

# OVERVIEW OF DEVELOPMENTS IN DIAGNOSIS AND MANAGEMENT

A/Prof Goh Lee Gan

## INTRODUCTION

This skills course is a brush-up-your-medicine type of course. The focus is on developments in the diagnosis, management of several medical conditions, namely, chronic hepatitis B, benign prostatic hyperplasia, human papillomavirus & cervical cancer, and rotavirus gastroenteritis. The common denominator in these conditions is that there have been new developments in the diagnosis and/or management. In the latter two diseases, vaccines have been developed as part of preventive management.

Chronic hepatitis B management requires a life-long follow-up – to assess indications for antiviral treatment, and to evaluate disease process, including hepatocellular cancer (HCC) development. Three phases of chronic hepatitis B infection are recognized.

The diagnostic approach to prostate disease requires a careful history, complete physical examination, and focussed basic investigations. The main afflictions of the prostate are prostatitis, benign prostatic hyperplasia (BPH), and prostate cancer. The differential diagnosis of a patient with symptoms of lower urinary tract symptoms (LUTS) one needs to keep in mind are: lower urinary tract infection, neuropathic bladder, detrusor instability, detrusor failure, and urethral stricture.

Management of benign prostatic hyperplasia has several options, namely, watchful waiting, medication, minimally invasive therapy, and surgery. The indications and complications of each option need to be understood in order to advise the patient appropriately.

HPV is now confirmed to have a central aetiological role in cervical carcinogenesis. This discovery has led clinicians to use HPV testing as a new adjunctive test to the Pap smear test and investigators to explore HPV testing as the primary screening method. Studies on HPV vaccines are underway and the potential of HPV vaccines in eradicating a large proportion of cervical cancer incidence in the latter part of the century is causing some excitement.

Rotavirus is one of the commonest causes of acute gastroenteritis in children. The main complications are dehydration and electrolyte imbalance. Prevention is by maintaining personal hygiene. Rotavirus vaccination is available nowadays.

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## COURSE OUTLINE AND CME POINTS

Like in the other skills courses, this skills course is made up of several components. You can choose to participate in one or more parts of it. These are described below. The CME points that will be awarded are also indicated below.

### Components and CME Points

- κ Distance learning course – 6 units (see below) – each unit 1 CME point
- κ 2 Seminars (2 CME points each)
- κ 1 Workshop (2 CME points)
- κ Reading papers on diagnosis and management – read 5 out of 10 recommended journals

### Distance Learning Course

- Unit 1 : Chronic Hepatitis B Infection Management  
(*Dr Dede Selamat Sutedja*)
- Unit 2 : Diagnostic Approach to Prostate Disease  
(*A/Prof Christopher Cheng Wai Sam, Dr Nor Azhari Bin Mohd Zam*)
- Unit 3 : Management of Benign Prostatic Hyperplasia  
(*Dr Ng Foo Cheong*)
- Unit 4 : Human Papilloma Virus (HPV) & Cervical Cancer  
(*Dr Tay Eng Hseon*)
- Unit 5 : Rotavirus Gastroenteritis  
(*A/Prof Quak Seng Hock*)
- Unit 6 : Prevention of Childhood Diarrhoea and the Rotavirus Vaccine (*Prof Phua Kong Boo*)

## COURSE TOPIC DETAILS

### Unit 1: Chronic Hepatitis B Infection Management

- κ Spectrum of presentation
- κ Follow-up of chronic hepatitis B infection
- κ Goals and indications for treatment
- κ HBV therapies

### Unit 2: Diagnostic Approach to Prostate Disease

- κ Symptoms and signs
- κ Differential diagnosis
- κ Differentiating BPH from prostate cancer
- κ Investigations of prostate diseases

### Unit 3: Management of Benign Prostatic Hyperplasia

- κ Therapeutic options
- κ Watchful waiting
- κ Medications

- κ Minimally invasive therapy
- κ Surgery
- κ Complications of treatment
- κ Follow up

#### Unit 4: Human Papilloma Virus (HPV) & Cervical Cancer

- κ HPV causes cervical cancer - where is the evidence?
- κ HPV and human infection
- κ Why a vaccine for the prophylaxis of cervical cancer?
- κ Prophylactic HPV vaccine development
- κ Animal Studies
- κ Proof of concept
- κ Therapeutic vaccine
- κ The future

#### Unit 5: Rotavirus Gastroenteritis

- κ Presentation
- κ Pointers in assessment
- κ Complications
- κ Differential diagnosis
- κ Dehydration
- κ Oral rehydration therapy
- κ Medication
- κ Dietary management
- κ Prevention

#### Unit 6: Prevention of Childhood Diarrhoea and the Rotavirus Vaccine

- κ Aetiological agents in diarrhea
- κ Preventive measures in childhood diarrhoea
- κ Role of rotavirus vaccine
- κ Developments in rotavirus vaccine

### FACE-TO-FACE SESSIONS

#### Seminar 1: 22 October 2005

2.00pm – 4.00pm

Unit 1 : Chronic Hepatitis B Infection Management  
(*Dr Dede Selamat Sutedja*)

Unit 2 : Diagnostic Approach to Prostate Disease  
(*Dr Tan Yeh Hong*)

Unit 3 : Management of Benign Prostatic Hyperplasia  
(*Dr Ng Foo Cheong*)

#### Workshop 1: 22 October 2005

4.15pm – 6.15pm

Group A

- κ Case Studies on Benign Prostatic Hyperplasia

Group B

- κ Case Studies on Chronic Hepatitis B

#### Seminar 2: 23 October 2005

2.00pm – 4.00pm

Unit 4 : Human Papilloma Virus (HPV) & Cervical Cancer  
(*Dr Tay Eng Hseon*)

Unit 5 : Rotavirus Gastroenteritis  
(*A/Prof Quak Seng Hock*)

Unit 6 : Prevention of Childhood Diarrhoea and the Rotavirus Vaccine  
(*Prof Phua Kong Boo*)

#### Workshop 2: 23 October 2005

4.15pm – 6.15pm

Group A

- κ Case Studies on Benign Prostatic Hyperplasia

Group B

- κ Case Studies on Chronic Hepatitis B