

CURRICULAM FOR FAMILY MEDICINE

BROAD PROGRAMME OBJECTIVES OF FAMILY MEDICINE TRAINING PROGRAMMES

The broad objectives of the course will be to equip the student to address the health needs of individual patients as well as the community at the level of primary care. The student must be able to work and take decisions independently. A graduate of the course should be able to perform the following functions, with a high level of integrity, commitment, and competency:

1. Diagnose and treat effectively the common diseases occurring in all age groups, across a wide spectrum of disciplines including medicine, surgery, pediatrics, obstetrics and gynecology, and orthopedics, dermatology, ENT and ophthalmology.
2. Detect at an early stage, life limb and vision-threatening potential emergencies, so that urgent treatment and prompt referral to tertiary-care hospital is made.
3. Promptly treat common medical, surgical, and obstetric emergencies referring only those patients who need tertiary care services.
4. Network with the specialists such that they can continue the care of patients undergoing sophisticated tertiary level care, between appointments.
5. Implement recognized protocols for health promotion in all age groups.
6. Organize and promote rehabilitation of the disabled.
7. Participate in community health programmes especially those which are components of national health policies.
8. Be motivated to improvise and problem-solve in resource-poor settings.
9. Generate enthusiasm in the health team, so that they can provide high quality, appropriate, ethical and comprehensive care.
10. Ensure a therapeutic environment for patients and relatives, to enhance confidence in the health system.
11. Competency in legal certification and documentation.
12. Competency in medical record-keeping and data management.

SYLLABUS for training programmes in FAMILY MEDICINE

The Family Medicine physician should possess the core content of knowledge, skills and attitudes which would enable him / her to address effectively the common health problems (and issues arising from them) in the primary care setting.

Specific patient groups

The Family Medicine physician should be able to deal with the unique health issues affecting specific groups of people as listed below:

A 1. Newborns and infants:

Neonatal resuscitation, growth and development, nutrition, childhood immunization, recognition and referral of common birth anomalies, common childhood emergencies.

A 2. Children:

Nutrition and development, common childhood infections, behaviour disorders, emergencies, child abuse issues.

A 3. Adolescents:

Problems of puberty, adolescent behavioral problems, school health

A 4. Women:

A 4.1 Breast pain, breast lumps, abnormal uterine bleeding, pelvic pain, premenstrual syndrome, menopause, osteoporosis, contraception, vaginal discharge, infertility, screening and early detection of genital tract malignancy.

A 4.2 Obstetrics, Antenatal care: Diagnosis and management of pregnancy, including common complaints during pregnancy, excessive vomiting, medications, antenatal care and fetal monitoring, diagnosis and referral of high risk pregnancy cases.

A 4.3 Management of normal labour including, diagnosis, conduct, use of partogram, active management of third stage, diagnosis of fetal distress, detection of abnormal progress, manual removal of placenta, management of puerperium, infection control, neonatal resuscitation, episiotomy / perineal tear management, management of post-partum collapse. The student should be able to perform assisted vaginal delivery as well as a Cesarean section.

A 5. Elderly: Comprehensive assessment of older persons, address special such as falls, incontinence, delirium, dementia, common diseases in the elderly, prescribing in elderly, recognize and address social problems.

A 6. Disabled.

Certification of disability, rehabilitation

A 7. Terminally ill patients:

Palliative care, communication skills in bereavement.

B. Common symptoms

The Family Medicine physician should be able to diagnose and manage patients presenting with common symptoms at a primary care clinic. The approach to the following symptoms must be such that symptomatic and syndromic management allows early undifferentiated forms of diseases to be treated with minimum of investigations, using cost-effective strategies. At the same time, the physician should develop the skills to recognize those patients whose illness is unlikely to resolve, and arrange for appropriate referral. A list of common symptoms is attached.

C. EMERGENCY MEDICINE

The Family Medicine physician should possess the skills to recognize and treat the following common emergencies, and to arrange to transport to tertiary care, those patients requiring more sophisticated treatment.

