

INTRODUCTION TO FAMILY MEDICINE

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Definition of Family Medicine

- Is the medical specialty which provides **continuing, comprehensive** health care for the individual and family.
- It is a specialty that integrates the **biological, clinical and behavioral** sciences. (**bio-psycho-social / holistic approach**)
- The scope of family medicine encompasses all ages, both sex, each organ system and every disease entity.

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- “Primary care is our best hope for the future. Family doctors are our rising stars for the future.”

Dr Margaret Chan

Director-General of the World Health Organization

(2013 World Congress of the World Organization of Family Doctors Prague, Czech Republic)



What do you know about Family medicine?

- The specialty of family medicine was created in 1969 to fulfill the generalist function in medicine, which suffered with the growth of sub-specialization after World War II.
- Family practice is the medical specialty that provides continuing and comprehensive health care in a personalized manner to all ages and families regardless of the presence of disease or nature of the presenting complaint.

FACT

- **William Osler established America's first formal residency program in 1889, as the institution's first hospital opened and became a training ground for the students and recent graduates of the medical school founded a few years before.**

- **At Johns Hopkins University**

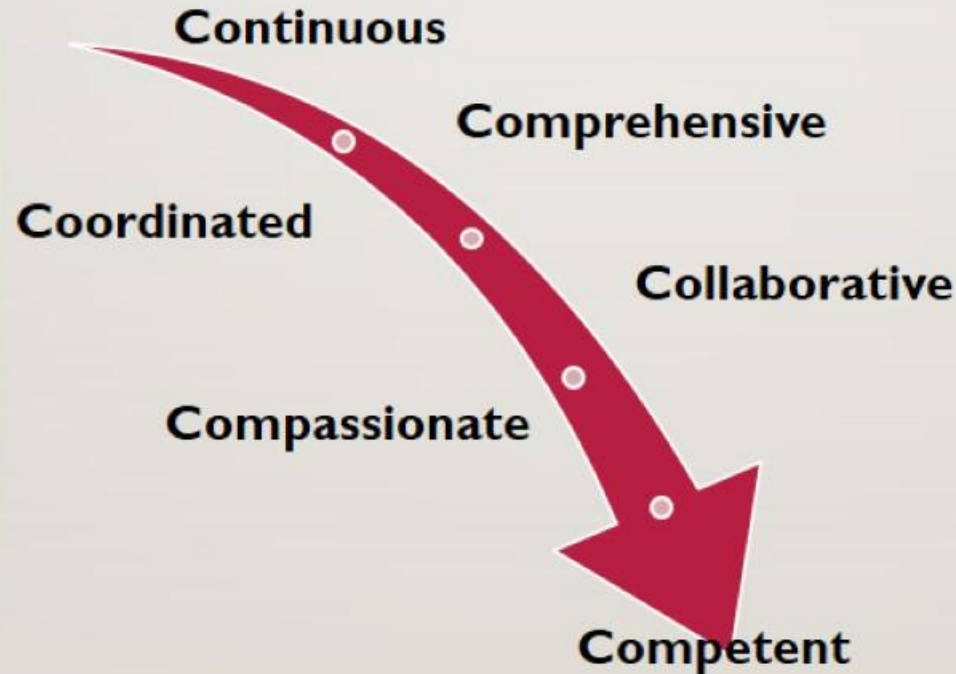
Why Family Medicine ?

- The recent changes in medicine and appearance of a new pattern of illness.
- The growth of specialization and fragmentation of the health care delivery system.
- The need for better doctor-patient relationship.
- The high cost of inpatient care.
- The limitation of resources.

Principles Of Family Medicine

6 Cs

Person-centered rather than disease-centered care



- **Community Oriented**
- **Family Oriented**

- **Preventive attitude**
- **Resource management**

TABLE 1.2 Principles of Family Medicine

Access to care

Continuity of care

Team-based, comprehensive, personalized care

Coordination of care

Community orientation

Prevention focus

Patient self-empowerment and self-management

Evidence-based practice

Family orientation

Biopsychosocial, life-cycle perspective

Access to Care (Accessibility)

- Primary care should be readily **available**.
- It is a system of organizing a medical practice that keeps slots open for **same-day appointments**, uses telephone protocols to triage patients by urgency of need, and organizes schedules to correspond with consumer demand.
- **Access to a quick response to questions** is also important. A 24-hour call service for patients and secure email correspondence can save time and facilitate closer monitoring.

