

**MEDICAL UNIVERSITY – PLOVDIV
FACULTY OF MEDICINE**

**SYLLABUS
IN
GENERAL PRACTICE**

Approved by the Department Council - Protocol № 5/07.06.2022

Confirmed by the Faculty Council - Protocol №6/15.06.2022

**GENERAL PRACTICE
Syllabus**

Discipline	Final exam/ semester	Auditorium classes				ECTS non-auditorium classes	ECTS total	Academic hours in years and semesters	
		Total	Lectures	Practices	ECTS			V th year	
General Practice	IX								
		60	30	30	2.0	0.8	2.8	IX	X
								2/2	-

DISCIPLINE:
GENERAL PRACTICE

TYPE OF DISCIPLINE ACCORDING TO THE UNIFORM STATE REQUIREMENTS:
Mandatory

LEVEL OF QUALIFICATION:
Master degree (MD)

FORMS OF TRAINING:
Lectures, exercises/ seminars

YEAR OF TRAINING:
V (5th course)

DURATION OF TRAINING:
One semester

ACADEMIC HOURS:
30 hours of lectures, 30 hours of exercises/seminars

TECHNICAL EQUIPMENT APPLIED IN THE TRAINING:
Audio-visual equipment, solving clinical cases, presentations, simulation center

FORMS OF EVALUATION:
Current and final assessment: Test and oral exam

EVALUATION CRITERIA:
Assessment by the assistant professor during the semester;
Test including open and closed questions and clinical cases; Oral exam with final grade

ASPECTS OF EVALUATION CRITERIA:
Assessment from ongoing control Assessment from a written exam Assessment from the final oral exam
If one of the components is evaluated with poor (2), then the final grade will be poor (2).

SEMESTER EXAM:
Yes – written and oral exam

STATE EXAM:

No

LECTURER:

Assoc. Prof. from the Department of Urology and General Medicine

DEPARTMENT:

UROLOGY AND GENERAL PRACTICE

ANNOTATION

General medicine is an academic discipline having its own teaching and research content, based on evidence and clinical activities specifically oriented to primary health care.

BASIC AIMS OF THE DISCIPLINE

The main goal of the education of General Medicine is to prepare doctors who are competent enough to supply high quality polyvalent health care, using holistic approach to population's health problems, capable of applying scientific achievements into their own practice.

EXPECTED RESULTS

After finishing the course, the students must be able to:

- Understand the essence of the discipline General Medicine, the position, role and functions of the General practitioner in the health care system
- Obtain skills for proper communication with the patient in the context of General Practice
- Obtain the necessary skills and be able to perform basic activities in the General Practice – preventive activities in different age groups
- Know the modern diagnostic and therapeutic approach
- Develop their training needs and self-development

LECTURES**Lecture № 1 – 2 hours****Modern concept of General Medicine**

History aspects in the development of the specialization in medicine. Modern primary health care – organization and management. The position of the general practitioner in the health care system.

Lecture № 2 – 2 hours**Preventive medicine**

Health care and prevention of diseases as a basic activity in the general practitioner's work. Types of preventive activities. Programs directed to prevention of different groups of diseases and/or different groups of patients.

Lecture № 3 – 2 hours**Shared decision-making in general practice**

Consulting features in primary health care. Consultation types and models. Process of decision-making for a health problem. The contribution of general practitioner and the patient; sharing.

Lecture № 4 – 2 hours

Socially significant diseases (non-communicable diseases) management in the general practice

Management models of chronic diseases. Preventive check-ups. Role of the general practitioner in the chronically ill patients.

Lecture № 5 – 2 hours

Multimorbidity

Definition. Significance of the multimorbidity problem in primary health care. Polymorbidity. Long-term care for multimorbidity patients.

Lecture № 6 – 2 hours

Cooperation of the patient in the therapeutic process

Definition of patient's cooperation in the therapeutic process. Specifics of patient's cooperation in the primary health care. Behavioral model in health problems and the necessity of changing patient's lifestyle.

Lecture № 7 – 2 hours

Pain – expected and unexpected dimensions

Pain – definition and types. Pain as a symptom of looking for a medical help in the primary health care. Somatic and psychological aspects.

Lecture № 8 – 2 hours

Geriatrics

Gerontology and geriatrics. Geriatric patients – functional and clinical assessment. Specifics of care for geriatric patients. Role of the general practitioner.

