



**University of Baghdad
Al Kindy College of Medicine
Department of Community & Family
Medicine**

**Higher Diploma in
Family Medicine
2016-2017**

(Two-Year Study)

Course Description

First Semester (Basic Knowledge and Skills): Duration 16 weeks

Courses	Theory	Practical	Credits
1- General Epidemiology	15	60	3
2- Research methodology and ethics	15	75	3
3- Biostatistics + Computer	15	75	3
4- Infectious diseases	30	30	3
5- Non communicable disease	15	30	2
6- Primary health care and communication skills	15	30	2
7- Introduction to family Medicine + Communication skills	15	-	1
8- Health management & Social Medicine	8	-	0.5
8- Nutrition and health	15	0	1
9- Occupational and environmental health	7	0	0.5
Total	150	300	20

Second & 3rd Semesters (Common Family Conditions): Duration 32 weeks

1- Common surgical & orthopedic conditions	30	150	7
2- Common medical conditions	30	150	7
3- Common gynecological conditions	15	90	4
4- Common pediatric conditions	15	90	4
5- Subspecialties: ENT, Ophthalmology, Dermatology, clinical LAB	15	60	3
6- CCU, ICU	0	30	1
Total	105	570	26

Forth semester: Family Physician in PHC center

(Training in primary health care center – Common Medical Conditions + Programs in PHC center): 16 weeks **10 credits**

0	300	10
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At the end of second year: Dissertation discussion and Final exam (Comprehensive written+ OSCE+ oral)

	Theory	Practical	Credits
Grand Total	255	1170	56

Training Details

I- Basic Knowledge and Skills (20 credits)

Recognize the importance of preventive medicine and community health in identifying the common public health problems, their prevalence, trends, and measures for their prevention and control. This will be achieved by studying the basic of:

- 1) Health statistics and disease trends in Iraq, regional and international countries.
- 2) Communicable diseases (Common viral, bacterial, fungal & parasitic diseases)
- 3) Non communicable diseases (HT & other CVD, DM, obesity, Asthma, Rheumatic fever, cancer)
- 4) Opportunities & Challenges for the family physician including Leading & Managing
- 5) Comprehensive Primary Health Care including Health Education
- 6) Common Public Health issues: Lifestyle, nutrition, violence & health promotion
- 7) Social factors in health and disease.
- 8) Occupational & Environmental Health
- 9) Health research: Methods & Ethics

II- Common Medical Conditions in Family Medicine Practice

1- Common Surgical conditions (7 credits)

- Diagnose and refer of acute surgical conditions: Acute abdomen, Perforating peptic ulcer, Appendicitis, Cholecystitis, Volvulus, Mesenteric Ischemia, Acute arterial occlusion, Torsion of the testes, Incarcerated hernia, other.
- Diagnose and manage other conditions that need surgery: Breast lump, Thyroid nodule, diabetic foot, Benign prostatic hypertrophy, Hydrocele, Varicocele, Undescended testicle.
- Do minor surgeries: wound incision, removal of small lipoma and sebaceous cyst, removal of in-growing nail, insert canula and catheter, others.

2- Common Medical conditions (7 credits)

Demonstrate diagnose and manage the following common signs and symptoms:

- **Constitutional and non-differentiated symptoms:** Headache, Weakness and Fatigue, Weight loss, Fever, Syncope, Dizziness.
- As related to **Cardiovascular System:** Chest pain, High or low blood pressure, heart murmur, Leg edema, orthopnea, Irregular rhythm, Palpitation.
- As related to **Respiratory System:** Dyspnea, Cough, hemoptysis, Pleural effusion, pulmonary nodule, wheezing.
- As related to **GIT System:** Heartburn, Epigastric pain, Nausea and vomiting, Dysphagia, Diarrhea, Constipation, Melena, Hematemesis, Abdominal distention, Ascites, Jaundice.
- As related to **Genitourinary System:** Pyuria, Hematuria, Microalbuminuria, Proteinuria, Dysuria, frequency. Urgency, Scrotal Pain, Masses, and swelling, genital lesions.
- As related to **Musculoskeletal System:** Neck pain, Shoulder pain, Back pain, Hip pain, Knee pain, Foot pain, Arthralgia (s), Arthritis (monoarticular, polyarticular)
- As related to **Nervous System:** Dizziness and vertigo, Tremor, Seizures, Dementia, Coma, numbness, paresthesia, neuralgia, Migraines.
- As related to **Endocrine System:** Thyroid nodule, Enlarged thyroid, Polyuria, polydipsia, Hypoglycemia, Hyperglycemia, Polyphagia, Weight problem, Hirsutism.
- As related to **Hematopoietic System:** Anemia, Bruising, Polycythemia, lymphadenopathy, hepatosplenomegaly.
- As related to **Psychiatry:** Hallucination, Delusion, and Flight of ideas.

