



Department of Family Medicine



Academic year 2024-2025

Year 3 M.B.B.S

Study Guide

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Study guide Family Medicine

Baqai Medical College MBBS year 3

Baqai Medical University Vision:

To evolve as a nucleus for higher learning with a resolution to be socially accountable, focussed on producing accomplished healthcare professional for services in all spheres of life at the national and global level.

Baqai Medical University Mission:

University is dedicated to the growth of competencies in its potential graduates through dissemination of knowledge of patient care, innovation in scholarship, origination of leadership skills, use of technological advancements and providing noteworthy contributions to the society through commendable service.

Baqai Medical College Mission:

The mission of the Baqai Medical College is to produce medical graduates, who are responsible and accomplished individuals and have skills for problem-solving, clinical judgment, research, and leadership for a medical practice at the international level and are also aware of the health problems of the less privileged rural and urban population of Pakistan.

Family Medicine department mission:

Family Medicine department is committed to achieve higher standards of primary care education at undergraduate and post graduate level and to promote research and delivery of high standards of cost-effective evidence based healthcare services with holistic approach.

Introduction:

Department of Family Medicine was conceived at BMC in 2014 by the vision of Prof. F.U. Baqai and the Vice Chancellor Prof. Iftikhar Ahmed and officially established in 2015. It is currently situated in Unit 1 at Baqai Medical University.

Family Medicine has been allocated 50 study hours in MBBS course in Year 3 and 50 hours in Year 5 as per PM&DC guidelines.

Family Medicine, also called General Practice (GP), is the provision of Primary care services to the communities. The curriculum is based on providing knowledge and skills to practice as a General Physician after graduation and develop attitudes to practice medicine with empathy and medical ethics in alignment with the University vision and mission.

Faculty:

Dr. Faisal Ahmed
MBBS, MRCP, MRCP, DPD
Head of the Department,
Assistant Professor
faisal.ahmed@baqai.edu.pk

Dr. Khwaja Junaid
Senior Registrar
MBBS, MCPS, MRCP

Students can contact faculty on WhatsApp during office hours on weekdays preferably via class representative or by email.

GOALS OF THE UNIVERSITY:

- Inculcate a progressive humanistic attitude for learning and research.
- Provide health care facilities at par with international standards to the community in a cost-effective manner
- Elevate health status of the community and increase public awareness for preventive actions considering the socioeconomic conditions.
- Focus on innovative research based on erudition.
- Cultivate original knowledge and capabilities of its graduates through national and global collaborations.

MBBS program outcomes

1. Write and report focused history, perform physical examination, formulate a diagnosis and management plan for common health problems.
2. Utilize knowledge of basic and clinical sciences for patient care.
3. Apply evidence-based practices for protecting, maintaining and promoting the health of individuals, families and community.
4. Identify problems, critically review literature, conduct research and disseminate knowledge
5. Lead other team members as per situational needs for quality health service.
6. Acquire professional behaviors that embody lifelong learning, altruism, empathy and cultural sensitivity in provision health care service.

Curricular Outcomes of Family Medicine program:

The overall goal of family medicine rotation is to provide medical students an outstanding learning experience and an opportunity to develop skills to become an effective medical practitioner in a community.

Global learning objectives of family medicine rotation:

At the end of rotation, a medical student should demonstrate the following:

1. Ability to discuss principles of family medicine and role of family practitioner in the community
2. Ability to gather data (history taking) from a patient
3. Ability to perform relevant focused examination
4. Ability to formulate differential diagnoses
5. Ability to communicate effectively and perform patient-centered consultation.
6. Ability to promote health and discuss methods of disease prevention.

Teaching Methodologies:

Family medicine department will be using 3 different teaching methodologies for teaching. These will cover all three domains of learning i.e. knowledge, skills and attitude:

1. Case based discussion session
2. Simulation session (clinical skill development)
3. Clinical teaching in OPD (PHC unit 1 and Surjani)

Expectations from the students:

Code of Conduct and Discipline Rules for Students of BMU

1. It is the sole responsibility of the student to make arrangements for necessary items if he/she is registered in an online program at BMU and attending classes from outside the university such as a laptop or desktop computer and smartphone or tablet.
2. The students should have access to internet service at reasonable speed to access the E-learning activities of the registered program.
3. It is the sole responsibility of each student to make himself/herself available online during the scheduled timings from Monday to Friday and if required even on Saturday.
4. The students shall always keep their microphones and camera off during a lecture or a class. In case of any question, they have to first take permission by writing in the chatbox or clicking the raise hand option. Once allowed by the teacher, they can unmute their microphone and ask the question and thereafter immediately mute it again.
5. All students must place their picture on the official LMS profile so that they can be identified easily.
6. The students are strictly not allowed to post or make public the recorded sessions/lectures for any course on social media.
7. Any electronic or social media app that is being used by the concerned college/institute/university for any correspondence should be considered as official, e.g., Email, WhatsApp, Zoom, Skype, MS Teams, Goggle Meet, etc.
8. All students should use the official email IDs (roll-number@bmu.edu.pk) for all types of official correspondence.
9. It is the responsibility of a student to change the password of the official email ID once received from the respective college/institution and must not share it with anyone. For any technical help, they can contact the IT department of BMU at helpdesk@baqai.edu.pk.
10. It is the sole responsibility of the student to regularly check the official email, WhatsApp group, and LMS for any updates or other academic activities.

