



# PROFESSIONAL DIPLOMA IN FAMILY MEDICINE

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# TABLE OF CONTENTS

	page
Introduction .....	03
Mission Statement .....	04
References .....	05
Program Outline .....	07
Methods of teaching .....	08
Program specifications and Intended Learning Outcomes (ILOs) .....	09
Module I .....	09
Module II .....	12
Module III .....	14
Assessment .....	03
Program Assessment .....	03



## Introduction

The family physician is responsible for providing both preventive and curative patterns of care. Preventive care includes health promotion, and specific prevention of diseases i.e. primary prevention of disease. This primary prevention includes directing individuals to healthy life style: proper nutrition, quitting bad habits especially smoking, practicing appropriate level of physical activity, etc. It also includes all activities of special programs as Maternal and Child Health (MCH), Reproductive Health and Family Planning (RH/FP), School Health services, etc. Preventive measures directed to the individual and to other members in the family should also be associated with curative care. The family physician has to be alert to all opportunities for implementing health promotion and preventive measures in addition to curative care services. S/he has to provide bio-psycho-social care at the level of the individual and the family, within the context of the community.

**Head of Scientific Committee**

*Professor Nagwa Eid*





## *Mission Statement*

“Our mission is to develop a family physician who is able to provide the best comprehensive primary health care with efficient use of the available resources “

# REFERENCES

## *Index of references*

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- National Association for Mental Health (MIND) Website: <http://www.mind.org.uk>
- The Scientific Advisory Committee on Nutrition (SACN)
- Website: <http://www.sacn.org.uk>
- The British Nutrition Foundation Website: <http://www.nutrition.org.uk>
- Action on smoking and health (ASH) Website: <http://www.ash.org.uk>
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## PROGRAM OUTLINE

### *Scope:*

This program is intended to support the Family Physicians to deliver effective, efficient and appropriate family practice health services. Also, it will provide the physicians with technical & behavioral skills.

### *Eligibility:*

- Graduation from medical school.
- Completion of preregistration house officer year.

### *Institutions:*

**Sponsoring institution:** The Arab Institute of Continuing Professional Development (AICPD)

**Participating Institutions as training sites:**

- Egyptian fellowship
- The teaching Hospitals of MOHP/ Kasr Alaini Hospitals
- Egyptian primary health care centers

## *Personnel and Resources:*

**Program Director:** Prof. Nagwa Eid Sobhy Saad

**Program Coordinator:** Dr. Saeed Salah

**The organizing committee:**

- Prof. Nagwa Eid Sobhy Saad
- Prof. Nagwa Nashaat
- Dr. Marwa Mostafa
- Dr. Mohammad Hany
- Dr. Omneya Ezzat Elsherif
- Dr. Saeed Salah
- Dr. Soad Abdelmeguid

## *Duration of the program:*

(one year “2 days/week” - 31 credit hours)

## *Course duration:*

**96 days/46 weeks** (week end course /1 academic year)

**Theoretical:**

**36 days (2 days / 18 Weeks)**

Progression exam (1 day / 1 wk) = **14** credit hours

**Practical:** (Lab reports, X-rays, ECG, EBM, skill lab, ethics & medico legal aspect, basic research, EBM and communication skills):

**20 days (2 days / 10 Weeks) = 4** credit hours

**Clinical:**

Emergency shifts: 6 shifts

Outpatient clinic: Psychiatry, ENT, ophthalmology & dermatology

6 days (2 days/ 3Weeks) = 5 credit hours

**Field training:**

20 days (2 days / 10 Weeks) = 4 credit hours

**Revision:** 4 days (2 wks) = 1.5 credit hours

**Portofolio:** = 2.5 credit hours

**Examination:**4 days (2 wks)

**Holidays:**6 weeks (Ramadan + 2 feasts)





## *Program modules:*

**This program is composed of three modules:**

- Theoretical back ground of family medicine
- Practical training in family medicine
- Clinical and field training in family medicine

## *Methods of teaching*

The following methods of teaching and learning will be applied all through the program

1. **Interactive Lectures:** Conventional lectures using PowerPoint presentations and lecturer notes will be used.
2. **Clinical, field training & practical training:** In these sessions, trainees will be trained under trainer supervision on the method of history taking and identification of the clinical signs in patients & subjects. Also they will be trained on reading of plain radiographs and interpreting ECG and lab reports. There will be an opportunity for the trainees to see some outpatient clinic activities such as immunization, well baby clinic, family planning, ... etc.
3. **Role play:** trainees will be allowed to share in role play to be trained in ethical & medico legal problems as well as communication skills.
4. **Skill lab:** the trainees will be trained on basic surgical, obstetric and gynecological skills.





