

Course Specifications

Kingdom of Saudi Arabia

The National Commission for Academic Accreditation & Assessment

Course Specifications (CS)

Family Medicine Block
FMD-4 (624)4 اسر – 624

Institution	Najran University	Date of Report: 16/04/1438
College/Department:	College of Medicine	

A. Course Identification and General Information

1. Course title and code: Family Medicine FMD-4 (624) 4 – اسر 624			
2. Credit hours 4 (2+2)			
3. Program(s) in which the course is offered. Medicine and Surgery			
4. Name of faculty member responsible for the course: Dr. Nasser Al-Qahtani + Dr. Awad Al-Qahtani			
5. Level/year at which this course is offered 12 th level/6 th year			
6. Pre-requisites for this course: According to the bylaws.			
7. Co-requisites for this course: None			
8. Location: university hospital, military hospital, primary health care centers			
9. Mode of Instruction (mark all that apply)			
a. Traditional classroom	<input checked="" type="checkbox"/>	What percentage?	40 %
b. Blended (traditional and online)	<input type="checkbox"/>	What percentage?	<input type="text"/>
c. E-learning	<input type="checkbox"/>	What percentage?	<input type="text"/>
d. Correspondence	<input type="checkbox"/>	What percentage?	<input type="text"/>
f. Other	<input checked="" type="checkbox"/>	What percentage?	60%
Comments:			

B. Objectives

- 1. What is the main purpose for this course? By the end of this course the students are expected to:**
 - 1) Manage effectively the common diseases, problems & common medical emergencies within the family medicine setting in an evidence-based medicine.
 - 2) Identify the complex health problems and their appropriate referral.
 - 3) Promote health and prevent diseases and support the national health programmes.
 - 4) Take care for special groups in the community such as the elderly, children, adolescent, women and adult health.
 - 5) Use behavioral sciences related to family practice.
 - 6) Communicate effectively with patients, family, colleagues and other health care workers, and community.
 - 7) Manage a wide range of in the context of family medicine practice
 - 8) Make decisions regarding the need for, and the appropriate and cost- effective use of, modern technological investigations and ability to interpret the results of these investigations.
- 2. Plans for developing and improving the course that are being implemented.**
 - 1) Continuous updating of the information, knowledge and skills included in the block through the continuous search for new knowledge and skills available in recent publications (books, researches, internet and others).
 - 2) Continuous improvements in teaching methods to encourage the students to participate effectively in their various academic activities.
 - 3) Continuous evaluation of the block content, student level and establish plans for development accordingly.

C. Course Description

Family Medicine is a specialty of medicine that is concerned with providing comprehensive care to individuals and families by integrating biomedical, behavioral and social sciences. As an academic discipline, it includes comprehensive health care services, education and research. A family physician provides primary and continuing care to the entire family within the communities. He addresses physical, psychological and social problems; and coordinates comprehensive health care services with other specialists, as needed. The focus is on promotive, preventive and

rehabilitation aspects, which form an integral part of healthy living that have lost focus with most of the medical practitioners. The family physician can play an important role in providing healthcare services to the suffering humanity. His responsibility includes management of emergencies, treatment of problems relating to various medical and surgical specialties. As well as provision of care to the entire family in its environment, appropriate referrals and follow up. He is the first level contact for the patients and his family. Moreover, to practice holistic medicine, the treating physician should also understand the social, cultural and economic conditions of the family. Family physicians need to make the optimal use of the resources and judiciously select the investigations for diagnosis. They can form the backbone of health care delivery system and can play a vital role in fulfilling the Alma Atta primary health goal of *"The attainment by all people of the world a level of health that will permit them to lead a socially and economically productive life."* The four principles of family medicine: the relationship with the patient is central, the family physician is a skilled-clinician & a resource to a defined practice population. Finally, the family medicine is community-based.

1. Topics to be Covered		
List of Topics	Week due	Contact hours
Orientation and introduction About the block. L1	1 st Week	1 (1+0)
Family medicine: history, definition & features, Family medicine, general practice & primary care practice. (Group discussion 1)		2 (2+0)
Family physician competencies (project). L2		1 (1+0)
Headache. SDL 1		3 (3+0)
Clinical attachment. (Field Work 1)		3 (0+3)
Approach to pt. with cardiovascular emergency. Tutorial 1		2 (2+0)
Clinical attachment. (Field Work 2)		3 (1+3)
Diabetes Mellitus. Tutorial 2		2 (2+0)
Family: definition, structure, function and effect of family dynamics on health. Life stages, family cycle, and life courses. Genogram and family circle Group discussion 2		2 (2+0)
Physical examination Clinical skill lab 1		3 (0+3)
Evidence Based Medicine I L3		1 (1+0)
Evidence Based Medicine I L4		1 (1+0)
Evidence Based Medicine (Lab Demonstrations 1)		2 (0+2)
Sore throat SDL 2		3 (3+0)
Communication skills. SEMINAR 1	2 nd WEEK	2 (2+0)
Special communication encounters. SEMINAR 2		2 (2+0)
Growth & Development Parameters (child/adult) Clinical skill lab 2		3 (0+3)
Clinical attachment . (Field Work 3)		3 (0+3)
Consultation skills. SEMINAR 3		2 (2+0)
Clinical attachment . (Field Work 4)		3 (0+3)
Injections demonstration (IV,IM,SC &ID) Clinical skill lab 3		3 (0+3)
Counselling skills. SEMINAR 4		2 (2+0)
Rational prescription I (Analgesic/Antibiotics/drugs for URTI/GE) Practical workshop.(Field Work 5		3 (0+3)
Bronchial asthma EBM-diagnosis (Lab Demonstrations 2)		4 (0+4)
Vaginal discharge. SDL 3	3 rd WEEK	3 (3+0)
Fatigue. Tutorial 3		2 (2+0)
Joint pain approach. SEMINAR 5		2 (2+0)
HYPERTENSION. Tutorial 4		2 (2+0)

