

2013

# FAMILY MEDICINE CLERKSHIP

## CURRICULUM UPDATE

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## **INTRODUCTION**

**In this course the medical students will be exposed to the principles, content and practice of the family medicine in the community.**

**The course emphasizes the central characteristics and core competencies of the discipline of family medicine.**

**The students will learn the difference in the practice of medicine between the hospital and Primary Health Care settings.**

**The students will be trained in Primary Health Care Centers (PHCCs) to understand and practice the concepts of primary, comprehensive and continuing care of individuals, families and to the community at large.**

**The students will learn also specific problem solving skills that will enable them to use epidemiological knowledge of the community prevalence of illness and risk factors and to make their hypothesis and diagnosis about the problems presented in PHC settings.**

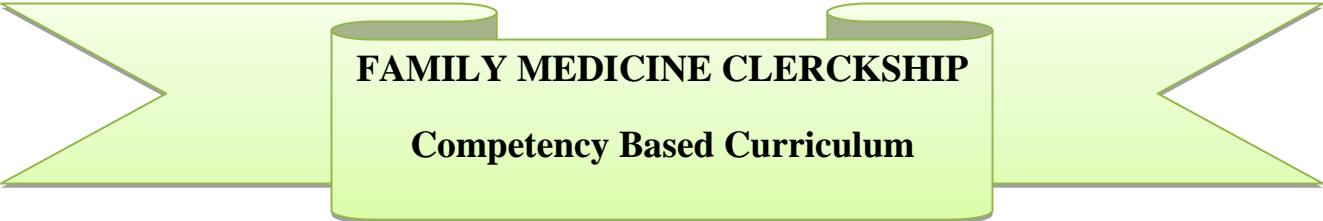
**During the course, the students will see how the family physician views his or her practice as a ‘population at risk’ and organizes the practice to ensure that patients’ health is maintained whether or not they are visiting the practice.**

**The art of family physician in providing person centered care and holistic approach using the bio-psychosocial model of illness will be demonstrated to the student during the clerkship period.**

The Curriculum in primary health care is aimed at providing students with a clear and concise overview of spirit of family medicine at the **Dubai Health Authority** primary health care centers, in different sectors of DHA.

### **Prof. Samia Farghaly**

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**FAMILY MEDICINE CLERCKSHIP**  
**Competency Based Curriculum**

**By the end of the rotation the students should be able to:**

1. Describe the concept of Primary Health Care and Family Practice
2. Interview and communicate properly with patients presenting in PHC settings, taking a proper history and a focused clinical examination.
3. Recognize and manage with guidance, common, chronic and psychosocial health problems in PHC settings according to up to date evidence based protocols and guidelines
4. Assess the health status and various risk factors in patients and different family members and intervene by providing anticipatory guidance , evidence based health promotion, prevention , and health education
5. Assess the health needs of the community and special groups and demonstrate an understanding of the demographic , epidemiological ,environmental and cultural factors affecting these needs and the way they modify peoples' use of the health care services
6. Demonstrate an understanding of family dynamics sufficient to allow intervention in patients' family context, particularly in chronic, psychosocial and terminal illnesses
7. Demonstrate appropriate skills of using equipment, office procedures and special tests available in PHC settings
8. Recognize the role of the PHC team and appreciate the value and principles of team work and collective responsibility
9. Recognize the importance of keeping sound medical records and making appropriate referrals to other levels of care for preserving the effectiveness of continuity of care
10. Adhere to contemporary ethical principles of medical practice, respect patients' autonomy, confidentiality, perception of experience of illness and enable the patient to make an informed choice.

