

PANCE Exam Blueprint

Medical Content Categories

Category	% Allocation
Cardiovascular System	13%
Dermatologic System	5%
Endocrine System	7%
Eyes, Ears, Nose, and Throat	7%
Gastrointestinal System / Nutrition	9%
Genitourinary System (Male and Female)	5%
Hematologic System	5%
Infectious Diseases	6%
Musculoskeletal System	8%
Neurologic System	7%
Psychiatry / Behavioral Science	6%
Pulmonary System	10%
Renal System	5%
Reproductive System (Male and Female)	7%

Task Categories

Category	% Allocation
History Taking and Performing Physical Examination	17 %
Using Diagnostic and Laboratory Studies	12%
Formulating Most Likely Diagnosis	18%
Health Maintenance, Patient Education, and Preventive Measures	10%
Clinical Intervention	14%
Pharmaceutical Therapeutics	14%
Applying Basic Scientific Concepts	10%
Professional Practice	5%

Medical Content Categories

Cardiovascular System 13%

Cardiomyopathy

- Dilated
- Hypertrophic
- Restrictive

Conduction disorders/dysrhythmias

- · Atrial fibrillation/flutter
- Atrioventricular block
- · Bundle branch block
- Paroxysmal supraventricular tachycardia
- · Premature beats
- · Sick sinus syndrome
- · Sinus arrhythmia
- Torsades de pointes
- · Ventricular fibrillation
- · Ventricular tachycardia

Congenital heart disease

- · Atrial septal defect
- · Coarctation of aorta
- Patent ductus arteriosus
- Tetralogy of Fallot
- Ventricular septal defect

Coronary artery disease

- · Acute myocardial infarction
- · Non-ST-segment elevation
- ST-segment elevation
- · Angina pectoris
- · Prinzmetal variant
- Stable
- Unstable

Heart failure

Hypertension

- Essential hypertension
- · Hypertensive emergencies
- · Secondary hypertension

Hypotension

- · Cardiogenic shock
- · Orthostatic hypotension
- · Vasovagal hypotension

Lipid disorders

- Hypercholesterolemia
- · Hypertriglyceridemia
- Traumatic, infectious, and inflammatory heart conditions
- · Acute and subacute bacterial endocarditis
- · Acute pericarditis
- Cardiac tamponade
- Pericardial effusion

Valvular disorders

- Aortic
- Mitral
- Pulmonary
- Tricuspid

Vascular disease

- · Aortic aneurysm/dissection
- · Arterial embolism/thrombosis
- · Arteriovenous malformation
- · Giant cell arteritis
- Peripheral artery disease
- Phlebitis/thrombophlebitis
- Varicose veins
- Venous insufficiency
- · Venous thrombosis

Dermatologic System 5%

Acneiform eruptions

- · Acne vulgaris
- Folliculitis
- Rosacea

Desquamation

- Erythema multiforme
- Stevens-Johnson syndrome
- · Toxic epidermal necrolysis

Diseases/disorders of the hair and nails

- Alopecia
- Onychomycosis
- · Paronychia

Envenomations and arthropod bite reactions

Exanthems

- · Erythema infectiosum (fifth disease)
- · Hand-foot-and-mouth disease
- Measles

Infectious diseases

- Bacterial
 - · Cellulitis
 - Erysipelas
 - Impetigo
- Fungal
 - Candidiasis
 - Dermatophyte infections
- Parasitic
 - Lice
 - Scabies
- Viral
 - · Condyloma acuminatum
 - Herpes simplex
 - Molluscum contagiosum
 - · Varicella-zoster virus infections
 - Verrucae

Keratotic disorders

- · Actinic keratosis
- · Seborrheic keratosis

Neoplasms

- Benign
- Malignant
- Premalignant

Papulosquamous disorders

- · Contact dermatitis
- Drug eruptions

• Eczema

- · Lichen planus
- · Pityriasis rosea
- Psoriasis

Pigment disorders

- Melasma
- Vitiligo

Skin integrity

- Burns
- Lacerations
- Pressure ulcers
- Stasis dermatitis

Vascular abnormalities

- · Cherry angioma
- Telangiectasia

Vesiculobullous disease

- · Pemphigoid
- · Pemphigus

Other dermatologic disorders

- · Acanthosis nigricans
- · Hidradenitis suppurativa
- Lipomas/epidermal inclusion cysts
- Photosensitivity reactions
- · Pilonidal disease
- Urticaria