S.No	Emergency Situation
1.	Acutely dyspnoeic patient
2.	Shock
3.	Cardiac arrest
4.	Loss of consciousness
5.	seizures
6.	paralysis
7.	epistaxis
8.	Acute gastro-intestinal emergencies
9.	Trauma, including road traffic accidents, sexual assault, victims of violence, mass casualty, drowning and near drowning.
10.	Hemoptysis
11.	Acute burns
12.	Acute musculoskeletal disorders including fractures, sprains, dislocations and compartment syndromes,
13.	Common poisonings, animal bites, and stings,
14.	Environmental disasters(floods, earthquakes,etc)
15.	Acute urinary system disorders including retention and anuria,
16.	Psychiatric emergencies

LIST OF COMMON SYMPTOMS IN FAMILY MEDICINE

A. Gastro-intestinal tract:

1. Abdominal pain
2. Ano-rectal disorders
3. Constipation
4. Diarrhoea
5. Dyspepsia

6. Dysphagia
7. Hematemesis and malena
8. Nausea and vomiting
9. Jaundice

B. Cardiovascular and respiratory

1. Cough
2. Chest pain
3. Dyspnoea
4. Palpitations

C. Central Nervous system / Eye / ENT

1. Dizziness
2. Deafness and hearing loss
3. Painful / discharging ear
4. Red / painful eye
5. Faints and fits
6. Headache
7. Hoarseness
8. Sore throat
9. Sleep disorders
10. Unconscious patient
11. Paralysis / weakness

D. Musculo-skeletal system

1. Arthritis
2. Back pain
3. Facial pain
4. Neck pain
5. Shoulder pain
6. Hip and buttock pain
7. Painful leg
8. Painful knee
9. Pain in foot and ankle
10. Pain in arm and hand

E. Mental Health

1. The disturbed patient
2. Depression
3. Anxiety
4. Substance abuse
5. Agitated patient
6. Medically unexplained physical symptoms

7. Grief

F. Miscellaneous

1. Neck lumps
2. Weight gain / loss
3. Mouth ulcers, leg ulcers
4. Oedema
5. Urinary problems

G. Social issues

1. Domestic violence
2. Sexual assault
3. Child abuse
4. Elder abuse

H. Infectious diseases

1. Fever with localizing symptoms
2. Acute undifferentiated fever

I. Skin problems

1. Pruritus
2. Skin ulcers
3. Hair and nail disorders
4. Skin rash, vesicles, pigmentation, plaques, nodules, bullae

J. Sexual Health / genital symptoms

1. Erectile dysfunction
2. Inguino-scrotal lumps
3. Scrotal pain
4. Disorders of the penis
5. Disorders of the prostate
6. Sexually transmitted diseases
7. Infertility
8. Contraception

H. Common chronic diseases

1. Allergy
2. Asthma
3. Epilepsy
4. Hypertension

5. Diabetes
6. Dyslipidemia

The lists of skills which the student should be able to perform independently after completion of the course are listed below:

Medical

- a. Cardio-pulmonary resuscitation
- b. Chest drainage with under-water seal
- c. Ascitic tepelective
- d. Bladder catheterization
- e. Lumbar puncture
- f. Peripheral vascular access
- g. Nebulization therapy
- h. Gastric lavage
- i. Oxygen therapy
- j. Pleural fluid aspiration

Pediatric procedures

- a. Resuscitation of newborns
- b. Vascular access: emergency and
- c. Lumbar puncture
- d. Calculation of fluid and electrolyte
- e. Intraosseus line placement

Anaesthesia

- a. Local regional anaesthesia
- b. Spinal Anaesthesia
- c. Intravenous anaesthesia

