 292 |
| <i>Preterm Labor</i> | 294 |
| <i>Gestational Diabetes Mellitus (GDM)</i> | 296 |
| <i>Pyelonephritis in Pregnancy</i> | 298 |
| <i>Vaginal Bleeding: First Trimester</i> | 300 |
| <i>Vaginal Bleeding: Second and Third Trimester</i> | 302 |
| <i>Breast Engorgement</i> | 305 |
| <i>Endometritis</i> | 305 |
| <i>Hemorrhage, Late Postpartum</i> | 307 |
| <i>Mastitis</i> | 308 |
| <i>Postpartum Care: Six Weeks Postpartum Exam</i> | 309 |
| <i>Postpartum Depression</i> | 310 |
| <i>Wound Infection</i> | 312 |

13. Gynecologic Guidelines 317

Rhonda Arthur

| | |
|---|-----|
| <i>Amenorrhea</i> | 317 |
| <i>Atrophic Vaginitis</i> | 318 |
| <i>Bacterial Vaginosis (BV, or Gardnerella)</i> | 320 |
| <i>Bartholin Cyst or Abscess</i> | 322 |
| <i>Breast Pain</i> | 323 |
| <i>Cervicitis</i> | 325 |
| <i>Contraception</i> | 326 |
| <i>Dysmenorrhea</i> | 329 |
| <i>Dyspareunia</i> | 331 |
| <i>Emergency Contraception</i> | 333 |
| <i>Endometriosis</i> | 335 |
| <i>Infertility</i> | 337 |
| <i>Menopause</i> | 341 |
| <i>Pap Smear Interpretation</i> | 345 |
| <i>Pelvic Inflammatory Disease (PID)</i> | 347 |
| <i>Premenstrual Syndrome</i> | 349 |
| <i>Vulvovaginal Candidiasis</i> | 351 |

14. Sexually Transmitted Infections Guidelines 355

Elizabeth Parks

| | |
|------------------------------------|-----|
| <i>Chlamydia</i> | 355 |
| <i>Gonorrhea</i> | 356 |
| <i>Herpes Simplex Virus Type 2</i> | 357 |
| <i>Human Papillomavirus (HPV)</i> | 359 |
| <i>Syphilis</i> | 360 |
| <i>Trichomoniasis</i> | 362 |

15. Infectious Disease Guidelines 365

Cheryl A. Glass

| | |
|-------------------------------------|-----|
| <i>Cat Scratch Disease (CSD)</i> | 365 |
| <i>Cytomegalovirus (CMV)</i> | 367 |
| <i>Encephalitis</i> | 370 |
| <i>2009 H1N1 Influenza A</i> | 372 |
| <i>Influenza (Flu)</i> | 374 |
| <i>Kawasaki Disease</i> | 377 |
| <i>Lyme Disease</i> | 379 |
| <i>Meningitis</i> | 381 |
| <i>Mononucleosis (Epstein-Barr)</i> | 384 |

| | |
|--|-----|
| <i>Parvovirus 19 (Fifth Disease)</i> | 386 |
| <i>Rheumatic Fever</i> | 387 |
| <i>Rocky Mountain Spotted Fever</i> | 390 |
| <i>Roseola (Exanthem Subitum)</i> | 392 |
| <i>Rubella (German Measles)</i> | 393 |
| <i>Rubeola (Red Measles, or 7-Day Measles)</i> | 395 |
| <i>Scarlet Fever (Scarlatina)</i> | 397 |
| <i>Toxoplasmosis</i> | 399 |
| <i>Varicella (Chickenpox)</i> | 402 |

16. Systemic Disorders Guidelines 407

Julie Adkins

| | |
|---|-----|
| <i>Chronic Fatigue</i> | 407 |
| <i>Fevers of Unknown Origin (FUO)</i> | 409 |
| <i>Human Immunodeficiency Virus (HIV)</i> | 411 |
| Beverly R. Byram | |
| <i>Idiopathic (Autoimmune) Thrombocytopenic Purpura (ITP)</i> | 415 |
| <i>Iron Deficiency Anemia (Microcytic, Hypochromic)</i> | 417 |
| <i>Lymphadenopathy</i> | 419 |
| <i>Pernicious Anemia (Megaloblastic Anemia)</i> | 421 |
| <i>Systemic Lupus Erythematosus (SLE)</i> | 423 |
| <i>Vitamin D Deficiency</i> | 426 |
| Jill C. Cash | |