Lecture № 9 – 2 hours

Palliative care

Historical aspects and modern conceptions. Organization of palliative care. Symptoms and syndromes of palliative patients; therapeutic approaches. Role of the general practitioner.

Lecture № 10 – 2 hours

Doctor-patient relationship in the General Practice

Patient-centered, bio-psycho-social approach. Long-term relationship between doctor and patient in primary health care.

Lecture № 11 – 2 hours

Broad-based narrow-based approach. Patient's path in the health care system

Consultation with specialist or hospitalization of the patient. Functional team forming for solving patient's health problem.

Lecture № 12 – 2 hours

Diagnostic and therapeutic manuals and guidelines in General Practice

Making and using diagnostic and therapeutic manuals in daily practice. Possibilities and limitations.

Lecture № 13 – 2 hours

Social aspects in general practitioner's work

Patients with specific needs and patients from institutions, taken care of general practitioner. Social aspects of illness. Non-government organizations in health care system.

Lecture № 14 – 2 hours

Evidence based medicine. Research in the primary health care. Necessity of research, scientific projects, clinical trials and other trials in primary health care with participation of the general practitioner. Using modern technologies in primary health care.

Lecture № 15 – 2 hours

Working stress, time management, toleration of insecurity

Providing full-time access to primary health care. Organization of daily schedule for patient with different types of problems – emergency patients, acute, chronic, prophylactic, administrative. Stress at work, burn-out syndrome and how to handle it.

PRACTICES

EXERCISE № 1 – 2 hours

General Practitioner, his patient and the illness

Content: The general practitioner as a specialist. First contact, assessment and management of patients with different diseases or patients, who believe to be ill. Documentation in the primary health care.

Method: discussion, studying clinical cases, role games, work with medical documentation

EXERCISE № 2 – 2 hours

General practitioner's activities concerning children's health in primary health care

Content: Introduction to the organization and management of the activities concerning children - the choice of general practitioner; prophylactic activities of infants and children until 18 years; the most common reasons for visiting the primary health care practice.

Method: studying clinical cases, discussion, role games

EXERCISE № 3 – 2 hours

Reproductive health and parenting

Content: Introduction to the reproductive health's problems and the role of the general practitioner in organizing and managing family planning activities, women's consultation, screening of oncological diseases, sexually transmitted diseases

Method: studying of clinical cases, using layouts

EXERCISE № 4 – 2 hours

Decision-making in patients with chest pain in general practice

Content: communicative, differential-diagnostic and therapeutic approach of the general practitioner in reference to patients with cardiovascular symptoms

Method: discussion, clinical cases studying, video materials, role games, EKG performing and reading EKG records, auscultation training of the heart and lungs, manipulation training

EXERCISE № 5 – 2 hours

Metabolic and endocrinological health issues

Content: communicative, differential-diagnostic and therapeutic approach of the general practitioner in reference to patients with endocrinological symptoms

Method: discussion, clinical cases studying, video materials, role games, measurement of blood sugar

EXERCISE № 6 – 2 hours

Respiratory health

Content: communicative, differential-diagnostic and therapeutic approach of the general practitioner in reference to patients with respiratory symptoms - shortness of breath, cough, hemoptoe

Method: discussion, clinical cases studying, video materials, role games, auscultation training of the heart and lungs

EXERCISE № 7 – 2 hours

Muscle-skeleton issues

Content: communicative, differential-diagnostic and therapeutic approach of the general practitioner in reference to patients with musculoskeletal symptoms - pain, limited mobility, physiotherapeutic aspects

Method: discussion, clinical cases studying, video materials, role games

EXERCISE № 8 – 2 hours

Neurological health issues in primary health care

Content: communicative, differential-diagnostic and therapeutic approach of the general practitioner in reference to patients with neurological symptoms - headache, seizures, loss of consciousness

Method: discussion, clinical cases studying, video materials, role games, performance of a neurological examination

EXERCISE № 9 – 2 hours

Unstructured health issues in general practice

Content: communicative, differential-diagnostic and therapeutic approach of the general practitioner in reference to patients with infectious, adynamic and consumptive syndromes

Method: discussion, clinical cases studying, video materials, role games

EXERCISE № 10 – 2 hours

Mental health

Content: communicative, differential-diagnostic and therapeutic approach of the general practitioner in reference to patients with anxiety, depression, psychosomatic disorders

