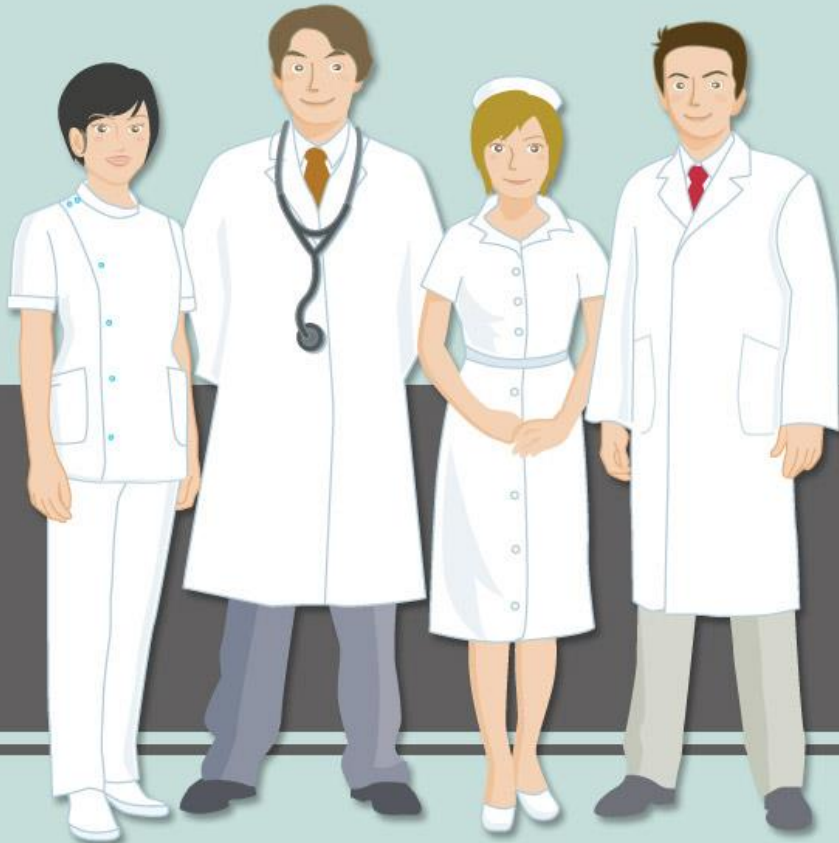


# Introduction To Family Medicine



By: Dr.Yossra K.Al-Robaiaay  
Assistant professor  
Family medicine specialist  
FICMS (FM)

# Learning objectives:



- To define family medicine.
- To understand the concept and principles of family medicine.
- To determine the different competencies/ characteristics of family physician.
- To describe the structure and role of family in family medicine.

# Concept of Primary Health care

- Primary Health Care includes:
  - Primary Care providers (physicians, midwives, nurses, social workers etc)
  - Health promotion, illness prevention;
  - Health maintenance .
  - Pre-hospital emergency medical services.
  - Coordination and referral to other areas of health care.

# Types of medical care

## Tertiary Care

Uncommon disease  
Need intensive & close monitoring  
Disease specialist

## Secondary Care

Short stay in hospital  
Medical care

## Primary Care

1<sup>st</sup> contact care  
Comprehensive care  
Continuing care  
Coordinating care



# Different for different communities?

- Primary Health Care is different in each community depending upon:
  - Needs of the residents.
  - Availability of health care providers.
  - The communities geographic location.
  - Proximity to other health care services in the area.





# Primary Health Care Reform

## Medical model

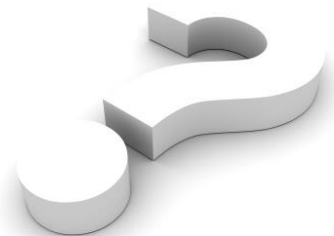
- Treatment →
- Illness →
- Cure →
- Episodic care →
- Specific problems →
- Individual practitioners →
- Health sector alone →
- Professional dominance →

## Primary Health Care

- Health promotion
- Health
- Prevention, care, cure
- Continuous care
- Comprehensive care
- Team of practitioners
- Intersectoral collaboration
- Community participation

# History of Family Medicine

For thousands of years, physicians were true “generalists,” providing care for men and women, children and adults through the entire spectrum of life.





# History of Family Medicine



- 1823 the term of general practitioners mentioned by lancet .
- 1960 ,specialty of family medicine started in USA.
- In 1962, **the World Health Organization Expert Committee on Professional and Technical Education** and **Medical Auxiliary Personnel** met in Geneva to discuss the **worldwide shortage of family physicians**.

# History of Family Medicine

- WHO report stressed the need to train family doctors to serve as physicians of first contact with the patient, and concluded that every **medical student's training should include exposure to family practice.**
- 1969, American Board of Family Medicine was founded.
- 1997 ,Iraqi board of family medicine was founded



# History of Family Medicine



- Now interest is high.
- - More training programs.
- - More interest among medical students and doctors.
- - Societies are pleased

# What is Family Medicine



# According to American Academy of Family Physicians AAFP(USA):



- **Family Medicine** is defined as the medical speciality which provides **continuing** and **comprehensive** health care for individuals and family. It is the speciality which integrates the **biological, clinical** and **behavioural** sciences.
- The scope of family practice includes (**all** ages, **both** sexes, all **organs** , all **systems** and all **diseases**).

