



Family Medicine

Family Medicine

Overview

Family Medicine is the branch of medicine that focuses on providing long-lasting primary care by developing a very close doctor-patient relationship. Family physicians operate under three basic tenets: personal relationship under the biopsychosocial model, holistic and integrated care, and resource efficiency.

This course requires the medical student to be close to the end of their training, after exposure to all major medical specialties, and while preparing to enter the medical workforce. Knowledge of the most common complaints seen in outpatient care is also very helpful.

The holistic approach of a family physician, derived from the biopsychosocial model of disease, can help understand ailments that result from various factors spanning the biochemical to social aspects. Family physicians are especially aware of the impact of psychological and sociological factors in the betterment or worsening of illness, which allows them to include comprehensive interventions in the outpatient setting to improve outcomes.

Some schools of thought may dismiss family medicine as a glorified general practice; however, in today's scenario that involves sub-specialization and matter-of-fact doctor-patient relationships, the ability to understand patients and their environment is a valuable trait. Thus, building a relationship with a patient that can last a lifetime is a skill that all physicians must hone.

Topics

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Introduction to Family Medicine

- Principles and Application to USMLE
- Example Cases
- Accurate and Efficient Patient Histories
- Transitioning to a Diagnosis and Plan
- Caring for Diverse Populations and Cultural Humility
- Cardiovascular Disease and Determinants of Health
- Implicit (Unconscious) Bias
- Coordination of Care

Acute Care

- Acute Problems in Family Medicine
- Case: Left-sided Chest Pain
- Case: Just Another Migraine?
- Upper Respiratory Symptoms
- Upper Respiratory Infections: Diagnosis and Management
- Acute Neck Injury
- Acute Neck Injury: Management
- Acute Back Pain
- Acute Back Pain: Management
- Acute Shoulder Pain
- Acute Shoulder Pain: Diagnosis
- Acute Shoulder Pain: Management
- Acute Knee Pain
- Acute Knee Pain: Differential Diagnosis
- Patellofemoral Syndrome and Osteoarthritis
- Ankle and Foot Pain
- Ankle and Foot Pain: Management

- Hand and Wrist Pain
- Abdominal Pain
- Abdominal Pain: Cases
- Localized Rashes: Dermatitis and Fungal Infections
- Localized Rashes: Impetigo, Cellulitis and Herpes Zoster
- Generalized Rashes: Atopic Dermatitis and Viral Exanthems
- Generalized Rashes: Nummular Eczema, Pityriasis Rosea and Psoriasis
- Urgent Gynecologic Disease
- Urgent Urologic Disease
- Urinary Tract Infection (UTI)
- Chest Pain
- Chest Pain: Pulmonary Embolism and Thoracic Aorta Aneurysm
- Cluster Headache
- Tension-type Headache and Acute Migraine Headache: Management
- Dizziness
- Dyspnea
- Dyspnea: Diagnosis
- Fever in Adults
- Insomnia
- Insomnia: Management
- Anxiety Disorders
- Ocular Emergencies

Chronic Care

- Hypertension: Diagnosis
- Hypertension: General Treatment
- Hypertension: Specific Treatment
- Diabetes Mellitus: Diagnosis and Management
- Type 2 Diabetes: Diagnosis and Management

- Asthma Adherence and Control
- Asthma: Hazard Reduction and Inhaler
- Asthma: Medication and Follow-up
- Chronic Obstructive Pulmonary Disease (COPD)
- COPD: Treatment
- LABA/LAMA Combination vs. Monotherapy
- Hyperlipidemia: Diagnosis and Management
- Arthritis
- Arthritis: Treatment
- Depression: Case Study and Screening
- Depression: Therapy
- Antidepressants in Pregnancy
- Obesity: Diagnosis and Management
- Obesity: Medications and Bariatric Surgery
- Atherosclerotic Cardiovascular Disease
- Atherosclerotic Cardiovascular Disease: Diagnosis
- Atherosclerotic Cardiovascular Disease: Management
- Heart Failure: Diagnosis
- Heart Failure: Management
- Osteoporosis: Diagnosis and Management
- Alcohol and Substance Use Disorders
- Pain Management

Preventive Medicine

- Infant Care
- Child and Adolescent Care
- Prenatal Care
- Adult Health Maintenance
- Breast Cancer

- Colorectal Cancer
- Prostate Cancer
- Lung Cancer

Geriatric Care

- Caring for Older Adults
- Screening Exams for Older Adults
- Nutrition, Hearing and Vision, Falls
- Medications for Older Adults
- Cognitive Decline among Older Adults
- Death and Dying
- Breaking Bad News

Additional Lectures Family Medicine

- Acute Ischemic Stroke (AIS): Diagnosis
- Acute Ischemic Stroke (AIS): Examination
- Acute Ischemic Stroke (AIS): Signs & Symptoms
- Acute Ischemic Stroke (AIS): Management
- Ischemic Stroke: Treatment
- Stroke Imaging Findings
- Goiter and Thyroid Nodules
- Diagnostic Tests – Hypothyroidism
- Differential Diagnoses – Hyperthyroidism (Thyrotoxicosis)

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AI supported learning	✓ Yes	✗ No
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National Level Felicitation Award (for Mediversal Alumni)	✓ Yes	✗ No



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