Introduction to Family Medicine

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ASSOCIATE PROFESSOR OF FAMILY MEDICINE

Tulane Department of Family Medicine
<table>
<thead>
<tr>
<th>Academic Background</th>
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<tbody>
<tr>
<td>• Tulane University: BS in cell &amp; molecular biology</td>
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<tr>
<td>• Tulane University: MD</td>
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<tr>
<td>• UCLA-Santa Monica: Residency in FM</td>
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<tr>
<td>• UNC-Chapel Hill: Faculty development fellowship</td>
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<tr>
<td>• Tulane University: Masters of medical management</td>
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</tbody>
</table>
Professional Background

- Malibu Urgent Care Center
- Lallie Kemp-LSU ER
- Riverside Medical Center ER
- Westbank Urgent Care
- Rivard Juvenile Detention Center
- TMC
- Touro
- Kindred LTAC
- Nursing homes
I know what family medicine doctors do.

A. Strongly Agree
B. Agree
C. Somewhat Agree
D. Neutral
E. Somewhat Disagree
F. Disagree
G. Strongly Disagree

14% 14% 14% 14% 14% 14% 14% 14%
I want to be a family medicine doctor

A. Yes, of course I do
B. Not sure yet
C. No
D. Definitely not
E. What’s family medicine?

Tulane Department of Family Medicine
What is Family Medicine

- We specialize in YOU!
What is family medicine?

Family medicine is the medical specialty which provides continuing, comprehensive health care for the individual and family. It is a specialty in breadth that integrates the biological, clinical and behavioral sciences. The scope of family medicine encompasses all ages, both sexes, each organ system and every disease entity.
History of Family Medicine

- 1946: AMA establishes section on general practice
- 1966: Millis, Folsom, and Willard reports recognizes value of family medicine
- 1969: American Board of Family Medicine established as the 20th medical specialty
Principles of family medicine

- Biopsychosocial model of care
- Comprehensive: all ages/stages
- Contextual and community based
- Continuous care over time
- Coordination of complex care
Spectrum of Care

- Adults/Elderly
- Children/Infants
- Women/Maternity care
Spectrum of Care

- Clinic
- Hospital
- ER
- Urgent care
- Nursing home
- Student health center
Care Triad

- Acute
- Chronic
- Preventive

*Problems encountered in the practice reflect the patterns of illness which exists in the community*
Specialists in Common Problems

- Common problems are common
- Uncommon presentations of common problems are common
- Common problems are frequently the most important health issue to patients
Uncertainty

- Point of first contact
- Vague, undifferentiated complaints
- Large differential
- Mostly low-risk problems but laced with landmines
Top 25

25 most common diagnoses

- Hypertension
- Diabetes
- Back pain
- Anxiety
- Obesity
- Dementia
- Respiratory problems
- Urinary tract infection
- Osteoarthritis
- Diabetes mellitus
- Renal failure
- Acute bronchitis
- Acute renal failure
- Acute respiratory failure
- Acute hepatitis
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Why choose family medicine

- Job satisfaction/flexibility
- Professionally challenging
- Personally rewarding
- Job security/ability to practice anywhere
- Important to society
Societal impact

- Lower cost of care
- Lower mortality
- Increased patient satisfaction
Residency training

- 480 FM programs (as of 2015)
- Offering 3260 PGY-1 slots
- 3 to 4 years
- Train in multiple settings
- Outpatient continuity clinic
- Learn most office-based procedures
• Sports medicine
• Geriatrics
• Adolescent medicine
• Sleep medicine
• Hospice/palliative care
Other fellowships

- Emergency medicine
- Faculty development
- Integrative health
- Headache
- HIV
- International
- OB
- Preventive medicine
- Research
- Rural
- Substance abuse
- Women’s health
Types of residencies

- University based
- University affiliated
- Community
- Military
Types of residencies

- Opposed
- Un-opposed
Income

- Average 1st year salary: $150,000-180,000
- Average salary: $227,541
<table>
<thead>
<tr>
<th>Family Medicine</th>
<th>Internal Medicine</th>
</tr>
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<tbody>
<tr>
<td>Primary care emphasis</td>
<td>Specialty emphasis</td>
</tr>
<tr>
<td>Womb to tomb care</td>
<td>Adult care</td>
</tr>
<tr>
<td>Well-woman care</td>
<td>Not too much gyn</td>
</tr>
<tr>
<td>Basic OB care</td>
<td>No OB</td>
</tr>
<tr>
<td>Behavioral health</td>
<td>Behavioral health +/-</td>
</tr>
<tr>
<td>Office based?</td>
<td>Hospital based?</td>
</tr>
<tr>
<td>Procedural</td>
<td>Procedures +/-</td>
</tr>
<tr>
<td>Family Medicine</td>
<td>Emergency Medicine</td>
</tr>
<tr>
<td>-------------------------------------</td>
<td>--------------------------------------------------</td>
</tr>
<tr>
<td>Clinic setting</td>
<td>ER</td>
</tr>
<tr>
<td>Regular business hours</td>
<td>Shift-work</td>
</tr>
<tr>
<td>Call</td>
<td>No call</td>
</tr>
<tr>
<td>Continuity of care</td>
<td>Acute/episodic care</td>
</tr>
<tr>
<td>Responsible for patient all of the time</td>
<td>Only responsible for patient while in the ER</td>
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## FM vs. Med-Peds???

<table>
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<tr>
<th>Family Medicine</th>
<th>Medicine-Pediatrics</th>
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<tbody>
<tr>
<td>• Primary care</td>
<td>• Many specialize</td>
</tr>
<tr>
<td>• OB/Gyn</td>
<td>• No OB, some gyn?</td>
</tr>
<tr>
<td>• More procedural</td>
<td>• Less procedural</td>
</tr>
<tr>
<td>• Clear job description</td>
<td>• Less clear job description</td>
</tr>
<tr>
<td>• Easy to find job</td>
<td>• Usually have to join FM group or pick IM vs Peds</td>
</tr>
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</table>

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The patient-centered medical home is a way of organizing primary care that emphasizes care coordination and communication to transform primary care into "what patients want it to be." Medical homes can lead to higher quality and lower costs, and can improve patients’ and providers’ experience of care.
Patient-Centered Medical Home

- Personal physician
- Physician-directed medical practice/team
- Whole-person orientation
- Care that is coordinated/integrated
- Quality/safety
- Enhanced access
- New payment model
Final thoughts

- Family medicine is primary care
- Increased access to primary care results in better health outcomes and lower cost
- Family medicine is leading the way for how care is delivered, e.g. PCMH
- Advocates for health equity
Resources

- AAFP: [www.aafp.org](http://www.aafp.org)
- ABFM: [www.theabfm.org](http://www.theabfm.org)
- Robert Graham Center: [www.graham-center.org](http://www.graham-center.org)
- Tulane department of family medicine
  - 504-988-4700
“Didn’t you know I was a family practice physician?”