3- Gynecological conditions with women's health (4 credits)

- Evaluate and manage the following signs and symptoms: Vaginal discharge, Vaginal itching, Pelvic pain including dysmenorrhea, Abnormal bleeding and amenorrhea, Pelvic masses: uterine and ovarian, Dyspareunia, Incontinence, Menopausal symptoms, Infertility.
- Diagnose pregnancy and schedule antenatal visits.
- Recognize early signs and symptoms of ectopic pregnancy.

- Diagnose and follow up common medical problems during pregnancy.
- Diagnose and treat common problems of puerperium: Depression, Mastitis, Endometritis, Thrombophlebitis

4- Pediatric conditions (4 credits)

Demonstrate competence in early diagnosis and management of the following

- For new born: Newborn Prematurity and small for date, Jaundice, Respiratory distress and apnea, pallor, cyanosis, Edema-Distended abdomen, Petechia and purpura, Bulging fontanel, Seizure, Mass in the abdomen or back, Hypothermia, Fever, colic, Birth injuries.
- For infant: Fever, Excessive crying and irritability, Vomiting, Diarrhea, Constipation, Mass in the abdomen, Rectal bleeding, Failure to thrive, hematuria, Undescended testes, Stridor, Wheezing, Cough, Heart murmur, Microcephale and macrocephale, Seizures, Rash (Diaper rash, Eczema), Infectious purpura and petechia, pallor, Enlarged lymph nodes , Undescended testes.
- For Children: Abdominal pain, Mass in the abdomen, Diarrhea-Constipation, Rectal bleeding-Rectal itching, Hematuria-Frequency, Dysurea, Enuresis, Polyurea and polydipsia, Short stature, Obesity, Fever, Sore throat, Ear ache, Recurrent URTI, Wheezing, Tachycardi, Hypertension, Arthritis, Knee pain and leg pain, convulsion-Headache, Coma, Vertigo, Rashes and itching, Learning disabilities, Demonstrate fundamental knowledge in regard to the recognition of, Minimal brain dysfunction-Mental retardation, Disorders of language, speech and hearing, Reading disability Congenital anomalies, Chronic disease.

5- Subspecialties: Demonstrate diagnose, manage or refer to specialist if needed of the following common signs and symptoms: (4 credits)

- A) Common presentations in ENT: Runny Nose, Sore Throat, Coughing/Sneezing, Ear Pain, Hearing Loss, Snoring, Airway Issues/Difficulty Breathing/Mouth Breathing, Tonsil or Adenoid Inflammation or Infection, Ear Noise (Tinnitus), Nose Bleeds, Nasal Congestion/Nasal Itching and Rubbin, Hoarseness/Frequent Throat Clearing, Loss of Sense of Smell and/or taste
- B) Common presentation in ophthalmology conditions: Swollen red eye, Itching, burning, or a heavy discharge in the eyes, Severe, sudden eye pain , Recurrent pain in or around the eye, Hazy, blurred, or double vision, Seeing flashes of light or sudden bright floating spots , Unusual, sensitivity to light or glare
- C) Common presentation of Dermatological problems: type & characteristics of different skin rashes, and mucus membrane lesions. Dermatological presentations of systemic diseases.
- D) Common presentation of orthopedics conditions: Muscle pain, Bone pain, bone integrity, Limitation of movement, Pain on movement, Joint pain, abnormal texture & swelling
- E) Emergency unit CCU and ICU: recognize the presentation of patient who needs life supporting measures.