# PROGRAM SPECIFICATIONS AND INTENDED LEARNING OUTCOMES (ILOS)

## *Program Module I*

### **Knowledge background:**

### **Intended learning outcomes:**

By the end of this program module the trainee will be able to

### **Knowledge:**

- Define the role and job description of the Family Physician in Primary Health Care Center PHCC
- Define the family life cycle and anticipate its health hazards at different stages
- List symptoms and signs of common cases at the unit level and establish criteria for referral to secondary care level
- Recognize different health counseling models
- Define performance measures for applying continuous quality improvement

### **Skills:**

- Practice rationalized and effective decision making
- Demonstrate ability to identify proactive measures for disease prevention and early detection among family members
- Implement problem solving skills
- Apply the concept of organized team work



**Table 1: Module I contents:****1. Theoretical (36 days):**

<b>Family Medicine Module IA:</b>		<b>8 days</b>
Concepts and principles of F M		1
Medical Ethics , professionalism and patient safety		½
Audit and Continuous Quality Improvement		½
Nutrition & Obesity		1
Epidemiology and Infectious Diseases		1
statistics in family practice		2
Health promotion and education		½
Practice management and accreditation		½
Environmental & occupational medicine		1
<b>Internal Medicine Module IB:</b>		<b>8 days</b>
Diabetes Mellitus		1
Hypertension & IHD		1
Bronchial asthma, COPD		1
Osteoporosis, gout & osteoarthritis		2/3
Headache, coma & PN		1
Thyroid & endocrinal disorders		1
Anemia & bleeding tendency		2/3
Indigestion & IBS		½
Jaundice & Chronic liver disease		1
Generalized edema		½
<b>Surgery Module: 3 days</b>		<b>Days</b>
<b>Surgical Emergency</b>		<b>½</b>
<b>Poisoning</b>		<b>1/3</b>
<b>Early detection of cancers</b>		<b>1/3</b>
<b>Breast Diseases</b>		<b>½</b>
<b>UTI, UT stones &amp; prostate</b>		<b>1/3</b>

<b>Gynecology &amp; Obstetrics Module:</b> Antenatal care High risk pregnancies Medical disorders with pregnancy Postpartum care Menorrhagia, amenorrhea, dysmenorrhea & premenstrual tension Menopause	4
<b>Pediatrics Module:</b> Neonatology Growth & development Immunization IMCI Common medical problems in children	4
<b>Specialties Module</b>	
<b>Ophthalmology</b>	1
<b>Dermatology</b>	2
<b>Psychiatry</b> Anxiety Depression Dementia Sleep disturbances Psychosomatic disorders	2
<b>Clinical Pharmacology</b>	2
<b>ENT</b>	1
<b>Others</b>	2





## *Program Module II*

Practical training in family medicine

### **Intended learning outcomes:**

By the end of this program the candidate will be able to

### **Knowledge:**

- Discuss diagnostic workup for common and/or important medical conditions

### **Skills:**

- Perform basic life support.
- Select the most appropriate and cost-effective diagnostic procedure for each problem and be able to interpret the results of investigations appropriately
- Apply the concept of organized team work
- Interact with patients and use effective communication skills
- Provide proper health counseling skills
- Demonstrate basic computing skills, including valuable usage of the Internet search engines and Evidence-based Medicine (EBM) websites

