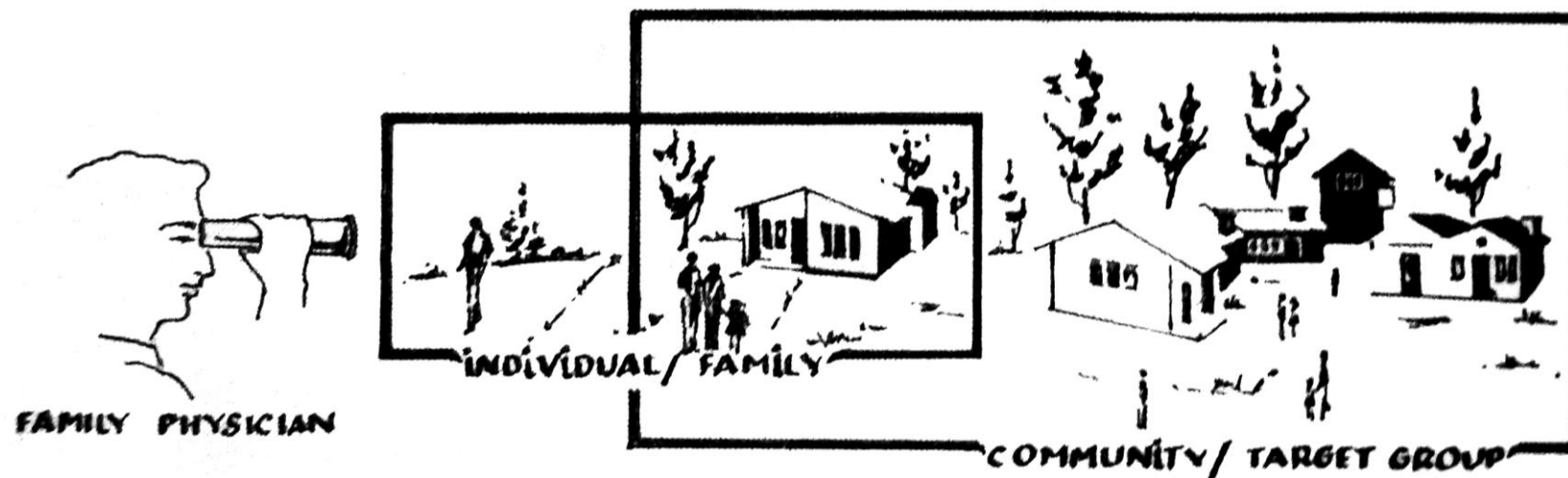


# *General Practice Module*



*Department of Family Medicine  
Faculty of Medical Sciences  
University of Sri Jayewardenepura*

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*January 2010*

## **Module Committee**

- Prof M. S. A. Perera – Chairperson
- Dr. A. L. P. de S. Seneviratne
- Dr. Shyamale Samaranayaka – Convener
- Dr. Hiranthini de Silva
- Dr. D. Weerasekera - Extended faculty member

## **Introduction**

Welcome to the general practice module. General practice was first introduced into the curriculum as a subject in 1993 at the inception of this faculty.

The module is designed for you to learn those aspects related to general practice which you will not learn elsewhere in your 5 year programme. It introduces you to the basis and principles underlying general practice which would help you to deliver good quality primary continuing and comprehensive care for the patient. The learning methods are focussed more towards the patient who is ill rather than only the diseases the patient has.

The main objective of this module is to equip you with information that you would need to set up and carryout quality general practice in the community.

## **Aim**

At the end of the module you should acquire the basic knowledge, skills and attitudes that are important to deliver general practice with commitment, compassion and care.

## **Objectives**

At the end of the programme you should be able to;

1. Understand the patient centered philosophy of general practice.
2. Describe the process of care in a general practice.

3. Identify how presentations and management differ from those seen in hospital wards.
4. Develop the attitude to use every opportunity to promote health and prevent diseases and to support/ cooperate with the implementation of national health programmes.
5. Describe logistics involved in setting up an independent practice.
6. Manage common problems presenting in general practice

## **Main Content areas**

1. Principles, concepts and scope of general practice.
2. Family and its impact on health and disease.
3. Psychological, social and cultural effects on health and illness behaviour.
4. Consultation and doctor patient relationship.

