

Learning objectives
Family medicine Module
Year-4 (MBBS)
Total Weeks- 3.5

Central Curriculum Committee, Khyber Medical University

Themes

S. No	Themes
1	Population centered care
2	Principles & practice of Family Medicine
3	Core concepts of FM (Non-communicable diseases)
4	Core concepts of FM (Communicable diseases)
5	Core concepts of FM (Common presentations in clinical practice)
6	Women and men's health
7	Maternal and child health

Introduction

This name emphasizes the holistic nature of this specialty, as well as its roots in the family. Family practice is a division of primary care that provides continuing and comprehensive health care for the individual and family across all ages, genders, diseases, and parts of the body. The aim of family medicine is to provide personal, comprehensive, and continuing care for the individual in the context of the family and the community. The issues of values underlying this practice are usually known as primary care ethics.

General learning outcomes

At the end of Family Medicine rotation in the MBBS course, a 4th year student should be able to:

- 1) Demonstrate a basic understanding of the principles of Family Medicine that help provide person centered, holistic care to the individuals and families
- 2) Demonstrate competence in history taking, examination skills and clinical reasoning skills in a primary care setting.
- 3) Discuss the basic ethical and professional issues related to Family Medicine
- 4) Describe the concepts of gender based violence and its remediation and preventive strategies
- 5) Demonstrate appropriate communication and consultation skills during clinical encounters and professional communications
- 6) To practice the principles of health promotion and disease prevention as integrated components of the overall healthcare system.
- 7) Demonstrate the importance of understanding the chronic disease monitoring.
- 8) Identify common red-flags in mental illness, MSK, Common dermatological conditions, respiratory, including renal and GI problem
- 9) Explain the modes of antenatal and postnatal care
- 10) Explain issues related to women`s and men`s health and their management in primary care
- 11) Explain mental health problems and their management in primary care
- 12) Perform common day to day procedures in primary care

Specific Learning Objectives

Subject	Topic	Hours needed	S. No	Learning Objectives

				<i>At the end of this module, the students of year 4 MBBS will be able to:</i>
A) Population centered care				
Community medicine	Social determinants of health	1	1	Describe the social determinants of health
	Environmental and climate factors in disease causation		2	Explain the role of environmental and climate factors in disease causation
	Principles of prevention and health promotion	1	3	Describe the Principles of prevention and health promotion
			4	Describe, the role of counselling and patient education in health promotion and disease prevention
Medical education	Patient safety, clinical governance and quality improvement	1	5	Explain the concept of patient safety, clinical governance and quality improvement in primary healthcare
Family Medicine	Violence against Healthcare Professionals	2	6	Describe violence and its types
			7	Explain, how to de-escalate violence against healthcare professionals
			8	Discuss the importance of effective communication

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			9	Describe Rights & Responsibilities of Healthcare workers in violent situations
	Gender Based Violence	2	10	Define gender base violence
			11	Differentiate the different forms of gender- based violence
			12	Describe issues of gender, rights, equality, and gender-based violence including knowledge of how to access resources and support
			13	Describe the recommended ethical standards for reporting on issues related to the prevention of gender-based violence
			14	Discuss the preventing strategies for gender-based violence
			15	Describe the national and international legal frameworks for gender-based violence
B) Principles & practice of Family Medicine				
FM/ CM/ Medicine	History and current structure of general practice	1	16	Describe the historical perspectives of general practice
			17	Explain the structure of general practice nationally and internationally

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	Models of healthcare	1	18	describe the models of healthcare
	Essential health service package (levels of health services in KP)	2	19	Describe the levels of health services in the province of KP
	GP as a coordinator in healthcare (referral mechanisms)		20	Describe the role of a GP in monitoring and coordinating patients' treatment plans, educate them about their condition, connect them with health care providers, and evaluate their progress
			21	Describe the referral mechanisms in healthcare
	Holistic Approach in Family Practice	2	22	Explain the concepts of Holistic Care
			23	Discuss Patient centered care
			24	Explain the influence of social, economic and environmental factors on the health status of individuals and groups, and suggest appropriate measures
			25	Discuss delivery of evidence based, comprehensive continuing care to the individuals and families

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			26	Discuss quality care in preventive, therapeutic, rehabilitative and palliative curative and preventive domains of health care
			27	Describe effective use of available resources
	Documentation & Medical Records		28	Discuss the importance of documentation in medical practice.
			29	List the main elements of documentation
			30	Documentation of the diagnosis, management plan, treatment, safety netting and follow up arrangements
			31	Describe disease notification and reporting in primary care.
	Consultation Models in Family Practice		32	Describe various consultation models
			33	Discuss how to Encourage the patient's contribution
			34	Explain, how to put patient's complaint in appropriate psychosocial contexts
			35	Describe patient's ideas, concerns, expectations and shared management plan