## Module contents:

Main Headings	Days 20
<b>CV Learning plan</b>	<b>1</b>
<b>Skill lab:</b> <ul style="list-style-type: none"> <li>• Obs&amp; Gyn Skill lab</li> <li>• Basic Life Support (BLS) adult &amp; children</li> </ul>	<b>3</b>
<b>Specialties lab:</b> <ul style="list-style-type: none"> <li>• Orthopedic</li> <li>• Chest: inhaler, spacer &amp; peak flow meter</li> <li>• Surgery</li> </ul>	<b>3</b>
<b>Communication skills</b>	<b>2</b>
<b>Applied clinical investigations:</b> <ul style="list-style-type: none"> <li>β ECG</li> <li>β X- ray</li> <li>β Lab reports</li> </ul>	<b>6</b>
<b>Critical appraisal &amp; EBM</b>	<b>2</b>
<b>Infection control</b>	<b>1</b>
<b>Others</b>	<b>2</b>





## *Program Module III*

Clinical and field training in family medicine

### **Intended learning outcomes:**

By the end of this program the candidate will be able to

### **Knowledge:**

1. Recognize the etiology and pathogenesis of important and/ or common medical conditions that affects all age groups.
2. List clinical manifestations, complications, Differential diagnosis, diagnostic workup, and treatment plans for common and/or important medical conditions
3. Recognize the ethical principles that govern decision-making in clinical practice relevant to family medicine.

### **Skills:**

1. Demonstrate efficient use of the Family Health Record
2. Obtain relevant medical history and perform a relevant clinical examination.
3. Perform an emergency-directed examination for patients presented with different emergencies

4. Initiate first aid management for patients presented with different emergencies
5. Select the most appropriate and cost-effective diagnostic procedure for each problem and be able to interpret the results of investigations appropriately
6. Treat common cases at the unit level and establish criteria for referral to secondary care level
7. Apply the concept of organized team work
8. Interact with patients and use effective communication skills
9. Provide proper health counseling skills
10. Evaluate outcomes of health service

**Module contents:**

- The clinical training on patients (teaching hospitals).

Outpatient training in 4 departments:

- Dermatology (2 day)
- Psychiatry (2 days)
- E N T (1 day)
- Ophthalmology (1 day)
- Emergency clinical training on patients will be in 6 shifts (8 hours each).
- Field study will be covered in 20 days (2 day/wk) in family health centers in MOHP (5 in each center).





**The following activities will be covered:**

1. Orientation
2. Registration and records
3. Antenatal care
4. High risk pregnancy
5. Well baby care and growth monitoring
6. Immunization
7. IMCI
8. Family planning
9. Reproductive health
10. Health education activities
11. Outreach and referral systems
12. Health office; components and function
13. Infectious diseases control
14. Environmental sanitation





Internal medicine	Abdominal pain
	Chest pain
	Back pain & Painful joints
	Bronchial asthma/COPD
	Dyspepsia & Irritable Bowel Syndrome IBS
	Jaundice and hepatitis
	Diabetes mellitus
	Hypertension & IHD
	Headache
	Anemia
	Edema
	Thyroid disease
	Obesity
	Anemia
	Bronchial asthma/COPD
	Gastroenteritis
	Dysuria
	Fever & rash
	Jaundice
	Nutrition
	Growth & development
	feeding and growth problems
	Sore throat & respiratory infection



Surgery	Abdominal pain
	Back pain
	Breast diseases
	GIT bleeding, Rectal bleeding
	GIT malignancy
	Dysuria and incontinence
	Male genital problems
	Trauma & accident
Sprain, splint & Painful joints	
Obs/Gyn	Family planning
	Antenatal/postnatal care
	Dysuria and STD
	Menstrual disorders
	Vaginal symptoms
Psychiatry	Depression/anxiety
	Stress management
	Psychosomatic disorders
ENT	Allergic rhinitis
	Dizziness and vertigo
	Ear pain
	Sore throat
Ophthalmology	Red eye
	Eye infection & allergy
	Error of refraction
Dermatology	Skin infection
	Skin manifestation of systemic diseases
	Other common skin problems

## **Skills:**

Beside proper history taking and relevant clinical examination, the following skills are needed:

