



Family Medicine

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OBJECTIVES

- ❖ To know the definition and principle of Family Medicine.
- ❖ To know the competencies/characteristics of FP.
- ❖ Saudi board program of family medicine outlines.
- ❖ Tips and requirements for local program acceptance.

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 integrate the **biological, clinical** and **behavioural** sciences. The scope of family practice includes (**all** ages, **both** genders, all **organs**, all **systems** and all **diseases**)

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.

COMPETENCIES OF FAMILY PHYSICIAN

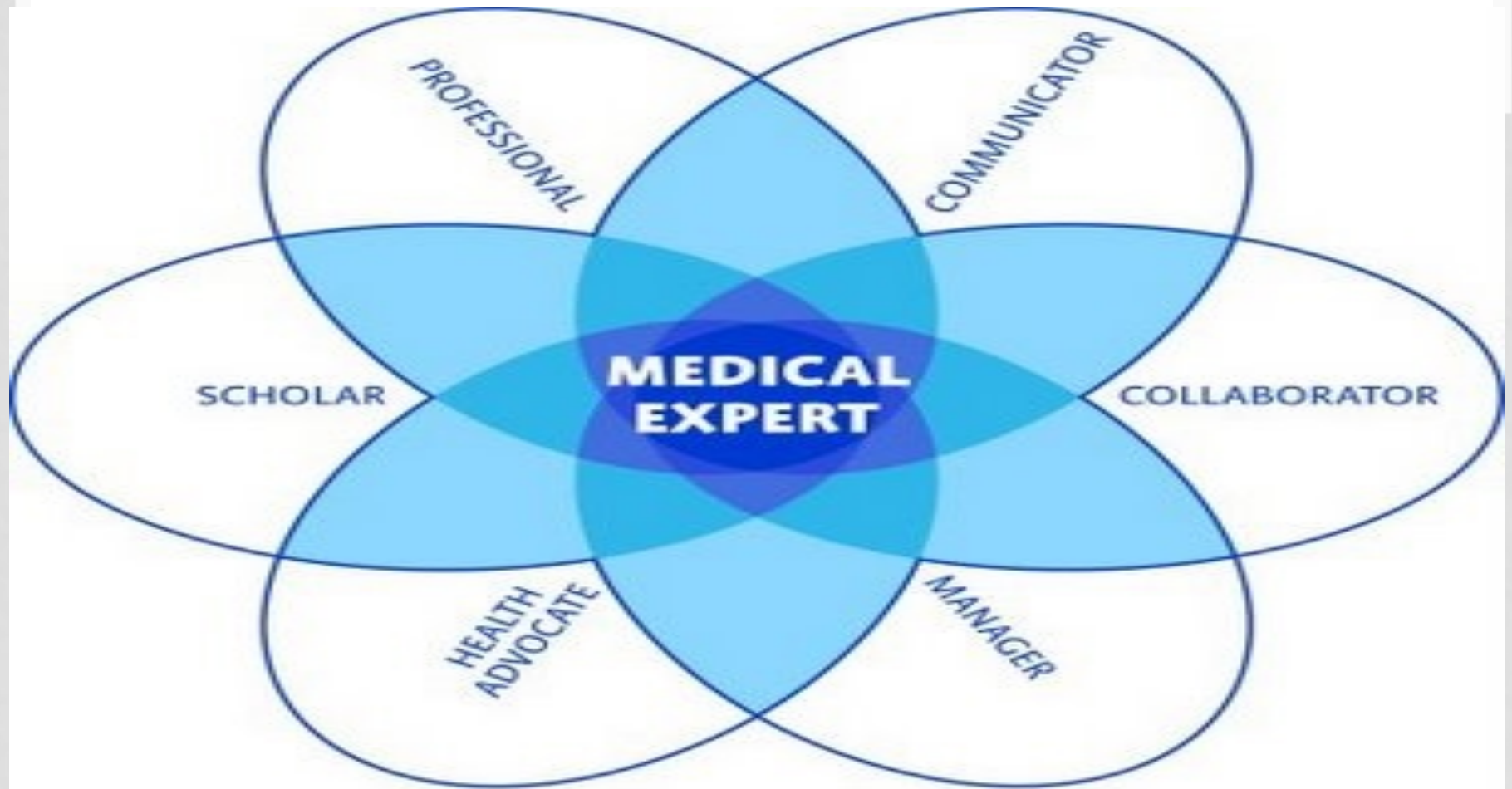
❖ *Family physician should be able to provide:*

- Acute and chronic health problems Management.
- Health promotion services.
- Emergency services.
- Counselling services.
- Home care services.
- Preventive care services.
- Terminal and palliative care

WHERE TO PRACTICE FM?