# Family Medicine



- Family medicine is a three-dimensional specialty, incorporating (1) knowledge, (2) skill and (3) process.
- Although knowledge and skill may be shared with other specialties, the family medicine process is unique.
- At the centre of this process is the patient-physician relationship with the patient viewed in the context of the family and their social surrounding.

**Many situations facing the physician are complex combinations of physical and behavioral factors and today's practitioners are more likely to help patients to achieve equilibrium with their environment.**



- Family practice is based in the community and is significantly **influenced by community factors.**
- As a member of the community, the family physician is able to respond to people's changing needs, to adapt quickly to changing circumstances, and to mobilize appropriate resources to address patients' needs.





- This distinguishes family medicine from all other specialties which may be restricted by age (eg. geriatrics, paediatrics), sex (eg. Obstetrics & Gynaecology), organ system (eg. cardiology, neurology) or diseases (eg. Infectious disease).



- Clinical problems presenting to a community-based family physician are not **pre-selected** and are commonly encountered at an undifferentiated stage.

# Patients



Patients **first** want:

- A physician in their insurance plan.
- A convenient location.
- Availability for an appointment.
- Basic communication skills.
- Experience.

# Patients



Patients **then** want:

- A personal physician.
- A good relationship with their physician.
- Someone who will coordinate their health care.



Family physicians as a **distinct group of physicians** who:

- **Motivated** to serve people.
- Display a **humanitarian, empathetic approach** to health care.
- The best-suited specialty to **deliver preventive medicine.**
- The best-suited specialty to **manage complex patients.**



# Family Practice



- **Family Practice**: is used to indicate the services part of the specialty ( practical more than the academic aspect).
- **Family physician** : is the specialist trained to practice in the front line of the health care system and to take initial and continuing care for healthy & ill persons.

# Principles of Family Medicine



# What are the principles of FM?



- Continuity of care.
- Comprehensive care.
- Coordinated care.
- Community & family based care.
- Central Patient doctor relationship.
- Evidence based health care.
- Accessibility care.
- Care for ALL.



# First Contact Care



- Accessibility
- All sex, race, age, systems, organs, disease, illness

# Continuing Care



- Early
- Birth until death.
- Consult and refferal

# Comprehensive care



**Health  
Promotion  
Preventive**

- **Curative  
Rehabilitative**

**Physical  
Emotional**

- **Social   Spiritual**

**Individual, Family,  
Community**

# Community and population-based practice

- Respond to the needs of communities and populations.
- Use of community resources.

# Doctor-patient-family relationship



- Effective Communication with patient and family: Active listening
- Patient-centred medicine
- Counseling / consultation
- Empathy
- Caring than curing
- Difficult patient management

# Competencies of Family Physician



# Competencies of Family Physician



**Family physician should have the following abilities :**

- Manage acute health problems.
- Manage chronic health problems.
- Provide health promotion services.
- Provide emergency services.

# Competencies of Family Physician (cont...)

- Provide counselling services.
- Provide home care services.
- Provide preventive care services.
- Provide terminal and palliative care



# Where to Practice FM?



- OPD/Clinics .
- PHCC.
- Family Practice Centres.
- Hospitals.



# Characteristics of Family Physician



# Characteristics of Family Physician



1. Skillful in (Dx ,Rx )of common health problems.
2. Improving quality of care.
3. Rationalised utilization of health facilities.

# Characteristics of Family Physician



4. Motivation of community to practice healthy behaviours.
5. Identify the needs of community .
6. Working within health team as member and leader

# Characteristics of Family Physician



7. Communicate efficiently.
8. Carry out studies and research.
9. Plan and implement action plan.
10. Educate and train his/her colleagues .

# Characteristics of Competent Family Physician



- 11. Refer patients when it is needed.
- 12. Coordinate with other sectors.
- 13. Update himself regularly



Academy of Family  
Physicians of India



# Family Medicine is Awesome!

A smart career choice

**Community  
leader**

**Communi-  
cator**

**Care  
provider**

**Decision  
maker**

# 7-star doctor

**Manager**

**Learner**

**Motivator**



# Family in Family Practice



FAMILY MEDICINE

# Family ( functions & structures)

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- Family is defined as the structural & functional unit of the community.
- Nuclear family= parents +- children.
- Extended family= parents + children + relatives

ASK

# Family in Family Practice



- Family is the unit of health care in family practice.
- Family could be source of health.
- Family could be the source of illnesses.

# Family in Family Practice



- Family has important role in prevention and promotion of health in the community.
- Family has important role during illness.
- Family could be a source of stress.
- Family could be good source of stress management

