

The Role of Family Doctors in the Improvement of Primary Care Communities

Sadaf Shahid
General Practitioner, NHS, Grampian

Abstract

The value of family physicians in any health-care system is significant. The depth of a family physician's medical knowledge and skill set places them in an ideal position to manage patients with complex medical needs. Family medicine had been identified as an established speciality by 1960s. It is of utmost importance that the predicament to a clear-cut role for family practice has been the lack of a formal administrative structure for family care practice on a nationwide basis in the different countries of the world. It was also very difficult to differentiate family practice as a distinct field from the other fields of medicine. Family care moved from an alien outsider role to a strong position in medical establishment. This included its role in hospitals and academic medical centers. The role of family care practice in western cultures is now less clear than what was envisioned for the field in late 1960s. Family physicians are not better than other providers; they are different from other providers yet the ill-defined roles of this field in the medical establishment might make it difficult for the speciality of family care to develop a clear identity. To be successful, the speciality needs to work aggressively in establishing its role in medicine.

Keywords: Family Medicine; Primary Care; Community Health

INTRODUCTION

It is a matter of importance that within the continent health systems, square measure, typically additional developed within the capital cities. These systems specialize in prestigious referral hospitals and specialist care. Nonpublic health look after a tiny low cluster of individuals with insurance in the western countries. Primary Health Care (PHC) is considered as a cost efficient type of health care. Programmes like HIV replace comprehensive PHC and build inequity by disease. PHC is usually the responsibility of community medical experts or nurses with limited practice. Family Practice (FP) is a growing field and shows a rising trend across the globe. In the Republic of South Africa It has been recognised as a speciality in the recent past and almost 10% of the medical colleges have a functioning division of FP. [1-2]

MATERIALS & METHODS

The medical archives including Pubmed, Embase, Index Copernicus and index medicus were searched to find out suitable articles already published and written on the relevant subject considering The Role of Family Doctors In The Improvement Of Primary Care Communities. Different roles were identified and each had its scientific evidence and background.

REVIEW

Family physicians are essential to good healthcare

Family physicians are the backbone of any effective health-care system. They form the foundation of primary health care, and countries with strong primary health care have better health than those without. [3] Family physicians can reduce unnecessary costs and the need for specialty care by improving the quality of prevention, coordination and continuity of care. [4]

Depth of medical knowledge

The depth of a family physician's medical knowledge and skill set places them in an ideal position to manage patients with complex medical needs. Family physicians' extensive training and education is focused on developing the depth of medical knowledge needed to effectively assess and diagnose patients. In their training, family physicians develop a strong scientific understanding of medicine (including biology, physiology, anatomy, pharmacology, etc.), address other behavioural and socio-economic subjects, and complete many clinical hours in which they are exposed to a wide range of clinical situations and pathologies. This educational process gives them a core foundation when they start their careers as family physicians and a good understanding of the various specialties they may interact with on behalf of their patients. This enables family physicians to effectively develop differential diagnoses based on patient presentation, and establish appropriate treatment plans. [5-6] It also enables them to effectively manage patients who have complex medical needs. [7] These abilities make family physicians essential to effective comprehensive patient care.

Integrating information; managing risk

Family physicians are problem-solvers who are able to think critically to find solutions for the health-care needs of patients. [8] Family physicians are trained to approach the medical decision-making process differently than other providers. Specifically, they are comfortable with uncertainty, working with incomplete information and taking calculated risks in collaboration with their patient when required. Family physicians are skilled at integrating information from multiple sources about patients (e.g., testing, specialists, community resources, etc.) and interpreting the data/information for – and with – patients to facilitate shared care planning in the context of the individual.

Advocacy

In the different African countries, family practice departments are troubled for recognition. The health systems square measure still dominated by a reliance on centralised specialist services. several of those countries square measure rising from conflict and wish to make infrastructure. Others, like African country, don't have medical colleges, or like African country and Republic of Botswana, have solely recently created them. [1]

There is no demand for doctors to be trained as general practitioners with the required competencies once they leave school of medicine. Career pathways also are poorly developed in district health services. General practitioners/family doctors square measure specialist

physicians trained in the principles of the discipline. they're personal doctors, primarily to blame for the provision of comprehensive and continued care to each individual seeking treatment regardless of age, sex and unwellness. They care for people within the context of their family, their community, and their culture, continually respecting the autonomy of their patients. They recognise they'll even have an expert responsibility to their community. In negotiating management plans with their patients they integrate physical, psychological, social, cultural and existential factors, utilising the data and trust engendered by recurrent contacts. [2]

General practitioners/family physicians exercise their skilled role by promoting health, preventing unwellness providing cure, care, or palliation and promoting patient direction and self-management. this is often done either directly or through the services of others in step with health wants and the resources out there at intervals the community they serve, aiding patients wherever necessary in accessing these services. [2]

CONCLUSION

Family physicians care for the whole person, from the beginning of life to the final moments. They have deep and broad medical expertise and extensivetraining. They provide important hospital and community-based services. They teach and mentor future generations of physicians and contribute to research and innovation. They advocate for patients and communities and are stewards of precious health-care resources. Every day, family physicians put patients first. The ill-defined roles of this field in the medical establishment might make it difficult for the speciality of family care to develop a clear identity. To be successful, the speciality needs to work aggressively in establishing its role in medicine.

REFERENCES

1. Green LA, Graham R, Stephens GG, Frey JJ (2001).The Keystone Papers: Formal Discussion Papers from Keystone III. *Fam Med*. 33:230–324.
2. Stevens RA (2001). The Americanisation of family medicine: contradictions, challenges, and change, 1969– 2000. *Fam Med* 33(4):232–243.
3. Dahrouge, S., Devlin, R. A., Hogg, B., Russell, G., Coyle, D., Fergusson, D., Ward, N. (2012). The Economic Impact of Im-provements in Primary Healthcare Performance. Ottawa, ON: Canadian Health Services Research Foundation
4. University of Ottawa. (2016). Primary Care: Definitions and Historical Developments
5. Anderson, J. (2013). The physician as captain. The way to reform health care is through physician-led, patient-centered teams. *Minnesota medicine*, 96(2), 35-36
6. Beaulieu-Volk, D. (2015). Moving the conversation forward on scope of practice. *Med Econ*, 92(21), 38, 40-32, 44.
7. Collège des médecins du Québec. (2017). Robust Primary Care Built on the Expertise of the Family Physician. Montreal, QC: Collège des médecins du Québec
8. College of Family Physicians of Canada. (2017a). CanMEDS-FM 2017: A competency framework for family physicians across the continuum. E. Shaw, I. Oandasan & N. Fowler (Eds.), Mississauga, ON: The College of Family Physicians of Canada.