

## How to use this guide

The topic lists are broken into groups of diagnoses which are categorised according to region, physiological and electrolyte outcomes. My reason for presenting in this way is to help with the organisation of your knowledge. In addition, you need to identify the distinguishing features of the illness scripts that allow you to decipher between the differentials for presentations within these categories (note that some diagnoses may belong to multiple categories). To learn the distinguishing features, compare the illness scripts for the diagnoses within the categories. I have placed the diagnoses that I consider to be most important in bold. For each of the diagnoses you will need to know:

- Illness scripts (risk factors, symptoms and signs)
- Differential diagnoses
- Investigations
- Management

Below the topic lists you will find resources arranged by type: Guidelines, Therapeutic guidelines, How to treat, AJGP, AFP, Check, Others. I have also placed the most useful resources that cover, in my opinion, important topics in bold. There are too many resources to expect that you will read them all. You will need to prioritise based on 1) useful resources for important topics (in bold) 2) areas of your personal knowledge deficiency and 3) personal learning style preferences. Hope this helps!

<p><b>Endocrinology topics</b></p> <p><i>Diagnoses</i></p> <p><b>1) Bone issues</b>  <b>Osteoporosis</b>  <b>Hyperparathyroidism</b></p> <p><b>2) Hyperglycaemia</b>  <b>Diabetes type I</b>  <b>Diabetes type II</b>  <b>Diabetic ketoacidosis</b>  <b>Gestational diabetes</b>  <b>Metabolic syndrome</b></p> <p><b>3) Secondary Hypertension</b>  <b>Conn's syndrome</b>  <b>Cushing's syndrome</b>  <b>Phaeochromocytoma</b></p> <p><b>4) Hyperthyroidism</b>  <b>De Quervain's thyroiditis</b>  <b>Grave's disease</b>  <b>Toxic multinodular goitre</b></p> <p><b>5) Hypercalcaemia</b>  <b>Hyperparathyroidism</b>  <b>Hypercalcaemia of malignancy</b></p>	<p><b>Diabetic ketoacidosis</b>  <b>Chronic kidney disease</b></p> <p><b>7) Hypokalaemia</b>  <b>Conn's syndrome</b>  <b>Cushing's syndrome</b>  <b>Central diabetes insipidus</b></p> <p><b>8) Hyponatraemia</b>  <b>SIADH</b>  Hyperglycaemia  Psychogenic polydipsia  <b>Addison's disease</b></p> <p><b>9) Hypothyroidism</b>  <b>Hashimoto's thyroiditis</b>  <b>De Quervain's thyroiditis</b></p> <p><b>10) Miscellaneous</b>  Acromegaly  <b>Diabetes insipidus</b>  <b>Fatigue</b>  Hirsutism  Hyperprolactinaemia  <b>Hypoandrogenism</b>  Hypoparathyroidism</p>
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<p>Familial hypocalciuric hypercalcaemia Paget's disease</p> <p>6) Hyperkalaemia Addison's disease</p>	<p>MEN1 MEN2 Obesity Polycystic Ovarian Syndrome</p>
<p><b>Guidelines</b></p> <p>Management of type 2 diabetes: A handbook for general practice  <a href="https://www.racgp.org.au/getattachment/41fee8dc-7f97-4f87-9d90-b7af337af778/Management-of-type-2-diabetes-A-handbook-for-general-practice.aspx">https://www.racgp.org.au/getattachment/41fee8dc-7f97-4f87-9d90-b7af337af778/Management-of-type-2-diabetes-A-handbook-for-general-practice.aspx</a></p> <p>Osteoporosis prevention, diagnosis and management in postmenopausal women and men over 50 years of age 2<sup>nd</sup> edition  <a href="https://www.racgp.org.au/download/Documents/Guidelines/Musculoskeletal/osteoporosis-guidelines.pdf">https://www.racgp.org.au/download/Documents/Guidelines/Musculoskeletal/osteoporosis-guidelines.pdf</a></p>	
<p><b><u>Etg Therapeutic guidelines</u></b></p> <p>Endocrinology topics:  Diabetes: detection and diagnosis  Diabetes: management  Diabetes: complications</p> <p><b>Thyroid disorders</b>  <b>Adrenal disorders</b>  <b>Pituitary disorders (adenomas, prolactinomas and acromegaly)</b>  <b>Electrolyte abnormalities</b>  Osteoporosis  <b>Disorders of the bone and calcium homeostasis</b>  <b>Male hypogonadism</b>  <b>Androgenisation in women</b></p>	
<p><b><u>Healthpathways (contact your local PHN for website link and password)</u></b></p> <p><i>Diabetes topics</i>  Diabetes and Driving  Diabetes Cycle of Care  Diabetes Dietary Information  Diabetes - Eye Disease  Diabetes Goals for Management  Diabetes - Screening and Diagnosis  Diagnosing Diabetes in Children and Adolescents  Foot Screening in Diabetes  Glycaemic Management - Type 2 Diabetes  Hypercalcaemia  Hypoglycaemia  Insulin in Type 2 Diabetes - Ongoing Management  Newly Diagnosed Type 1 Diabetes in Adults  Newly Diagnosed Type 2 Diabetes in Adults  Ongoing Management of Type 1 Diabetes  Ongoing Management of Type 2 Diabetes  Prediabetes  Starting and Adjusting Insulin Schedule for Type 2 Diabetes  Types of Insulin</p> <p><i>Other endocrinology topics</i></p>	

