

Topic: Principle of Family
Medicine, Family Cycle,
Anticipatory Care, Elderly Care,
Practice Management, The role
of Family Physician in Primary
Care.

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Family Medicine

- As from the word meaning, “ Family Medicine ,i.e. One can look after the whole family members: father, mother, brothers and sisters, grand parents and grand children.
- The doctor can give proper medical advice according to different sex, different ages, from birth until retirement.

“Question “

- What is difference from the family medicine doctor I used to have in old times.
- The new family medicine doctor we are currently talking about, from Government, Mass Media ?

Family Medicine

- Training in Hospital: Medicine, Surgery, Orthopedic, Paediatric, Obstetric & Gynaecology,
- Accident & Emergency Department, ENT,
- Psychiatry, Ophthalmology.

Family Medicine

- Then working at the out-patient clinic of both government and private clinic for few years and practise all what we learned from hospital.
- Gain experience.

Family Medicine

- Learn how to establish and run a clinic smoothly. After the final examination, one can become a “ Family Medicine Doctor”.
- Takes 6 – 10 years.

Family Cycle. 家庭生命週期

- Western explanation:
- concentrated on the family, i.e. young adult leave the parents and establish independence; getting married, established the relationship with spouse, learning to live together; prepare and parenting the children; living with the adolescent; children are growth up and independent, empty-nest phase; retirement; old age, getting sick and then eventually died, family members feels sorry about the patient.

Family Cycle. 家庭生命週期

- My explanation: 生.老.病.死
- birth, child, adolescent, young age, get fall in love, get marriage, get children, into the middle age, children leave the family, husband or wife died of disease, and finally the patient himself died of disease.

Anticipatory care. 疾病預防

- Primary prevention:
- the disease is not yet developed but give advice or management for prevention. E.g. over-weight, lack of exercise, enjoy eating, the risk of metabolic syndrome (代謝綜合症) is high, advise on diet, exercise, enough rest will prevent the metabolic syndrome.

Anticipatory care.

- Secondary prevention:
- the disease is already developed, e.g. patient developed ischemic heart disease .
diabetes mellitus, hypertension,
hyperlipidemia.

Given medications to have good control of the disease, blood pressure below: 130 / 80, blood glucose with HbA1c: less than 7, the LDL is less than 2.4, in order to prevent ischemic heart disease or stroke attack.

Elderly Care. 老人健康護理

- Elderly, one knows, when the car gets old, it needs a lots of repair in order to maintain it from running in the street.

Elderly Care. 老人健康護理

- Multiple problems:
- smoking, drinking, hypertension, diabetes, hyperlipidemia, hearing problem, dental problem, resistant to young family members advice since he is always right (eat salts more than you eat rice.); ischemic heart, poor drug compliance, easy fall, poor memory, dementia and even cannot take care of oneself.

Elderly Care. 老人健康護理

- The management principles: build up the confidence, think if you are the elderly, problem built up from long time, you are not god, you cannot change everything; follow the patient's idea and will; coordinate the family members, prevention of major complications, give medical warning in advance; be always helpful and available.

Practice Management. 診所管理

It is easy to be a good family doctor when you are an employee, but it is difficult to be a good clinic in charge when you have established your own family medicine clinic.

Practice Management.

This is the final training of Family Medicine in Hong Kong.

Find the place is good for patient load(人流旺盛), decoration of the clinic that feels comfortable and warm when patient come in, buy and stock of the drugs you are using, balance the income and clinic expenses: your own salary, nurses salary, rental expenses, other minor expenses. The relationships between the nurses.

Practice Management.

Build up the patient confidence, recall the patients, attract the patients for follow up.

It is more easily said than done, get the advice from Senior is the most important. Learn from mistakes.

Family Medicine In Primary Care Role

家庭醫生在前線醫護的角色

- From the Government and Mass Media saying: Family Medicine Doctor is the gate-keeper, make the diagnosis, give proper treatment at first.
- If possible and necessary, refer to the proper specialists for management and continue follow up the patient.

Family Medicine

- The management is Community-based, it is less expensive; rather than the hospital-based, which is more expensive.
- Especially NOW the Government, company and patient's personal budget is very tight.

Family Medicine

- Your feeling: family doctor, just like the ones in the street look after common colds and given sick leave.

Family Medicine

- I will give you my experience of Family Medicine Doctor:
- During influenza attack seasons, give the vaccination to most of my patients, especially those at risk of infection, prevention of spreading of the disease.

Family Medicine

- When patients has influenza attack, give the immediate treatment: e.g. tamiflu and antibiotics, home isolations, given hygiene advice and prevent from spreading to schools, office and other family members.

Family Medicine

- Body screening of those at high risk of development of cancers: family history of colon cancer, regular screening of colonoscopy.
- Give travel advice to patients who are going to SE Asia, Africa. Prepare for travel medication.

Family Medicine

- Give medical treatment of patient with hypertension, diabetes mellitus, hyperlipidemia, monitor and prevention of complications from development, yearly blood tests, eye tests, cardiac assessment.

Family Medicine

- If ischemic heart or minor stroke developed, refer cardiologist or neurologist from emergency advice and care. And then continue follow up the patient and long term management.

Family Medicine

- Management patients developed cancers like, breast, lung, colon. If surgery can be done, refer surgeon for operation and manage the patient medical condition. If late stage of cancer, cooperate with oncologist for management of patient, explain the treatment progress of the patient, emotionally support the patient and family members.

Family Medicine

- REMEMBER, GOOD FAMILY MEDICINE DOCTOR IS YOUR LIFE LONG FRIEND. EVERY ONE SHOULD HAVE ONE. EVEN MYSELF.