Clinical attachment. (Field Work 6)		3 (0+3)
Abdominal pain. SDL 4		3 (3+0)
Clinical attachment. (Field Work 7)		3 (0+3)
HEALTH PROMOTION I. (immunization & well baby care) SEMINAR 6		2 (2+0)
Rational prescription II (HTN/ DM/ B. Asthma). Practical workshop (Field Work 8)		3 (0+3)
Headache EBM –therapy. (Lab Demonstrations 3)		4 (0+4)
Illustration clinical pictures. Clinical skill lab 4		3 (0+3)
Adult risk Assessment & healthy life style. SEMINAR 7	4 th week	2 (2+0)
Approach to pt. with respiratory emergency. Tutorial 5		2 (2+0)
Clinical attachment. (Field Work 9)		3 (0+3)
Care of the elderly & Adolescent health. SEMINAR 8		2 (2+0)
Clinical attachment. (Field Work 10)		3 (0+3)
Assessment/closure of wounds. Clinical skill lab 5		3 (0+3)
OBESITY. Seminar 9		2 (2+0)
LABORATORY INVESTIGATIONS IN FAMILY PRACTICE (INDICATION &INTERPRETATION) Practical workshop(Field Work 11)		3 (0+3)
Irritable bowel syndrome EBM –systematic Review (Lab Demonstrations 4)	5 th week	4 (0+4)
Mood disorders. SDL 5		3 (3+0)
women health & family planning. SEMINAR 10		2 (2+0)
SMOKING CESSATION. Practical workshop(Field Work 12)		3 (0+3)
Clinical attachment. (Field Work 13)		3 (0+3)
antenatal care. SDL		3 (3+0)
Clinical attachment. (Field Work 14)		3 (0+3)
CPR. Clinical skill lab 6		3 (0+3)
Approach to pt. with Home accident. Tutorial 6		2 (2+0)
DYSLIPIDEMIA. Seminar 11		2 (2+0)
RADIOLOGICAL INVESTIGATIONS IN FAMILY PRACTICE. (INDICATION &INTERPRETATION) Practical workshop(Field Work 15)		3 (0+3)
Low back pain. EBM –prognosis. (Lab Demonstrations 5)		4 (0+4)
Anemia. SDL		3 (3+0)

2. Course components (total contact hours and credits per semester):

	Lecture	Tutorial	seminar	Group Discussion	SDL	FIELD WORK	LAB DEMONSTRATIONS	CLINICAL SKILLS LABORATORY	Total
Contact Hours	4	12	22	4	21	45	18	18	144
Credit	0.27	0.40	0.73	0.13	0.47	1.00	0.60	0.40	4

3. Additional private study/learning hours expected for students per week.

8 - 12

4. Course Learning Outcomes NQF Learning Domains with Assessment Methods and Teaching Strategy

Teaching Strategies

Assessment Methods

1.0 Knowledge

1.1	Define the different topics in the fundamental, principles, concepts and terminology of family medicine as in Anticipatory Care, Principles of Patient Education, Consultation models / Communication General Skills,	-Lecture -Group Discussion -Seminar, -Tutorial	-Electronic Portfolio -Case Study
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	Breaking Bad News, Terminal and Palliative Care/ Care of elderly, medical records, referral system & clinical audits	-SDL, -Field Work -Lab Demonstrations	-MCQ, - OSCE
1.2	Describe the diagnosis and management of the common Family Medicine problems by using the bio-psychosocial method with their updates & evidence-based medicine.	-Clinical Skills Laboratory	-Project, - Oral
2.0 Cognitive Skills			
2.1	Criticize and appraise the different papers in evidence based medicine such as: randomized controlled trial, diagnosis and systematic review.	-Lecture, -Group Discussion, -Seminar, - Tutorial, -SDL, -Field Work, -Lab Demonstrations	- ELECTRONIC Portfolio
2.2	Calculate different statistical measurements taught in evidence based medicine lecture.	-Clinical Skills Laboratory	-Case Study -MCQ, -OSCE -Project, - Oral
3.0 Interpersonal Skills & Responsibility			
3.1	Use self-directed learning through library & updated medical website to develop appropriate professional knowledge, skills and attitude pertaining to the management of health problems encountered by the Family Physician in daily practice.	-Lecture, -Group Discussion, -Seminar -Tutorial, -SDL -Field Work	-Electronic Portfolio -Case Study -MCQ
3.2	Show a presentation and a talk to their colleagues during student seminars and tutorials and participate in class discussion.	-Lab Demonstrations -Clinical Skills Laboratory	-OSCE -Project -Oral
4.0 Communication, Information Technology, Numerical			
4.1	Develop skills in counseling and consultation in such areas as: cardiovascular risk factors, well child care, contraception, sexually transmitted infection, women health, tobacco use, obesity, common psychiatric disorders, and other family problems.	-Lecture -Group Discussion -Seminar, -Tutorial -SDL, -Field Work -Lab Demonstrations -Clinical Skills Laboratory	-Electronic Portfolio -Case Study -MCQ, -OSCE -Project, - Oral
5.0 Psychomotor			
5.1	Demonstrate a comprehensive project about one of the acquired competencies of family physician	-Lecture -Group Discussion -Tutorial, -Field Work	-PROJECT -presentation & discussion