5. Clinical decision making and principles of management in general practice.
6. Organizing a general practice (solo/ group) and home as the clinical setting.
7. Anticipatory care and opportunistic health promotion.
8. Some commonly seen symptoms in primary care.

| <b>Objectives<br/>At the end of the course<br/>student must be able to</b> | <b>Broad content area</b>   | <b>Learning<br/>strategy</b> | <b>Learning<br/>materials</b> | <b>Duration</b> | <b>Department</b>  |
|--|---|------------------------------|-------------------------------|-----------------|--------------------|
| Describe the impact of family, society and culture on individual           | • Stages of individual lifecycle  | Lecture and SGD              | Handouts                      | 2hrs            | Psychiatry         |
|  | • Stages and problems related to family lifecycle   | Lecture and SGD              | Handouts<br>Presentations     | 2hrs            | Family<br>Medicine |
|  | • The structure and functions of family and society and Impact of culture on health behaviour | Lecture                      |                               | 2hrs            | Psychiatry         |

|   |   |                 |   |      |                    |
|---|---|-----------------|---|------|--------------------|
| Recognise and manage patients who present with problems following family crises and stressful life events.                      | <ul style="list-style-type: none"> <li>• Physiological basis of stress and coping strategies</li> <li>• Different types of family crisis</li> </ul>                             | Lecture/<br>SGD | Power point Presentations & student presentations | 1hr  | Family Medicine    |
|   | <ul style="list-style-type: none"> <li>• Clinical presentations following family crisis and stressful life events</li> <li>• Family doctors role in these situations</li> </ul> | Lecture         |   | 2hrs | Family Medicine    |
| Describe the natural history of common diseases, principles of prevention and application of this knowledge in general practice | <ul style="list-style-type: none"> <li>• Importance of natural history of common diseases</li> <li>• Strategies for prevention for individuals and target groups</li> </ul>     | Lecture         |   | 1hr  | Community Medicine |
|   | <ul style="list-style-type: none"> <li>• Unorganised illness, early undifferentiated illness, self limiting illness and continuity of care in general practice.</li> </ul>      | Lecture         |   | 1hr  | Family Medicine    |



| <b>Objectives<br/>At the end of the course<br/>student must be able to</b>           | <b>Broad content area</b>   | <b>Learning<br/>strategy</b> | <b>Learning<br/>materials</b> | <b>Duration</b> | <b>Department</b>  |
|--|---|------------------------------|-------------------------------|-----------------|--------------------|
| Understand the nature and content of general practice                                | <ul style="list-style-type: none"> <li>• The definition and unique features of general practice</li> <li>• Differences between hospital inpatient care and general practice</li> <li>• Principles of family practice</li> </ul>   | Lecture                      |                               | 2hrs            | Family<br>Medicine |
| Describe the role of family in health and disease                                    | <ul style="list-style-type: none"> <li>• Characteristics of a healthy family</li> <li>• Patient and family dynamics and their evaluation</li> <li>• Family as a source of and resource in illness.</li> </ul>   | Lecture                      |                               | 1hr             | Family<br>Medicine |
| Describe concepts of health and illness  | <ul style="list-style-type: none"> <li>• Definitions of health, illness and disease</li> <li>• Overlapping areas of illness and disease</li> </ul>  | Lecture                      |                               | 1hr             | Family<br>Medicine |
| Discuss background factors that would influence a patient to seek help from a doctor | <ul style="list-style-type: none"> <li>• Importance of unreported illness and patient behaviour</li> <li>• Responses to stages of illness</li> <li>• Precipitating factors in the decision to consult</li> <li>• Patient factors contributing to seeking medical care at primary level</li> </ul> | Lecture<br>SGD               |                               | 1hr             | Family<br>Medicine |

| <b>Objectives<br/>At the end of the<br/>course student must<br/>be able to</b>    | <b>Broad content area</b>   | <b>Learning<br/>strategy</b> | <b>Learning<br/>materials</b> | <b>Duration</b> | <b>Department</b> |
|---|---|------------------------------|-------------------------------|-----------------|-------------------|
| Describe the concept of holistic care   | <ul style="list-style-type: none"> <li>• Bio psychosocial approach to patient evaluation and management</li> <li>• Comprehensive care</li> </ul>          | Lecture                      |                               | 1hr             | Family Medicine   |
| Describe the different reasoning styles in clinical decision making               | <ul style="list-style-type: none"> <li>• Different methods of diagnosis and their application in clinical practice.</li> </ul>                            | Lecture                      |                               | 1hr             | Family Medicine   |
| Describe the tasks involved in a consultation                                     | <ul style="list-style-type: none"> <li>• Process of consultation</li> </ul>   | Lecture                      |                               | 1hr             | Family Medicine   |
| Establish good doctor patient relationship  | <ul style="list-style-type: none"> <li>• Rapport building</li> <li>• Communication</li> </ul>   | Lecture                      |                               | 1hr             | Family Medicine   |
| Explain the different methods used in the management of patients in primary care. | <ul style="list-style-type: none"> <li>• Using time as a diagnostic tool</li> <li>• Measures available for patient management in primary care.</li> </ul> | Lecture                      |                               | 1hr             | Family Medicine   |

|  |  |         |  |     |                 |
|--|--|---------|--|-----|-----------------|
| Define the term anticipatory care and explain the application of it in the family life cycle | <ul style="list-style-type: none"> <li>• Definition of anticipatory care</li> <li>• Family life Cycle</li> <li>• Preventive methods at different stages of life cycle</li> </ul> | Lecture |  | 1hr | Family Medicine |
|--|--|---------|--|-----|-----------------|

