

Uva Family Medicine Questions

UVA Family Medicine Questions with answers. 2022. Graded A+

1. A 50 year old female with a ten year history of type II diabetes presents for regularly-scheduled follow up. She has no complaints, and just visited her ophthalmologist last week. Current medications include glyburide, metformin, and simvastatin. On physical exam, vital signs are virtually unchanged from previous visits, with temperature 37.1 C (99 F), HR 80, BP 140/83, RR 15, and O2 Sat 98% on room air. Neurological examination reveals diminished sensation to light touch and pinprick in a stocking distribution on the lower extremities bilaterally. Remainder of physical exam is benign. Laboratory evaluation reveals: Na+ 136, K+ 3.9 Cl- 104, HCO3- 25, BUN 15, Cr 1.0, Glucose 150; hemoglobin A1c: 7.1%; Urinalysis: negative for ketones, glucose, bilirubin, leukocyte esterase, or blood; moderate protein; Lipid profile: Total cholesterol 146, HDL 46, LDL 100. At this time, which of the following would be the most appropriate intervention?

- A. Increase simvastatin
- B. Increase glyburide
- C. Increase metformin
- D. Add HCTZ
- E. Add lisinopril - ✓✓E. Add lisinopril

All diabetics should be on ACE inhibitor or ARB for CV and renal protection

LDL target in patients with known coronary heart disease - ✓✓<100

All diabetics should have a systolic less than? - ✓✓130

2. A 55 year old female comes to the emergency department complaining of a headache for the past six hours. Her headache began abruptly after she finished eating breakfast, and quickly increased to 8/10 throbbing pain located mainly over her right temple. The pain has been associated with mild nausea but no vomiting. She denies chronic or recurrent headaches, but did have one headache similar to this one two weeks ago, which resolved after taking ibuprofen and lying in a quiet, dark room. She has smoked one pack of cigarettes daily for 38 years. On physical exam, the patient has temperature of 37.0 C (98.6 F), pulse of 99, and BP 147/95. Neurological examination is nonfocal, but mild photophobia and nuchal rigidity are noted. Fundoscopic examination reveals no papilledema. Skin exam shows no lesions. CT of

UVA FAMILY MEDICINE QUESTIONS ENCOMPASS A WIDE RANGE OF TOPICS THAT ARE ESSENTIAL FOR BOTH MEDICAL PROFESSIONALS AND PATIENTS ALIKE. FAMILY MEDICINE IS A VITAL BRANCH OF HEALTHCARE THAT FOCUSES ON PROVIDING COMPREHENSIVE AND CONTINUOUS MEDICAL CARE TO INDIVIDUALS AND FAMILIES, EMPHASIZING DISEASE PREVENTION, HEALTH EDUCATION, AND OVERALL WELLNESS. THIS ARTICLE AIMS TO EXPLORE COMMON QUESTIONS RELATED TO UVA FAMILY MEDICINE, INCLUDING ITS PHILOSOPHY, SERVICES, AND PATIENT-CENTERED CARE.

UNDERSTANDING FAMILY MEDICINE AT UVA

FAMILY MEDICINE IS A SPECIALTY THAT PROVIDES PRIMARY CARE FOR INDIVIDUALS OF ALL AGES. UVA FAMILY MEDICINE STANDS OUT FOR ITS COMMITMENT TO HIGH-QUALITY HEALTHCARE THAT INTEGRATES THE BIOLOGICAL, CLINICAL, AND BEHAVIORAL SCIENCES. THE PROGRAM FOCUSES ON TREATING THE WHOLE PERSON RATHER THAN JUST SPECIFIC SYMPTOMS OR DISEASES.

WHAT SERVICES DOES UVA FAMILY MEDICINE OFFER?

UVA FAMILY MEDICINE PROVIDES A COMPREHENSIVE RANGE OF SERVICES TO MEET THE DIVERSE NEEDS OF ITS PATIENTS. KEY SERVICES INCLUDE:

1. **PREVENTIVE CARE:** REGULAR CHECK-UPS, VACCINATIONS, AND SCREENINGS TO DETECT POTENTIAL HEALTH ISSUES EARLY.
2. **CHRONIC DISEASE MANAGEMENT:** ONGOING CARE FOR CHRONIC ILLNESSES SUCH AS DIABETES, HYPERTENSION, AND ASTHMA.
3. **ACUTE CARE:** TREATMENT FOR SHORT-TERM ILLNESSES AND INJURIES.
4. **BEHAVIORAL HEALTH SERVICES:** MENTAL HEALTH SUPPORT AND COUNSELING.
5. **PEDIATRIC CARE:** COMPREHENSIVE HEALTHCARE FOR CHILDREN, INCLUDING IMMUNIZATIONS AND DEVELOPMENTAL ASSESSMENTS.
6. **WOMEN'S HEALTH SERVICES:** SPECIALIZED CARE FOR WOMEN'S HEALTH NEEDS, INCLUDING GYNECOLOGICAL EXAMS AND PRENATAL CARE.