Skills (Internal Medicine)
1- Demonstrate the proper use of inhalers and nebulizers and spacers
2- Demonstrate the use of peak-flow meter appropriately
3- Examination of the CNS
4- General Examination
5- Interpret x-rays
6- blood pressure measurement
7- Perform proper bone & joints exam.
8- Rational prescription
9- Record and interpret ECG
10- Write proper referral letters

  

Skills (Pediatric)
1- Draw family tree and genogram
2- Interpret Growth chart
3- blood pressure measurement
4- Physical examination for congenital hip dislocation

  

Skills (Surgery, orthopedic & Emergency)
1- Apply casts and splints
2- Apply common methods of injections
3- Apply gastric lavage
4- Apply skin sutures
5- Apply wound dressing
6- General Examination including female breast examination
7- Initiate vascular access and Give IV fluids & different solutions
8- Immobilize fractures
9- Insert Foley's catheter
10- Insert NGT
11- Manage sprains and strains
12- Transport the traumatic patient safely.



Skills (Obs/Gyn)
1- Conduct antenatal and postnatal care (ANC, PNC),
2- Family planning counseling
3- Insert and remove IUD
4- Perform cervical smear
5- Perform vaginal Exam and vaginal swab

Skills (Psychiatry)
1- Communicate effectively to patients
2- Proper counseling
3- Conduct proper mental & simple psychiatric examination.

Skills (ENT)
1- Control nasal bleeding by pressure
2- Perform and interpret Weber & Rinne test properly
3- Perform otoscopy / rhinoscopy properly

Skills (ophthalmology)
1- General eye examination

### Proposed time table

Activity	Duration (Wk)
Theoretical	18
Ramadan & Eid	6
Progression exam	1
Practical	10
Eid AlAdha	1
Field	10
Revision	2
Final Exam	2
Total	50



# ASSESSMENT

## *Participants' Assessment*

### During course:

1. Progression exam after Module I: 50 MCQ based on clinical scenario & best of five.

### 2. Portfolio:

- Personal CV
- Personal Learning Plan
- Log book
- Case study with reflection (around five)
- Critical readings (around two)
- Evidence of Continuous Professional Development (certificate of conference attendance, workshops, certificate of CME from reputational websites, courses....etc 'at least five')
- Result of Medical File Auditing



## Progression Exam:

Number of Qs	Topic	Sub topic	Q
15	Internal Medicine	CVS	3
		Respiratory	2
		GIT	1
		Liver	1
		DM	1
		Blood	1
		Others	6
7	pediatric	Respiratory	2
		Growth	1
		Nutrition	1
		Immunization	1
		GIT	1
		Rash	1
4	Public Health	Prevention	2
		Statistics	1
		others	1
4	Gynecology	Bleeding	1
		Infection	1
		Contraception	1
		Others	1
3	Obstetric (ANC)	3	
5	Psychiatry	5	
4	Emergency		
2	Surgery		
2	Ophthalmology		
2	ENT		
1	Dermatology		
1	Others		



At the end of the course:

1. **MCQ:** 100 MCQ (based on clinical scenario & best of five) & EMQ.
2. **Data OSCE:** data show presentation of lab reports, ECG, X ray, growth curve,... & candidates submit their response in writing.
3. **Clinical exam (CSA):** 5 observed consultation clinical cases

**MCQ:** 100 MCQ in 135 minutes; 100 marks

**OSCE:** 10-15 stations in 60 - 90 minutes; 100 marks

**Clinical exam (CSA):** 5 cases, 10 minutes each; 100 marks (Adult, child, Obs/Gyn, communication skill and health education)

**Pass mark:** an appropriate standard sitting method will be applied to define passing mark in both written, data OSCE & CSA.



Table 2: describes the % share of each exam type in the overall grade of the students.

Attendance	85% attendance of all activities is a prerequisite for entry to exam.
Portfolio	Approved portfolio is a prerequisite for entry to final exam.
Progression Exam	Pass successfully
Final Exam	<b>MCQ:</b> 100 MCQ & EMQ in 135 minutes; 100 marks <b>Data OSCE:</b> 10-15 stations in 60-90 minutes; 100 marks <b>Clinical exam (CSA):</b> 5 cases, 10 minutes each; 100 marks
Final grade needed to pass the program	Depend on stander sitting