Endocrine System 7%

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Eyes, Ears, Nose, and Throat 7%

Eye disorders

- Conjunctival disorders
 - · Conjunctivitis
- Corneal disorders
 - Cataract
 - Corneal ulcer
 - Infectious
 - Keratitis
 - Pterygium
- · Lacrimal disorders
 - Dacryocystitis
 - Lid disorders
 - Blepharitis
 - Chalazion
 - Ectropion
 - Entropion
 - Hordeolum
- Neuro-ophthalmologic disorders
 - Nystagmus
 - · Optic neuritis
 - Papilledema
 - · Orbital disorders
 - · Orbital cellulitis
- Retinal disorders
 - Macular degeneration
 - · Retinal detachment
 - Retinopathy
- Traumatic disorders
 - Blowout fracture
 - Corneal abrasion
 - · Globe rupture
 - Hyphema

- · Vascular disorders
 - · Retinal vascular occlusion
- · Vision abnormalities
- Amaurosis fugax
- Amblyopia
- Glaucoma
- Scleritis
- Strabismus

Ear disorders

- External ear
 - · Cerumen impaction
 - · Otitis externa
 - Trauma
- Inner ear
 - Acoustic neuroma
 - Barotrauma
 - Dysfunction of eustachian tube
 - Labyrinthitis
 - Vertigo
- · Middle ear
 - Cholesteatoma
 - · Otitis media
 - Tympanic membrane perforation
- Hearing impairment
- · Other abnormalities of the ear
 - Mastoiditis
 - Meniere disease
 - Tinnitus

Foreign bodies

Neoplasms

- Benign
- Malignant

Nose/sinus disorders

- Epistaxis
- Nasal polyps
- Rhinitis
- Sinusitis
- Trauma

Oropharyngeal disorders

- Diseases of the teeth/gums
- Infectious/inflammatory disorders
 - · Aphthous ulcers
 - Candidiasis
 - Deep neck infection

- Epiglottitis
- Herpes simplex
- Laryngitis
- Peritonsillar abscess
- Pharyngitis
- · Salivary disorders
 - Sialadenitis
 - Parotitis
- Trauma
- · Other oropharyngeal disorders
 - Leukoplakia

Gastrointestinal System / Nutrition 9%

Biliary disorders

- · Acute/chronic cholecystitis
- Cholangitis
- Cholelithiasis

Colorectal disorders

- · Abscess/fistula
- Anal fissure
- Constipation
- Diverticulitis
- Fecal impaction
- Hemorrhoids
- · Inflammatory bowel disease
- · Irritable bowel syndrome
- · Ischemic bowel disease
- Obstruction
- Polyps
- · Toxic megacolon

Esophageal disorders

- · Esophagitis
- · Gastroesophageal reflux disease
- Mallory-Weiss tear
- Motility disorders
- Strictures
- Varices

Food allergies and food sensitivities

- · Gluten intolerance
- · Lactose intolerance
- Nut allergies

Gastric disorders

- Gastritis
- · Peptic ulcer disease
- · Pyloric stenosis

Hepatic disorders

- · Acute/chronic hepatitis
- Cirrhosis

Hernias

Infectious diarrhea

Ingestion of toxic substances or foreign bodies

Metabolic disorders

- · G6PD deficiency
- · Paget disease
- Phenylketonuria
- Rickets

Neoplasms

- Benign
- Malignant

Nutritional and vitamin disorders

- Hypervitaminosis/hypovitaminosis
- Obesity

Pancreatic disorders

· Acute/chronic pancreatitis

Small intestine disorders

- Appendicitis
- · Celiac disease
- Intussusception
- Obstruction
- Polyps

Genitourinary System (Male and Female) 5%

Bladder disorders

- Incontinence
- · Overactive bladder
- Prolapse

Congenital and acquired abnormalities

- Cryptorchidism
- · Peyronie disease
- Trauma
- · Vesicoureteral reflux

Human sexuality

Infectious disorders

- Cystitis
- Epididymitis
- Orchitis
- Prostatitis
- Pyelonephritis
- Urethritis

Neoplasms

- Bladder cancer
- · Penile cancer
- · Prostate cancer
- Testicular cancer

Nephrolithiasis/urolithiasis

Penile disorders

- · Erectile dysfunction
- Hypospadias/epispadias
- Paraphimosis/phimosis

Prostate disorders

• Benign prostatic hyperplasia

Testicular disorders

- Hydrocele/varicocele
- Testicular torsion

Urethral disorders

- Prolapse
- Stricture

Hematologic System 5%

Autoimmune disorders

Coagulation disorders

- · Clotting factor disorders
- Thrombocytopenias

Cytopenias

- Anemia
- Leukopenia

Cytoses

- · Polycythemia
- Thrombocytosis

Hemoglobinopathies

- · Hemochromatosis
- · Sickle cell disease
- Thalassemia

Immunologic disorders

• Transfusion reaction

Neoplasms, premalignancies, and malignancies

- Acute/chronic lymphocytic leukemia
- Acute/chronic myelogenous leukemia
- Lymphoma
- · Multiple myeloma
- Myelodysplasia

Infectious Diseases 6%

Bacterial diseases

- Botulism
- Campylobacter jejuni infection
- Chlamydia
- Cholera
- Diphtheria
- Gonococcal infections
- Gonorrhea

- Methicillin-resistant Staphylococcus aureus infection
- Rheumatic fever
- · Rocky Mountain spotted fever
- Salmonellosis
- Shigellosis
- Tetanus

Fungal diseases

- Candidiasis
- Cryptococcosis
- Histoplasmosis
- Pneumocystis

Mycobacterial diseases

- · Atypical mycobacterial disease
- Tuberculosis

Parasitic diseases

- · Helminth infestations
- Malaria
- Pinworms
- Toxoplasmosis
- Trichomoniasis

Prenatal transmission of disorders

- · Congenital varicella
- Herpes simplex virus
- Human papillomavirus
- Zika virus

Sepsis/systemic inflammatory response syndrome

Spirochetal diseases

- · Lyme disease
- Syphilis

Viral diseases

- Cytomegalovirus infections
- · Epstein-Barr virus infections
- Erythema infectiosum
- · Herpes simplex virus infections
- HIV infection
- · Human papillomavirus infections
- Influenza
- Measles
- Mumps
- Rabies
- · Roseola
- Rubella
- Varicella-zoster virus infections

Musculoskeletal System 8%

Chest/rib disorders

- Deformities
- Fractures

Compartment syndrome

Degenerative diseases

Osteoarthritis

Infectious diseases

- Osteomyelitis
- · Septic arthritis

Lower extremity disorders

- Avascular necrosis
- Developmental dysplasia
- Fractures/dislocations
- · Osgood-Schlatter disease
- Slipped capital femoral epiphysis
- · Soft-tissue injuries

Neoplasms

- Benign
- Malignant

Rheumatologic disorders

- Fibromyalgia
- Gout/pseudogout
- · Juvenile rheumatoid arthritis

Osteoporosis

- · Polyarteritis nodosa
- · Polymyalgia rheumatica
- Polymyositis
- · Reactive arthritis
- Rheumatoid arthritis
- Sjögren syndrome
- Systemic lupus erythematosus
- Systemic sclerosis (Scleroderma)

Spinal disorders

- Ankylosing spondylitis
- Cauda equina syndrome
- Herniated nucleus pulposus
- · Kyphosis
- Scoliosis
- · Spinal stenosis
- Sprain/strain
- Thoracic outlet syndrome
- Torticollis
- Trauma

Upper extremity disorders

- Fractures/dislocations
- · Soft-tissue injuries

Neurologic System 7%

Closed head injuries

- Concussion
- · Postconcussion syndrome
- Traumatic brain injury

Cranial nerve palsies

Encephalopathic disorders

Headaches

- · Cluster headache
- Migraine
- · Tension headache

Infectious disorders

- Encephalitis
- · Meningitis

Movement disorders

- Essential tremor
- · Huntington disease
- · Parkinson disease
- · Tourette disorder

Neoplasms

- Benign
- Malignant

Neurocognitive disorders

- Delirium
- Major/mild neurocognitive disorders

Neuromuscular disorders

- · Cerebral palsy
- Multiple sclerosis
- · Myasthenia gravis

Peripheral nerve disorders

- · Carpal tunnel syndrome
- Complex regional pain syndrome
- Guillain-Barré syndrome
- Peripheral neuropathy

Seizure disorders

- Focal seizures
- · Generalized seizures
- Status epilepticus

Vascular disorders

- Arteriovenous malformation
- Cerebral aneurysm
- · Intracranial hemorrhage
- Stroke
- Syncope
- · Transient ischemic attack

Psychiatry / Behavioral Science 6%

Abuse and neglect

- · Child abuse
- Domestic violence
- Elder abuse
- Sexual abuse

Anxiety disorders

- · Generalized anxiety disorder
- Panic disorder
- Phobias

Bipolar and related disorders

Depressive disorders

- Major depressive disorder
- Persistent depressive disorder (dysthymia)
- Premenstrual dysphoric disorder
- Suicidal/homicidal behaviors

Disruptive, impulse-control, and conduct disorders

· Conduct disorder

Dissociative disorders

Feeding and eating disorders

Human sexuality

Obsessive-compulsive and related disorders

Neurodevelopmental disorders

- Attention-deficit/hyperactivity disorder
- Autism spectrum disorder

Personality disorders

Schizophrenia spectrum and other psychotic disorders

Sleep-wake disorders

- Narcolepsy
- Parasomnias

Somatic symptom and related disorders

Substance-related and addictive disorders

Trauma- and stressor-related disorders

- Adjustment disorders
- Post-traumatic stress disorder

Pulmonary System 10%

Chronic obstructive pulmonary diseases

- · Chronic bronchitis
- Emphysema

Infectious disorders

- · Acute bronchiolitis
- Acute bronchitis
- · Acute epiglottitis
- Croup
- Influenza
- Pertussis
- Pneumonias
 - Bacterial
 - Fungal
 - HIV-related
 - Viral
- · Respiratory syncytial virus infection
- Tuberculosis

Neoplasms

- · Carcinoid tumors
- Lung cancer
- Pulmonary nodules

Pleural diseases

- Pleural effusion
- Pneumothorax

Pulmonary circulation

- Cor pulmonale
- Pulmonary embolism
- · Pulmonary hypertension

Restrictive pulmonary diseases

- Idiopathic pulmonary fibrosis
- Pneumoconiosis
- Sarcoidosis

Sleep apnea/Obesity hypoventilation syndrome

Other pulmonary disorders

- · Acute respiratory distress syndrome
- Asthma
- Cystic fibrosis
- Foreign body aspiration
- · Hyaline membrane disease

Renal System 5%

Acute disorders

- Glomerulonephritis
- · Nephrotic syndrome

Pyelonephritis Acute kidney injury (acute renal failure)

Chronic kidney disease

Congenital or structural renal disorders

- Horseshoe kidney
- Hydronephrosis
- Polycystic kidney disease
- · Renal vascular disease

End-stage renal disease

Fluid and electrolyte disorders

- · Acid-base disorders
- Dehydration
- · Hyperkalemia/hypokalemia
- Hypervolemia
- Hyponatremia

Neoplasms

- · Renal cell carcinoma
- · Wilms tumor

Reproductive System (Male and Female) 7%

Breast disorders

- Abscess
- Fibroadenoma
- Fibrocystic changes
- Galactorrhea
- Gynecomastia
- Mastitis