Surgical procedures

- a. Assessment and closure of simple wounds
- b. Assessment and management of simple burns
- c. I & D of superficial abscess
- d. Excision of simple, superficial skin and subcutaneous lesions
- e. Venesection
- f. Urethral catheterization
- g. Cricothyroid puncture and airway access
- h. Trauma assessment-traiging and primary / secondary surveys
- i. Intercostal tube insertion with underwater seal

Ob Gyn procedures / contraceptive procedures

- a. Pap smear
- b. Conduct normal labour
- c. Conduct assisted vaginal delivery
- d. Cesarean section
- e. Cervical biopsy
- f. Dilatation and curettage
- g. Manual Vacuum Aspiration
- h. Non-scalpel vasectomy
- i. IUCD insertion
- j. Tubal ligation

Ophthalmology

- a. Examination of the eye using a torch
- b. Fundus examination using ophthalmoscope
- c. Epilation
- d. Removal of superficial foreign body

Orthopedic procedures

- a. POP application
- b. X-ray interpretation, basics of MRI, CT, musculoskeletal ultrasound
- c. Manipulation and closed reduction of fractures and dislocations
- d. Application of splints
- e. Intra-articular injections
- f. Aspiration and appropriate drainage in septic arthritis
- g. Health education for back problems, and chronic arthritis
- h. Basic physiotherapy advice

**Postings for Dip. N.B.-Family Medicine
CMC, Vellore**

Nat. Board's requirement		Actual posting			
Requirements	Duration	Posting	Place	Duration	
Clinical area (24 months)					
Internal Medicine	10 months	Gen. Medicine	CMC	2months	
			LCECU	1months	
			CHAD	2months	Dr. Alex
		Psychiatry	MHC	1months	
		Cardiology	CMC	15 days	
		Pulmonary Med	CMC	15 days	
		Dermatology	CMC	1months	
		Anaesthesia	CMC	1months	
		Elective		1months	
Surgery	3 months	Gen. Surgery	CMC	1months	
			LCECU	1months	
		Orthopaed	CMC	1months	
National Health Programs	4 months	TB	CHAD	1months	Dr. John
		Leprosy	CHAD	1months	Dr. JP/Vinod
		HIV / STD	CHAD	1months	Dr. Alex & Jasmin
		Elderly / Diabetics	CHAD	1months	Dr. Vinod & Alex
Paediatrics	4 months	Child Health	CMC	1months	
		Neonatology	CMC	15 days	
		Child Health	CHAD	2 ½ months	Dr. Anu
O.G.	2 months	Gynecology	CMC	15 days	
		Obstetrics & FP	CHAD	1 ½ months	Dr. Daisy & Jasmin
Emergency Medicine	1 months	A & E Dept.	CMC	1months	Dr. Pushparaj
Total	24 months			24months	
Field area 12 months					
Family Practice	6 months		CHAD	3months*	

Centre					
			LCECU	3months*	
Practice Area	3 months	Area with 15,000 pop.	CHAD (KNB)	3months	
Elective	3 months	Elective	CHAD/ Mission Hospital/ RUHSA	2months	
		Epidemiology Research methods	CHAD	1months	
Total	12 months			12months	
Grand Total	36 months			36months	

Contd.,

- . OPTIONS –either CHAD & LCECU 3 months each or CHAD, LCECU & RUHSA 2 months each.

Total Duration in CHAD 17 months, LCECU-15 months, CHAD / Mission Hospital / LCECU / RUHSA 2 months

- . CMC: Christian Medical College, Vellore 1250 beds
- . CHAD: Community Health and Development (community Health department) Located in Bagayam in College campus with a secondary care 80 bedded Hospital
- . LCECU: Low Cost Effective Care Unit (located in Vellore town), 40 beds
- . RUHSA: Rural Unit for Health and Social Affairs. Located 30 kms near Gudiyatham with 60 beds
- . MHC: Mental Health Centre: psychiatric unit of CMC, at Bagayam 80 beds

