

The Aga Khan University
FamMed Essentials
Department of Family Medicine

FamMed Essentials:

FamMed Essentials is a blended learning course, which would be delivered mainly online with some face to face interactions. It will cover topics related to everyday Family Medicine practice. This course will provide opportunity to the busy physicians and postgraduate students to update their knowledge and skills in line with evidence-based care. It will also facilitate them in preparation for any postgraduate examination.

Modules Description:

Pediatric and Adolescent Care : This module begins with an introduction to the principles of Family Medicine, followed by a comprehensive overview of the spectrum of conditions and their management from childhood to adolescence including growth, malnutrition / eating disorders, immunization and infections.

Reproductive and Genitourinary Concerns: The module focuses on common reproductive health issues and genitourinary concerns in both men and women. Topics covered include menstrual abnormalities, preconception and postpartum health, family planning, sexually transmitted infections (STIs), urinary tract disorders and subfertility.

Non-Communicable Diseases: Non-communicable diseases (NCDs) form the bulk of disease burden in Pakistan. This module covers up-to-date management as well as preventive strategies to combat the growing burden of NCDs such as diabetes, hypertension, renal and respiratory conditions as well as common mental health disorders.

Infectious Diseases, Population Health and Special Populations: The importance of Family Medicine in disease prevention and health promotion cannot be overstated. This module discusses the topic of Public health as relevant to Family Medicine. It covers common endemic infectious diseases as well as themes of geriatrics and palliative care.

Beyond Infections and NCDs: This last module rounds up miscellaneous conditions presenting commonly in primary care such as musculoskeletal problems, visual symptoms as well as common neurological, gastrointestinal and dermatologic conditions.

Hands-on Skills training at CIME:

There will be a five days, hands-on skills training at CIME, focusing on clinical examination and procedural skills in pediatrics and adult domain. There will be active learning via participation in case-based scenarios related to screening, counselling and medical emergencies. These activities will be facilitated by practice on models/mannequins and simulated patients.