17. Musculoskeletal Guidelines 429

Julie Adkins

| | |
|--------------------------------------|-----|
| <i>Fibromyalgia</i> | 429 |
| <i>Gout</i> | 430 |
| <i>Neck and Upper Back Disorders</i> | 431 |
| <i>Osteoarthritis</i> | 433 |
| <i>Osteoporosis</i> | 434 |
| <i>Plantar Fasciitis</i> | 436 |
| <i>Sciatica</i> | 437 |
| <i>Sprains: Ankle and Knee</i> | 438 |

18. Neurologic Guidelines 443

Jill C. Cash

| | |
|---|-----|
| <i>Alzheimer's Disease</i> | 443 |
| <i>Bell's Palsy</i> | 445 |
| <i>Carpal Tunnel Syndrome</i> | 446 |
| <i>Dementia</i> | 447 |
| <i>Guillain-Barré Syndrome</i> | 449 |
| Cheryl A. Glass | |
| <i>Headache</i> | 451 |
| Cheryl A. Glass | |
| <i>Migraine Headache</i> | 454 |
| Cheryl A. Glass | |
| <i>Mild Traumatic Brain Injury (MTBI)</i> | 458 |
| Kimberly D. Waltrip | |
| <i>Multiple Sclerosis</i> | 461 |
| Kimberly D. Waltrip | |
| <i>Myasthenia Gravis</i> | 464 |
| Jill C. Cash | |
| <i>Neurologic Emergency: Febrile Seizures</i> | 465 |
| Cheryl A. Glass | |

Parkinson's Disease 467
Seizures 470
 Cheryl A. Glass
Transient Ischemic Attack (TIA) 474
 Cheryl A. Glass
Vertigo 475

19. Endocrine Guidelines 481

Lynn Followell

Addison's Disease 481
Cushing's Syndrome 483
Diabetes Mellitus 485
Galactorrhea 489
Gynecomastia 490
Hirsutism 491
Hyperthyroidism 492
 Cheryl A. Glass
Hypothyroidism 495
 Cheryl A. Glass
Metabolic Syndrome/Insulin Resistance Syndrome 499
Obesity 501
 Cheryl A. Glass
Polycystic Ovarian Syndrome (PCOS) 504
Raynaud Phenomenon 505
Rheumatoid Arthritis 508
Thyrotoxicosis/Thyroid Storm 510
 Jill C. Cash

20. Psychiatric Guidelines 515

Moya Cook, Jill C. Cash, and Cheryl A. Glass

Anxiety 515
 Moya Cook and Jill C. Cash
Attention Deficit Hyperactivity Disorder 517
 Moya Cook and Jill C. Cash
Depression 520
 Moya Cook and Jill C. Cash
Failure to Thrive 524
 Moya Cook and Jill C. Cash
Grief 526
 Moya Cook and Jill C. Cash
Sleep Disorders 528
 Moya Cook and Jill C. Cash
Substance Use Disorders 531
 Moya Cook
Suicide 535
 Moya Cook and Jill C. Cash
Violence Against Children 536
 Cheryl A. Glass
Violence Against Older Adults 539
 Cheryl A. Glass
Intimate Partner Violence (IPV) 541
 Cheryl A. Glass