Method: discussion, clinical cases studying, video materials, role games

EXERCISE № 11 – 2 hours

Nutrition and gastrointestinal tract issues

Content: communicative, differential-diagnostic and therapeutic approach of the general practitioner in reference to patients with gastrointestinal health problems - nausea, vomiting, diarrhea, constipation, hematemesis, melena, abdominal pain, acute abdomen phantom

EXERCISE № 12 – 2 hours

Kidney and urological health problems in general practice

Content: communicative, differential-diagnostic and therapeutic approach of the general practitioner in reference to patients with edema, lower urinary tract symptoms

Method: discussion, clinical cases studying, video materials, role games, manipulation training

EXERCISE № 13 – 2 hours

Otorhinolaryngology, speech, and hearing. Ophthalmological diseases and vision Content: communicative, differential-diagnostic, and therapeutic approach of the general practitioner in reference to patients with eye and ENT diseases

Method: discussion, clinical cases studying, video materials, role games, otoscopy, rhinoscopy, ophthalmoscopy, determination of vision and color vision

EXERCISE № 14 – 2 hours

Prescription and interpretation of clinical and laboratory results and device examinations

Content: information from the data in the diagnostic process, treatment and tracing of health problems in general practice; communicative, differential-diagnostic and therapeutic approach of the general practitioner in reference to patients with anemia, hemorrhagic diathesis and icterus

Method: interpretation of clinical and laboratory results and device examinations

EXERCISE № 15 – 2 hours

Emergency in general practice, basic manipulations

Content: introduction to basic manipulations and activities in general practice

Method: manipulations training - injections, catheterization, surgical suture, cardiopulmonary resuscitation

BIBLIOGRAPHY

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CONSPECTUS

1. Organization of primary health care and the role of the General Practitioner
2. Competences of General Practitioner
3. The management of general practice
4. Family as a patient in general practice
5. The path of the patient in health care system
6. Teamwork in general practice
7. Consultation models in general practice
8. Patient-centered and bio-psycho-social approach
9. Decision making in general practice
10. Goals and content of the basic areas of the preventive medicine in primary health care
11. Screening programs in general practice
12. General Practitioner's activities related to children's health
13. Routine childhood vaccines and the role of general practitioner
14. General practitioner's activities related to the regular observation of pregnancy
15. Family planning in general practice
16. Management models of chronic diseases in general practice
17. Risk factors for socially significant diseases and general practitioner's activities connected to their management
18. Behavior models of health issues and necessity of changing the lifestyle
19. Role of the general practitioner in patients with chronic diseases
20. Doctor-patient cooperation in primary health care
21. Long-term care observation of patients with endocrine diseases in general practice
22. Long-term care observation of patients with cardiovascular diseases in general practice

23. Geriatric patients in general practice - specifics, problems, functional and clinical assessment
24. Role of the general practitioner in geriatric patients
25. Role of the general practitioner in multimorbid patients
26. Multimorbidity and polypharmacy
27. Palliative care in general practice - modern conceptions and organization
28. Role of the general practitioner in taking care of palliative patients
29. Differential diagnosis of chest pain with cardiac origin in primary health care
30. Differential diagnosis chest pain except that with cardiac origin in primary health care
31. Differential-diagnostic approach of cough in primary health care
32. Differential-diagnostic approach of shortness of breath in primary health care
33. Differential-diagnostic approach of hemoptoe in primary health care
34. Pain - definition, types, and treatment
35. Somatization and psychological aspects of pain
36. Differential diagnosis of low back pain
37. General practitioner's approach of joint pain
38. Differential diagnosis of headache
39. Cerebrovascular incidents and dementia
40. Differential diagnosis of seizures and loss of consciousness
41. Differential diagnosis of unclear fever conditions
42. Differential diagnosis of skin rashes
43. General practitioner's approach in adynamic and consumptive syndrome
44. Psychosomatic disorders
45. Depression and anxiety in general practice
46. Differential diagnosis of abdominal pain
47. Differential-diagnostic approach of dyspeptic syndrome in general practice
48. Differential diagnosis of edema
49. Differential diagnosis of urinary tract symptoms
50. Social aspects of illness
51. Differential diagnosis of otalgia and reduced hearing in general practice
52. Differential-diagnostic approach of "red" and "white" eye
53. Basic manipulations in general practice
54. Emergency in general practice
55. Evidence-based medicine with a focus on general medicine
56. Burn-out syndrome - definition, significance, and ways of handling it in general practice