



## *The Hebrew University of Jerusalem*

### *Syllabus*

## **FAMILY MEDICINE - 96445**

*Last update 15-10-2023*

*HU Credits:* 4

*Degree/Cycle:* 2nd degree (Master)

*Responsible Department:* Medicine

*Academic year:* 0

*Semester:* Yearly

*Teaching Languages:* Hebrew

*Campus:* Ein Karem

*Course/Module Coordinator:* Dr. Dodo Bart  
Dr. Atarah Juravel-Jaffe

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*Coordinator Office Hours:* by appointment

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arkadi tzipovski,  
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baruch levit,  
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tamar zemel,  
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harvey woolf,  
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yigal schwarzman,  
Iyas Ashav,  
Eitan Gluskin,  
Avraham Schwartz,  
Dr. Dror Ohana,  
shay dvir,  
Thaer Shehadeh,  
Suha Mashni,  
Hila Leiman,  
Dr. Yehudit Medizinsky,  
tsvi eytan,  
Dr. ariel rozitzky,  
Tamer Abidin,  
Dr. marina goldin isserlis,  
Shachar Ben chaim,  
Dan Sela,  
Benjamin Bentolila,  
Nitzan Aviram,  
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Tanya Cardash,  
natali lerner,  
Dr. Omer Yair

Course/Module description:

*A clinical rotation in family practice clinics. The students will be exposed to primary care in the community and will recognize their place in the medical system as a whole. The students will become familiar with common morbidities in primary care and their acute and chronic management with a multi-disciplinary and holistic approach. The student will enhance their knowledge in preventive medicine and improve their communication skills.*

Course/Module aims:

Learning outcomes - On successful completion of this module, students should be able to:

1. To review the principles of family medicine and the characteristics of the primary care physician and team including:
  - \* Continuing and long term relationship with the patient and family
  - \* Caring for heterogeneous populations
  - \* Varied work environments and prevalence of medical conditions related to varied populations
  - \* Multi-purpose medical appointments
  - \* Graded diagnostic approach
  - \* Opportunity for long term care
2. To become familiar with' will understand, analyze and implement models in family medicine in a final assignment
3. To become familiar with the diagnosis and treatment of common diseases in the primary care setting
4. To implement a clinical approach to common symptomatology in the primary care setting
5. To perform follow up visits for chronic diseases
6. To develop an evidence based approach to preventive medicine and health advocacy and to provide concrete patient-tailored recommendations
7. To demonstrate proficiency in history taking, communication, physical

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examination, clinical reasoning and case management

8. To perform problem oriented history taking for common medical problems in primary care

9. To perform general and problem oriented physical examination

10. To complete training in physical examination necessary to treat common problems in primary care including the neurological examination, primary care orthopedics and otolaryngology

11. To review the essential role of the family physician in the healthcare system

Attendance requirements(%):

Full attendance of at least 25 clinical hours in the community clinic and full attendance in all the lectures and workshops.

Teaching arrangement and method of instruction:

Course/Module Content:

Lifestyle medicine

Nutrition, general recommendations, diet types, disease-dependent recommendations

Physical activity, EBM recommendations

Sleep medicine

Obesity

Smoking cessation

Adult vaccinations, special populations (pulmonary disease, immune deficiency)

Screening tests

Colon cancer screening

Breast cancer screening

Osteoporosis screening

Prostate cancer screening

Cervical cancer screening

Acute disease

Upper Respiratory Tract Infection

Acute Otitis Media

Otitis Externa

Pharyngitis

Community Acquired Pneumonia

Gastroenteritis

Urinary Tract Infection

Common rashes

Lower back pain

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*Fever in children*  
*Sexually transmitted disease*

*Chronic disease*

*Hypertension*

*Diabetes*

*Ischemic heart disease – primary prevention (hyperlipidemia, aspirin treatment)*

