

## PRIMARY MEDICAL CARE

Total credits: <b>8</b>	Theory credits: <b>1</b>	Practical credits: <b>7</b>
----------------------------	-----------------------------	--------------------------------

### GENERAL OBJECTIVES

The training programme in Primary Medical Care is designed to give students an overview of the care process throughout the life of a patient in the states of health and illness. Medical care comprises both disease prevention and health promotion as well as cure and rehabilitation. Students must therefore learn to combine scientific knowledge of different diseases with individual and community-based considerations, bearing in mind at all times the conceptual and technical aspects of the doctor-patient relationship and interpersonal communication. Students must be able to take a comprehensive, biopsychosocial approach to health problems that affect individuals and their basic social units (family and community).

At the end of the course, students should understand the health-illness pairing and have acquired the theoretical knowledge and clinical skills required to identify and prevent the main problems caused by pathologies in the field of Family Medicine, maintain an optimum doctor-patient relationship, produce accurate diagnoses, select diagnostic test according to clearly identifiable priority and cost-benefit structures, indicate treatments, carry out prevention and promotion tasks and evaluate the overall biopsychosocial setting of the disease and the disease process.

### PROGRAMME

#### Topic 1. Concept of primary healthcare

Definition, conceptual aspects and content of primary care.

Development of health systems and professionals Current models in Spain and Catalonia.

#### Topic 2. Organization of primary care activities

Basic functions of primary care. Organizational structures. Analysis of the organization of activities in primary care centres.

#### Topic 3. Organization of activities: home care

Home visits and organized home care. Coordination systems.

#### Topic 4. Community care

Aspects of the community-oriented primary care process. Analysis of strategies for participation in the community.

#### Topic 5. Primary care team

Definition, components and basic elements of teamwork.

Basic principles of the organization and coordination of teamwork. Multidisciplinary activities.

#### Topic 6. Health programs

Identification and prioritization of health problems and requirements in the served community and potential users of healthcare services. Healthcare programs: planning, execution and evaluation of results.

#### Topic 7. Socioeconomic and cultural factors

Sociocultural aspects of diseases. Ethnic origin and social class and their relationship with the health-disease process.

#### Topic 8. Family approach

Family life cycle. The family as a unit of care. Systemic approach to family care. Levels of family care. Family assessment devices.

### **Topic 9. The biopsychosocial model in primary care**

Concept and application of the biopsychosocial model in clinical practice.

### **Topic 10. Quality assurance and improvement**

Concept of *quality* in healthcare. Quality assurance and improvement programs: the cycle of evaluation and quality improvement.

### **Topic 11. Bioethical aspects in family medicine**

Concept and foundations of bioethics. Areas of clinical ethics in primary care. Ethical issues. Analysis of bioethical dilemmas.

Professional responsibility in primary care.

### **Topic 12. The clinical interview.**

Objectives of the clinical interview. Functions of the clinical interview. Aspects that determine the quality of a relationship. Types of doctor-patient relationship. Difficulties that must be overcome in clinical interviews. Psychosocial anamnesis skills.

### **Topic 13. Clinical history and systems for recording information**

Clinical history: models, structure, elements, design of documentation, etc. Information system. Confidentiality.

### **Topic 14. Guides to clinical practice for prevalent pathologies (I)**

Risk factors: concept, measurement, individual and population risk.

Arterial hypertension, dyslipemia, smoking, obesity, diabetes, drug addictions, environmental and working risks.

### **Topic 15. Guides to clinical practice for prevalent pathologies (II)**

Cardiovascular pathology, chronic obstructive respiratory diseases, mental health, osteoarticular problems, digestive pathology and common infections in primary medical care.

### **Topic 16. Disease prevention and health promotion**

Health promotion activities. Organization and integration of prevention in primary care centres. Evaluation of preventive activities. Program of preventive activities and health promotion in the Spanish Society of Family and Community Medicine. Preventive activities and health promotion in infancy, adolescence and adulthood.