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Pharmacology	Rationale use of drug prescribing in Family practices	1	36	Explain the steps of rational use of drug prescribing in family practices
C) Core concepts of FM (Non-communicable diseases)				
General medicine	Hypertension	1	37	Explain the management strategies of a hypertensive patient in general practice including the psychosocial impact of disease on patient and their families
			38	Describe the strategies for prevention of hypertension and its complications
			39	Identify the red-flags in a hypertensive patient and appropriately refer to speciality care when required
	Diabetes mellitus	1	40	Explain the management strategies of a diabetic patient in general practice including the psychosocial impact of disease on patient and their families
			41	Describe the strategies for prevention of diabetes mellitus and its complications
			42	Identify the red-flags in a diabetic patient and appropriately refer to speciality care when required

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	Hyperlipidemias	1	43	Explain the management of a patient suffering from hyperlipidemias in general practice
	Obesity		44	Describe the etiology, risk factors and complications of obesity
			45	Explain the role of diet, exercise and anti-obesity drugs in the management of obesity and its complications
			46	Identify the red-flags in an obese patient and appropriately refer to speciality care when required
			47	Explain the psychosocial impact of disease on patient and their families
	IHD/CCF	1	48	Explain the management strategies of a patient with IHD and heart failure in general practice including the psychosocial impact of disease on patient and their families
			49	Describe the strategies for prevention of IHD and CCF
			50	Identify the red-flags in a patient with IHD/CCF and appropriately refer to speciality care when required

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	COPD	1	51	Explain the management strategies of a patient with COPD in general practice
			52	Describe the strategies for prevention of complications of COPD
			53	Describe the methods of home oxygen therapy
			54	Perform routine annual health checkup of an Asthmatic and COPD patient under supervision
			55	Identify the red-flags in a patient with COPD and appropriately refer to speciality care when required
	Bronchial Asthma	1	56	Discuss the risk factors for Asthma in our population
			57	Explain the risk assessment for Asthma
			58	Interpret spirometry results
			59	Discuss the primary and secondary prevention of Asthma in a primary health setting
			60	Identify the guidelines that should be followed in a patient with Asthma
			61	Identify the red-flags in a patient that need referral for specialist care

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	Strokes (primary, secondary and tertiary preventions)	1	62	Explain the short and long term management strategies of a patient with ischemic and haemorrhagic strokes
			63	Describe the steps of prevention of complications in a stroke patient in family practice
			64	Identify the red-flags in a patient with stroke and appropriately refer to speciality care when required
	Cancer Screening	1	65	Identify red-flags in patient which need referral for cancer screening
			66	Explain the psychosocial impact of disease on patient and their families
			67	Describe the indications, rationale and common diseases which require routine cancer screening
D) Core concepts of FM (Communicable diseases)				
General Medicine	Acute and chronic hepatitis	1	68	Explain the etiology and clinical features of acute hepatitis
			69	Explain the management strategies of acute hepatitis in family practice
			70	Explain the etiology, clinical features and complications of Chronic hepatitis

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			71	Explain the management strategies of chronic hepatitis in family practice
			72	Describe the red-flags in a patient with acute and chronic hepatitis for referral to specialty care
	Malaria & Hepatitis control program teams		73	Explain the etiology, clinical features, types, investigations and management of Malaria in family practice
			74	Describe the red-flags in a patient with Malaria for referral to specialty care
			75	Identify at risk patients of hepatitis and Malaria and offer them screening
	Enteric infections		76	Classify enteric infections
			77	Describe the etiology, clinical features, investigations and management of Salmonellosis
			78	Describe the red-flags in a patient with Salmonella infections for referral to specialty care
			79	Explain the etiology, and management of acute gastroenteritis
			80	Discuss the primary and secondary prevention of acute

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				gastroenteritis in a primary healthcare setting
			81	Describe the red-flags in a patient with acute gastroenteritis for referral to specialty care
	STDs	1	82	classify STDs
			83	Describe the management approach to a patient with STD in family practice
			84	Identify at risk patients and offer them screening
			85	Describe prevention of STDs
Gynaecology	TORCH infection	1	86	Define TORCH infection
			87	Describe the steps of investigations for TORCH infections
			88	Describe the preventive strategies for TORCH infections and their complications
Dermatology	Leishmaniasis PHC team/ Leishmania control programme teams	1	89	Explain the types and clinical features of Leishmaniasis
FM / General Medicine / Pulmonology	Tuberculosis (individuals` identifications, routine contact tracing, and linking to care)	1	90	Explain the types of Pulmonary Tuberculosis