*Ischemic heart disease – management of chronic disease*

*Congestive heart failure - management of chronic disease*

*COPD*

*Asthma*

*Approach to chronic pain*

*Palliative care / End of life care*

*Somatic disease / Psychiatry in the community setting*

*Irritable bowel syndrome*

*Fibromyalgia*

*Medically unexplained complaints – approach*

*Depression and anxiety*

*Approach to the family in crisis*

*Family medicine models*

*Clinical approach / symptomatology*

*Approach to abdominal pain*

*Approach to headache*

*Approach to fatigue and malaise*

*Approach to dizziness*

*Approach to common orthopedic problems in the clinic*

*Approach to chronic cough*

### *Required Reading:*

*Syllabus - required reading*

### *1. Preventive medicine*

• הנחיות קליניות, קידום בריאות ורפואה מונעת, המלצות כח המשימה הישראלי,  
בעריכת פרופ' חוה טבנקין, פרופ' אמנון להד  
[https://www.ima.org.il/userfiles/image/clinical\\_09\\_preventive.pdf](https://www.ima.org.il/userfiles/image/clinical_09_preventive.pdf)

עמודים:

8-6 מבוא

13 רפואה מונעת מלידה עד גיל שנתיים.

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16 רפואה מונעת מגיל 2-6  
19 רפואה מונעת מגיל 7-12  
22 רפואה מונעת מגיל 13-19  
28 רפואה מונעת מגיל 20-39  
34 רפורה מונעת מגיל 40-64  
41 רפואה מונעת מגיל 65 ומעלה  
42-49 המלצות ליישום הנחיות לקידום בריאות ורפואה מונעת במרפאה ראשונית  
59-65 לוח חיסוני השגרה בילדות, בית ספר ומבוגרים  
66-74 חיסונים חדשים  
75-82 תזונה נבונה למניעת מחלות  
83-95 פעילות גופנית  
112-131 נזקי העישון והדרכים למניעה וגמילה  
132-149 מניעה ואיתור מוקדם של מחלות ממאירות  
169-178 מניעה באמצעות תכשירים תרופתיים - Chemoprevention  
179-185 אוסטיאופורוזיס מניעה, איתור מוקדם וטיפול  
186-190 הערכת הרגלי שינה והפרעות שינה במרפאה הראשונית  
193-199 אלימות במשפחה

□ טיפול בהיפרליפידמיה

□ ההנחיות הישראליות לטיפול בהיפרליפידמיה <http://www.ias.il.org/hyperlipidemia2014/pdf>

## 2. Chronic disease

### • Diabetes

□ *Standards of Medical Care in Diabetes – 2018 Abridged for Primary Care Providers Clinical Diabetes 2018 Jan; 36(1): 14-37*

<http://clinical.diabetesjournals.org/content/36/1/14>

### • Hypertension

□ הנחיות קליניות - יתר לחץ דם בישראל - אבחנה, טיפול ואיזון  
כולל ההנחיות העדכניות לאבחון וטיפול ביתר לחץ דם במבוגרים ובילדים - 2019 בעריכת פרופ' עדי לייבה ד"ר שוקי לשם ד"ר סוהיר אסדי פרופ' אהוד גרוסמן

[https://www.ima.org.il/userfiles/image/clinical\\_04\\_bloodpressure.pdf](https://www.ima.org.il/userfiles/image/clinical_04_bloodpressure.pdf)

עמודים:

12-54, 61-63, 74-76, 102-128

### □ Optional reading

*2018 ESC/ESH Guidelines for the management of arterial hypertension European Heart Journal, Volume 39, Issue 33, 1 September 2018, Pages 3021-3104*

<https://academic.oup.com/eurheartj/article/39/33/3021/5079119>

### • Congestive heart failure

□ *2016 ESC Guidelines for the diagnosis and treatment of acute and chronic heart failure: The Task Force for the diagnosis and treatment of acute and chronic heart failure of the European Society of Cardiology (ESC)*

*Developed with the special contribution of the Heart Failure Association (HFA) of the ESC*

