



The Hebrew University of Jerusalem

Syllabus

FAMILY MEDICINE for Tzameret students - 96447

Last update 15-10-2023

HU Credits: 2

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*

Coordinator Email: nivdaviddex2@gmail.com atarah.jaffe@gmail.com

Coordinator Office Hours:

Teaching Staff:

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Dr. ELINA BAR,
Dr. ERAN ALON,
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Dr. ANN YAFFE,
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Dr. GIL ZEHAVI,
Dr. KEREN ZILKA,
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Dr. CORAL SPECTOR,
Dr. ZHANNA KORMAN,
Dr. LIRON MARCOVITCH,
Dr. NADAV TAL,
Dr. JOHN WATKINS

Course/Module description:

A clinical rotation in family practice clinics and consultant clinics in community practices. The students will be exposed to primary and secondary 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:

. To discuss the principles of family medicine and the characteristics of the primary care physician and his staff, including:

- Prior and aggregated familiarity with the patient and his family
- Treatment of heterogeneous populations
- Varied work environments with changing diagnostic prevalence of disease
- Multipurpose visits
- Staged diagnostic approach
- Long term treatment opportunity

2. Student will be familiar with, understand, analyze and implement unique family medicine theories and models, inter alia in a final paper.

3. To demonstrate primary diagnosis and treatment of common family medicine diseases.

4. To implement a clinical approach (differential diagnosis and case management) for common symptomologies in family medicine.

5. To manage follow up visits for chronic disease.

6. To develop an evidence-based approach to preventive medicine and health advocacy in the community, and provide concrete recommendations tailored to the patient.

7. To demonstrate competence in the clinical interview, communication skills, physical examination, clinical thinking and case management.

8. To take a medical history appropriate for common medical problems.

9. To perform general and focused physical examination.

10. To supplement specific physical examination as required for the treatment of common diseases in general practice, including neurological, orthopedic, and ENT examination.

11. To discuss the critical role of the family physician within the health system.

Attendance requirements(%):

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

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

עמודים:

8-6 מבוא

13 רפואה מונעת מלידה עד גיל שנתיים.

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 Chemoprevention - מניעה באמצעות תכשירים תרופתיים

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.org.il/pdf.hyperlipidemia2014>

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

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

European Heart Journal, Volume 37, Issue 27, 14 July 2016, Pages 2129–2200

<https://academic.oup.com/eurheartj/article/37/27/2129/1748921>

*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

*(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

- 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

- 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 הנוטה למות - חוזר מנכ"ל 3/2008

□ 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

- *Depression and anxiety*
□ *Overview of Depression; BMJ Best Practice*
<https://bestpractice.bmj.com/topics/en-us/1083>

- *Fibromyalgia*
□ *אבחון וטיפול בפיברומיאליגיה (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*
□ *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

- *Gastroenteritis*

□ המלצות לאבחון ולטיפול בגסטרואנטריטיס חדה בילדים בישראל
<https://cdn.doctorsonly.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>

- *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
□ *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
□ *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>

□ *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:

Other 100 %

Additional information: