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Manual of Clinical Problems in Adult Ambulatory Care

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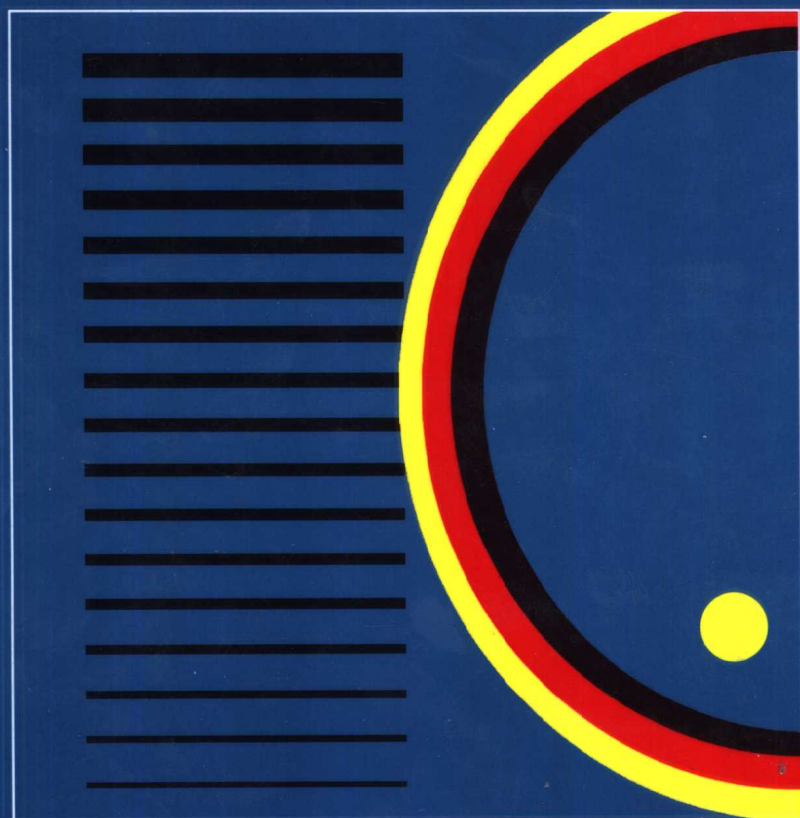
Third Edition

配 英 汉 索 引

非卧床成年病人临床护理手册

Edited by
Laurie Dornbrand

Axalla J. Hoole
Robert H. Fletcher



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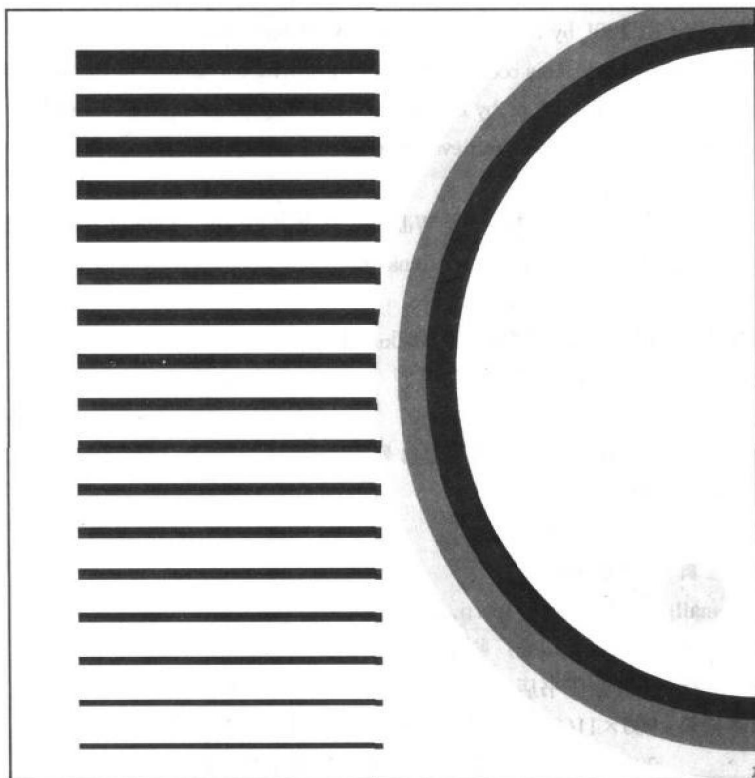
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MANUAL OF CLINICAL PROBLEMS IN ADULT AMBULATORY CARE

WITH ANNOTATED KEY REFERENCES

THIRD EDITION

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Some drugs and medical devices presented in this publication have Food and Drug Administration (FDA) clearance for limited use in restricted research settings. It is the responsibility of the health care provider to ascertain the FDA status of each drug or device planned for use in their clinical practice.