\*יש להתמקד בפרקים 3-11

- *Primary prevention of cardiovascular disease*

2019 ACC/AHA Guideline on the Primary Prevention of Cardiovascular Disease - guidelines made simple

\*(הנחיות להיפרליפידמיה - לפי ההנחיות הקליניות הישראליות מטה)

[http://www.onlinejacc.org/sites/default/files/additional\\_assets/guidelines/Prevention-Guidelines-Made-Simple.pdf](http://www.onlinejacc.org/sites/default/files/additional_assets/guidelines/Prevention-Guidelines-Made-Simple.pdf)

\* (עדכון ההנחיות לטיפול בהיפרליפידמיה 2014)

<http://www.ias.org.il/hyperlipidemia2014.pdf>

- *Ischemic Heart Disease*

□ *Stable Ischemic Heart Disease BMJ Best Practice*

<https://bestpractice.bmj.com/topics/en-us/148>

- *Osteoarthritis*

□ *Osteoarthritis BMJ Best Practice*

<https://bestpractice.bmj.com/topics/en-us/192>

- *Allergy*

□ נזלת כרונית קווים מנחים קליניים

[https://www.ima.org.il/userfiles/image/clinical\\_57\\_nazelet.pdf](https://www.ima.org.il/userfiles/image/clinical_57_nazelet.pdf)

- *Asthma*

□ *GINA - Global Initiative for Asthma, pocket guide*

<https://ginasthma.org/wp-content/uploads/2019/04/GINA-2019-main-Pocket-Guide-wms.pdf/>

- *COPD*

□ *GOLD - Global Initiative for Chronic Obstructive Lung Disease*

*Pocket guide to COPD diagnosis, management and prevention*

[https://goldcopd.org/wp-content/uploads/2018/11/GOLD-2019-POCKET-GUIDE-FINAL\\_WMS.pdf](https://goldcopd.org/wp-content/uploads/2018/11/GOLD-2019-POCKET-GUIDE-FINAL_WMS.pdf)

- *Approach to chronic cough*

□ *Chronic cough: evaluation and management*

*Am Fam Physician. 2017 Nov 1;96(9):575-580*

<https://www.aafp.org/afp/2017/1101/p575.html>

- *Palliative care*

□ *Care of the dying patient in the community*

*BMJ 2013; 347 doi: <https://doi.org/10.1136/bmj.f4085>*

□ הנחיות ליישום חוק החולה הנטשה למות - חוזר מנכ"ל 3/2008

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בבית ולא במוסד, בעריכת ישראל דורון, 2006

- Approach to chronic pain

- The Management of Chronic Overlapping Pain Conditions

- <https://www.practicalpainmanagement.com/pain/neuropathic/management-chronic-overlapping-pain-conditions>

- 3. Approach to somatic and mental health problems

- Chronic headache

- Guideline for Primary Care Management of Headache in Adults; Canadian Family Physician Vol 61: August 2015 <http://www.cfp.ca/content/61/8/670.full.pdf>

- Dizziness

- Dizziness: Approach to Evaluation and Management; American Family Physician. 2017 Feb 1;95(3):154-162.

- <https://www.aafp.org/afp/2017/0201/p154.html>

- Fatigue and malaise

- Fatigue: an overview. Rosenthal TC, Majeroni BA, Pretorius R, Malik K. American Family Physician. 2008 Nov 15;78(10):1173-9.

