



University of Sharjah  
College of Medicine

**Family Medicine:  
Clerkship Course Guide 2019-20  
Clinical Sciences Department**

Dear students,

This short study guide entails the topics that shall be covered during the Family medicine rotation by interactive lectures, tutorials and bedside clinical sessions. Since the Family Medicine discipline is wide and cannot cover all the basic and clinical components in one rotation, this guide provides an outline about core topics related to family medicine and there may be some additional topics that are not mentioned in this guide. For a more comprehensive detail of the entire course for family medicine, please read the family medicine clerkship manual.

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## **FAMILY MEDICINE CLERKSHIP INTRODUCTION**

The Family Medicine is a medical specialty that provides continuing and comprehensive medical care for individuals and families, integrating the biological, clinical and behavioral sciences in the care of the patient. Family Medicine differs from other specialties in that it encompasses all ages, gender, each organ system and every disease entity. The clerkship will provide you with hands-on opportunities to diagnose and manage many common medical conditions, such as diabetes, hypertension and asthma, and counsel patients to prevent or lessen the severity of these conditions and provide prenatal care as well as women's health and child health.

The Family Medicine Clerkship program is designed is delivered over a seven-week period. You will spend most of period rotating between two health centres under the supervision of Family Medicine faculty who will teach and guide you in the care of patients and families. The clinical training takes place from 8:00 to 2:00 Sunday to Wednesday . The teaching and learning sessions will be conducted once per week during the academic day. To full fill the requirement of the clerkship you need to achieve a minimum 70 % in the total grade and 70 % in the (OSCE/DOCE) part. The assessment includes mid rotation and end of rotation Direct Observation of Clinical Encounter Examination (DOCEE), student performance in the two-health centre, e-portfolio and end of clerkship Objective Structured Clinical Examination (OSCE) and written exam.

## **LEARNING OUTCOMES OF THE FAMILY MEDICINE CLERKSHIP**

By the end of the clerkship, students will be able to

1. Integrate basic and clinical knowledge necessary for diagnosis and management of primary healthcare conditions.
2. Communicate effectively with patients and their families.
3. Perform history taking and relevant physical examination of patients attending the primary healthcare facility.
4. Develop clinical reasoning and interpretation skills to reach the diagnosis for common clinical encounters in the primary healthcare setting.
5. Develop a management plan for common health problems in the primary healthcare setting.
6. Identify principles of disease prevention and behaviour changes.
7. Document the patient's health information using the Subjective Objective Assessment and Plan (SOAP) format.
8. Perform medical procedures required in primary healthcare settings.
9. Work effectively in a multidisciplinary healthcare team.
10. Demonstrate professionalism and ethical principles in the healthcare settings.
11. Practice principles of evidence-based medicine.

12. Apply principles of patient-safety in the clinical setting.

## FAMILY MEDICINE CLERKSHIP TEACHING AND LEARNING STRATEGIES

- Orientation
- Resource sessions related to
  - i. Introduction to Family Medicine/general practice
  - ii. Communication skill workshop
  - iii. EBM workshops
  - iv. Patient safety lecture
  - v. Clinical problem-based learning (PBL)
  - vi. Case based discussions
  - vii. Patient safety group presentations
  - viii. Ethical dilemma presentations

## FAMILY MEDICINE CLERKSHIP ASSESSMENT MODALITIES

1. MCQ examination
2. Objective Structured Clinical Examination (OSCE)
3. Direct Observation of Clinical Encounter Examination (DOCEE)
4. Clinical Evaluations
5. Clinical e-portfolios

## FAMILY MEDICINE CLERKSHIP PROGRAM STRUCTURE

### List of common problems and clinical presentations of cases

#### A. Health Promotion and Preventive Care

- Different types of prevention: primary, secondary, and tertiary.
- Preventive recommendations for breast cancer, colorectal cancer, cervical cancer, cardiovascular disease, vitamin D deficiency, osteoporosis, depression, hearing and vision problems and fall risk.
- Premarital Counselling Services.

