Learning Objectives

Lung Cancer Screening

1. Recognize the enormous mortality associated with lung cancer in the United States and the significant difference in prognosis in early stage versus late stage lung cancer.
2. Summarize the concepts of lead time bias, length time bias, and over-diagnosis bias as relates to interpreting results of lung cancer screening trials.
3. Appreciate the ability of Low Dose CT (LDCT) scanning to identify small pulmonary nodules and recognize that only a small portion of these nodules will ultimately be proven to be malignant.
4. Describe the impact of size on the probability of malignancy in pulmonary nodules identified by LDCT scanning.
5. Summarize the Fleischner Guidelines for follow up CT imaging in patients with incidentally identified pulmonary nodules.
6. Describe the results of the National Lung Screening Trial including the reduced risk of lung cancer death associated with LDCT.
7. State the population for whom LDCT screening for lung cancer is recommended by the USPSTF.

Sleep Disordered Breathing:

1. Compare and contrast Obstructive vs Central Sleep Apnea with respect to the abnormal pathophysiology in each process.
2. Given a clinical scenario, diagnose Obesity Hypoventilation Syndrome.
3. Describe the severity of sleep apnea as assessed by the Apnea-Hypopnea Index.
4. Cite the major risk factors for developing Sleep Apnea.
5. Utilize the Epworth Sleepiness Scale to quantify hyper-somnolence as a potential indicator of underlying Sleep Apnea.
6. Recognize Pulmonary Hypertension and Polycythemia as consequences of Sleep Apnea.
7. Describe the key treatment options for sleep apnea including weight loss, avoiding sedatives, treating nasal congestion, and the use of CPAP/BiPAP.