| <b>Objectives<br/>At the end of the course student must be able to</b>                                 | <b>Broad content area</b>   | <b>Learning strategy</b> | <b>Learning materials</b> | <b>Duration</b> | <b>Department</b>                                      |
|--|---|--------------------------|---------------------------|-----------------|--|
| Draw up a plan for delivering preventive care for specific age / sex groups in the practice population | <ul style="list-style-type: none"> <li>• Mortality and morbidity rates and patterns for age groups</li> <li>• Age and sex specific preventive measures</li> <li>• Availability &amp; practical implementation of preventive measures in the general practice</li> </ul>                       | Lecture                  |                           | 1hr             | Family Medicine  |
| Describe the logistics in organizing a general/ family practice  | <ul style="list-style-type: none"> <li>• Selection of location</li> <li>• Office layout</li> <li>• Staff and equipment</li> <li>• Documentation (Record keeping, taxation and accounting)</li> <li>• Appointment system</li> <li>• Practicing as a safe doctor</li> <li>• Auditing</li> </ul> | Lecture<br>SGD           |                           | 2hrs            | Family Medicine and faculty of management studies/USJP |

|   |  |                          |  |     |                 |
|---|--|--------------------------|--|-----|-----------------|
| Describe methods by which a doctor can obtain compliance in ambulatory care | <ul style="list-style-type: none"> <li>• Definition of compliance</li> <li>• Reasons for non-compliance</li> <li>• Strategies to gain compliance</li> </ul>                | Lecture                  |  | 1hr | Family Medicine |
|   | <ul style="list-style-type: none"> <li>• Development of communication skills in giving instructions to patients of different social and educational backgrounds</li> </ul> | Communication skills Lab |  | 1hr |                 |

| <b>Objectives<br/>At the end of the course student must be able to</b>   | <b>Broad content area</b>   | <b>Learning strategy</b>                   | <b>Learning materials</b> | <b>Duration</b> | <b>Department</b>              |
|--|---|--|---------------------------|-----------------|--------------------------------|
| Understand the problems of a patient living with chronic illness and be able to improve the quality of life of the patient and family. | <ul style="list-style-type: none"> <li>• Psychosocial problems of the patient with chronic illness</li> <li>• Stigma attached.</li> <li>• Problems of the carer and family</li> <li>• Cost of providing care</li> <li>• Effects on day to day life</li> <li>• Patients adjustment to his illness</li> </ul> | Lecture discussion with clinical scenarios |                           | 1hr             | Family medicine and psychiatry |
|  | <ul style="list-style-type: none"> <li>• Indications for admission to hospital for common illnesses</li> <li>• Assessment of a acutely ill patient</li> </ul>   |  |                           |                 |                                |

|   |  |                |  |      |                 |
|---|--|----------------|--|------|-----------------|
| Assess the suitability of a patient for home care and principles of management                              | <ul style="list-style-type: none"> <li>for home care</li> <li>• Assessment of a chronically ill patient at home</li> <li>• Locally made devices to assist in activities of daily living</li> <li>• Training and advice to care-givers</li> <li>• Doctor's responsibilities towards patients, carer and family</li> </ul> | Lecture        |  | 1hr  | Family Medicine |
| Understand the principles and responsibilities in the management of end of life care, death and bereavement | <ul style="list-style-type: none"> <li>• The end of life care in the terminally ill</li> <li>• Procedures to follow when a death occurs at home</li> <li>• Family doctor's role in bereavement</li> </ul>  | Lecture<br>SGD |  | 2hrs | Family Medicine |

| <b>Objectives<br/>At the end of the<br/>course student must<br/>be able to</b> | <b>Broad content area</b>  | <b>Learning<br/>strategy</b>                       | <b>Learning<br/>materials</b> | <b>Duration</b> | <b>Department</b> |
|--|--|--|-------------------------------|-----------------|-------------------|
| Evaluate and manage common symptoms seen in general practice.                  | <ul style="list-style-type: none"> <li>• Common problems related to ENT, skin, eye, musculoskeletal and respiratory illness</li> <li>• Modes of presentation</li> <li>• Decision making and management options</li> <li>• Simple equipment and procedures</li> </ul> | Lecture<br>Slide<br>presentations<br>Videos<br>SGD |                               | 8hrs            | Family Medicine   |

|  |  |                          |   |      |                                  |
|--|--|--------------------------|---|------|----------------------------------|
|  |  |                          |   |      |                                  |
| Prepare diets to suit individuals and families in health and disease | <ul style="list-style-type: none"> <li>• Components of a balanced diet</li> <li>• Modification of an individual's diet in prevention of disease and maintenance of health</li> </ul>   | Lecture, seminar and SGD |   | 2hrs | Family Medicine                  |
| Write prescriptions for common problems in primary care              | <ul style="list-style-type: none"> <li>• Principles of prescribing in ambulatory care</li> <li>• Writing prescriptions</li> <li>• Explaining to patients</li> <li>• Dealing with drug representatives from Pharmaceutical trade</li> </ul> | work shop                | . | 4hrs | Family Medicine and Pharmacology |