11. Any relevant matter of discipline will be dealt with according to the rules and regulations of respective institutes and BMU and if required may be sent to the Discipline Committee.
12. The action against the act of indiscipline depends on the nature and gravity of indiscipline. The action may include fines, debarring from attending online classes for a particular period or expulsion from the university, etc.
13. The following (but not limited to) shall constitute as acts of indiscipline for which action may be taken against the student(s):
 - a. Breach of any rule of the college/institute or the university.
 - b. Disobedience to authority.
 - c. Unmuting the microphone during the class unless allowed to do so.
 - d. Muting any other person of the online session.
 - e. Opening the camera unless allowed to do so.
 - f. Making noise or interruption during the class or use of indecent or filthy language.
 - g. Use of undesirable remarks or gestures.
 - h. Posting comments on social media that are derogatory to the prestige/reputation of the College, Institute, Faculty, and University or its personnel.
 - i. Any other matter as decided by the competent authority of BMU.

Assessment Methodologies:

Formative assessment:

Students will be asked to solve patient cases during simulation and case based discussion session to assess knowledge and will also be asked to perform examination skills. Their performance will be marked accordingly and feedback will be provided in a group as well as individually when needed. Students are provided with Family Medicine Clerking Proforma to assist clerking patients. At the end of each proforma, students will be required to write down the objectives achieved, their learning and reflection to identify further learning needs. Completed proformas will be signed by the faculty after feedback.

Summative assessment:

End of rotation ward test comprising of:

MCQs x 10

OSCE (Objective structures and clinical examination) x 1 station

Final assessment will be done on the last day of rotation.

Feedback to students:

Students are required to fill Family medicine clerking proforma when consulting patients in OPD and get it signed off by the faculty. The completed proforma will be used for student feedback.

Log sheet:

Students will be required to log the cases discussed, patients clerked and objectives achieved in the provided log sheet. Log sheets will be signed by the faculty and will be compulsory to take the end of rotation test.

Required materials:

List of equipment:

Fully equipped clinic with basic necessities for assessing a patient in the community in accordance with WHO guidelines for basic health unit.

Multimedia

Laptop/PC units/printer and copier.

Learning resources:

Will be suggested according to the availability of space and will require all major and sub-specialities text books and handbooks for reference

1. Clinical medicine by Parveen Kumar
2. Davidson clinical medicine
3. Oxford handbook of General practice
4. Online articles of American Academy of Family Physicians
5. McLeod's clinical methods

Clinical teaching in OPD

10:30am - 12:30pm

Students will be expected to individually clerk at least 5 patients during their rotation on the provided Family medicine clerking proforma and present the case to the available clinician, receive feedback and get the proforma signed off by the supervising clinician.

2 hours per day

Total credit hours 20

Objectives:

By the end of clinical rotation, Year 3 MBBS student should be able:

- Demonstrate data gathering skills
- Perform focused relevant examination in relation to the presenting symptoms
- Formulate the diagnosis
- Perform patient-centered consultation
- Demonstrate effective communication skills
- Demonstrate empathy towards patient and incorporate medical ethics in decision making
- Demonstrate effective use of common medical equipment used in primary care (Thermometer, Torch, Stethoscope, Tongue depressor, Weighing scale, BP apparatus, Pulse oximeter, Peak flow meter, Nasal speculum, Tendon hammer, Injections, Blood drawing equipment, Hand sanitizer and disinfectant)

Case Based discussion, Simulation, Role play session:

Monday to Friday

Afternoon session 12:30 – 14:30pm

2 hours

Total Hours 20 hours

The cases discussed in tutorial will be based on common community presentations in a GP clinic seen by the students in Family medicine clinics. Students will also perform role play.

Global objectives:

By the end of Case based learning session, Year 3 MBBS student should be able:

- Demonstrate data gathering skills
- Perform focused examination in relation to the presenting symptoms
- Formulate the diagnoses
- Demonstrate case presentation skills
- Perform patient-centered consultation
- Demonstrate effective communication skills
- Demonstrate empathy towards patient and incorporate medical ethics in decision making
- Demonstrate effective use of common medical equipment used in primary care

TOPICS to be covered in Case Based learning, simulation and role play sessions:

Consultation skills

- Patient Centred Consultation

Data Gathering Skills

- History taking

Examination skills

- GPE

- Respiratory system

- Cardiovascular system

- CNS and Cranial Nerves

- Musculoskeletal examination

- GI and DRE

- Genitourinary

- Assessment of a child

- Assessment of gynae and obs patient

- Assessment of psychiatric patient

Counselling skills

- Patient education

- Breaking bad news

- Motivational interviewing

Communication skills

- Active listening

- Verbal, non-verbal communication

- Picking up cues

Procedural skills

- Hygiene and hand washing

- Inhaler technique

- Using Peak flow meter

- BP measurement for Postural hypotension

- Using thermometer

- Using a glucometer

- Administering an injection

- Phlebotomy

- Dressings

Session 1:

Welcome and introduction to Family medicine and use of study guide

Basics of family medicine and primary care.