SECTION II. PROCEDURES

Bedside Cystometry 550
 Cheryl A. Glass

Clock-Draw Test 551
 Cheryl A. Glass
Epley Procedure for Vertigo 553
 Jill C. Cash
Expressed Prostatic Secretions 555
 Cheryl A. Glass
Evaluation of Sprains 557
 Julie Adkins
Hernia Reduction (Inguinal/Groin) 558
 Cheryl A. Glass
Inserting an Oral Airway 559
 Cheryl A. Glass
Bimanual Examination: Cervical Evaluation During Pregnancy 560
 Jill C. Cash and Rhonda Arthur
Pap Smear and Maturation Index Procedure 562
 Rhonda Arthur
Trichloroacetic Acid (TCA)/Podophyllin Therapy 564
 Rhonda Arthur
Wet Mount/Cervical Cultures Procedure 565
 Jill C. Cash
Intrauterine Device (IUD) Insertion 569
 Rhonda Arthur
Establishing the Estimated Date of Delivery 571
 Cheryl A. Glass
Nonstress Test (NST) 573
 Jill C. Cash
Neurological Examination 574
 Cheryl A. Glass
Rectal Prolapse Reduction 575
 Cheryl A. Glass
Removal of a Foreign Body From the Nose 576
 Cheryl A. Glass
Removal of a Tick 577
 Cheryl A. Glass
References 578

SECTION III. PATIENT TEACHING GUIDES

Patient Teaching Guides for Chapter 1: Health Maintenance 581

Infant Nutrition 582
Childhood Nutrition 584
Adolescent Nutrition 586
Exercise 587

Patient Teaching Guides for Chapter 2: Pain Management 589

Chronic Pain 590
Back Stretches 591

Patient Teaching Guides for Chapter 3: Dermatology Conditions 593

Acne Vulgaris 594
Dermatitis 595
Erythema Multiforme 596
Folliculitis 597

Eczema 598
Herpes Zoster (Shingles) 599
Insect Bites and Stings 600
Lice (Pediculosis) 602
Lichen Planus 603
Pityriasis Rosea 604
Psoriasis 605
Acne Rosacea 606
Ringworm (Tinea) 607
Scabies 608
Seborrheic Dermatitis 609
Skin Care Assessment 610
Tinea Versicolor 611
Warts 612
Wounds 613
Xerosis (Winter Itch) 614

Patient Teaching Guides for Chapter 4: Eye Disorders 615

Conjunctivitis 616
How to Administer Eye Medications 617

Patient Teaching Guides for Chapter 5: Ear Disorders 619

Child With Acute Otitis Media 620
Otitis Externa 621
Cerumen Impaction (Ear Wax) 622
Otitis Media With Effusion 623

Patient Teaching Guides for Chapter 6: Nasal Disorders 625

Allergic Rhinitis 626
Sinusitis 627
Nosebleeds 628

Patient Teaching Guides for Chapter 7: Throat and Mouth Disorders 629

Oral Thrush in Children 630
Pharyngitis 631
Aphthous Stomatitis 632

Patient Teaching Guides for Chapter 8: Respiratory Disorders 633

Acute Bronchitis 634
Asthma 635
*Peak Flow Monitoring and Asthma
 Action Plan* 636
How to Use a Metered-Dose Inhaler 638
Bacterial Pneumonia: Adult 639
Bacterial Pneumonia: Child 640
Bronchiolitis: Child 641
Chronic Bronchitis 642
Common Cold 643
COPD 644

Cough 645
Viral Croup 646
Emphysema 647
Respiratory Syncytial Virus 649
Viral Pneumonia: Adult 650
Viral Pneumonia: Child 651
Nicotine Dependence 652

Patient Teaching Guides for Chapter 9: Cardiovascular Disorders 653

Atherosclerosis and Hyperlipidemia 654
Peripheral Arterial Disease 655
Deep Vein Thrombosis 656

Patient Teaching Guides for Chapter 10: Gastrointestinal Disorders 657

Abdominal Pain: Adults 658
Abdominal Pain: Children 659
Colic: Ways to Soothe a Fussy Baby 660
Crohn's Disease 661
Diarrhea: Adults and Children 663
Gastroesophageal Reflux Disease (GERD) 664
Hemorrhoids 665
Irritable Bowel Syndrome 666
Jaundice and Hepatitis 667
Lactose Intolerance and Malabsorption 668
Management of Ulcers 669
Roundworms and Pinworms 670
Tips to Relieve Constipation 671

Patient Teaching Guides for Chapter 11: Genitourinary Disorders 673

Benign Prostatic Hypertrophy 674
Epididymitis 675
Prostatitis 676
Testicular Self-Examination 677
Urinary Incontinence: Women 678
Urinary Tract Infection (Acute Cystitis) 681