**In order to achieve the above mentioned competency objectives of the course the students will be exposed to participate in the following activities (services and programs in PHC)**

1. Clinical activities
2. Chronic disease program
3. Child health care program
4. Immunization program
5. Women health care program
6. Senior Citizen Clinic
7. Health Information system in PHC
8. Practice practical procedures
9. Health maintenance activities
10. School health program
11. Travel Clinic
12. Communicable disease program
13. Quality office
14. Medical fitness
15. Practice practical procedure

### **Time Schedule of Group Activities**

Students spend 5 days per week for educational activities

The time allocation of the **5 days** is distributed as follows:

- ✓ Three days per week for PHCC activities and programs ( both curative and preventive services and programs)
- ✓ One day per week for attending theoretical lecture program
- ✓ One day for community and outreach health program

### **Students Portfolio- Logbook Electronic**

- Each student should keep a log book for all the activities she is performing during the course
- The log book for each student should include the following tasks for formative evaluation during the course :
  1. Fifteen short cases written with SOAP system with identified Students' learning objectives and references

2. Five case studies- evidence based in chronic diseases
  - A. Bronchial Asthma
  - B. Diabetes
  - C. Hypertension
  - D. Geriatric case
  - E. Psychosocial problem case
3. Report on 10 babies of different ages seen in the well-baby clinic with the growth charts and the immunizations given to them
4. Report on effectiveness of immunization program ; monitoring cold chain at PHCC level , registers , role of nurse in immunization coverage
5. Report on five cases of women health

**Each group of students to conduct an audit of certain clinical condition.**

**All students should attend and participate in the academic day and they can attend CME activities of PHC.**

## **Course Participants**

4<sup>th</sup> & 5<sup>th</sup> year students

## **Course Duration**

**20 weeks** for each group of students .They attend from Saturday to Wednesday each week from **8 AM-12 N**. Each clerkship comprises *2 daily clinical, practical sessions for four days per week* and *2 theoretical sessions per week*.

## **Methods of Teaching and Learning**

- One to one teaching method in the consultation room for interviewing, physical examination , problem solving skills and decision making.
- Group teaching and learning methods for theoretical content , peer review ,updates , attitude , ethics etc.

1. Case presentations
2. Seminars
3. Problem based tutorials
4. Role play

**5.**Lectures

**6.**Evidence based medicine

## **Methods of Assessment**

### **I. Continuous Assessment (Formative) 50%**

- |                                   |            |
|-----------------------------------|------------|
| <b>1.</b> Log book activities     | <b>20%</b> |
| <b>2.</b> Audit /research Project | <b>20%</b> |
| <b>3.</b> Attendance              | <b>10%</b> |

### **II. Final Assessment (Summative) 50%**

- |                |            |
|----------------|------------|
| <b>1.</b> OSCE | <b>25%</b> |
| <b>2.</b> MCQ  | <b>25%</b> |



## Appendix 1

### *Course Lectures' Program*

1. Concept of family medicine and primary health care
2. Communication skills
3. Consultation skills in PHC
4. Well baby clinic
5. Immunization program
6. Periodic medical examination and evidence based health maintenance protocols (wellness promotion)
7. Medical Audit / project
8. Women health care programs in PHC
9. Approach to child with cough and difficulty of breathing
10. Approach to child with sore throat and ear pain
11. Approach to child with diarrhea
12. Principles of chronic disease management in PHC
13. Approach to diabetic patients in PHC
14. Approach to hypertensive patient in PHC
15. Approach to patient with hyperlipidemia
16. Approach to asthmatic patient
17. Approach to patient with back pain in PHC
18. Approach to patient with URTI
19. Approach to patient with headache
20. Approach to a patient UTI/Cystitis/Dysuria
21. Approach to adolescent patient
22. Approach to a patient with Fatigue
23. Approach to a patient with Vaginal Discharge
24. Approach to a patient with eating disorders
25. Approach to a patient with red eye
26. Approach to a patient with diarrhea ( different age groups )

- 27.** Approach to patient with sexual dysfunction
- 28.** Approach to a patient who cannot sleep
- 29.** Approach to patient with common skin problem
- 30.** Prevention of coronary heart disease
- 31.** Approach to patient with psychosocial problems in PHC
- 32.** Evidence based medicine
- 33.** Ethics
- 34.** Abdominal Pain
- 35.** Abnormal Vaginal Bleeding
- 36.** Dizziness
- 37.** Irritable bowel syndrome
- 38.** Dyspepsia
- 39.** Constipation
- 40.** Depression
- 41.** Ectopic pregnancy