What is consultation?

Communication skills

What are the different stages of consultation?

What is Patient centred consultation? Roger Neighbour's/Calgary & Cambridge consultation model

How to demonstrate empathy?

5 steps of management with evidence-based medicine

Learning Objectives:

By the end of session, student should be able to:

Comprehend the role of Family Medicine and family practitioner in a community

Describe 4 domains of consultation i.e. data gathering, examination, counselling and management

Demonstrate skills for patient centred consultation

Perform consultation incorporating empathy and patient centred approach by using effective communication skills.

Session 2: Approach to a patient with Cough

Learning Objectives:

By the end of session, student should be able to:

Demonstrate data gathering from a patient presenting with cough (Asthma, COPD, TB, Pneumonia, Malignancy)

Perform GPE and Chest examination

Demonstrate the use of peak flow meter

Discuss common differentials of cough and identify red flags presenting in general practice

Perform consultation incorporating empathy and patient centred approach

Session 3 : Approach to a patient with Tiredness and weakness

Learning Objectives:

By the end of the session, students should be able to:

List 5 common causes of tiredness (DM, Thyroid, B12 def, Depression, Vitamin d Deficiency)

Demonstrate data gathering from patient presenting with tiredness.

Perform relevant focussed examination.

Session 4: Approach to a paediatric patient

Learning objectives:

By the end of session, student should be able to:

Assess a child and elicit history from parent (BIND: Birth, Immunization status, Nutrition, Development) (Fever, Malnutrition, Dehydration, Pneumonia, Gastroenteritis, Inconsolable crying baby)

Identify red flags according to IMCI guidelines

Discuss immunization according to EPI

Perform paediatric examination

Session 5: Women's health

Learning Objective:

By the end of session, student should be able to:

Assess patient with abnormal PV bleeding (intermenstrual bleeding, Oligomenorrhoea, Menorrhagia, Pelvic inflammatory disease, Post-menopausal bleeding)

Session 6: Approach to a patient with limb weakness and neurological problem

Learning Objectives:

By the end of session, student should be able to:

Assess patient with limb weakness and abnormal sensations

Perform GPE and CNS examination (Higher cortical function, motor, sensory, cranial nerves and cerebellar examination)

Session 7: Approach to a patient with Headache

Learning Objectives:

By the end of the session, students should be able to:

Identify common causes of headache

Demonstrate data gathering with a patient presenting with headaches

Perform focussed examination (GPE and upper 6 Cranial nerves)

Session 8: Approach to a patient with Chest pain

Learning Objectives:

By the end of the session, student should be able to:

Assess patient with acute chest pain (Angina, Myocardial infarction, PE, Pneumothorax)
Perform GPE and CVS examination

Interpret basics of ECG (rate, rhythm, axis deviation, PR interval, QRS complex)

Session 10: Approach to a patient with fever

Learning Objectives:

By the end of the session, students should be able to:

Perform data gathering in a patient with fever (Viral inf, COVID, Dengue, Malaria, Pneumonia, Typhoid, UTI, Gastroenteritis)
Perform focussed examination according to presentation

E-Learning:

Students will be shared with McLeod's YouTube videos on examination skills as well as reading materials on WhatsApp or MStears.

Timetable for Family Medicine rotation
MBBS Year 3 2024-2025

Day	1030-1230	1230-130
Monday	OPD/Simulation	Basics of Family Medicine, Communication skills
Tuesday	OPD/Simulation	Cough
Wednesday	OPD/Simulation	Tiredness and weakness
Thursday	OPD/Simulation	Unwell Child
Friday	OPD/Simulation	Women's health
Monday	OPD/Simulation	Neurological deficit
Tuesday	OPD/Simulation	Headache
Wednesday	OPD/Simulation	Chest pain
Thursday	OPD/Simulation	Fever
Friday	End of rotation test	

**Students are required to print this before attending
OPD**

FAMILY MEDICINE CLERKING PROFORMA

Date:

Patient Name.....

Age

Gender.....

Presenting Complain _____

HOPC: _____

Past history: _____

Drug history: _____

History of Allergies: _____

Family history: _____

Social history: _____

History of addictions: _____

Examination:

General physical examination: _____

Vitals:

BP ----- Pulse----- RR----- Temperature-----

Systemic examination:

Provisional/Differential diagnosis:

- a. _____
- b. _____
- c. _____

Management:

a. Investigations:

b. Pharmacological:

c. Non-Pharmacological:

Safety netting advice:

Follow-Up:

Objectives achieved:

Reflection of the case:

Students learning needs:
