



FAMILY MEDICINE

Introduction



What do you know about Family Medicine?



Definition

→ imp

Comprehensive + Continuity
↳ Most IMP principles of Family Medicine

- Family medicine is the medical specialty which provides continuing, comprehensive health care for the individual and family. It is a specialty in breadth that integrates the **biological, clinical and behavioral sciences**. The scope of family medicine encompasses all ages, both genders, each organ system and every disease entity.

what makes it unique from other specialties.
↳ without Appointments 24/7

Ex: All diseases not only DM! Every organ disease!

(AAFP) → Definition of Family Medicine regarding American Association.

- It was created in 1969 to fulfill the **generalist function** in medicine, which suffered with the growth of **subspecialization** after World War II.

Not Viewed by F.M. → - Multi comorbidities (Multi-gene affection) - Risky Pt. → but Maintenance w/ F.M.



Why family medicine?

1. The recent changes in medicine.
2. The growth of specialization.
3. The fragmentation of the health care delivery system. → too much specialities where pt. is lost where his problem would be.
4. The social changes.
5. The appearance of a new pattern of illness.
6. The need for better doctor-patient relationship.
7. The high cost of inpatient care.
8. The limitation of resources.

Covid-19
Patients don't
sneeze !!

Family Medicine Principles

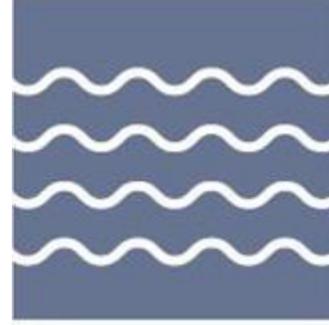
Family Medicine Principles → *Every defin imp!*



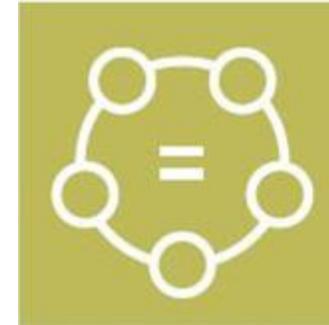
Patient-centered



Coordinated



Continuous



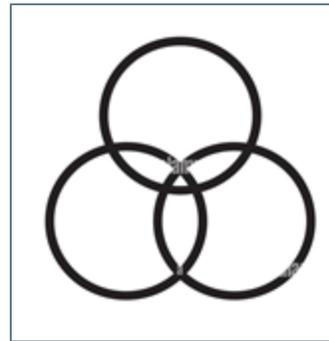
Comprehensive



Collaborative



Preventive



Holistic



Accessible

Dr Nada has been following Mr. A for 2 years now.

Mr. A ,who is 55, was diagnosed with Type 2 DM and HTN 4 years ago.

His numbers have been under good control for the last 2 years but a rise in his readings was noticed lately.

Dr Nada is suspecting depression as he sounded very low the last visit. She is planning to speak to him in a week for further assessment and possible introduction of antidepressant.



- Due to the continuity of F. Medicine, the Dr noticed the patient changes fast.

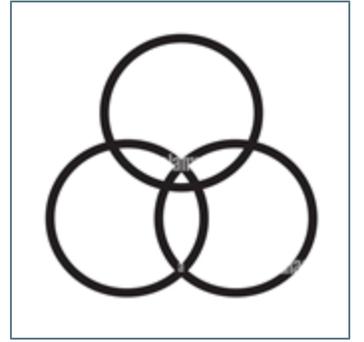
- Also Dr noticed another aspect (Mental aspect)

↳ Holistic Approach

↳ Treating the patient as a whole

بہتر کل پریم سٹی تقیہ

Holistic approach



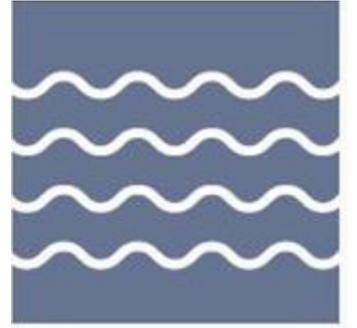
1) **Holistic approach**: the care of the patient (**the whole patient**) is the primary goal.

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 patients' lives.

Continuous care

"Maintenance"

المريض لا يتركه يثوبه
نفسى الطبيب
وهاد evidence based
أشبه



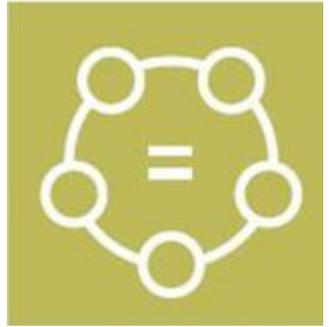
2) **Continuous health care**, the care is not terminated by cure of illness, the end of treatment or the incurability of an illness. continuity of care is seeing the same provider over time. evidence based reviews have identified numerous favorable outcomes from continuity of care.

Dr Ahmad is a family physician who works in the nearby health center. He has managed 50 patients today in his shift. 30 were males and 20 were females.

5 patients were older than 60 years old, 20 were kids, and 25 patients aged from 18-59.

دكتور اعماليين
بشوفه البراني بكل انواعهم و اعمارهم
وحالاتهم
ومهاد مبدأ, *Comprehensiveness*





Comprehensiveness

3) **Comprehensive health care**; available for **any health problem** in a person of either sex and of any age. It is promotive, preventive, curative and rehabilitative care for all ages and both sex at the individual, the family and the community level. It is convenient for the patient, as there is no need to go to multiple providers to get service.

Family physician sees a patient at the office, in their houses and in the hospital.

Any time, Any place

كل
المرضى
بجميع
الأعمار
الحاجة

Resource management, Cost effective

4) **Resource management:** *وإدارة من أول الأسباب*

The family physician is a **manager of resources**. As a generalist and first-contact physician, he has control of large resources and is able, within certain limits, to control admission to hospital, use of investigations, prescription of treatment and referral to specialists.

Since resources are now limited; It is the family physician's responsibility to manage these resources for the maximum benefit of his patients.

5) **Cost-effective** health care

- To prevent additional cost on pt and government and to allocate these resources to a better cause.

A 45-year-old gentleman ,who is a smoker, presented to the health center with common cold. The doctor prescribed paracetamol and advised supportive measures.

The doctor noticed that he has not been a regular patient at this clinic and decided to take the opportunity to speak to him about healthy diet, physical activity and smoking cessation.

He also discussed ordering some investigations to screen for common conditions such as diabetes and dyslipidemia given the fact that he hasn't had any recent investigations.



Preventive
Care

الحمىز!

Preventive care



6) Family physician sees every contact with patients as an opportunity for **prevention or health education.**

Preventive care is the most common reason patients visit a family physician's office.

Prenatal care, adult physical check-ups, well child examination, pre employment physicals, preparation for international travel, sports or camps, are examples of preventive visits.

It includes measures to reduce health risks such as smoking cessation, immunization, measures to prevent morbidity in people with established disease (aspirin for CAD patients), and minimization of disability through therapeutic exercises for people with arthritis or rehabilitation for patients who have suffered from a stroke.

أكثر
شغل
بتعمل
Primary
Care.

Same dr for long
Period

Patient-Doctor relationship

7) Family physician develops **special relationship** with the patient as a result of both duration and intensity of care thus achieving patient satisfaction.

لأنه، الشامل، و استمرارية وجوده بلتالي إلتائج كإلقة ممتازة

وهاد
Evidence
Based.



Dr. Maryam has assessed Mrs. M, who is 80 yo, for recurrent falls.

She was found to be at high risk to get falls due to her comorbidities (DM, HTN, previous stroke, osteoarthritis, mild cognitive impairment) and her current medications that include (amlodipine, amitriptyline, bisoprolol, metformin, gliclazide, paracetamol).

The doctor has managed polypharmacy and completed a referral to physiotherapy for strength and balance exercises and to occupational therapy for falls assessment, environment modification and proper equipment.



لأنها متعددة الأسباب وتحتاج أدوية كثيرة

وكل مقلد ممكن تسبب مشاكلها

فالدكتورة نظمت لها أدويةها وودتها للفيزيوثيرابي

وهذا امر بنقي Collaborative Care ، بتقدر تنظم أكثر من مقلد بنفس الوقت بسبب التعاون مع مختلف التخصصات

Autonomic Neuropathy

Disturbed gait.