WHO CAN BENEFIT FROM FAMILY MEDICINE?

FAMILY MEDICINE IS DESIGNED FOR EVERYONE, MAKING IT A VERSATILE CHOICE FOR PATIENTS. BENEFITS OF FAMILY MEDICINE INCLUDE:

- **INDIVIDUALS:** ADULTS SEEKING PREVENTIVE CARE AND MANAGEMENT OF HEALTH CONDITIONS.
- **FAMILIES:** FAMILIES CAN RECEIVE COORDINATED CARE FOR ALL MEMBERS, FOSTERING BETTER COMMUNICATION AND UNDERSTANDING.
- **CHILDREN:** PEDIATRIC CARE THAT GROWS WITH THE CHILD, ENSURING CONTINUITY IN HEALTHCARE THROUGHOUT THEIR DEVELOPMENT.
- **OLDER ADULTS:** SPECIALIZED CARE THAT ADDRESSES THE UNIQUE HEALTH CHALLENGES FACED BY SENIORS.

THE PHILOSOPHY OF UVA FAMILY MEDICINE

AT UVA, THE PHILOSOPHY OF FAMILY MEDICINE IS CENTERED AROUND THE PRINCIPLES OF PATIENT-CENTERED CARE. THIS PHILOSOPHY EMPHASIZES THE IMPORTANCE OF BUILDING A STRONG RELATIONSHIP BETWEEN PATIENTS AND THEIR HEALTHCARE PROVIDERS.

WHAT IS PATIENT-CENTERED CARE?

PATIENT-CENTERED CARE IS AN APPROACH THAT RESPECTS AND RESPONDS TO INDIVIDUAL PATIENT PREFERENCES, NEEDS, AND VALUES. IT ENSURES THAT PATIENT VALUES GUIDE ALL CLINICAL DECISIONS. KEY COMPONENTS OF PATIENT-CENTERED CARE INCLUDE:

1. **RESPECT FOR PATIENTS:** HEALTHCARE PROVIDERS ACTIVELY LISTEN TO PATIENTS AND INVOLVE THEM IN THEIR CARE.
2. **INFORMATION SHARING:** PATIENTS RECEIVE CLEAR INFORMATION ABOUT THEIR HEALTH CONDITIONS, TREATMENT OPTIONS, AND POTENTIAL OUTCOMES.
3. **COLLABORATION:** HEALTHCARE TEAMS WORK TOGETHER WITH PATIENTS TO DEVELOP PERSONALIZED CARE PLANS.
4. **HOLISTIC APPROACH:** THE CARE PROVIDED CONSIDERS THE PHYSICAL, EMOTIONAL, AND SOCIAL ASPECTS OF HEALTH.

WHY CHOOSE UVA FAMILY MEDICINE?

CHOOSING UVA FAMILY MEDICINE OFFERS SEVERAL ADVANTAGES:

- **EXPERT PROVIDERS:** A TEAM OF HIGHLY TRAINED FAMILY PHYSICIANS AND HEALTHCARE PROFESSIONALS.
- **COMPREHENSIVE CARE:** ACCESS TO A WIDE RANGE OF SERVICES UNDER ONE ROOF, MAKING IT CONVENIENT FOR PATIENTS.
- **COMMUNITY FOCUS:** A COMMITMENT TO IMPROVING THE HEALTH OF THE LOCAL COMMUNITY THROUGH OUTREACH AND EDUCATION.
- **RESEARCH AND INNOVATION:** INTEGRATION OF THE LATEST MEDICAL RESEARCH AND TECHNOLOGY INTO PATIENT CARE.

FREQUENTLY ASKED QUESTIONS ABOUT UVA FAMILY MEDICINE

AS PATIENTS CONSIDER THEIR OPTIONS FOR HEALTHCARE, THEY OFTEN HAVE QUESTIONS ABOUT FAMILY MEDICINE. HERE ARE SOME COMMON INQUIRIES:

1. WHAT SHOULD I EXPECT DURING MY FIRST VISIT?

DURING YOUR FIRST VISIT TO UVA FAMILY MEDICINE, YOU CAN EXPECT:

- A COMPREHENSIVE HEALTH ASSESSMENT, INCLUDING MEDICAL HISTORY AND CURRENT MEDICATIONS.
- AN OPPORTUNITY TO DISCUSS YOUR HEALTH CONCERNS AND GOALS WITH YOUR HEALTHCARE PROVIDER.
- RECOMMENDATIONS FOR PREVENTIVE CARE AND SCREENINGS BASED ON YOUR AGE AND HEALTH STATUS.