#### B. Woman Health

- The structure and process of ante-natal and post-natal protocol in the primary health care
- A pregnant lady attending for antenatal care.
- Advices to a pregnant lady related to nutritional needs, exercise, sexual activity, travel, and vaccines.
- Contraceptive methods, their indication, efficacy and side effects.

- Breast pain
- Irregular vaginal bleeding
- Vaginal discharge
- Amenorrhea (PCOS)
- Pelvic pain (Premenstrual syndrome/dysmenorrhea/pelvic inflammatory diseases)
- Menopause
- Uterine prolapse and urinary incontinence

### C. Child Health

- The structure and process of the childhood immunization program in the primary health care
- Types of vaccines, methods of administration, side effects and contraindications.
- Growth chart
- Development milestones
- Childhood nutrition
- Common childhood conditions listed in the table 1

**Table 1: Common childhood conditions**

- obese child	- child with enuresis
- child with failure to thrive	- child with musculoskeletal problems (suspected rickets/hip dysplasia/limping child)
- febrile child	- child with surgical problems (umbilical hernias/ hypospadias/Undescended testicles/tie -tongue)
- child with otitis media	- child with headache
- child with diarrhoea	- child with murmur
- child with cough	- delayed pubertal changes
- febrile convulsions	- child abuse
- child with recurrent abdominal pain	
- child with a rash	
- Child with delayed speech	
- Child with delayed walking	

### D. Chronic Conditions (Diabetes Mellitus, Hypertension, Bronchial Asthma)

- Apply diagnostic criteria.
- Evaluate a patient a chronic condition.
- Develop therapeutic and preventive management plan.

### E. List of Common clinical presentation in General practice

#### Cardiology &vascular disease

- Chest pain
- Breathlessness
- Palpitation
- Syncope

#### Renal & urology

- Dysuria
- Hematuria
- Loin pain (Renal stone)
- Progressive deterioration of renal function

- Intermittent claudication (peripheral vascular disease)	- Scrotal swelling (hydrocele, varicocele)
<b>Respiratory</b>	<b>Men's Health</b>
- Cough	- Testicular pain
- Chest pain	- Mass in groin
- Breathlessness	- Urine retention
- Hemoptysis	- Urethral discharge
<b>Endocrine &amp; Metabolic disorders</b>	<b>ENT</b>
- Tiredness (Hypothyroidism)	- Ear pain
- Hirsutism	- Sore throat
- Hyperuricemia	- Vertigo
- Obesity	- Nasal disorders (rhinitis, foreign body, sinusitis)
- Neck swelling (Goiter)	- Epistaxis
<b>Gastrointestinal</b>	- Reduced hearing
- Dyspepsia	- Sore mouth and tongue
- Abdominal pain	- Hoarseness of voice
- Diarrhea	<b>Ophthalmology</b>
- Constipation	- Red eye
- Anal pain	- Lid swellings
- Rectal bleeding	- Blurring of vision
- Jaundice	<b>Dermatology</b>
- Weight loss	- Acne
<b>Musculoskeletal</b>	- Eczema
- Low back pain	- Common Skin infections (fungal, viral bacterial and Scabies)
- Joint pain	- Insect bites
- Pain in the ankle & foot (sprains/strains/plantar fasciitis)	- Foot corn & callus
<b>Neurology</b>	- Pruritus
- Headache	<b>Emergencies</b>
- Dizziness	- Anaphylaxis
- Tingling & numbness	- Cardiac arrest
- Seizures	- Hypertensive emergency
- Tremors	- Hypoglycemia
- Cranial nerve palsies	- Acute bronchial asthma
- Disturbed patient	- Shock
	- Seizures

#### F. Evidence Based Medicine (EBM)

- Interpret the following statistical results: Risk, relative risk, relative risk reduction, absolute risk reduction, number needed to treat, Sensitivity, specificity, pre and posttest probability, likelihood ratios.

#### G. Communication Skills

- Patient-centered communication
- Health education
- SOAP note documentation
- Referral letter writing
- Prescription writing

#### H. EBM: Critical Appraisal skills

- Formulate a clinical PICO question
- Critically appraise therapeutic and diagnostic articles.
- Plotting and interpret a nomogram.