Patient Teaching Guides for Chapter 12: Obstetrics 683

Iron Deficiency Anemia (Pregnancy) 684
Preterm Labor 685
Gestational Diabetes 687
Insulin Therapy During Pregnancy 688
*Urinary Tract Infection During Pregnancy:
 Pyelonephritis* 690
First Trimester Vaginal Bleeding 691
Vaginal Bleeding: Second and Third Trimester 692
Breast Engorgement and Sore Nipples 693
Endometritis 695
Mastitis 696
*Wound Infection: Episiotomy and
 Cesarean Section* 698

**Patient Teaching Guides for Chapter 13:
Gynecology 699**

- Failure to Have a Menstrual Period (Amenorrhea)* 700
- Atrophic Vaginitis* 701
- Bacterial Vaginosis* 702
- Fibrocystic Breast Changes and Breast Pain* 703
- Cervicitis* 704
- How to Take Birth Control Pills (for 28-Day Cycle)* 705
- Basal Body Temperature (BBT) Measurement* 706
- Emergency Contraception* 707
- Painful Menstrual Cramps or Periods (Dysmenorrhea)* 708
- Pain With Intercourse (Dyspareunia)* 709
- Instructions for Postcoital Testing* 710
- Menopause* 711
- Pelvic Inflammatory Disease (PID)* 712
- Premenstrual Syndrome (PMS)* 714
- Vaginal Yeast Infection* 715

**Patient Teaching Guides for Chapter 14: Sexually
Transmitted Infections 717**

- Chlamydia* 718
- Gonorrhea* 719
- Herpes Simplex Virus* 720
- Human Papillomavirus (HPV)* 721
- Syphilis* 722
- Trichomoniasis* 723

**Patient Teaching Guides for Chapter 15:
Infectious Diseases 725**

- Influenza (FLU)* 726
- Lyme Disease and Removal of a Tick* 728
- Mononucleosis* 730
- Rocky Mountain Spotted Fever and Removal of a Tick* 731
- Prevention of Toxoplasmosis* 732
- Chickenpox (Varicella)* 733

**Patient Teaching Guides for Chapter 16:
Systemic Disorders 735**

- Lupus* 736
- Pernicious Anemia* 737
- Reference Resources for Patients With HIV/AIDS* 738

**Patient Teaching Guides for Chapter 17:
Musculoskeletal Disorders 739**

- Fibromyalgia* 740
- Gout* 741
- RICE Therapy and Exercise Therapy* 742
- Osteoarthritis* 743
- Osteoporosis* 744

- Ankle Exercises* 745
- Knee Exercises* 746

**Patient Teaching Guides for Chapter 18:
Neurologic Disorders 747**

- Bell's Palsy* 748
- Dementia* 749
- Febrile Seizures (Child)* 750
- Managing Your Parkinson's Disease* 751
- Mild Head Injury* 752
- Myasthenia Gravis* 753
- Transient Ischemic Attack (TIA)* 754

**Patient Teaching Guides for Chapter 19:
Endocrine Disorders 755**

- Addison's Disease* 756
- Cushing's Syndrome* 757
- Diabetes* 758

**Patient Teaching Guides for Chapter 20:
Psychiatric Disorders 761**

- Alcohol and Drug Dependence* 762
- Coping Strategies for Teens and Adults
With ADHD* 764
- Tips for Caregivers: Living (Enjoyably) With a Child Who
Has ADHD* 765
- Grief/Bereavement* 766
- Sleep Disorders/Insomnia* 767

APPENDICES

Appendix A. Normal Laboratory Values 769

Appendix B. Diet Recommendations 773

- Cheryl A. Glass
- Bland Diet* 774
- DASH Diet: Dietary Approaches to Stop Hypertension* 775
- Gluten-Free Diet* 778
- High-Fiber Diet* 779
- Lactose-Intolerance Diet* 780
- Low-Fat/Low-Cholesterol Diet* 781
- Nausea and Vomiting Diet Suggestions (Children and
Adults)* 782
- Vitamin D Handout* 783
- Special Diet References* 784

Appendix C. Tanner's Sexual Maturity Stages 785

Appendix D. Teeth 787

Index 789