Cervical disorders

- Cervicitis
- · Dysplasia

Complicated pregnancy

- Abortion
- Abruptio placentae
- · Breech presentation
- · Cesarean delivery
- Cord prolapse
- Dystocia
- Ectopic pregnancy
- Fetal distress
- Gestational diabetes
- · Gestational trophoblastic disease
- Hypertension disorders in pregnancy
- Incompetent cervix
- · Multiple gestation
- · Placenta previa
- Postpartum hemorrhage
- Premature rupture of membranes
- Rh incompatibility
- · Shoulder dystocia

Contraceptive methods

Human sexuality

Infertility

Menopause

Menstrual disorders

Neoplasms of the breast and reproductive tract

- Benign
- Malignant

Ovarian disorders

- Cysts
- · Polycystic ovarian syndrome
- Torsion

Sexually transmitted infections/Pelvic inflammatory disease

Trauma

- · Physical assault
- · Sexual assault
- Trauma in pregnancy

Uncomplicated pregnancy

- Normal labor/delivery
- Postnatal/postpartum care
- Preconception/prenatal care

Uterine disorders

- Endometriosis
- Leiomyoma
- Prolapse

Vaginal/vulvar disorders

- Cystocele
- Prolapse
- Rectocele
- Vaginitis

Task Categories

History Taking and Performing Physical Examination 17%

Knowledge of:

- General physical examination components and techniques
- Pertinent historical information
- Risk factors for development of significant medical conditions
- · Significant physical examination findings
- · Signs and symptoms of significant medical conditions

Skill in:

- · Conducting comprehensive and/or problem-based interviews and physical examinations
- Eliciting patient information from other sources
- · Identifying conditions requiring referral to or consultation with specialists
- · Identifying pertinent patient and family historical information from patients and caregivers
- Identifying pertinent physical examination information
- Triaging of patients based on recognition of abnormal vital signs, examination findings, and/or general observations

Using Diagnostic and Laboratory Studies 12%

Knowledge of:

- Appropriate patient education relating to diagnostic and laboratory studies
- · Indications for initial and subsequent diagnostic and laboratory studies
- Indications for preventive screening tests
- Risks associated with diagnostic and laboratory studies

Skill in:

- Collecting diagnostic and laboratory specimens
- · Communicating risks, benefits, and results effectively to other members of the healthcare team
- · Communicating risks, benefits, and results effectively to patients, families, and caregivers
- Reviewing and interpreting results of diagnostic and laboratory studies, and correlating the results with history and physical examination findings
- Selecting appropriate diagnostic and/or laboratory studies
- · Using diagnostic equipment safely and appropriately

Formulating Most Likely Diagnosis 18%

Knowledge of:

- Significance of diagnostic and laboratory studies as they relate to diagnosis
- Significance of history as it relates to the differential diagnosis
- Significance of physical examination findings as they relate to diagnosis

- · Developing multiple differential diagnoses for complicated and/or multisystem cases
- Formulating most likely differential diagnoses
- · Incorporating history, physical examination findings, and diagnostic data into medical decision-making
- · Recognizing the need for referral to a specialist
- · Selecting the most likely diagnosis in light of presented data

Health Maintenance, Patient Education, and Preventive Measures 10%

Knowledge of:

- · Appropriate patient education regarding preventable conditions and lifestyle modifications
- Early detection and prevention of medical conditions
- · Effects of aging and changing family roles
- · Genetic testing and counseling
- · Human growth and development
- · Human sexuality and gender identity, gender transition, and associated medical issues
- · Immunization schedules and recommendations for infants, children, adults, and foreign travelers/adoptions
- Impact of patient demographics on risks for medical conditions
- Prevention of communicable diseases
- Preventive screening recommendations
- · Psychosocial effects of illness, stress, and injury as well as related healthy coping strategies
- Signs of abuse and neglect

Skill in

- Adapting health maintenance to an individual patient's context
- Communicating effectively with and educating patients, family members, and caregivers regarding medical conditions
- · Conducting education on modifiable risk factors with an emphasis on primary and secondary prevention
- · Using counseling techniques

Clinical Intervention 14%

Knowledge of:

- · Clinical procedures and their indications, contraindications, complications, risks, benefits, and techniques
- · Conditions that constitute medical emergencies
- Criteria for admission to or discharge from the hospital or other facilities
- Management, treatment, and follow-up of medical conditions
- · Palliative care and end-of-life issues
- Roles of other health professionals
- · Sterile technique
- Therapeutic regimens
- Universal precautions and special isolation conditions