TEACHING SCHEDULE FOR FAMILY MEDICINE POST GRADUATE STUDENTS

**TOPICS and THEMES for 3 years
YEAR 1(2009)**

	JAN	FEB	MARCH	APRIL	MAY	JUNE
Week 1	Seizure Disorder 5/1-9/1	Mental Health 1 2/2-6/2	Respiratory Infections 2/3-6/3	Diabetes 30/3-3/4	Hypertension 27/4-1/5	Endocrines Thyroid Disorders 25/5-29/5
Week 2	Pelvic infection STD pain 12/1-16/1	Contraception 9/2-13/2	Chest X-ray Interpretation 9/3-13/3	Antenatal Care 6/4-10/4	Normal labour 4/5-8/5	Primary care Surgery 1/6-5/6
Week 3	Common eye Diseases 19/1-23/1	Nutrition 16/2-20/2	Skin Common Problems 1 16/3-20/3	Common ENT Diseases 13/4-17/4	Acute febrile Illness 11/5-15/5	Appraisal+ Communication Skills1 (interview skills) 8/6-12/6
Week 4	Acute Diarrhoeas 26/1-30/1	Geriatric Assessment 23/2-27/2	Urinary tract Infection 23/3-27/3	Newborn Care 20/4-24/4	Childhood Immunizations 18/5-22/5	Adolescent Health 15/6-19/6

	JULY	AUG	SEPT	OCT	NOV	DEC
Week 1	Ventilatory Assistance Primary care 22/6-26/6	Musculoskeletal Diseases 1 20/7-24/7	Acute abdomen 17/8-21/8	Anaesthesia CPR 14/9-18/9	Musculoskeletal Diseases 2 12/10-16/10	Appraisal 9/11-13/11
Week 2	Dementia Delirium 29/6-3/7	Dyspepsia 27/7-31/7	Infertility Erectile Dysfunction 24/8-28/8	ECG Interpretation 21/9-25/9	Back pain 19/10-23/10	LEAVE
Week 3	Statistics 1 6/7-10/7	Adolescent Behaviour problems 3/8-7/8	Adult Immunizations 31/8-4/9	Common ortho-pedic injuries 28/9-2/10	Physiotherapy 1 General principles 26/10-30/10	LEAVE
Week 4	Substance abuse 1 Alcohol Drugs 13/7-17/7	Palliative Care 10/8-14/8	Movement Disorders, cramps, dystonias. Parkinsons 7/9-11/9			

YEAR 2 (2010)

	JAN	FEB	MAR	APR	MAY	JUNE
Week 1	Mental Health 2	Jaundice	PUO	Genetic Diseases	Polyarthritis	Appraisal
Week 2	Bleeding Disorders	Gynae cancers	Acid base/ Electrolytes	Mental retardation	HIV	Breast Diseases
Week 3	Thrombotic Disorders	Incontinence Falls in Elderly	Shock Dehydration	Mental irregularities	Acute trauma Care	Sleep Disorders
Week 4	Suicide & poisoning	Statistics 2	Adverse Drug reaction 1	Substance Abuse 2 Smoking	Child abuse Elder abuse	Marital Dysharmony Comm skills 2

	JULY	AUG	SEPT	OCT	NOV	DEC
Week 1	Chest pain	Menopause	Skin problems 2	Headache	Anesthesia 2	Appraisal
Week 2	Hemoptysis	Dyspnoea 1 Asthma/copd	Respiratory Diseases 2	Ano-rectal disorders	NRHM	LEAVE
Week 3	Upper GI Bleed	Upper limb pain	Chronic Diarrhoeas	Disorders of hand	Vertigo	LEAVE
Week 4	Cancer screening Disease surveillance	Lower limb pain	Physiotherapy 2 (Exercises)	Disorders of feet	Environmental Pollution & disease	LEAVE

YEAR 3 (2011)

