

St. John's National Academy of Health Sciences



FELLOWSHIP IN FAMILY MEDICINE [FFM]

A one year distance education program for allopathic doctors

Endorsed by the Academy of Family Physicians of India (AFPI)



PROSPECTUS

FELLOWSHIP IN FAMILY MEDICINE

INTRODUCTION

Established in 1963 by the Catholic Bishops' Conference of India, St. John's National Academy of Health Sciences consists of a) St John's Medical College b) St John's Hospital c) St John's Nursing College d) St John's Research Institute and e) An Institute of Health Care Management and Paramedical Studies. All these are spread over 132 acres of verdant campus in the salubrious climate of the Garden City of Bangalore.

The mission of St. John's is to train health care professionals who are ready to reach out to the medically unreached of the nation. In this effort, St. John's has succeeded to harmonize dedication to excellence with commitment to social justice in health care. Medical students execute a bond to serve in such areas for two years after their graduation and are committed to addressing the desperate health needs of these unreached rural populations.

St John's recognizes that its medical graduates face arduous challenges during this service period but also that this can be a unique learning experience for them. The Fellowship in Family Medicine Program was started in the year 2018 with the primary objective of providing support to graduates from St John's doing rural service. **The certificate of completion for this course will be awarded by St John's after completion of the 12-month course.**

GOAL

The goal of this course is to train practicing physicians in the application of integrated system-based approach in the diagnosis and management of common medical problems in ambulatory patients of all age groups presenting in a family practice setting.

OBJECTIVES

At the end of the course the student should be able to:

1. Demonstrate effective communication skills in carrying out a patient-centred interview, exploring the patient's illness experience, personal history and social context
2. Perform a physical examination, which is accurate and appropriate to the presenting problem and sensitive to patient comfort and interpret the findings.
3. Describe the indications for, risks of and methods used in the common investigations, diagnostic and interventional procedures used for the common problems and presentations and interpret the results.

4. Demonstrate clinical problem-solving skills, including the ability to diagnose and to initiate management (both non-pharmacological and pharmacological) of the common problems and presentations.
5. Communicate effectively, both orally and in writing, including documenting in patient records, making case presentations, writing prescriptions, writing referrals and in negotiating and summarizing the management plan with patients.
6. Demonstrate an understanding of common ethical issues in practice such as confidentiality, consent and patient autonomy.
7. Introduce health promotion and disease prevention principles and activities appropriate to particular patient populations into the clinical encounter using evidence-based guidelines.
8. Demonstrate self-directed life-long learning and the use of evidence-based resources in making informed decisions about diagnostic and therapeutic interventions based on patient information and preferences, up-to-date scientific evidence, and clinical judgment.
9. Identify and use or liaise with appropriate resources to support the delivery of patient care including inter-professional teams and community resources.
10. Demonstrate how to obtain informed consent for an investigation, procedure or management from a patient
11. Understand how their patient care and other professional practices affect other health care professionals, the health care organization, and the larger society and how these elements of the system affect their own practice
12. Practice cost-effective health care and resource allocation that does not compromise quality of care

ELIGIBILITY

All the MBBS graduates who are practicing or want to start practice in the community.

Preference will be given to graduates of the St Johns Medical College who are serving the rural community.

DURATION OF THE COURSE

Fellowship in Family Medicine is of One-year duration. Candidates must complete the course within 3 years of date of enrolment.

The course will have two batches every year.

The first batch starts the course from 1st of September every year and ends on 30th of August the following year.

The second batch starts the course from 1st of April and ends on 31st of March the following year.

CURRICULUM

Course design: The course includes

1. 40 online clinical case vignettes
2. 12 online conference calls
3. 2 contact sessions of 3 days each

Good internet connectivity is a must to maximise learning in this course.

TEACHING LEARNING ACTIVITIES

1. Case vignettes

- Weekly activity
- Upload articles / videos / pictures + assignment questions
- To move from recall / knowing to problem solving / comprehension and synthesis. To encourage self-learning, subtly direct participants with questions, towards learning, reasoning, practical decision making and problem solving
- Answer keys uploaded after student submission
- GEMS - St John's online portal will be used for all material
- Estimated time commitment from students: Minimum 4 hours per week
- The following are the topics for the case vignettes that will be covered as a part of the course

Subject	Topic
Ophthalmology	Red Eye
	Diminished vision
ENT	Ear pain
	Dizziness
	Foreign body in ENT
Dermatology	Common skin lesions in General practice
	STD

Paediatrics	Approach to cold, cough and breathing difficulty in Paediatrics
	Child with fever
	Child/Adolescent with behaviour problems
	Malnourished child
	Care of a well-baby
	Febrile convulsions
	Child with diarrhoea
Medicine	Dog Bite
	Thyroid disorders
	Approach to breathlessness in adult
	Approach to cough in adult
	Approach to chest pain
	Approach to fever in adult
	Headache
	Hear disease
	Lower limb swelling
	Diabetes and hypertension
	Stroke
	Opportunistic screening
	Anaemia
Orthopaedics	Musculoskeletal pain
	Fracture and sprain
Surgery	Abdominal pain
Psychiatry	Sad and anxious patients
Geriatric care	Assessment of elderly
OBG	Irregular/ Heavy menstrual periods
	Pregnancy and postpartum
	Women approaching postpartum
	Family planning advice
	Couple with infertility

