

Goal & Learning Objectives of Community & Family Medicine

GOAL

The broad goal of the teaching of undergraduate students in Community & Family Medicine is to prepare them to function as community and first level physicians in accordance with the institutional goals.

LEARNING OBJECTIVES:

Broad learning objectives of teaching Community and Family Medicine to MBBS students can be broadly grouped in to the following areas :

- To prepare them to function as community and first level physicians in accordance with the institutional goals.
- To make the students aware of environmental, social, financial, personal, occupational issues of the patients and to inculcate in the students the habit of considering the above aspects while rendering patient care.
- To teach them practised techniques of prevention at Individual, National and International level for various health issues.
- To orient the students with Indian Health System, National Health Programmes and Policies and International Health Policies and Agencies.
- To teach research principles and methodologies so as to create scientific attitude

SPECIFIC OBJECTIVES

(1) Knowledge: At the end of the course, the student shall be able to:-

- Describe the health care delivery system and health information system of the country and the state and its functioning.
- Describe the National Health Programmes relevant to the community, family and individual.
- Enunciate the principles and components of primary health care and national health policies to achieve the goal of 'Health, for All'.
- Outline the demographic pattern of the country, and appreciate the roles of the individual, family, community and social-cultural milieu in health and disease

- List epidemiological methods and describe their application to communicable and non-communicable diseases in the community or hospital situation.
- Understand and apply the biostatistical methods and techniques in research.
- Identify the environmental and occupational hazards and their control.
- Describe the importance of water and sanitation in human health.
- To understand the principles of health economics, health administration, and health education and communication in relation to community.

(2) Skills: At the end of the course, the student should be able to:

- Use epidemiology as a scientific tool to make rational decisions relevant to community and individual patient intervention.
- Collect, analyse, interpret and present simple community and hospital based data, family and community levels keeping in mind the existing health care resources and in the context of the prevailing socio-cultural beliefs;
- Diagnose and manage maternal and child health problems and advise a couple and the community on the family welfare planning methods available in the context of the national priorities. Also to manage all other patients reporting at primary level as per the standard treatment guidelines and the health resources available.
- Diagnose and manage common nutritional problems at the individual and community level.
- Plan, implement and evaluate a health education programme with skill to use simple audio-visual aids.
- Interact with, other members of the health care team and participate in the organization of health care services and implementation of national health programmes.
- Disaster preparedness skills
- Communication skills for counselling
- Practice and demonstrate the principles of waste management, i.e. solid waste, biomedical waste and other types of waste.
- Also to develop skills for:

- assessment of risks for abuse, neglect, and family and community violence
- reporting communicable disease
- understanding population epidemiology, and the interpretation of public health statistical information
- assessing and preventing environmental illness and injury
- providing school health
- disease prevention through immunization strategies
- community-based disease screening, prevention, health promotion
- understanding factors associated with differential health status among subpopulations, including racial, geographic, or socioeconomic health disparities, and the role of family physicians in reducing such gaps
- using community resources appropriately for individual patients who have unmet medical or social support needs
- structured interaction with the public health system
- occupational medicine including disability determination, employee health and job-related illness and injury
- community health assessment
- developing programs to address community health priorities
- community-based health education of children and adults

(3) Integration: Develop capabilities of synthesis between cause of illness in the environment or community and individual health and respond with leadership qualities to institute remedial measures for this.

- Diagnose and manage common health problems and emergencies at the individual, family and community levels keeping in mind the existing health care resources and in the context of the prevailing socio-cultural
- Paying attention to sociocultural aspects of patient care
- Coordinating a community's health resources in the care of patients
- Identifying and intervening in a community's health problem
- Assimilating into a community and participating in its organizations

Topics in Community & Family Medicine divided into Must know, Should know & May Know

Topics	Must Know	Should know	May Know
1. Man and Medicine	Modern medicine Changing concepts in public health Family and community medicine	Rise of public health Germ theory of disease	History & evolution of medicine
2. Concepts of health & disease	Definition of health Various indices in measuring health & well being Concept of disease and causation Natural history of disease Iceberg phenomenon Concept of disease control and prevention Modes of intervention Community diagnosis	Various concepts of health Dimensions of health Determinants of health Health service philosophies	Responsibility of health Changing pattern of disease International classification of disease
3. Principles of epidemiology & Epidemiologic methods	Rest all in the chapter is Must know	Case definitions and treatments of AEFI Disinfection	Non Randomized trials
4. Screening for disease	Must know		
5. Epidemiology of communicable diseases	Chicken pox, Measles, rubella, Mumps, Diphtheria, Pertussis, Acute respiratory infections, Tuberculosis, Meningococcal meningitis Polio, viral hepatitis A, B, Acute diarrheal diseases, Cholera, Typhoid fever, Dengue, Malaria Rabies, Plague Trachoma, Tetanus, Leprosy, STD, AIDS	Influenza, Viral hepatitis C, D, E, Food poisoning, Amebiasis, Ascariasis, Hookworm infection, Dracunculiasis Lymphatic filariasis, Japanese encephalitis, Taeniasis, Leishmaniasis	Small pox, SARS, Yellow fever, KFD, Chikungunya fever, Brucellosis, Leptospirosis, Salmonellosis Rickettsial zoonoses, Scrub typhus, Murine typhus, Tick typhus, Q fever, Hydatid disease, Yaws
6. Epidemiology of	Cardiovascular diseases, Coronary heart	Stroke, RHD,	