### **Topic 17. Diagnostic tests in primary care**

Evaluation of diagnostic tests. Selection of laboratory tests. Microbiology and cytology tests. Dry-chemistry diagnostic methods. Conventional radiology. Contrast radiology. Diagnostic ecography. Electrocardiogram. Respiratory function tests.

### **Topic 18. Use of medicines by family physicians**

Determining factors of the use of medicines. Measurement systems for the use of medicines. Strategies for prescription improvement. Strategies for improving fulfilment.

### **Topic 19. Care for the elderly**

Physiopathological characteristics of aging. Most common pathologies associated with old age. Functional assessment of old age. All-inclusive care for the elderly.

### **Topic 20. Care for the terminally ill**

Pathologies and characteristics of terminally ill patients Objectives and therapeutic strategy. Information and communication. Family care. Relationship with other levels of care.

## **CONTENT OF THE TEACHING AREAS**

### **1. Theoretical teaching**

Consists of the presentation of knowledge and skills that students must acquire in order to practise medicine in the field of primary care:

1. Primary healthcare. The role of the family physician (topics 1, 2 and 5).  
Organization of primary care activities.  
The primary care team (PCT). Team work. Multidisciplinary activities.
2. Home care. Home care for both patients and their carers (topic 3).

3. Community care. Analysis of the health situation. Implementation of community health programs (topics 4 and 6).
4. The family environment. Nutritional aspects of health education. The vital cycle. The role of the carer (topic 8).
5. Clinical guides to prevalent diseases: AHT, diabetes, COPD (topic 14).
6. Activities for health promotion and disease prevention. The Program of Preventive Activities and Health Promotion (PPAHP) (topic 16).
7. Use of drugs. Rational use of primary care (topic 18).
8. Quality assurance and improvement in primary care. Quality control programs (topic 10).
9. Primary care teaching. Research activities. Bioethical aspects in family medicine (topic 11).
10. Care for the elderly. Weak elderly patients (topic 19).  
Terminal patients. Grieving process (topic 20).

## 2. Practical teaching programme (seminars)

The knowledge and skills in the subject *Guide* that students will be expected to learn for this teaching area include the following practical topics:

1. Infectious pathology in primary care (topic 15).
2. Home care (topics 3 and 14).
3. Cardiovascular risk (topic 15).
4. Stable asthma and COPD (topic 15).
5. Guide to diabetes in primary care (topic 14).
6. Dementia in the elderly (topic 19).
7. Osteoarticular pathology (topic 15).
8. Management of smoking/enolism (topics 14-16).
9. Analysis of the health situation of a population (topic 6).
10. Practical skills for structured interviews (topic 12).

## 3. Clinical teaching

Consists of training the skills and attitudes that students will need in order to identify the principle concern of a consultation and the symptoms declared by the patient as well as signs that emerge after physical examination, the aim being to establish a correct diagnosis from the data as a whole. This will be achieved through practical activities carried out on a daily basis in primary care centres across different administrative regions.

1. Doctor-patient communication skills.
2. Know how to create a primary healthcare clinical history and evaluate correct follow-up in a PCT (topic 13).
3. Ability to deal with the remaining information, documentation and record systems (topic 13).
4. Differentiate preventive activities from curative activities. Implement the Program of Preventive Activities and Health Promotion (PPAHP) (topic 16).
5. Identify different risk factors (topic 14).
6. Use the clinical practice guides for common diseases in primary care (topic 15).
7. Know and use the different diagnostic techniques that apply to primary care (topic 17).
8. Carry out aspects of the family approach and home care (topics 3 and 8).
9. Take part in the teaching and research activities of a Primary Care Centre (topic 5).

## **TEACHING RESOURCES AND METHODOLOGIES**

### **Theoretical teaching**

### **Planned practical teaching**

The six-week clinical teaching course will also include a number of seminars.

### **Clinical teaching**

Clinical teaching will be carried out in groups of one student per teacher or assistant, with a maximum of three or four students assigned to a particular primary care centre and no more than 40 students per rotation.

This part of the course will last a minimum of four weeks in one of the accredited primary care centres

Clinical teaching will take place between 8am and 1pm and will focus exclusively on the activities carried out in each centre.