## *Appendix 2*

### *Clinical Skills*

#### **Competency**

**All students should demonstrate Competency in acquiring these skills**

- ◆ Communication skills
- ◆ Consultation skills
- ◆ History taking and clinical reasoning in family practice
- ◆ Biometric parameters Height, Weight , Waist-Hip ratio, BMI
- ◆ General examination
- ◆ BP , Pulse , Respiratory Rate
- ◆ Chest, Heart, abdominal exam.
- ◆ CNS examination
- ◆ Musculoskeletal system examination
- ◆ Pelvic examination
- ◆ Breast self examination
- ◆ Clinical breast examination
- ◆ Examine feet of diabetic patient
- ◆ Pap smear
- ◆ Speculum examination
- ◆ Use peak flow meter
- ◆ Use of nebulizer
- ◆ Use Auroscope
- ◆ Use of inhalers
- ◆ Use of nebulizer
- ◆ Use and interpreting of growth charts
- ◆ Dressing
- ◆ Suturing simple wounds
- ◆ Inserting an IV line
- ◆ Venesection
- ◆ Proctoscopy
- ◆ Funduscopy
- ◆ Taking an ECG
- ◆ Basic ECG interpretation
- ◆ Immunization schedule and application
- ◆ Oral rehydration therapy administration
- ◆ Giving intramuscular, intravenous, subcutaneous injections
- ◆ Visual acuity and colour tests
- ◆ Tuning forking

- ◆ Infant examination and assessment
  - Growth monitoring
  - Developmental assessment
  - Milestones
  - Nutritional status
  - Adequacy of breast feeding
  - Immunization status and catch up
- ◆ Near patient testing e.g. urine dip sticks, reflo
- ◆ Formulation of an assessment of the patient
- ◆ Developing management plan
- ◆ Behavioural change
- ◆ Patient education
- ◆ Apply health maintenance protocols
- ◆ Pharmacotherapy- writing a prescription

**The course will emphasize the following competencies:**

- Communication skills
- Team work skills
- Basic clinical skills
- Management of common and chronic health problems in the community
- Health promotion and disease prevention
- Population based medicine
- Evidence based medicine
- Self-directed learning

***Bibliography***

1. Fraser, Clinical methods in General Practice.
2. Rakel , textbook of Family Practice
3. Gorol , Primary Care Medicine
4. Taylor Family Practice Textbook
5. Pendelton, The consultation
6. Swanson , Family Practice Review

***Relevant Web sites***

1. [www.guideline.gov](http://www.guideline.gov)
2. <http://www.aafp.org/clinicalrecs.xml>
3. <http://www.phppo.cdc.gov/cdcRecommends/AdvSearchV.asp>
4. [www.bmjournals.com](http://www.bmjournals.com)

# CLINICAL SKILLS MODULE

## Clinical Skills - Phase I

### Introduction

In this course the medical students acquire core knowledge and skills through problem based learning and clinical skills program, content and practice of the family medicine in the community. The course emphasizes the central characteristics and core competencies of the discipline of family medicine. The students will be trained in Primary Health Care Centers to understand and practice concepts of primary , comprehensive and continuing care to the individuals , families and to the community by and large.

### Objectives:

By the end of this module the students should gain the following knowledge and skills:

- 1). Orientation by the Primary Health Care components and functions.
- 2). Understand the importance of medical records and the ethics in dealing with the medical records.
- 3). Ability to measure the vital signs (Pulse, Blood Pressure, Respiratory Rate and Temperature) and assess the body weight, height, waist and hip measurements and calculate and interpret the Body Mass Index and waist/ Hip ratio.
- 4). Orientation about the components of maternal care program starting from the pre-marital counseling, antenatal care, family planning and the post-natal care. Observation of communication skills, patient counseling and methods of breaking bad news. Observing the ultrasound examination in pregnant women.
- 5). Observation of the different components of the Child Care Program. Assessment and interpretation of the child growth and development. Orientation about the schedule of vaccination and methods of follow up of defaulters.
- 6). Orientation on Travel health program
- 7). Orientation about the geriatric health and the geriatric care program.