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			91	Explain the pathophysiology, clinical features, complications, and management of a patient with pulmonary Tuberculosis
			92	Describe the technique of contact tracing in a patient with non-MDR and MDR tuberculosis
			93	Describe the indications of specialist referrals in patients with Pulmonary Tuberculosis
General medicine	Rabies prophylaxis	1	94	Describe the types of wounds inflicted by rabid dog bite
			95	Explain the types of active and passive immunisation for Rabies post-exposure prophylaxis
			96	Describe the indications of Rabies vaccine and immunoglobulins
E) Core concepts of FM (Common presentations in clinical practice)				
Psychiatry	Acute mental health presentations: primary care management and Red flags	2	97	Discuss the guidelines for management of a patient with Anxiety and depression in a primary health care setting
			98	Identify common red-flags in mental health disorders in primary care

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			99	Identify patients that need urgent and proper referral for specialist care in primary health
			100	Perform routine health checkups of Mental Health patients under supervision
			101	Identify Post-traumatic stress disorder
			102	Discuss when and how to refer for expert help
			103	Explain the types of somatization disorders
			104	Discuss the diagnosis and management of somatizations disorders in family practice
			105	Explain the indications for referral to speciality care in patients with somatization disorders
			106	Explain sleep disorders
			107	Describe the management of sleep disorders
			108	Explain the indications for referral to speciality care in patients with sleep disorders
General medicine	Acute presentations- primary care management and Red flags	MSK	1	109 Explain the red flags in musculoskeletal disorders

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			110	Discuss the Management of back pain and joint pains in primary care
			111	Identify patients that need urgent and proper referral for specialist care in primary health
	Acute respiratory presentations- primary care management and Red flags	1	112	Explain the approach to a patient with cough or shortness of breath in a primary health care setting.
			113	Discuss the differential diagnosis of a patient with cough or shortness of breath
			114	Discuss the investigations for a patient with cough or shortness of breath in a primary health care setting
			115	Identify common red-flags
			116	Identify patients that need urgent and proper referral for specialist care
	Acute renal presentations- primary care management and Red flags	1	117	Explain the etiology, clinical features and presentation of acute renal failure
			118	Describe the steps of management of a patient with anuria and oliguria

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			119	Identify patients that need urgent and proper referral for specialist care in primary health with anuria and acute and chronic renal disease
	Acute GI presentations- primary care management and Red flags	1	120	Explain the most common causes of acute abdomen in our population.
			121	Discuss the differential diagnosis of a patient presenting with acute abdomen
			122	Explain the approach to a patient with Abdominal Pain in a primary health care setting
			123	Discuss the differential diagnosis of a patient with Abdominal Pain
			124	Discuss the investigations for a patient with Abdominal Pain in a primary health care setting
			125	Discuss the initial management of a patient with Abdominal Pain in a primary health care setting
			126	Identify common red-flags in a patient with acute abdominal pain

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			127	Identify patients that need urgent and proper referral for specialist care
	Acute neurological presentations- primary care management and Red flags- Headache	1	128	Explain the approach to a patient with Headache in a primary health care setting
			129	Discuss the differential diagnosis of a patient with Headache
			130	Discuss the guidelines for management of a patient with Headache
			131	Identify common red-flags in a patient with acute headache
			132	Discuss the risk factors for Migraine in our population.
			133	Discuss the primary and secondary prevention of Migraine
F) Women and men`s health				
Gynaecology	Menstrual disorders	1	134	Enlist menstrual disorders
			135	Explain the etiology, investigations and management of menstrual disorders in primary care
	Menopause		136	Explain the clinical features, and management of

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				menopausal symptoms and complications in primary care
	Contraception	1	137	Explain the types of contraception methods
			138	Explain the merits and demerits of different contraceptive techniques
			139	Describe the complications associated with the use of oral and injectable contraceptives
	Vaginal discharge and STDs	1	140	Explain the etiology of vaginal discharge
			141	Describe the diagnosis and management of vaginal discharge in primary care
			142	Classify Sexually transmitted infections in females
			143	Describe the clinical features, investigations and management of STDs in females in primary care
Surgery / urology	Prostatism	1	144	Define Prostatism
			145	Describe the clinical features, investigations and management of enlarged prostate in primary care
	Hematuria and STDs	1	146	Explain the etiology of painful and painless haematuria
			147	Classify Sexually transmitted infections in females