III) Family Physician in PHC center (10 credits)

Communicate, diagnose and manage common medical conditions. Family files recording (manual, electronic). Principles of Consultation & referral, Comprehensive & PHC programs, continuous health care, social and psychological care
Training in different preventive and curative activities of PHC center

- Health promotion and health education.
- Maternal health services
- Child health services
- Communicable diseases control services
- Non communicable diseases control services
- Management of common health problems
- Recording, filing, Notification and referral of health problems

Common Health problems & diseases

At the end of the training, family physician should have the knowledge, skills & attitude to diagnose and manage or refer to specialist the following common health problems & diseases:

I- NERVOUS SYSTEM

- 1) Meningitis & Encephalitis
- 2) Bell's Palsy
- 3) Epilepsy & fits
- 4) Trigeminal neuralgia
- 5) Migraines
- 6) Autism
- 7) Parkinson's disease
- 8) Transient Ischemic Attacks (TIAs)
- 9) Cerebrovascular accident (CVA)
- 10) Alzheimer disease & Dementia
- 11) Schizophrenia
- 12) Depression
- 13) Somatoform disorder

**Medicine + Pediatrics+
PHC center**

Medicine + PHC center

II- CARDIOVASCULAR

- 1) Hypertension
- 2) Coronary artery disease
- 3) Rheumatic fever
- 4) Valvular heart diseases
- 5) Congestive heart failure (CHF)
- 6) Peripheral vascular disease
- 7) Arrhythmias
- 8) Varicose veins
- 9) Deep venous thrombosis (DVT)

Medicine + PHC center

Surgery + PHC center

III- RESPIRATORY SYSTEM

- 1) Common upper Respiratory tract infections
- 2) Asthma
- 3) Tuberculosis
- 4) Acute bronchitis
- 5) Pneumonia
- 6) Chronic bronchitis + emphysema
- 7) Pneumothorax
- 8) Lung cancer

**Medicine + Pediatrics+
PHC center**

Surgery

IV- GASTROINTESTINAL (GI) System

- 1) Common oral lesion & ulcer and dental hygiene
- 2) Esophagitis
- 3) Gastritis
- 4) Peptic ulcer disease (PUD)
- 5) Hiatus hernia
- 6) Hepatitis - viral, non-viral
- 7) Pyloric stenosis
- 8) Pancreatitis
- 9) Gallstones
- 10) Irritable bowel syndrome
- 11) Appendicitis
- 12) Inguinal hernia
- 13) Infectious Diarrhea
- 14) Functional Constipation
- 15) Hemorrhoids
- 16) Rectal bleeding
- 17) Anal fissure/fistula/abscess
- 18) Inflammatory bowel disease
- 19) Common GI tumors

Medicine+ Surgery

**Medicine+ Surgery + Pediatrics +
PHC center**

V- ENDOCRINE SYSTEM

- 1) Malnutrition
- 2) Obesity
- 3) Diabetes mellitus & Hypoglycemia
- 4) Rickets
- 5) Gout
- 6) Vitamin deficiencies
- 7) Hyperlipidemia
- 8) Cushing's syndrome
- 9) Hypo and hyperthyroidism
- 10) Gynecomastia
- 11) Galactorrhea

**Medicine+ Surgery + Gyn &
Obstet + PHC center**

VI- GENITOURIARY (GU) SYSTEM

- 1) Cystitis, Urethritis, Glomerulonephritis
- 2) Pyelonephritis
- 3) Testicular torsion
- 4) Nephrolithiasis
- 5) Prostatic CA
- 6) Prostatitis
- 7) Urinary retention - acute, chronic
- 8) Orchitis
- 9) Undescended testis & congenital anomalies
- 10) Epididymitis
- 11) Urinary incontinence
- 12) Benign prostatic hypertrophy (BPH)
- 13) Hydrocele

Medicine+ Surgery + Gyn & Obstet + ped+ PHC center

VII- HEMATOLOGY

- 1) Anemia
- 2) Leukemias
- 3) Bleeding disorders+ Hemophilia
- 4) Thalassemia
- 5) Acquired immunodeficiency syndrome (AIDS)
- 6) Multiple myeloma
- 7) Lymphadenopathy
- 8) Routine anticoagulation

Medicine+ Pediatrics + PHC center

VIII- MUSCULOSKELETAL

- 1) Congenital spina bifida
- 2) Hip dislocation
- 3) Club foot
- 4) Neck pain & Cervical disc disease
- 5) Osteoarthritis
- 6) Synovitis
- 7) Rheumatoid arthritis
- 8) Growing pains
- 9) Septic Arthritis
- 10) Back pain & Sciatica
- 11) Tendonitis
- 12) Disorders of gait, feet and legs
- 13) Chondromalacia
- 14) Bursitis - shoulder, knee, hip • Spinal stenosis