- <https://www.aafp.org/afp/2008/1115/p1173.html>

□ קווים מנחים לבירור וטיפול בעייפות ברופאה ראשונית

[https://www.ima.org.il/userfiles/image/clinical\\_27\\_tired.pdf](https://www.ima.org.il/userfiles/image/clinical_27_tired.pdf)

- Depression and anxiety

- Overview of Depression; BMJ Best Practice

- <https://bestpractice.bmj.com/topics/en-us/1083>

- Fibromyalgia

- אבחון וטיפול בפיברומיאלגיה (דאבת השרירים) - הנחיה קלינית

- הגישה דרך אתר וויקיפואה:

- [https://www.wikirefua.org.il/w/index.php/%D7%90%D7%91%D7%97%D7%95%D7%9F\\_%D7%95%D7%98%D7%99%D7%A4%D7%95%D7%9C\\_%D7%91%D7%A4%D7%99%D7%91%D7%A8%D7%95%D7%9E%D7%99%D7%90%D7%9C%D7%92%D7%99%D7%94\\_\(%D7%93%D7%90%D7%91%D7%AA\\_%D7%94%D7%A9%D7%A8%D7%99%D7%A8%D7%99%D7%9D\)\\_-%D7%94%D7%A0%D7%97%D7%99%D7%94\\_%D7%A7%D7%9C%D7%99%D7%A0%D7%99%D7%AA\\_-Fibromyalgia\\_diagnosis\\_and\\_management](https://www.wikirefua.org.il/w/index.php/%D7%90%D7%91%D7%97%D7%95%D7%9F_%D7%95%D7%98%D7%99%D7%A4%D7%95%D7%9C_%D7%91%D7%A4%D7%99%D7%91%D7%A8%D7%95%D7%9E%D7%99%D7%90%D7%9C%D7%92%D7%99%D7%94_(%D7%93%D7%90%D7%91%D7%AA_%D7%94%D7%A9%D7%A8%D7%99%D7%A8%D7%99%D7%9D)_-%D7%94%D7%A0%D7%97%D7%99%D7%94_%D7%A7%D7%9C%D7%99%D7%A0%D7%99%D7%AA_-Fibromyalgia_diagnosis_and_management)

- Irritable bowel syndrome

- Irritable Bowel Syndrome

- Alexander C. Ford, et al, June 29, 2017

- N Engl J Med 2017; 376:2566-2578

- Medically unexplained symptoms

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□ Assessment and management of medically unexplained symptoms

BMJ 2008; 336 doi:

<https://doi.org/10.1136/bmj.39554.592014.BE>

(Published 15 May 2008) Cite this as: BMJ 2008;336:1124

#### 4. Acute disease

- Pharyngitis

□ Group A Streptococcal (GAS) Disease; CDC Center for Disease Control and Prevention

<https://www.cdc.gov/groupastrep/diseases-hcp/strep-throat.html>

- Upper respiratory tract infection

□ Current Concepts in Adult Acute Rhinosinusitis, Ann M. Aring MD, Miriam M. Chan, PharmD, American Family Physician. 2016 Jul 15;94(2):97-105.

<https://www.aafp.org/afp/2016/0715/p97.html>

- Pneumonia

□ Diagnosis and Treatment of Adults with Community-acquired Pneumonia An Official Clinical Practice Guideline of the American Thoracic Society and Infectious Diseases Society of America

<https://www.atsjournals.org/doi/pdf/10.1164/rccm.201908-1581ST>

- Acute abdominal pain

□ Evaluation of Acute Abdominal Pain in Adults, Sarah L. Cartwright MD, Mark P. Knudson MD, MSPH, American Family Physician. 2008 Apr 1;77(7):971-978

<https://www.aafp.org/afp/2008/0401/p971.html>

- Urinary tract infection

□ Dysuria: Evaluation and Differential Diagnosis in Adults; Thomas C. Michels MD MPH, Jarret E. Sands DO, American Family Physician. 2015 Nov 1;92(9):778-788.