- ✓ OPD / Clinics.
- ✓ PHCC.
- ✓ Family Practice Centres.
- ✓ Emergency Department.
- ✓ Hospitals / staff health clinics.

CHARACTERISTICS OF COMPETENT FP



THE
CANMEDS
ROLES FRAMEWORK

CHARACTERISTICS OF COMPETENT FP

- Ability to communicate efficiently.
- Ability to carry out studies and research.
- Ability to plan and implement action plan.
- Ability to educate and train his/her colleagues .
- Ability to refer patients when it is needed.
- Ability to activate community participation.
- Ability to coordinate with other sectors.
- Ability to update himself regularly

HOW DOES FP DIFFER FROM OTHER PHYSICIANS ?

- The first contact and gate of health care system.
- Provide continuity and comprehensive care.
- Use holistic approach.
- Partnership and share care.
- Patient centred approach.
- Care at any place and all the time.
- Early diagnosis & management (screening).
- Deals with uncertainty.
- Focus and targeted clinical exam.

SAUDI BOARD PROGRAM OF FM

- **Structure of the program**
(No. of Training Years, Exams, etc..)
- **Core contents of the program**
(Knowledge, Skills and research)
- **Candidate acceptance criteria.**



STRUCTURE OF THE PROGRAM

| YEAR | Rotations | | | | | | | | | | TOTAL |
|------|---|-------------------------------|------------------------|----------------------------------|-------------------------------|--|-----------------------|---------------------|--------------------------|---------------------|-------------|
| R1 | INTRODUCTION COURSE 6 WEEKS | FM MODULE-1 12 WEEKS | MEDICINE 16 WEEKS | SURGERY 4 WEEKS | ORTHOPEDICS 4 WEEKS | PEDIATRICS 4 WEEKS (Total 12 weeks) | EID LEAVE 1 WEEK | | STUDY LEAVE 1 WEEK | VACATION 4 WEEKS | 52 WEEKS |
| R2 | PEDIATRICS 8 WEEKS (Total 12 week) | RESEARCH COURSE 2 WEEKS | OB/GYN 8 WEEKS | EMERGENCY MEDICINE 8 WEEKS | FM MODULE-2 12 WEEKS | RESEARCH FIELD WORK 4 WEEKS | RADIOLOGY 4 WEEKS | EID LEAVE 1 WEEK | STUDY LEAVE 1 WEEK | VACATION 4 WEEKS | 52 WEEKS |
| R3 | OPHTHALMOLOG Y 4 WEEKS | ENT 4 WEEKS | DERMATOLOGY 4 WEEKS | ELEECTIVE 8 WEEKS | ADVANCED COURSE 6 WEEKS | FM MODULE-3 12 WEEKS | PSYCHAITRY 8 WEEKS | EID LEAVE 1 WEEK | STUDY LEAVE 1 WEEK | VACATION 4 WEEKS | 52 WEEKS |
| R4 | FM MODULE-4 | | | | | | | EID LEAVE 1 WEEK | STUDY LEAVE 1 WEEK | VACATION 4 WEEKS | 52 WEEKS |

SKILLS

| SKILLS | Learning setting |
|---|------------------|
| Skills of BLS , ACLS AND ATLS | COURSES |
| Injection intramuscular, intravenous, subcutaneous, and Intra-dermal. | ER, M, P,FM,S |
| Peripheral intravenous line. adult &children | ER, M, P,FM,S |
| Lumbar puncture | ER,M,P |
| Naso-gastric tube insertion and lavage. | ER-M-S-FM |
| Performing an ECG | ER- M- FM |
| Foley's catheter insertion & removal | ER-FM-M-S- |
| Obtaining an arterial blood gas | ER- |
| Intubation of airways | ER |
| Thoracic tube insertion | ER-S |
| Aspiration and injections of joints e.g. shoulder and knee joints | O-ER-FM |
| Splinting and techniques of immobilization of sprained joints and fractures | O-ER-FM |
| Closed reduction of joint dislocation | O-ER |
| Soft tissue injections e.g. planter fasciitis | ER-S-O |
| Proctoscopy | ER,FM, S |
| Wound debridement and wound management.(Closure & Dressings) | FM- S- ER |
| Suturing and laceration repair and Suture removal. | ER- FM-S-O |
| Incision and drainage of superficial abscesses. | S-FM-ER |
| Simple excision and removal of superficial masses | S-FM |
| Local anesthesia techniques “infiltration ,ring block” | ER- FM,-O-S |
| Excision of in-growing nails | D-S-FM |
| Incision and drainage of perianal hematoma | ER-S-FM |
| Ear wax aspiration and ear syringing | EN-FM-ER |
| Nasal packing or cautery for control Epistaxis | ER-FM-EN |
| Removal of foreign body from nose and external ear. | ER-FM-EN |
| Perform swabs (throat ,eye ,ear ,wound ,vaginal , urethraletc) | P-FM |
| Demonstrate peak flow measurement and inhaler techniques | FM-P-M-ER |
| Urine dipstick and microscopy | FM-ER-M-P-O |
| Fecal occult blood testing | FM-M-S-ER-LAB |
| Scraping for mycology | D-FM |
| Using Woods light | D-FM |
| Cauterization and Cryosurgery (liquid nitrogen) | D-FM |
| Skin biopsy & Excision of skin lesions | D-FM |
| Corneal foreign body removal | OP-ER-FM |
| Obtaining vaginal and cervical cytology | OB-FM |
| Episiotomy and repair | OB |
| Intrauterine contraceptive device insertion and removal | OB-FM |
| Diaphragm fitting | OB-FM |
| Injectable long term contraceptives | OB-FM |
| Obstetric ultrasound | OB-FM |

KNOWLEDGE

| | | | |
|--|--|--|---|
| Consultation* | Dermatitis(Atopic/Cont act/Seborrheic)* | Seizures | Breast Cancer/Screening |
| Biomedical Ethics* | Osteoarthritis* | Urinary Incontinence | Breast Feeding |
| Primary Care* | Anxiety* | Vertigo | Spontaneous Vaginal Delivery |
| Abdominal/Pelvic Pain* | Depression* | Vomiting | Menopause |
| Back Pain* | Evidence Based Medicine* | Numbness | Failure to Thrive |
| Cough* | Family Medicine* | Deep Vein Thrombosis | Milestones |
| Dyspnea* | Preventive Medicine* | Heart Failure | Vaccinations |
| Fever* | Well Baby Clinic* | Rheumatic Heart Disease | Infantile Colic |
| Headache* | Acne* | Acute Pharyngitis | Enuresis |
| Joint Pain/Injury* | Contraception* | COPD | Short Stature |
| Red Eye* | Renal Colic | Pneumonia | Angioedema/Urticaria |
| Skin Rash / Lesion* | Breast Lump/Pain | Tonsillitis | Burns |
| Vaginal Bleeding* | Chest Pain | Peptic Ulcer | Chicken Pox |
| Vaginal Discharge* | Diarrhea/Constipation | Hepatitis | Herpes (Simplex/Zoster) |
| Ischemic Heart Disease* | Dizziness | Gallbladder Stone | Scabies |
| Hypertension* | Dysmenorrheal | Hernia | Impetigo |
| Acute Bronchitis/Bronchiolitis * | Dysuria | Hemorrhoid | Cutaneous Leishmaniasis |
| Acute Upper Respiratory Tract Infection * | Earache | Dementia | Superficial Fungal Infection |
| Allergic Rhino-Sinusitis* | Epistaxis | Delirium | Warts |
| Bronchial Asthma* | Erectile Dysfunction | Migraine | Strabismus |
| Otitis Media* | Fatigue | Stroke | Conjunctivitis |
| GERD* | Hematemesis | Schistosomiasis | Fibromyalgia |
| Irritable Bowel Disease* | Hemoptysis | Malaria | Fractures |
| Gastroenteritis * | Impaired Vision | TB | Rheumatoid Arthritis |
| Urinary Tract Infection* | Infertility | Dengue Fever | Tendinitis |
| Diabetes Mellitus* | Insomnia | Rift Valley | Ligamentous Injuries/Sprain |
| Obesity* | Jaundice | Influenza | Planter Fasciitis |
| Metabolic Syndrome* | Loss of Consciousness | Meningitis | Alcohol/Drug Abuse |
| Thyroid Disorder* | Loss of Weight | Benign Prostatic Hyperplasia | Somatization |
| Hyperlipidemia* | Neck Pain/Mass | Sexual Transmitted Disease | Violence (Wife/Child/Elderly) |
| Osteoporosis* | Palpitation | Urinary Stone | Alternative and Complementary Medicine |
| Antenatal Care* | Rectal Bleeding | Ante-partum Hemorrhage | Community Medicine/Public Health |
| Poly-pharmacy Patient Safety | Epidemiology Biostatistics | Family Cycle Periodic Health Assessment | Smoking Cessation Home Care/Palliative |
| Total Quality Management | Practice Management | Learning in Family Medicine | |