PREFACE

Clinicians need credible, readily available sources of information to do their work well. It is to that end that we offer the *Manual of Clinical Problems in Adult Ambulatory Care*, Third Edition. This manual is intended for all who practice primary care medicine, whether general or subspecialist internists, family physicians, nurse practitioners, physician assistants, or other health professionals.

We began work on the First Edition of this book more than seventeen years ago, while working together in the ambulatory care clinics at the University of North Carolina at Chapel Hill. As clinicians, we often found that traditional medical references did not answer the questions that came up in day-to-day patient care. As teachers, we wanted to present the intellectual basis for the answers to those questions. This book grew out of our efforts to compile, for ourselves and for house staff, information that is scholarly, practical, and accessible.

We selected the topics in this book because they occur frequently in the adult ambulatory care setting. We used both a problem-oriented and a diagnosis-oriented approach, according to the way in which conditions present in practice. Thus, some chapters are concerned with the problems that patients bring to their physicians: for example, dizziness, fatigue, shoulder pain, and headache. Other chapters are concerned with problems identified by the physician, such as proteinuria or lymphadenopathy, or specific diagnoses such as heart failure, peptic ulcer disease, or urinary tract infection. Although we have attempted to make the text comprehensive, it could not be all-inclusive and still fit into a briefcase. The most difficult omission was that of dermatologic problems. These problems are important in primary care, but we had insufficient space to cover them adequately.

We have organized the book traditionally, according to organ systems, with additional sections on infectious disease, men's and women's health issues, and health maintenance. However, many conditions encountered in the primary care setting do not fit neatly into categories or else cross boundaries into several areas. In some cases, our categorizations may seem arbitrary. The chapter on mouth lesions is in the gastrointestinal section but includes material regarding infections, malignancies, and dermatologic problems. Headaches are not strictly a neurological problem but can be manifestations of musculoskeletal problems, infections, or depression. Readers may find it helpful to refer to the index instead of the table of contents to find the part of the book where a given problem is discussed.

Each chapter is intended to answer the questions that clinicians encounter when caring for patients: how often the condition occurs, its natural history, the effectiveness of preventive and therapeutic interventions, and so on. We aimed for brief, practical presentations that also reveal the intellectual rationale for advice. Annotated references are supplied at the end of each chapter to help the reader pursue topics further. We hope that this manual will enable readers to meet the complex and rewarding challenges of caring for patients in ambulatory care settings.

Laurie Dornbrand
Axalla J. Hoole
Robert H. Fletcher

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We are grateful to the contributing authors for their scholarship and for their willingness to adapt their individual styles to conform to our editorial needs. Special thanks are in order to those who, when the process lasted far longer than we had anticipated, graciously updated their revisions.

This, the Third Edition of the manual, has been marked by a number of transitions. Glenn Pickard has retired as an editor of the manual but continues as a contributor. Robert Fletcher has rejoined us after sitting out the Second Edition to edit *Annals of Internal Medicine*.

Sonya Capps of the Division of General Medicine and Clinical Epidemiology at the University of North Carolina was our secretarial mainstay; she helped in innumerable ways to facilitate our complicated cross-country editorial process. The late Yolanda Keyes of the secretarial staff of the Geriatric Research Education and Clinical Center at the Palo Alto Veterans Administration Hospital brought energy and enthusiasm to both the Second and Third Editions. Thanks are due also to her husband, Bud Keyes, who has continued to offer us his technical support.

We also pay tribute to our original publishers, Little, Brown and Company, for their years of enthusiastic support for the manual. Lippincott-Raven Publishers acquired the medical division of Little, Brown just as the Third Edition was going to typesetting. We particularly thank Deeth Ellis of Little, Brown, our editor while this edition was in preparation, and Marie Salter, who took over the production process and the transfer of the manuscript to Lippincott-Raven. We are grateful to Richard Winters, our editor at Lippincott-Raven, for picking up the ball and getting it rolling again, and our production editor, Robert Pancotti, who managed to put the myriad pieces of the manuscript together with efficiency and aplomb.

Laurie Dornbrand
Axalla J. Hoole
Robert H. Fletcher

**MANUAL OF CLINICAL PROBLEMS
IN ADULT AMBULATORY CARE**

WITH ANNOTATED KEY REFERENCES

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