- Demonstrating technical expertise related to performing specific procedures
- Evaluating patient response to treatment/intervention
- Facilitating patient/caregiver adherence to and active participation in treatment
- · Formulating and implementing treatment plans in accordance with applicable practice guidelines
- · Interfacing in multidisciplinary teams, including education of other health care professionals
- · Making appropriate dispositions
- Monitoring and managing nutritional status
- · Prioritizing tasks
- Recognizing and initiating treatment for life-threatening conditions
- Using community resources to meet the needs of patients/caregivers

Pharmaceutical Therapeutics 14%

Knowledge of:

- Adverse effects, reactions, and toxicities
- · Common alternative/complementary therapies and their interactions and toxicities
- Contraindications
- Drug interactions, including presentation and treatment
- · Indications for use
- Mechanism of action
- Methods to reduce medication errors
- Monitoring and follow-up of pharmacologic regimens
- Presentation and treatment of allergic reactions
- Regulation of controlled substances
- Special populations requiring drug/dose modification
- · Substances of abuse

Skill in:

- Assessing patient adherence to drug regimens
- Drafting a prescription
- Evaluating, treating, and reporting adverse drug reactions and/or adverse effects
- · Identifying and managing medication misuse
- · Interacting with pharmacists to address medication issues
- Maintaining knowledge of relevant pharmacologic agents
- Monitoring pharmacologic regimens and adjusting as appropriate
- Prescribing controlled substances appropriately
- Selecting appropriate pharmacologic therapy and dosing

Applying Basic Scientific Concepts 10%

Knowledge of:

- · Basic biochemistry
- Basic genetics
- Human anatomy and physiology
- Microbiology
- Pathophysiology and immunology

- Evaluating emerging medical trends critically as they relate to patient care
- Maintaining awareness of trends in infectious disease
- Relating pathophysiologic principles to specific disease processes

Professional Practice 5%

Legal/medical ethics

Knowledge of:

- · Cultural and religious beliefs related to health care
- · Informed consent and refusal process
- Living will, advance directives, organ donation, code status, do not resuscitate, do not intubate, medical power of attorney, etc.
- · Medicolegal issues
- Patient/provider rights and responsibilities
- · Privacy, security, and responsibility related to medical record documentation and management

Skill in:

· Caring for patients with cognitive impairment

Medical informatics

Knowledge of:

· Billing/coding to maintain accuracy and completeness for reimbursement and administrative purposes

Skill in:

- Demonstrating appropriate medical record documentation
- Using appropriate medical informatics sources

Patient care and communication (individual patients)

Knowledge of:

- · Affordable and effective health care that is patient specific
- · Cultural and religious diversity
- Stewardship of patient and community resources

Skill in:

- · Acknowledging and applying patient/provider rights and responsibilities
- Ensuring patient satisfaction
- Providing patient advice and education regarding the informed consent and refusal process
- Providing patient advice and education related to end-of-life decisions

Physician/PA relationship

Knowledge of:

- Professional and clinical limitations, scope of practice, etc.
- Supervision parameters: malpractice, mandated reporting, conflict of interest, impaired provider, ethical principles

Skill in:

· Communicating and consulting with the supervising physician and/or other specialists/consultants

Professional development

Knowledge of:

· Continuing medical education resources

- · Critically analyzing evidence-based medicine
- Identifying and interpreting data from medical informatics sources and identifying appropriate reference sources
- Using epidemiologic techniques to evaluate the spread of disease

Public health (population/society)

Knowledge of:

- Basic disaster preparedness
- Infection control measures and response to outbreaks
- Occupational health issues as they pertain to health care as well as non-health care workers
- Population health, travel health, and epidemiology of disease states

Skill in:

· Protecting vulnerable populations and recognizing disparities in provision of and access to health care

Risk management

Knowledge of:

- Quality improvement and patient safety
- Resource stewardship

Skill in:

• Ensuring patient safety and avoiding medical errors