أهداف التدريب في البرنامج
أعضاء المجلس العلمي
شروط الالتحاق في البرنامج
المراكز المعترف بها
مدة البرنامج والرسوم المالية
مواعيد الامتحانات في
البرنامج
كتيب البرنامج
اتصل بنا

طب الأسرة



تعلن إدارة التدريب والإشراف في الهيئة السعودية للتخصصات الصحية عن فتح باب القبول في برنامج شهادة الاختصاص السعودية لاختصاص (طب الأسرة) للعام الأكاديمي 2013 - 2014 م في كلا من المناطق التالية: (الرياض ، جدة، الخبر، أبها، المدينة المنورة) فعلى الراغبين بالالتحاق في البرنامج المذكور تقديم أوراقهم لدى أحد فروع الهيئة السعودية للتخصصات الصحية ، علماً بأن الشروط والمستندات المطلوبة :

1. تعبئة الاستمارة الإلكترونية عن طريق موقع الهيئة .
 2. مختصر السيرة الذاتية.
 3. صورة مُصدقة من شهادة البكالوريوس في الطب أو ما يُعادلها
 4. صورة مُصدقة من شهادة الامتياز (إذا كان يقضي فترة الإمتياز فعليه إحضار ما يثبت ذلك) .
 5. صورة من السجل الأكاديمي
 6. صورة من شهادة القبول الشامل سارية المفعول (مدة هذه الشهادة خمس سنوات)
 7. ثلاث توصيات مختومة ومُعلقة من استشاريين سبق له العمل معهم.
 8. خطاب موافقة مبدئية على الالتحاق بالبرنامج من جهة العمل المُعتمدة، وفي حال القبول إحضار خطاب التفرغ النهائي لكامل فترة البرنامج (للموظفين) .
 9. صورة من إثبات الشخصية (الهوية الوطنية / جواز السفر / الإقامة)
 10. ثلاث صور شخصية حديثة.
 11. إذا كان المتقدم مسجلاً في أحد البرامج التدريبية التابعة للهيئة السعودية فعليه القيام بإجراءات التحويل حسب اللائحة (قبل انتهاء السنة التدريبية بـ 3 أشهر على الأقل) ويستثنى من تقديمه على الاستمارة الإلكترونية
- تُسلم كافة المستندات السابقة بصورة ورقية وإلكترونية على البريد الإلكتروني أو CD ، أو يُرسل طلب الالتحاق مع المستندات السابقة إلى سكرتير التخصص في المنطقة المرغوب التقديم إليها .
- علماً بأن **المقابلة الشخصية** سيكون في كلا من **الرياض ، جدة ، الخبر ، أبها يوم (السبت) بتاريخ 4-5-6/جمادى الأولى 1433هـ الموافق 16-17-18/مارس 2013م .**

وسيكون آخر موعد للتقديم واستلام الطلبات يوم الأربعاء بتاريخ 27 فبراير 2013م الموافق 17 ربيع الثاني 1434هـ .

لمزيد من المعلومات :

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هام : في حال تم قبولكم يجب استلام اشعار القبول قبل تاريخ 15 مايو أو سيتم إلغاء قبولكم في البرنامج .

البرنامج المشترك لطب الأسرة بجدة



A close-up photograph of medical equipment resting on a laboratory report. A silver stethoscope is positioned on the left, with its chest piece centered over the text. A red and silver ballpoint pen lies diagonally across the right side of the image. The background is a white lab report with various tables and text, including units like 'mg/dL', 'K/uL', 'M/uL', 'gm/dL', 'fl', and 'pg'. The text 'THANK YOU' is superimposed in large, bold, red capital letters in the center of the image.

**THANK
YOU**