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			148	Describe the clinical features, investigations and management of STDs in females in primary care
			149	Describe the red flags in patients with haematuria and STDs
	Erectile dysfunction		150	Describe the etiology and management of erectile dysfunction in primary care
	Gender based violence	1		Classify gender based violence
				Explain the reasons for gender based violence
				Discuss the outcomes of gender based violence
				Explain the preventive strategies for gender based violence
				Discuss the legal implications of gender based violence in Pakistani context
G) Maternal and child health				
Gynaecology	Antenatal care	2	151	Describe the composition of antenatal care
			152	Identify and do surveillance of pregnant mother and expected child
			153	Recognize and manage/refer pregnancy related complications particularly pre-

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				eclampsia and placental abnormalities
			154	Screen a pregnant woman for conditions and diseases such as anaemia, STIs (particularly syphilis), HIV infection, mental health problems, and/or symptoms of stress or domestic violence
			155	Apply Preventive measures, including tetanus toxoid immunisation, de-worming, iron and folic acid, intermittent preventive treatment of malaria in pregnancy
			156	Promote healthy behaviours in the home, including healthy lifestyles and diet, safety and injury prevention, and support and care in the home, such as advice and adherence support for preventive interventions like iron supplementation
			157	Identify signs and symptoms of domestic violence / gender based violence and offer appropriate support
			158	Recognize red-flags in a pregnant woman during pregnancy

	Postnatal care	2	159	immediately assess a baby at birth and perform a full clinical examination around 1 hour after birth and before discharge.
			160	Describe the methods of assessment of new-borns for key clinical signs of severe illness and referred as needed
			161	promote early and exclusive breastfeeding within delivery settings including antenatal care, at delivery, and in all postnatal care visits
			162	Consider the use of chlorhexidine for umbilical cord care for babies born at home
			163	Plan immunization of the baby based on WHO guidelines
			164	Identify preterm and low-birth-weight babies as soon as possible and should be provided special care and refer them to tertiary healthcare facilities
			165	Describe the methods of assessment of all postpartum women for vaginal bleeding, uterine contraction, fundal height, temperature and heart rate (pulse) routinely during the

				first 24 hours starting from the first hour after birth.
			166	Describe the methods of assessment of a mother for psychological and social wellbeing after delivery for 6 weeks
			167	Promote postnatal family planning/birth spacing
Pediatrics	Neonatal care	1	168	Describe the complications of low birth weight and preterm babies
			169	Dry and stimulate the baby
			170	Assess APGAR score
			171	Clamp and cut the cord
			172	Help the mother initiate the breastfeeding
			173	Identify and label the neonate
			174	Resuscitate a neonate when needed
			175	Examine a baby for vital signs, body measurement, and various body parts
	Weaning	1	176	Define weaning
			177	Describe the age of start of weaning
			178	Describe the types and amount of foods for weaning
			178	Explain the progress of weaning in infants by using growth charts

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			180	Elaborate the importance of personal hygiene during food handling
Community medicine	Childhood vaccination	1	181	Describe vaccine preventable diseases
			182	Explain the schedule of childhood immunization
Psychomotor and affective domains				
	Vital signs checking		183	Check vital signs and identify common abnormalities
	IM/IV injections		184	Perform IV and IM injection on a manikin
	Measurement of height and weight and BMI		185	Measure weight and height in an adult and child and calculate BMI from these
	Glucometer		186	Operate glucometer and check blood sugar
	Basic life support		187	Perform BLS and children and adults
	Performing and interpreting an ECG		188	Apply ECG lead
			189	Interpret an ECG paper
	Use of nebulizers, inhalers, and peak flow meters		190	Operate a nebulizer machine
			191	Teach inhaler technique with a spacer
			192	Perform peak flow meter
	Oxygen administration		193	Identify different oxygen masks

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			194	Administer Oxygen in a patient in need
	NG tube insertion		195	Insert NG tube on a manikin
	Foleys catheter insertion		196	Insert Foley's catheter in a manikin
	Suturing		197	Apply sutures on a manikin
	Wound dressing		198	Apply dressing over a wound
	Consultation Skills		199	Encourage the patient's contribution during doctor patient consultation
			200	Places complaint in appropriate psychosocial contexts
			201	Explores patient's health understanding/beliefs including identifying and addressing patients Ideas and concerns and expectations
			202	Takes an appropriately thorough and focused history to allow a safe assessment (includes/excludes likely relevant significant condition) Explains patient's problem in appropriate language
			203	Explain shared management plan with the patient and families
	Breaking bad news		204	Apply the principles of breaking bad news and practice in a standardized patient
	Empathy		205	Show empathy to patients

	Application of medical ethics in general practice		206	Apply ethical principles in clinical decision making and patient management in general practice
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Teaching methods for FM

S. No	Teaching methods	Approximate Duration in hours
1	Lectures	41
2	Social work training (3 weeks)	45
3	General OPD rotations in year 4	15
4	BHU visits	5
Total hours		106