## Participant:

Medical students of preclinical phase of undergraduate first year students hall the batch will attend primary health care divided into 8 groups of about 7 to 8 students distributed to different heath centers

## Course Duration:

Once a week for 10 weeks for 3 hours from 9:00-12:00 total 30 hours

## Course Sessions:

- 45 → minutes session intending learning outcome **ILO**
- 60 → minutes **Practical session** on PHC different sections
- 60 → minutes **clinical session** observation of consultation and communication skills
- 15 → minute reflective practice (feedback on the day activities and plan for next session)
- 8 → theoretical sessions
- 8 → practical
- 8 → clinical session

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**Total course sessions 24 sessions**

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## Students Visit Program

Travel health  
Geriatric home  
Fitness clinic

## A: Theoretical sessions

- 1). Communication skills
- 2). Population pyramid
- 3). Diabetic mini clinic

- 4). Child health program
- 5). Traveler health care program
- 6). Maternal health care program
- 7). Geriatric home care
- 8). Fitness clinic

## **B: Practical sessions**

- 1). vital signs
- 2). cold chain
- 3). growth chart
- 4). diabetic care
- 5). premarital counseling
- 6). antenatal care
- 7). child vaccination
- 8). ECG recording

## **C: Clinical Sessions**

In family medicine clinic

## **Methods of Teaching**

- ✓ Small group teaching
- ✓ Simulated patients
- ✓ Interactive lectures

## **Assessment**

- ✓ Oral
- ✓ Logbook
- ✓ Attendance
- ✓ Program Evaluation (student feedback)

## Clinical Skills – Phase II

### Introduction

In this course the medical students acquire core knowledge and skills through problem based learning and clinical skills program, content and practice of the family medicine in the community. The course emphasizes the central characteristics and core competencies of the discipline of family medicine. The students will be trained in Primary Health Care Centers to understand and practice concepts of primary , comprehensive and continuing care to the individuals , families and to the community by and large.

### Objectives:

By the end of this module the students should gain the following knowledge and skills:

- 1). Ability to Practice communication and consultation skills
- 2). Ability to measure the vital signs (Pulse, Blood Pressure, Respiratory Rate and Temperature) and assess the body weight, height, waist and hip measurements and calculate and interpret the Body Mass Index and waist/ Hip ratio.
- 3). Recognize the anatomical landmarks of important organs in normal individuals in the medical fitness clinics.
- 4). Assess the health status and various risk factors in patients and different family members and intervene by providing anticipatory guidance, and evidence based health promotion, prevention, and health education.
- 5). Know the protocol for management hypertension.
- 6). Know the guidelines in the management of cases of Diabetes Mellitus and gain the skill of using the Glucometer in measuring the Blood Glucose level.
- 7). Orientation about the protocol of management of asthmatic patients and the use of inhalers and Peak Flow Meter.
- 8). Introduce students to the principles of Audit

### Course Duration

- ✓ **10 weeks** for each group of students.
- ✓ They attend for **3 hours** each week from **9:00- 12:00**
- ✓ The clerkship in **2 rotations per year**



## **Participant:**

medical students of preclinical phase of undergraduate third year students

all the batch will attend primary health care divided into 8 groups distributed to different health centers

## **course duration:**

Once a week for 10 weeks for 3 hours from 9:00-12:00 total 30 hours

## **Course sessions:**

45 minutes session intending learning outcome **ILO**

60 minutes **Practical session** on PHC different sections

60 minutes **clinical session** observation of consultation and communication skills

15 minute reflective practice ( feedback on the day activities and plan for next session)

## **Sessions**

1. Communication skills
2. Consultation models
3. Audit principle and selection of audit
4. Anatomical landmark
5. Workshop to finalize audit

## **Problem based seminar (chronic diseases)**

1. Hypertension
2. Diabetes
3. Bronchial asthma

## **Clinical skills**

1. Use of nebulizer
2. Peak flow meter
3. Inhalers
4. Assessment of asthma patient
5. Diabetic foot care
6. Diabetic foot examination
7. Use of glucometer
8. Role of dietitian in care of diabetic patient
9. Assessment of newly diabetic patient using diabetic forms
10. Assessment of BP , BMI and waist circumference

## Assessment

- ✓ OSCE
- ✓ Oral
- ✓ Logbook
- ✓ Audit
- ✓ Attendance
- ✓ Clinical phase
- ✓ Competency based
- ✓ Program evaluation (**students feedback**)