## **Testosterone Deficiency in Men**

Thyroid Disease in Children

## **Osteoporosis**

**Medications for Osteoporosis**

## **Menopause**

**Menopause Hormone Therapy (MHT)**

## **Australian Journal of General Practice**

**Making choices at menopause**

<https://www1.racgp.org.au/ajgp/2019/july/making-choices-at-menopause>

Androgen deficiency in older men

<https://www1.racgp.org.au/ajgp/2019/july/androgen-deficiency-in-older-men>

Screening for primary aldosteronism: How to adjust existing antihypertensive medications to avoid diagnostic errors

<https://www1.racgp.org.au/ajgp/2020/march/screening-for-primary-aldosteronism>

The diabetic foot ulcer

<https://www1.racgp.org.au/ajgp/2020/may/diabetic-foot-ulcer>

Teaching patients with type 2 diabetes to self-administer insulin

<https://www1.racgp.org.au/ajgp/2019/may/test>

Recent advances in the management of type 1 diabetes

<https://www1.racgp.org.au/ajgp/2019/may/recent-advances-in-management-of-type-1-diabetes>

Hyperglycaemic presentations in type 2 diabetes

<https://www1.racgp.org.au/ajgp/2019/may/hyperglycaemic-presentations-in-type-2-diabetes>

Medication management of type 2 diabetes in residential aged care

<https://www1.racgp.org.au/AJGP/2018/October/Medication-management-of-type-2-diabetes>

**Differentiating between benign and malignant thyroid nodules: An evidence-based approach in General Practice**

[https://www1.racgp.org.au/ajgp/2018/november/differentiating-between-benign-and-malignant-t-\(1\)](https://www1.racgp.org.au/ajgp/2018/november/differentiating-between-benign-and-malignant-t-(1))

**Gestational diabetes mellitus: a pragmatic approach to diagnosis and management**

<https://www1.racgp.org.au/AJGP/2018/July/Gestational-diabetes-mellitus>

## **AFP (RACGP)**

**The suspect – SIADH**

<https://www.racgp.org.au/afp/2017/september/the-suspect-siadh/>

Bariatric-metabolic surgery - the guide for the primary care physician

<https://www.racgp.org.au/afp/2017/july/bariatric%E2%80%93metabolic-surgery-a-guide-for-the-primary-care-physician/>

Pharmacotherapy for obesity

<https://www.racgp.org.au/afp/2017/july/pharmacotherapy-for-obesity/>

Incidental adrenal mass: A primary care approach

<https://www.racgp.org.au/afp/2017/june/incidental-adrenal-masses-a-primary-care-approach/>

Klinefelter syndrome: a General Practice perspective

<http://www.racgp.org.au/afp/2015/november/gender-dysphoria/>

Assessment and management of male androgen disorders: an update

<http://www.racgp.org.au/afp/2014/may/male-androgen-disorders/>

The metabolic syndrome

<http://www.racgp.org.au/afp/2013/august/the-metabolic-syndrome/>

**Goitre: causes investigation and management**

<http://www.racgp.org.au/afp/2012/august/goitre/>

**Hypothyroidism: investigation and management**

<http://www.racgp.org.au/afp/2012/august/hypothyroidism/>

Thyroid disease in the perinatal period

<http://www.racgp.org.au/afp/2012/august/thyroid-disease-in-the-perinatal-period/>

**Evaluating and managing patients with thyrotoxicosis**

<http://www.racgp.org.au/afp/2012/august/evaluating-and-managing-patients-with-thyrotoxicosis/>

**Check (RACGP) via gplearning**

<http://gplearning.racgp.org.au/User/Account/Login?ReturnUrl=%2fuser>

check, unit 560, Endocrine, May 2019

**How to treat website (since 2015)** <http://www.australiandoctor.com.au/home> (click on the how to treat icon and follow the steps – need to register to use)

Hypothyroidism in Adults 8<sup>th</sup> May 2020

Cushing's disease 20<sup>th</sup> March 2020

Primary hyperparathyroidism 5<sup>th</sup> July 2019

Polycystic ovarian syndrome 14<sup>th</sup> June 2019

Hyperthyroidism in adults 22<sup>nd</sup> February 2019

Gestational diabetes 22<sup>nd</sup> June 18

For curriculum topics not covered by the above articles - suggest using **BMJ's Best Practice** or

**Murtagh's General Practice**

All management topics - suggest using **therapeutic guidelines**