<https://www.aafp.org/afp/2015/1101/p778.html>

- Acute otitis media

□ הנחיות קליניות - איבחון וטיפול בדלקת אוזן תיכונה חדה בילדים

[https://www.ima.org.il/userfiles/image/clinical\\_25\\_ear.pdf](https://www.ima.org.il/userfiles/image/clinical_25_ear.pdf)

- Gastroenteritis

□ המלצות לאבחון וטיפול בגסטרואנטריטיס חדה בילדים בישראל

<https://cdn.doctoronly.co.il/2015/11/%D7%94%D7%A0%D7%97%D7%99%D7%95%D7%AA-%D7%92%D7%A1%D7%98%D7%A8%D7%95%D7%90%D7%A0%D7%98%D7%A8%D7%99%D7%98%D7%99%D7%A1-2015.pdf>

□ Acute diarrhea in adults

Am Fam Physician. 2014 Feb 1;89(3):180-189.

<https://www.aafp.org/afp/2014/0201/p180.html>

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- Common rashes

□ Amanda Almon MD et al Common Skin Rashes in Children, *Am Fam Physician*. 2015 Aug 1;92(3):211-216.

<http://www.aafp.org/afp/2015/0801/p211.pdf>

- Fever in children

□ הנחיות קליניות - הורדת חום בילדים

[https://www.ima.org.il/userfiles/image/clinical\\_38\\_lowerfever.pdf](https://www.ima.org.il/userfiles/image/clinical_38_lowerfever.pdf)

□ Evaluation of fever in infants and young children. *Am Fam Physician* 2013 Feb 15; Vol. 87 (4), pp. 254-60

<https://www.aafp.org/afp/2013/0215/p254.html>

- Sexually transmitted diseases

□ Sexually Transmitted Diseases Treatment Guidelines, 2015 - *MMWR Recomm Rep* 2015;64

<https://www.cdc.gov/std/tg2015/tg-2015-print.pdf>

- Lower back pain

□ הנחיות קליניות - מניעה וטיפול בכאבי גב תחתון, ערוך ע"י פרופ' שמואל רייס, פרופ' אמנון להד

[https://www.ima.org.il/userfiles/image/clinical\\_34\\_lowerback.pdf](https://www.ima.org.il/userfiles/image/clinical_34_lowerback.pdf)

□ Noninvasive Treatments for Acute, Subacute, and Chronic Low Back Pain: A Clinical Practice Guideline From the American College of Physicians; *Annals of Internal Medicine*. 2017;166(7):514-530

<http://annals.org/aim/fullarticle/2603228/noninvasive-treatments-acute-subacute-chronic-low-back-pain-clinical-practice#>

- Common orthopedic problems

□ Shoulder

Chronic Shoulder Pain: Part I. Evaluation and Diagnosis

*Am Fam Physician*. 2008 Feb 15;77(4):453-460

<https://www.aafp.org/afp/2008/0215/p453.html>

Chronic Shoulder Pain: Part II. Treatment

*Am Fam Physician*. 2008 Feb 15;77(4):493-497

<https://www.aafp.org/afp/2008/0215/p493.html>

Clinical Evidence Handbook, A PUBLICATION OF BMJ PUBLISHING GROUP Shoulder Pain *Am Fam Physician*. 2011 Jan 15;83(2):137-138.

<https://www.aafp.org/afp/2011/0115/p137.html>

□ Elbow

Treatment of Lateral Epicondylitis

*Am Fam Physician*. 2007 Sep 15;76(6):843-848

<https://www.aafp.org/afp/2007/0915/p843.html>

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□ Knees

*Knee Pain in Adults and Adolescents: The Initial Evaluation*

*Am Fam Physician*. 2018 Nov 1;98(9):576-585.

<https://www.aafp.org/afp/2018/1101/p576.html>

□ Foot

*Update on Acute Ankle Sprains*

*Am Fam Physician*. 2012 Jun 15;85(12):1170-1176

<https://www.aafp.org/afp/2012/0615/p1170.html>

*Heel Pain: Diagnosis and Management*

*Am Fam Physician*. 2018 Jan 15;97(2):86-93.

<https://www.aafp.org/afp/2018/0115/p86.html>

*Additional Reading Material:*

*Grading Scheme:*

*Written / Oral / Practical Exam 30 %*

*Other 70 %*

*Additional information:*