Assessment Category	%	Assessment Methods	Mark
Continuous	40%	Seminar	15
		ASSIGNMENT	10
		Mid Term Written MCQ	15
FINAL	60%	OSCE	40
		Final Written MCQ	20
TOTAL	100%		100

D. Student Academic Counseling and Support


1. Staff availability for individual student consultations and academic advice:
1) Allocation of office hours by the department
2) Academic supervision
3) Academic surveillance

E. Learning Resources

1. List Required Textbooks
<ol style="list-style-type: none"> 1) Primary Care Medicine by Allan A. Goroll, May Mullay 482. 2) Essentials of Family Practice by Rakel. 3) Family Medicine Ambulatory Care & Prevention by Mark B. Mengel 4) Oxford Handbook of General practice 5) Primary Care Mentor 6) Manual of Family Practice By Robert B Taylor MD By Lippincott Williams & Wilkins Publishers 7) FAMILY MEDICINE A PRACTICAL APPROACH by Yahia M. Al-Khaldi 8) CURRENT Practice Guidelines In Primary Care 2013 Joseph S. Esherick
2. List Essential References Materials (Journals, Reports, etc.)
<ol style="list-style-type: none"> 1) Saudi Medical Journal. 2) Annals of Saudi Medicine. 3) *British Journal of General Practice. 4) British Medical Journal. 5) * The Journal of Family Practice. 6) Family Practice. 7) * The Practitioner. 8) Up-date of General Practice. 9) Scandinavian Journal of PHC. 10) American Family Physician.
4. List Electronic Materials (eg. Web Sites, Social Media, Blackboard, etc.)
<ol style="list-style-type: none"> 1) NICE organization. (www.nice.com) 2) UpToDate. (www.uptodate.com) 3) Best Practice (www.bestpractice.com) 4) Bandolier (www.medicine.ox.ac.uk/bandolier) 5) Cochrane Database (www.cochrane.org) (www.cochranelibrary.com) 6) Clinical Evidence (www.clinicalevidence.bmj.com) 7) American Family Physician (www.aafp.org) 8) British Medical Journal (www.bmj.com)
5. Others
F. Facilities Required
Requirements for the course including size of classrooms and laboratories
<ol style="list-style-type: none"> 1. Accommodation (Classrooms, laboratories, demonstration rooms/labs, etc.) <ol style="list-style-type: none"> 1) Lecture room suitable for students. 2) Tutorial room 3) Health centers for field work 4) Teaching hospital for clinical based learning & discussion. 2. Computing resources (AV, data show, Smart Board, software, etc.) <ol style="list-style-type: none"> 1) Computers, multimedia in lecture room and laboratories. 3. Others <ol style="list-style-type: none"> 1) Library supplied with reference text books, electronic resources.
G Course Evaluation and Improvement Processes
<ol style="list-style-type: none"> 1 Strategies for Obtaining Student Feedback on Effectiveness of Teaching <ol style="list-style-type: none"> 1) Continuously throughout the block by direct interviewing of the students. 2) End of block questionnaire 2 Other Strategies for Evaluation of Teaching by the Program/Department Instructor <ol style="list-style-type: none"> 1) Feedback from colleagues.

2) Class observation by supervisors.
3 Processes for Improvement of Teaching 1) Continuous updating of course contents. 2) Regular meetings where problems are discussed and recommendations made. 3) Workshops on teaching methods. 4) Review of recommended teaching strategies.
4. Processes for Verifying Standards of Student Achievement 1) Arrange with another institution for common test items included in an exam and compare marks given. 2) Invitation of an external examiner on regular bases.
5. Action plan for improvement: There will be an evaluation at the end of the block to assess the course execution, outcome and feedback from different sources to arrive at an appropriate modifications needed if any.

Faculty or Teaching Staff: Dr. Nasser Al-Qahtani

Signature:  Date Report completed: 17/04/1438

Received by: Department Head Dr. Awad Al-Qahtani

Signature:  Date: 17/04/1438