

Recommended Curriculum Guidelines for Family Medicine Residents

Men's Health

The family physician delivers comprehensive care spanning the life of men, from birth through advanced age. As adult men tend to seek health care less often, and many times, at a more advanced stage of disease, family physicians have the opportunity to provide the care to prevent many chronic and potentially debilitating diseases. The following outline specifies certain skills basic to the diagnosis and management of diseases affecting men of all ages.

Attitudes

The resident should develop attitudes that encompass:

- A. An awareness of the desire for men to be treated as competent participants in their health care in a caring and compassionate manner.
- B. The realization that men seek health care less often and usually at more advanced stages of disease progression.
- C. A sensitivity that men are often more reserved in dealing with issues of mental health and sexual dysfunction.
- D. An appreciation that a man's health is affected not only by medical factors but also by family, life cycle, relationships, occupation, community and societal expectations.
- E. An understanding of the importance of disease prevention, wellness and health promotion in adding quality years to men's lives.
- F. Men's responsibility for pregnancy prevention.

Knowledge

The resident should demonstrate knowledge of:

- A. Normal growth and development and variants of each
- B. Normal differences between men and women
 - 1. Physiology
 - 2. Lifespan
- C. Urologic examination
 - 1. Newborn
 - 2. Childhood
 - 3. Adolescence (Tanner stages)
 - 4. Adulthood
 - 5. Geriatric
- D. Health promotion/disease prevention
 - 1. Nutritional needs
 - 2. Exercise programs
 - 3. Weight management and obesity
 - 4. Substance abuse counseling
- 5. Prevention of teen pregnancy
- 6. Avoidance of sexually transmitted diseases
- 7. Motor vehicle safety/seat belt and helmet usage
- 8. Occupational health/injury prevention
- 9. Coronary artery disease
- 10. Cancer screening guidelines
- 11. Oral health
- E. Mental health
 - 1. Anxiety disorders and stress management
 - 2. Depressive illnesses
 - 3. Problems with self-esteem
 - 4. Substance abuse
 - 5. Anger control issues
 - 6. Attention deficit/hyperactivity disorders
 - 7. Suicide
- F. Psychosocial/community issues
 - 1. Gangs and gang violence
 - 2. Criminal behavior
 - 3. Firearms use and abuse
 - 4. Domestic violence
 - 5. Rape
 - 6. Sexual abuse/harassment
 - 7. Role strain
 - 8. Job-related stress/job loss
 - 9. Changing family structures
- G. General medical problems
 - 1. Musculoskeletal injuries/disorders
 - 2. Coronary artery disease
 - 3. Hypertension
 - 4. Congestive heart failure
 - 5. Chronic obstructive pulmonary disease
 - 6. Alcoholism
 - 7. Cirrhosis of the liver
 - 8. Stroke
 - 9. Diabetes mellitus
 - 10. Lung cancer
 - 11. Colon cancer
 - 12. Pancreatic cancer
 - 13. Skin cancer
 - 14. Baldness
 - 15. Obesity
 - 16. Hyperlipidemias
 - 17. Human immunodeficiency virus (HIV)
- 18. Occupational injuries
- H. Reproductive tract infections
 - 1. Sexually transmitted diseases
 - 2. Urethritis
 - 3. Epididymitis
 - 4. Orchitis
 - 5. Prostatitis
- I. Benign diseases of the male anogenital tract/breast
 - 1. Penile anomalies
 - 2. Scrotal and testicular abnormalities
 - 3. Lower urinary tract symptoms
 - 4. Bladder dysfunction
 - 5. Kidney diseases
 - 6. Genital trauma
 - 7. Inguinal hernias
 - 8. Hemorrhoids
 - 9. Anal fissures
 - 10. Gynecomastia
- J. Neoplastic disease of the male genital tract/breast
 - 1. Penile carcinoma
 - 2. Testicular carcinoma
 - 3. Prostatic carcinoma
 - 4. Bladder carcinoma
 - 5. Renal carcinoma
 - 6. Breast carcinoma
- K. Reproduction
 - 1. Normal physiology/anatomy
 - 2. Infertility
 - 3. Contraception methods
 - 4. Effects of aging
 - 5. Adoption
- L. Sexuality
 - 1. Sexual responses throughout life cycle
 - 2. Erectile dysfunction
 - 3. Ejaculatory dysfunction
 - 4. Changes in libido
 - 5. Variety of sexual behaviors
 - 6. Public perception of men (media representation, muscular, controlling, macho)
 - 7. Reproductive responsibility

Skills

The resident should demonstrate skills in:

- A. Vasectomy
- B. Neonatal circumcision
- C. Penile nerve block for neonatal circumcision
- D. Various treatment modalities for penile condylomata
- E. Careful and thorough examination of the:
 - 1. Penis
 - 2. Testicles
 - 3. Scrotal contents
 - 4. Inguinal canals
 - 5. Rectum
 - 6. Prostate
 - 7. Breast
- F. Counseling skills
 - 1. Condom usage
 - 2. Alcohol and other substance use/abuse
 - 3. Smoking/chewing tobacco use
 - 4. STDs/teen pregnancy
 - 5. Motor vehicle safety/seat belt use
 - 6. Firearms safety
 - 7. Medication safety
 - 8. Exercise prescription
 - 9. Education about performance-enhancing drugs
 - 10. Contraception
 - 11. Sexual behavior/safer sex
 - 12. Domestic violence
- G. Urethral swab for sexually transmitted diseases
- H. Foley catheter placement
- I. Microscopic diagnosis of urine ■

Resources

www.ahrq.gov/clinic/uspstfix.htm
— Agency for Healthcare Research and Quality. (U.S. Preventive Services Task Force preventive screening guidelines)

www.cdc.gov — Centers for Disease Control and Prevention. (Guidelines for the treatment of sexually transmitted diseases — updated periodically)

www.nci.nih.gov — National Cancer Institute.

Lenhard RE, Osteen RT, et al. *Clinical Oncology*. Atlanta: The American Cancer Society, 2001.

Rakel RE, ed. *Textbook of Family Practice*. 6th ed. Philadelphia: WB Saunders Co, 2002.

Walsh PC, Retik AB, et al. *Campbell's Urology*. 8th ed. Philadelphia: WB Saunders Co, 2002.

Sirovich BE, Schwartz LM, Woloshin S. Screening men for prostate and colorectal cancer in the United States: does practice reflect the evidence? *JAMA* 2003;289:1414-1420.

Mistry K, Cable G. Meta-analysis of prostate-specific antigen and digital rectal examination as screening tests for prostate carcinoma. *J Am Board Fam Pract* 2003;16(2):95-101.

Lieberman DA, Weiss DG, Bond JH, et al. Use of colonoscopy to screen asymptomatic adults for colorectal cancer. *NEJM* 2000;343(3):162-168.

Published 6/99

Revised 1/04