Access to Care

- One example is providing day-to-day insulin adjustments in a newly diagnosed diabetic.

Continuity of Care

- Seeing the same provider over time is called continuity of care.
- Several evidence-based reviews have identified numerous favorable outcomes from continuity of care.
- In addition, it is associated with complete, more **satisfying** relationships for both the doctor and the patient.

(Collaborative care) Team-based, Personalized Care

- A family physician manages **without** referral between 85% and 90% of patient problems.
- A wide range of services are provided, including acute care, chronic disease care, preventive care, and care for biomedical and psychosocial problems, and they are tailored to the personal needs and priorities of the patient.

Team-based, Personalized Care

- Team-based services can include on-site behavioral counseling on such issues as **smoking** and **diet**, a **pharmacy**, **dental services**, physical therapy, and a variety of complementary/alternative health providers.

Comprehensive care

- It is promotive, preventive, curative and rehabilitative care for all ages and both sex at the individual, the family and the community levels.
- This provision of a wide variety of services, covering most patient needs, is termed **comprehensiveness of care**.
- It is convenient for the patient, as there is no need to go to multiple providers to get service.

Coordination of Care

- Primary care providers help their patients negotiate the complex health care system by serving as coordinators of care.
- This process of coordination includes being aware of the variety of services available, **making appropriate requests for consultation or referral**, collecting and interpreting results of studies and specialist visits, and advising when additional care is and is not warranted.

Community Orientation

- A good primary care physician also seeks to improve the broader health of the community.
- In working with patients, they are aware of the many community resources, both formal and informal, that are available to help patients manage their medical and psychosocial needs, often relying on other health care team members to help link patients to community resources.

As part of this
community orientation,
primary care physicians are
often active in a variety
of volunteer activities.

Prevention (preventive attitude)

- Preventive care is the most common reason patients visit a family physician's office.
- Examples of preventive visits include prenatal care, adult physical checkup, well baby checkups, well child examinations, pre-employment physicals, visits in preparation for international travel, and checkups before participation in sports or summer camp.

Prevention

- Preventive care are measures to reduce disease risk, such as assistance with **smoking cessation**; **immunizations**; measures to prevent **morbidity** in people who have established disease, such as prescription of aspirin for people with coronary artery disease; and minimization of disability through such services as therapeutic **exercises** for people with arthritis or **rehabilitation** for someone who has suffered a stroke.

Patient Self-empowerment and Self-management

- Effective chronic illness care requires a **partnership** in which medical providers help the patient acquire the knowledge, skills, and self-empowerment to manage risk factors, monitor the illness, and make adjustments in their care.

Evidence-based Practice

- By this we mean that the primary care physician has access to and uses effectively what is available in the literature to guide practice.

Family Orientation

- By family we mean the entire range of relationships-whether or not by blood or marriage-that can comprise a patient's close social network.
- Being oriented to the family context is important in medical care because most health behaviors and illness episodes involve some connection with the patient's social support network

Biopsychosocial, Life-cycle Perspective

- { **holistic approach** }
- Effective primary care physicians view patients from a broad perspective, taking into account physiology, physical illness, emotional health, and the social, occupational, and environmental context within which the person lives.

The Skills of Family Medicine

- The solution of **undifferentiated problems**, the symptoms present tend to be unorganized and undifferentiated while those encountered in hospital tend to be medicalized and more differentiated.

The Skills of Family Medicine

- **Preventive Skills:** The identification of risks & early deviation from normality who are known to physician.
- **Therapeutic (curative) Skills:** The aim of doctor – patient relationship is to maximize the effectiveness of all kinds of therapy.
- **Resource management skills:** employment of resources of the community and health care system for the benefit of the patient. This includes the skills of management, consultation & referral.

So, !

- Family physicians will have a higher level of tolerance for the uncertainty than with his or her consultant colleague.
- Family physician is an expert in the rapid assessment of a problem presented for first time.

“The good physician treats the disease; the great physician treats the patient who has the disease.”

Sir William Osler

The Joy of Family Practice

- The variety of problems encountered during the practice of family medicine, keeps the physician professionally stimulated and challenged all the time.
- So .. The variety in family medicine sustains the excitement and precludes boredom.



THANK
YOU!

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