Surgery + Pediatrics + PHC center

IX- INTEGUMENTARY SYSTEM

- 1) Acne
- 2) Urticaria, Eczema & Dermatitis

- 3) Herpes simplex
- 4) Herpes zoster
- 5) Varicella
- 6) Hyperpigmentation
- 7) Melanoma
- 8) Ulcers
- 9) Lichen planus
- 10) Fungal infections
- 11) Vitiligo
- 12) Scabies
- 13) Boils, Impetigo, Cellulites
- 14) Alopecia
- 15) Drug eruptions
- 16) Basal & Squamous cell carcinoma

**Medicine (Dermatology Section) + Surgery +
PHC center**

X- ENT (Ears, Nose, & Throat)

- 1) Rhinitis allergic/Non-allergic
- 2) Epistaxis
- 3) Otitis externa
- 4) Otitis media acute/chronic
- 5) Sinusitis-acute/chronic
- 6) Acute/Chronic tonsillitis
- 7) Wax removal
- 8) Deafness/Presbycusis

**Surgery (ENT Section) +
Pediatrics + PHC center**

XI-EYE

- 1) Conjunctivitis
- 2) Blepharitis
- 3) Keratitis/iritis
- 4) Chalazion
- 5) Strabismus
- 6) Cataract
- 7) Glaucoma
- 8) Pterygium
- 9) Blindness
- 10) Refractive errors
- 11) Eye Health

**Surgery (EYE Section) +
Pediatrics + PHC center**

XII- Preventive & Counseling issues: (All Departments & PHCC)

- 1) Immunization, Breast feeding & other child health programs
- 2) Maternal health programs (Premarital counseling Antenatal, postnatal care, Sexually transmitted diseases).
- 3) Speech and learning disorders
- 4) Physical changes – secondary sexual characteristics,

- 5) School Health & Disorder of development
- 6) Physical changes – secondary sexual characteristics
- 7) Eating disorders (anorexia,, obesity, exercisers),
- 8) Accident prevention,
- 9) Screening for breast CA & cervical CA
- 10) Screening of hypertension & DM
- 11) Contraception & family planning
- 12) Violence and abuse
- 13) Care of the Elderly
- 14) Osteoporosis & other Menopausal problem
- 15) Substance abuse (Alcohol, Tobacco, Illicit drugs, anabolic steroids)
- 16) Lifestyle Counseling

Lists of Skills to be learned:

- 1) Suturing
- 2) Venipuncture
- 3) Arterial puncture
- 4) Injections: ID/SC/IM
- 5) Interpretation of arterial blood gases
- 6) Serial Peak Flow measurement.
- 7) Spirometry
- 8) Chest x-ray interpretation
- 9) Inhaler technique
- 10) ECG interpretation
- 11) Use of Ophthalmoscope in examining fundi
- 12) Use of Auroscope in drum examination
- 13) Stress test interpretation
- 14) Insertion of Foley catheters
- 15) excision of cysts, naevi, and other lesions
- 16) Incision & Drainage of abscess
- 17) Foot care
- 18) wedge/partial/total resection of ingrown toe nail

Investigations to be performed by student:

- 1) General urinalysis: dipstick, microscopic
- 2) General stool examination
- 3) Throat culture
- 4) Hb% & ESR
- 5) FBS & RBS

Training Methods

- Lectures with the help of audiovisual facilities
- Case Presentation.
- Group discussion
- Role-play
- Exercises and assignments
- Bed side discussion in hospital
- Small group discussion
- CME activities

Learning situation:

- PHC center
- In-patient wards
- Out-patient clinics
- Minor surgery operation room
- Lab, x-ray, & US sections.

Language: Courses will be in English Language

Candidate evaluation

- Log book: The students are required to keep a logbook where he/or she will record all procedures and activities. The activities must be dated and categorized to the rotation of the training and whether it was performed or observed by the resident. Participation and attendance in seminars and CME activities are also included. Each activity registered in the logbook must be countersigned by the Trainer.
- Active participation
- Quizzes
- Answer questions
- Assignment
- Dissertation discussion
- OSCE exam at the end of the second year.
- Comprehensive Exam at the end of the second year.
 - MCQ
 - Short essay

Admissions Requirements

The same requirements of postgraduate studies adapted by Ministry of Higher Education and Scientific Research.

Recommended Books in Family Medicine:

1. Swanson's Family Medicine Review by Tallia & Scherger & Dickey
2. Textbook of Family Medicine by Robert E Rakal & David Rakel
3. Essential preventive medicine by Ghai.
4. National Health Programmes and surveys by MoH