

St John's National Academy of Health Sciences



FELLOWSHIP IN FAMILY MEDICINE [FFM]

A one year distance education program

PROSPECTUS



FELLOWSHIP IN FAMILY MEDICINE

A one-year distance education program for allopathic doctors

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. In the subsequent years, the scope of the program was expanded to include allopathic medical graduates from all over India. The certificate of completion for this course will be awarded by St. John's after completion of the 12-month course. This course is endorsed by the Academy of Family Physicians of India.

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 2 years of date of enrolment.

Two batches of 40 students each will be run every year. Batch 1 commences in March and batch 2 in September every year.

CURRICULUM

Course design: The course includes.

1. 40 online clinical case vignettes
2. 12 online conference calls
3. 1 contact sessions of 6 days at St. John’s Medical College Hospital
4. 5 projects

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

TEACHING LEARNING ACTIVITIES

1. Case vignettes

- Weekly activity. Case vignette will be uploaded every Tuesday at 10.00 am.
- MS Teams platform is used for the course.
- Case vignette will cover a common topic along with some clinical questions. The case vignettes are designed to move from recall of knowledge to problem solving / comprehension and synthesis with focus on self-learning, reasoning and practical decision making.
- Reference material related to the topic will be uploaded along with each case vignette.
- Course participants have to upload their assignments with answers to the questions within one week.
- Answer keys uploaded after student submission every Wednesday.
- 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
	Sinusitis, allergic rhinitis and pharyngitis
Dermatology	Non-infectious skin lesions
	Infectious skin lesion-Bacterial, fungal and viral

Paediatrics	Approach to cold, cough and breathing difficulty in Paediatrics
	Child with fever
	Child/Adolescent with behaviour problems
	Care of a well-baby
	Febrile convulsions
	Child with diarrhoea
Medicine	Adult immunization and dog bite
	Thyroid disorders
	Approach to breathlessness in adult-asthma and COPD
	Approach to cough in adult
	Approach to chest pain
	Approach to fever in adult
	Headache
	Heart disease
	Jaundice
	Diabetes and hypertension
	UTI
	Opportunistic screening
	Anaemia
Orthopaedics	Polyarthritis
	Low back ache
	Approach to common pains of upper limb and lower limb
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 every month
- Batch 1: Third Thursday of every month
- Batch 2: First Thursday of every month
- Time: 2.30 pm to 4.00 pm
- Discussion on clinical issues seen in family practice.
- Attendance and participation in discussions will be monitored.
- Resource persons: faculty from St John's Medical College and Hospital and from Academy of Family Physicians of India
- 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
 - Pain abdomen
 - Headache
 - Ischemic Heart disease
 - Developmental Delay in children
 - Irregular Menstrual cycles
 - Common skin disorders in General Practice
 - COPD and Bronchial Asthma management
- One practice ECG reading every month

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 St John's.

- One contact sessions of 6 days will be held as a part of the course.
- Contact session will be held in the last fortnight of the course. The usual time for contact sessions are the February (Batch 1) and August (Batch 2). 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.
 - 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, cost, splints and braces
 - Ethical issues in family medicine -case studies
 - Medicolegal issues in family medicine- case studies (What to document and how?)
 - Immunisation-Practical issues (including optional vaccines)
 - Saline eye irrigation and eye pad application
 - 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
 - Diabetes care – Prescription writing in diabetes.
 - Surgical skills – Per rectum examination, Nail excision, Small swelling excision
 - Comprehensive geriatric assessment – demonstration
 - Usage of MDIs and spacers, Nebulization, peak flow meter
 - ECG – Interpretation
 - Chest X-Ray reading: Basics
 - Per speculum, VIA and PAP smear- demonstration
 - Management of common mental diseases – case studies

4. Project work

The course participants will have to complete 5 projects during the course. These projects are based on reinforcing the practical application of the principles of family medicine in routine clinical practice. Each project can be completed over period of 2 months. The topics for projects include the following:

1. Contextual care
2. Family oriented care
3. Community oriented care
4. Health promotion and disease prevention
5. Continuum of care for chronic disease management

Assessment plan

Case vignettes	40*10	400
Conference call attendance and participation	12*10	120
MCQs	50*4	200
Project work	5*30	150
Contact session attendance and participation	1*130	130
Total		1000

After every 10 case vignettes, online assessments will be conducted. It will be based on the topics covered in the case vignettes. It consists of 50 Objective Type Questions (MCQs) each carrying 1 mark. There will be no negative marks.

The exact date and time of appearing for the assessment will be intimated to the candidates 2 weeks in advance.

Final assessment: This will be an overall grading taking into consideration the performance of the candidates in all the domains of the course.

The top 3 participants will be given prizes [FFM Excellence Award] at the end of the course.

