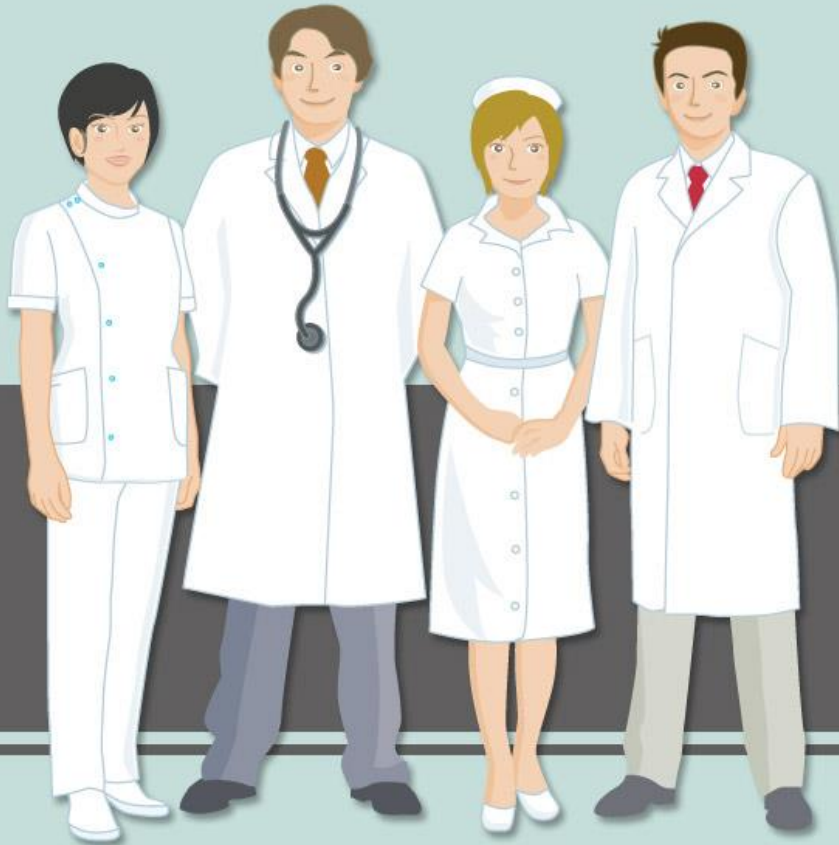


# Introduction To Family Medicine



**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

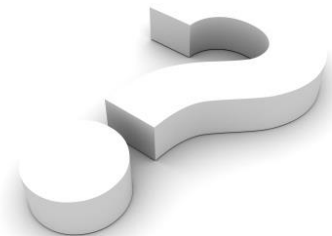
## Primary Care

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



# Different for different community?

- 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

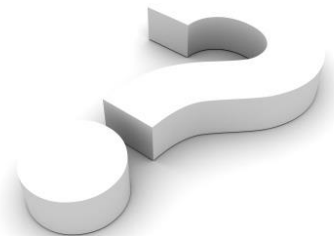
- Treatment 
- Illness 
- Cure 
- Episodic care 
- Specific problems 
- Individual practitioners 
- Health sector alone 
- Professional dominance 

## 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



- **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
- All time, place

# 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



- Ability to manage acute health problems.
- Ability to manage chronic health problems.
- Ability to provide health promotion services.
- Ability to provide emergency services.

# Competencies of Family Physician (cont...)

- Ability to provide counselling services.
- Ability to provide home care services.
- Ability to provide preventive care services.
- Ability to 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. Ability to communicate efficiently.
8. Ability to carry out studies and research.
9. Ability to plan and implement action plan.
10. Ability to educate and train his/her colleagues
- .

# Characteristics of Competent Family Physician



11. Ability to refer patients when it is needed.
12. Ability to activate community participation.
13. Ability to coordinate with other sectors.
14. Ability to update himself regularly



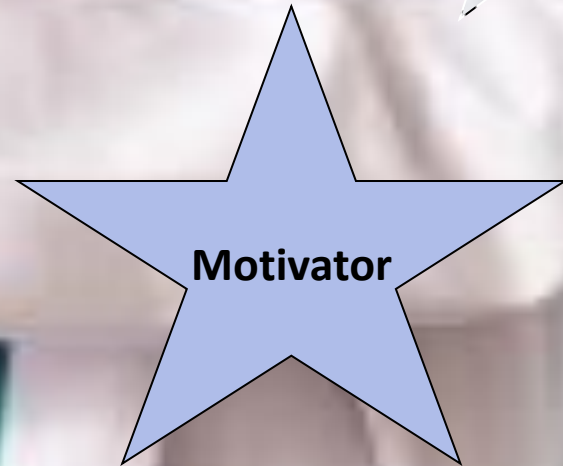


# Family Medicine is Awesome!

A smart career choice



# 7-star doctor



# 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

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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