Degenerative bones Dis.

Brady Hypot.

sedative

Gradual Hypotension

B12 def Neuropathy

sulphonyurea Hypoglycemia



Collaborative care

8) **Collaborative care (Team-based)** : A family physician manages without referral between 85-90% of patients problems.

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

- Also to reduce admissions

Coordinated care

الدكتور أعلم بال Resources و الإمكانيات
و عن حالة المريض، ويتخذ القرارات بناءً عليها.



9) **Coordination of care:** by helping patients negotiate the complex care system by serving as coordinators of care. this includes being aware of available services, making appropriate consultations or referrals, collecting and interpreting results and advising when additional care is and is not warranted.



Accessible

10) **Accessibility:** primary care should be available.

It has a system that keeps slots open for the same-day appointments.

It uses telephone protocols to triage patients by urgency of need.

Access to a quick response to questions is also important.

For example; providing day to day insulin adjustments in a newly diagnosed diabetic.

عادهً موجودة
بالطوارئ، تفتم الامارات
بناءً على حال الامور بنظرة
طبيبة بحتة .

Community oriented

11) **Community oriented:** a good primary care physicians also seeks to improve the broader health of the community

They are aware of 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, primary care physicians are often active in volunteer activities.



ال Goals و plan تختلف
من مريض إلى آخر ، بالتالي لاדם
ليكونه تركيزنا على المريض طبيًا وغير طبيًا

Patient-centered care

Means to involve the patient
when making decisions.
and making them self-conscious
واعين على فهم و يعرفوا يعاملوا معاه

مثال Impotence
التي كنته بالذكورة
بالعاهرة .
يعني من Disease centered care
هو !

12) In **patient-centered care**, an individual's specific health needs and desired health outcomes are the driving force behind all health care decisions and quality measurements.

Patients are partners with their health care providers in their care.

Patient Self-empowerment and self-management: effective chronic illness care requires a partnership in which medical providers help the patient acquire th knowledge, skills, and self empowerment to manage risk factors, monitor the illness and make adjustments in their care.

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

Sir William Osler

ندجأ لأحدث papers و Guidelines في معاملتنا للمرضى.

Evidence-based Practice

13) This means use of the current best research evidence when making clinical decision for patients.

Primary care physician should have access to and uses effectively what is available in the literature to guide practice.

This will result in :

- Continuing, comprehensive, personalized care
- Early detection and management of illness
- Prevention of diseases and maintenance of health
- Improving quality of primary care.

The skills of Family Physician

1. The solution of undifferentiated problems in the context of continuing relationship with family. The symptoms present tend to be unorganized and undifferentiated while those encountered in hospital tend to be medicalized and more differentiated.

↳ It's a puzzle
First Contact
Holistic
Continuity
باعتبار الطبيب في كل شيء.
لا نه
و طبيبه
استمر في

1. Preventive Skills: The identification of risks & early deviation from normality in patients known to physician.

لأنه طبيب واحد
مستمر في عنايته

1. Therapeutic Skills: The aim of doctor – patient relationship is to maximize the effectiveness of all kinds of therapy.

1. 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.

1. Communication skills: Breaking bad news, dealing with angry patient.

Primary Health Care

- **The quality of health care in any country is associated with primary care performance.**
- **Primary health care is an essential part of every health care system in the world.**
- **The higher the primary care physician – to – population ratio the better most health care outcomes are.**
- **Primary care has to be the keystone base in an integrated system. It has to be part of the national, social and economic structure**

- “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)



Family Medicine Training Program

Year 1

Majors :
Pediatrics
Surgery
Internal medicine
Obs /Gyne

Year 2

Majors :
Pediatrics
Surgery
Internal medicine
Obs /Gyne

Family Medicine Clinics

Year 3

Minors :
Dermatology
Emergency medicine
Orthopedics
Psychiatry
ENT
Ophthalmology

Year 4

Family medicine
clinics in Primary
health care center



Thank you!