2. Video conference call

- Monthly – on a fixed day (Third Thursday) every month for batch 1 and (First Thursday) for batch 2

- Timings: 2.30 to 4.00 pm.
- Discussion on clinical issues seen in family practice
- Resource persons: faculty from St John's Medical College and AFPI
- The course participants get an opportunity to interact with faculty and to clarify their doubts
- Estimated time commitment from students: Minimum two hours per month
- The topics that will be covered during the videoconference calls include the following
 - Common eye problems
 - Common ENT problems
 - Diabetes and hypertension
 - Thyroid disorders
 - Cough in children
 - Malnutrition in children
 - Abnormal vaginal bleeding
 - Pain abdomen
 - Headache
 - Heart disease

3. Contact sessions

- Demonstration and practice of key psychomotor skills in clinical skills lab setting
- Focus on ethics, humanities, soft skills and to protect oneself from law – small group learning
- The contact session will help to learn practical skills, improve knowledge base, clarify doubts, learn ethics and professionalism and will facilitate networking with fellow course participants and faculty at StJohn's.
- Two contact sessions of 4 days each will be held as a part of the course
- The usual time for contact sessions are the month of March and August. Exact dates will be intimated to participants
- Attendance during the contact sessions is a mandatory part of the course. If a candidate is unable to attend a contact session, then he/she will have to attend the session in the next academic year.

Failure to do so will make the candidate ineligible to be awarded certificate of course completion.

- Topics covered during contact sessions include the following
 - **First contact session**
 - Principles of Family Medicine
 - Foreign body removal - Ear and nose
 - Anterior nasal packing
 - How to use otoscope in primary care
 - Crepe bandage and cast / slab application in primary care settings, cast, splints and braces
 - Practical aspects in the diagnosis and management of common skin lesions
 - Ethical issues in family medicine -case studies
 - Medicolegal issues in family medicine- case studies (What to document and how?)
 - Immunization-Practical issues (including optional vaccines)
 - How to apply an eye pad
 - Saline eye irrigation
 - How to use ophthalmoscope in primary care
 - Ward rounds for childhood malnutrition – Assessment and management
 - Enhanced communication skills - How to handle an angry or difficult patient
 - Basic life support
 - **Second contact session**
 - Diabetes care – Prescription writing in diabetes
 - Surgical skills – Per rectum examination, Nail excision, Small swelling excision
 - Comprehensive geriatric assessment – demonstration
 - Revised guidelines for TB management in India
 - Usage of MDIs and spacers, Nebulization, peak flow meter
 - ECG – Interpretation
 - PAP smear and VIA - demonstration
 - Management of common mental diseases – case studies

In case of unavoidable situations (like COVID 19), the two contact sessions may be combined.

ASSESSMENT PLAN

- Assignments (50%) – Responses to case vignettes (10 marks each)
- Participation in conference calls (20%)
- Participation in contact sessions (30%)

There is no exam at the end of the course

AWARD OF FELLOWSHIP

Candidates will be awarded Fellowship in Family Medicine by the St. John's Medical College on full filling the following minimum criteria.

- On time submission of at least 80% of the case vignette AND a score of at least 60% in the responses to case vignette
- 100% attendance in contact session
- Participation in at-least 80% of the conference calls

PAYMENT OF FEES

- The total fee for the entire course is Rs.30,000/- payable in one instalment at the time of admission to the course.
- All medical graduates who are alumni of St John's Medical College will be given a **50% DISCOUNT** in the course fee)
- The above course fee once paid will not be refunded under any circumstance.
- Course fee must be paid only by **online payment** on the GEMS portal. Access to GEMS portal will be provided to candidates who have been shortlisted for the course

ADMISSION PROCEDURE

- Candidates interested in enrolling for the course may write an email to familymedicine@stjohns.in expressing their interest to join the course.
- The following information should be included in the email as an attachment in the form of a table

Name	
Mobile Number	
Photograph	
Date of birth	
Institution from where the candidate has graduated	
Year of completion of internship	
Why do you want to enroll in this course (max 100 words)?	
Details of current employment	
Name, phone number and email id of any one reference from the place of current employment	

- Candidates meeting the eligibility criteria will be added to a waitlist. The maximum number of course participants for each year is 30. Preference will be given to graduates from St John's Medical College.
- An online link to the GEMS portal will be provided to the shortlisted candidates. The candidates will have to fill up the application form on GEMS and upload the following supporting documents
 - MBBS degree certificate or provisional degree certificate
 - Internship completion certificate
 - State medical council registration certificate
- The course fees have to be paid online using the GEMS portal

CONTACT DETAILS

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COURSE CO-ORDINATORS

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PHOTO GALLERY

Otoscopy	Cast application
	
Ward rounds for malnutrition	Basic life support
	