**SYSTEM: Endocrine**  
**CONDITION: Clinical science information**  
 *(BOLD content unlikely to be covered elsewhere in the curriculum)*

<table>
<thead>
<tr>
<th>Content</th>
<th>Educational Objectives</th>
<th>Level of Mastery*</th>
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</table>
| Examination: Patient-History  
  • Signs of endocrine system involvement and screen for referral  
  • Information on functional deficits of endocrine system disorders  
  • General management of the endocrine system condition including:  
    o Medical management (meds, diagnostic tests, surgeries)  
    o Family history |  
  • Demonstrate culturally appropriate and patient friendly communication when interviewing a patient/client with endocrine complaints  
  • Recognizes endocrine condition and refers for further care  
  • Establishes baseline of functioning from which to plan intervention goals  
  • Describe disordered endocrine conditions which may be present at assessment. | P  
  P  
  P |
| Examination: Tests and Measures  
  • Tests and measures for system examination  
  • Standard outcome measures to assess function and quality of life |  
  • Perform a systems screening and recognize red flags that require referral or more advanced assessment: osteoporosis, diabetes, results of hypo/hyper thyroidism, changes during key times across a women’s lifespan.  
  • Can effectively implement standard outcome tools | F |
| Evaluation |  
  • Describe medical imaging used to diagnose endocrine disorders  
  • Develop a safe and evidence-based treatment program for a patient/client | P |
| Interventions  
  • Modalities  
  • Exercise (isometric vs isotonic vs eccentric), specific programs  
  • Patient Education (red flags, energy conservation)  
  • Prevention and wellness |  
  • Create a safe and effective exercise program with consideration of the patient’s goals  
  • Describe effects of exercise on hormones throughout the lifespan  
  • Educate the client/family on evidence based and holistic prevention and wellness aspects | P |
| Medical management and pharmacologic management.  
  • Members of the interdisciplinary team and when/how to refer |  
  • Recognizes common drugs used in management of endocrine system disorders  
  • Discuss conservative medical management strategies  
  • Can describe patients physical therapy needs to health care team based on functioning | P |

* F = Familiar; P= Proficient; M= Mastery