#### I. Patient Safety

- Apply the concept of Root Cause Analysis related to an incident related to each of the following common patient safety issues:
  - o Diagnostic errors
  - o Medication errors
  - o Healthcare-associated Infections
  - o Errors related to invasive procedures
  - o Communication errors (patient handout, Documentation, Language barrier)
  - o Falls and fall-related injuries in health care facilities
- Disclosing errors to patients using appropriate communication skills

#### J. Ethics

- Apply the principles of ethics: (Autonomy, Beneficence, Non-maleficence, Justice).
- Analyze an incident with ethical dilemma encountered during clinical training.
- Apply decision-making principles to resolve an ethical dilemma.

#### K. Procedural/Physical examination skills

<b>Must-do*</b>	
<ul style="list-style-type: none"> <li>- Blood pressure measurement Hip waist circumference</li> <li>- Pulse oximetry reading</li> <li>- Temperature measurement</li> <li>- Ear examination</li> </ul>	<ul style="list-style-type: none"> <li>- Clinical breast examination</li> <li>- Fundal height assessment &amp; Leopold Maneuvers</li> <li>- Gynecological pelvic examination (real patient or Mannikin)</li> </ul>

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| <ul style="list-style-type: none"> <li>- Eye examination</li> <li>- Cardiovascular examination</li> <li>- Musculoskeletal examination</li> <li>- Respiratory examination</li> <li>- Gastrointestinal examination</li> <li>- Neurological examination</li> <li>- Male genital examination</li> <li>- Rectal examination</li> </ul> | <ul style="list-style-type: none"> <li>- Speculum examination (real patient or Mannikin)</li> <li>- Pap smear and high vaginal swabs (real patient or Mannikin)</li> <li>- Fetal heart sound detection (real patient or Mannikin)</li> <li>- Urine pregnancy testing</li> <li>- ECG</li> <li>- Visual acuity assessment</li> </ul> |
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\*Real patient or Mannikin

### Optional

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| <ul style="list-style-type: none"> <li>- Direct ophthalmoscopy</li> <li>- Eye drop administration</li> <li>- Simple wound suturing</li> <li>- Wound dressing, suture removal</li> <li>- Fecal occult blood</li> </ul> | <ul style="list-style-type: none"> <li>- Local anesthesia</li> <li>- Injections (Intramuscular &amp; subcutaneous)</li> <li>- Wound swab</li> </ul> |
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## SUGGESTED RESOURCES

There is no single textbook that can be suggested for the undergraduate medical students. The following books and resources are suggested only for your guidance and you can choose anyone of the suggested or other books and resources for your studies.

### Book

- Murtagh's general practice seventh edition published 2018
- Oxford handbook of general practice fifth edition published 2020
- Case File in Family Medicine fifth edition published 2020

### Guidelines

- Standards of Medical Care in Diabetes—Abridged for Primary Care Providers
- Hypertension NICE Guideline on Hypertension in adults: diagnosis and management
- Pocket Guide for Asthma Management and Prevention
- UAE Diabetes management guideline
- UAE hypertension guideline
- GINA pocket Guideline for Bronchial Asthma

### UAE MOHAP Handouts

- United Arab Emirates Ministry of Health Antenatal/Postnatal Care Guidelines 2012
- United Arab Emirates Ministry of Health Child Health Care Guidelines 2015.



### Online resources

- College of medicine E-platform Blackboard
- Centre of Evidenced based medicine (CEBM) <https://www.cebm.net/category/ebm-resources/tools/>
- General medical Council (UK) ethical guidance <https://www.gmc-uk.org/ethical-guidance>
- Center for Bioethics <https://cbhd.org/category/case-studies>
- World health organization (WHO) Patient safety <http://www.who.int/patientsafety/en/>
- Patient safety Network <https://psnet.ahrq.gov/>
- Centre of disease prevention Health care associated infection <https://www.cdc.gov/hai/infectiontypes.html>
- Access medicine Patient Safety Module <https://accessmedicine.mhmedical.com/multimedia.aspx#6416962>