	JAN	FEB	MAR	APR	MAY	JUNE
Week 1	Renal failure	Adverse drug reaction 2	Coma	Voiding Dysfunction	Mental Health 3	Appraisal 3
Week 2	Anemia	Foreign body, eye / ent	Immunology	Hemato-oncology	Abortion	High risk pregnancy
Week 3	Rheumatic Fever	Endocrine 2	Rheumatoid Arthritis	Inguino-scrotal swelling	Communication skills 3(conflict Resolution)	Neonatal emergency
Week 4	Skin 3	Obesity / wt loss	HAART	Antibiotics	Occupational health	Radio-diagnosis

	JULY	AUG	SEPT	OCT	NOV	DEC
Week 1	Statistics 3	Cardiac arrhythmias	Acute coronary Syndrome	Stroke	Paraplegia	Appraisal
Week 2	Anaesthesia 3	Blindness Deafness	Diabetic micro-complications	Tuberculosis /dots	Physio 3 Bedsore	LEAVE
Week 3	Bio-ethics	Diabetic foot	Disaster Management	Cancer chemotherapy	Water sanitation	LEAVE
Week 4	Syncope	Obstetric emergencies	neuropathy	Stroke rehab		LEAVE

SYNOPSIS OF TOPICS SPECIALITY-WISE YEARLY / WEEKLY THEMES

Mental Health:

Year 1: Mental health 1, Substance abuse 1, adolescent behaviour, dementia, delirium (along with medicine)

Year 2: Mental health 2, Suicide, Child and elder abuse, marital dysharmony,

Year 3: Mental health 3

Medicine & Pediatrics:

Year 1:

CNS infections, diarrhoeas, nutrition, geriatric assessment, resp infection, urinary infection, diabetes, Hypertension, acute febrile illness, thyroid, cardio-respiratory failure, ECG, musculoskeletal diseases 1&2, adult immunization.

Year 2:

Bleeding disorders, Thrombotic disorders, Jaundice, Dyspepsia, incontinence elderly, Poisoning, PUO, Acid/base, Adverse drug reaction 1&2, genetic diseases, Polyarthritis, HIV, Sleep disorders, Chest pain, Hemoptysis, upper GI bleed, Asthma / COPD, Resp diseases 1&2, Movement disorders, shock, dehydration.

Year 3:

Anemia, rheumatic fever, rheumatoid arthritis, renal failure, adverse drug reaction 2, coma, immunology, HAART, endo 2, antibiotics, syncope, cardiac arrhythmias, acute coronary syndrome, stroke, micro-vascular diabetic complications, TB, stroke, paraplegia, neuropathy, obesity / weight loss, cancer chemotherapy.

Pediatrics:

Child abuse, adolescent behaviors, newborn care, childhood immunization, growth & development, mental retardation, neonatal emergencies.

Orthopedics:

Year 1: Musculoskeletal diseases 1&2, common orthopedic injuries

Physiotherapy:

Year 1: General principles

Year 2: Exercises

Year 3: Stroke rehab, bedsores

Ophthal:

Year 1: Common eye diseases

Year 3: Blindness

ENT:

Year 1: Common ear diseases

Year 2: Vertigo

Year 3: Deafness

Anaesthesia:

Year 1: CPR

Year 2: Regional and IV anaesthesia

Year 3: GA

Derm:

Year 1: Skin problems 1

Year 2: Skin problems 2

Year 3: Skin problems 3

Community Health:

Year 1: Childhood immunization, adult immunization

Year 2: NRHM, Environmental pollution & disease, cancer screening & Disease surveillance,

Year 3: Water & sanitation, disaster management, occupational health

O&G:

Year 1: Antenatal care, normal labour, pelvic infections, contraception,
Infertility / erectile dysfunction

Year 2: Gyne cancers, menstrual irregularities

Year 3: Abortion, obstetric emergencies, height risk pregnancies

Surgery

Year 1: Primary care elective surgery, acute abdomen

Year 2: Acute trauma, breast diseases

Year 3: Inguino-scrotal swellings, diabetic foot