2. HOW DO I CHOOSE A FAMILY MEDICINE PROVIDER?

CHOOSING THE RIGHT FAMILY MEDICINE PROVIDER INVOLVES:

1. **RESEARCH:** LOOK FOR PROVIDERS WITH GOOD REVIEWS AND RELEVANT CREDENTIALS.
2. **COMPATIBILITY:** ENSURE THAT THE PROVIDER'S PHILOSOPHY ALIGNS WITH YOUR HEALTHCARE NEEDS.
3. **ACCESSIBILITY:** CONSIDER THE LOCATION, OFFICE HOURS, AND AVAILABILITY OF THE PROVIDER.

4. **CONSULTATION:** SCHEDULE AN INITIAL CONSULTATION TO SEE IF YOU FEEL COMFORTABLE WITH THE PROVIDER.

3. CAN I SEE A FAMILY MEDICINE PROVIDER FOR MENTAL HEALTH ISSUES?

YES! FAMILY MEDICINE PROVIDERS AT UVA ARE TRAINED TO ADDRESS MENTAL HEALTH CONCERNS, INCLUDING ANXIETY, DEPRESSION, AND STRESS. THEY CAN PROVIDE INITIAL ASSESSMENTS AND RECOMMEND TREATMENT OPTIONS, INCLUDING THERAPY AND MEDICATION MANAGEMENT.

4. WHAT SHOULD I BRING TO MY APPOINTMENT?

FOR YOUR APPOINTMENT, YOU SHOULD BRING:

- A LIST OF CURRENT MEDICATIONS AND DOSAGES.
- ANY PREVIOUS MEDICAL RECORDS OR TEST RESULTS.
- QUESTIONS OR CONCERNS YOU WANT TO DISCUSS WITH YOUR PROVIDER.

5. HOW DOES UVA FAMILY MEDICINE APPROACH PREVENTIVE CARE?

UVA FAMILY MEDICINE TAKES A PROACTIVE APPROACH TO PREVENTIVE CARE BY:

- OFFERING ROUTINE SCREENINGS AND VACCINATIONS.
- EDUCATING PATIENTS ABOUT LIFESTYLE MODIFICATIONS TO REDUCE RISK FACTORS.
- DEVELOPING PERSONALIZED HEALTH PLANS THAT FOCUS ON PREVENTION AND WELLNESS.

CONCLUSION

UVA FAMILY MEDICINE IS DEDICATED TO PROVIDING COMPREHENSIVE, PATIENT-CENTERED CARE THAT MEETS THE DIVERSE NEEDS OF INDIVIDUALS AND FAMILIES. WITH A FOCUS ON PREVENTIVE CARE AND CHRONIC DISEASE MANAGEMENT, PATIENTS CAN EXPECT TO RECEIVE HIGH-QUALITY HEALTHCARE TAILORED TO THEIR UNIQUE CIRCUMSTANCES. WHETHER YOU ARE SEEKING ROUTINE CHECK-UPS, SPECIALIZED SERVICES, OR SUPPORT FOR CHRONIC CONDITIONS, UVA FAMILY MEDICINE IS EQUIPPED TO GUIDE YOU ON YOUR HEALTH JOURNEY. BY UNDERSTANDING COMMON QUESTIONS AND THE PHILOSOPHY BEHIND FAMILY MEDICINE, PATIENTS CAN MAKE INFORMED CHOICES ABOUT THEIR HEALTHCARE AND BUILD LASTING RELATIONSHIPS WITH THEIR PROVIDERS.

FREQUENTLY ASKED QUESTIONS

WHAT SERVICES DOES UVA FAMILY MEDICINE PROVIDE?

UVA FAMILY MEDICINE OFFERS A RANGE OF SERVICES INCLUDING PREVENTIVE CARE, CHRONIC DISEASE MANAGEMENT, ROUTINE CHECK-UPS, IMMUNIZATIONS, AND HEALTH SCREENINGS FOR INDIVIDUALS OF ALL AGES.

HOW CAN I SCHEDULE AN APPOINTMENT AT UVA FAMILY MEDICINE?

YOU CAN SCHEDULE AN APPOINTMENT BY CALLING THE UVA FAMILY MEDICINE OFFICE DIRECTLY OR BY USING THE ONLINE PATIENT PORTAL AVAILABLE ON THE UVA HEALTH WEBSITE.

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Jul 7, 2025 · UVI 8-11 UVA\UVB

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UAV Unmanned Aerial Vehicle United States Department of Defense
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(University of Illinois - Urbana - Champaign).....

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UAV Unmanned Aerial Vehicle United States Department of Defense
(DoD) United States Federal Aviation ...

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