chronic non-communicable diseases	disease, Hypertension, Cancer, Diabetes, Obesity, Blindness, Accidents & injuries		
7. Health programmes in India	National vector borne diseases control programme, RNTCP, NACP, National programme for control of blindness, Universal immunization programme, National health Mission, RCH, RMNCH+A strategy, IMNCI	Iodine deficiency disorders programme National programme for prevention and control of cancer, diabetes, cardiovascular diseases and stroke, IDSP	National leprosy eradication programme National Mental health programme
8. Demography & Family Planning	Demographic cycle, Recent demographic trends in India, Fertility related statistics, Definitions used in demography, Family planning methods- indications, contraindications and adverse effects Pearl index	-	MTP
9. Preventive medicine in obstetrics, paediatrics & geriatrics	Antenatal, intranatal and postnatal care, Neonatal care Low birth weight- definition, causes and prevention, BFHI, Growth curves and their interpretation, Indicators of MCH care, ICDS	Child health problems School health service Problems due to ageing process and long term illness Problems in adolescents	Approaches to handicapped children
10. Nutrition & Health	Supplementary action of proteins, Types of fats and their role in health, Glycaemic index, dietary fibres, Vitamin A deficiency, Niacin deficiency, Iron deficiency, Fluorine, Iodine Nutritional requirements, RDA, Reference Indian man & woman, Dietary goals, balanced diet, PEM, Endemic fluorosis, Lathyrism Assessment of Nutritional status,	Classification of foods, Vitamin B, D, E deficiency Nutritional profile of food items Food hygiene Food toxicants, Food adulteration, Food fortification	Other trace elements Community Nutrition programmes
11. Medicine & Social sciences	Family in health & disease, Behaviour and its dynamics, Concepts in sociology, SES scale,	Social security	
12. Environment & health	Water related diseases, Methods of purification of water on small and large scale,	Water quality criteria and standards Standards and Types of ventilation,	Light, radiation

	Indices of thermal comfort Air pollution, Housing standards, Solid waste and excreta disposal methods, Medical entomology: mosquitoes, flies, sandfly, louse, fleas, mites, ticks	Noise pollution, Insecticides, anti-rodent measures	
13. Hospital waste management	Category of biomedical waste disposal, Safe injection practices		
14. Disaster management	Disaster management cycle.		
15. Occupational health	Occupational diseases and their causative factors, Pneumoconiosis, Prevention of Occupational diseases	Lead poisoning, Occupational cancer, sickness absenteeism ESI Act, Factories act	
16. Genetics & Health	Eugenics, Euthenics, Preventive and social measures for genetic diseases		
17. Mental health	Alcoholism and drug dependence		
18. Health information & basic medical statistics	Sources of health information, Presentation of statistical data, measures of central tendency, measures of dispersion, Normal distribution, sampling, tests of significance, correlation & regression.		
19. Communication for health education	Communication process, health education, Principles of health education, Methods in health education,	Types of communication, Approach to health education, Models of health education,	
20. Health planning & management	Planning cycle, National health policy, Health system in India	Management methods & techniques, Health planning in India	Evaluation of health services
21. Health care of the community	Levels of health care, Primary health care, PHC, CHC, Subcenters as per IPHS	Health care delivery system	MDG, SDG
22. International health	WHO, UNICEF,	UNDP, FAO, CARE, Red Cross	USAID, Colombo Plan, SIDA, DANIDA, Rockefeller foundation
23. Family Medicine	Characteristics of Family Medicine Presentation of symptoms and diagnosis in	Periodic Health Review, Ethics in Family Medicine	Running a Practice, Care of psychiatric patients and their

	<p>family medicine, Emergencies in Family Practice, Continuity of Care/ Medical record keeping / Doctor – Patient relationship, Special categories of patients – e.g: adolescent; disabled; elderly; patient with cancer; dying patient; bereavement, Referrals in Family Medicine, Family violence/ substance abuse/ child neglect, Care of the Elderly, Care of Adolescents,</p>	<p>Diagnostics in family practice: interpreting ECG and X-rays Substance abuse disorders Palliative care Teamwork and resources in the community Integrating hospital based medicine to the primary care setting</p>	<p>relatives Practice management and audit Telephone consultations and home care Ethics of the consultation/ truth telling</p>
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