AWARD OF FELLOWSHIP

Candidates will be awarded Fellowship in Family Medicine by the St. John's Medical College Hospital 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
- Participation in at-least 80% of the conference calls
- Attempting the quarterly online assessments and scoring 50% aggregate in the 4 tests.
- Submitting at least 3 projects

- 100% attendance in contact session

PAYMENT OF FEES

- The total fee for the entire course is Rs.50,000/- 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 click on the link or scan the QR code provided below.

Link for expression of interest	https://forms.office.com/Pages/ResponsePage.aspx?id=T1pq_fjXvU-Os8gM8AGXliKEJQ-c-KFCgBh8gZvPZGVUNUJVRzM1WIBFQTJJSUROWU5DWFo1TVVMWi4u
QR code for expression of interest	

- The following information should be provided in the expression of interest form.

Name	
Photograph	
Date of birth	
Contact number	
Qualification	
Institution from where the candidate has graduated	
Year of completion of internship	
Do you currently have a family medicine practice?	

Why do you want to enrol 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 receive an email conforming the receipt of their form and will be allotted a waitlist number.
- A list of shortlisted candidates for each batch will be prepared in January and July each year. The shortlisted candidates will receive an email with a link to the GEMS portal. The candidates will have to fill up the detailed application form on GEMS within the stipulated deadline 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.
- The maximum number of course participants for each batch is 40. Preference will be given to graduates from St John's Medical College.
- Contact familymedicine@stjohns.in for further queries.

CONTACT DETAILS

Ms Anu Krupa, Secretary – Distance Education and Community Outreach

St John's Medical College

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COURSE CO-ORDINATORS

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MEDICAL EDUCATION CONSULTANTS

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VICE DEAN – OURREACH AND DISTANCE EDUCATION

Dr Bobby Joseph
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COURSE FACULTY

Resourse Faculty	Designation and Department
Dr. Sowmya Umesh	Associate professor, Dept of General medicine
Dr. Jananee Muralidharan	Assistant professor, Dept of General medicine
Dr. Chaitanya	Assistant professor, Dept of General medicine
Dr. Thenmozhi Natarajan	Assistant Professor, Dept of General Medicine
Dr. Arvind Kasturi	Professor, Dept of Community Medicine
Dr Chitra	HOD, Dept of Paediatrics
Dr Ranjini.S	Assistant professor, Dept of Paediatrics
Dr. Poornima	Assistant professor, Dept of Paediatrics
Dr. Vishnupriya	Assistant professor, Dept of OBG
Dr. Sandesh	Assistant professor, Dept of Orthopaedics
Dr. Madhukara. J	Associate professor, Dept of Dermatology
Dr. Luke	Senior resident, Dept of Psychiatry
Dr. Belinda George	Associate Professor, Dept of Endocrinology
Dr. Varghese	Professor, Dept of Forensic Medicine
Dr. Girish.N	Associate Professor, Dept of Emergency Medicine
Dr. Prathiba	Associate Professor, Dept of ENT
Dr. Yamini Priya	Associate Professor, Dept of Ophthalmology
Dr. Sherlyn	Assistant Professor, Dept of General Surgery
Dr. Premalatha	Professor and Head, Dept of Gynaeco-oncology
Dr. Linette	Senior Resident, Dept of Ophthalmology
Dr. Vishnu Priya	Professor, Dept of OBG
Dr. Medha Sugara	Associate Professor, Dept of Surgical Oncology
Dr. Pratibha	Associate Professor Dept of ENT
Dr. Ashwini B Prithvi	Senior Resident, Department of Paediatrics
Dr. Chinnu Mariam Philip	Dept. of General Surgery
Dr. Deepthi	Senior Resident, Dept of ENT
Dr. Kiran	Assistant Professor, Dept of Gynaecologic Oncology
Dr. Geetha	Assistant Professor, Dept of Gynaecologic Oncology
Dr. Vishakha	Senior Resident, Dept of Gynaecologic Oncology
Dr. Clyde Menezes	Dept of Radiology
Dr. Soumya M S	Associate Professor, Dept of ENT
Dr. Sunita Simon	Professor, Departments of Psychiatry and Medical ethics
Dr. Linette	Senior Resident, Dept of Ophthalmology
Dr. Anil	Professor and head, Department of Physiotherapy
Dr Luke Salazar	Assistant Professor, Department of Psychiatry

Contribution from the Family medicine specialists from AFPI (Academy of Family Physicians of India)

1. Dr Swapna Bhaskar
2. Dr Mohan Kubendra
3. Dr Srividya Raghavendra
4. Dr Roshni Ganguly
5. Dr Resmi S Kaimal
6. Dr Sowmya Ramesh
7. Dr Archana Sampath
8. Dr Roshni Maviladath
9. Dr Krithika Ganesh
10. Dr. Gowri

PHOTO GALLERY

Otoscopy



Cast application



Ward rounds for malnutrition



Basic life support

