



Certification Programme in

# **FAMILY MEDICINE**

# ABOUT

## St John's Medical College

Established in 1963 by the Catholic Bishops' Conference of India, the distinguished St. John's Medical College in Bengaluru is a state-of-the-art medical school and hospital. With 1350 beds, it is counted as one of the finest in the country, and covers all the significant super-specialty departments, alongside having a top-class college of Nursing. It operates with the mission of making qualitative assistance to medical education, research, and healthcare, and upholds a sincere commitment to patients. Striving toward making advancements when it comes to scientific knowledge, St. John's Medical College also has a research institute, which was the first of its kind in a medical school.



## SESSION 01

### BASIC CONCEPTS IN FAMILY MEDICINE 1

- 1.1 | Introduction to family medicine
- 1.2 | Contextual approach to diagnosis and management
- 1.3 | Setting up a family practice
- 1.4 | Care of a bedridden patient at home
- 1.5 | Rational prescription writing
- 1.6 | Ethical issues in family medicine
- 1.7 | Medicolegal issues in family medicine

## SESSION 02

### BASIC CONCEPTS IN FAMILY MEDICINE 2

- 2.1 | How to handle an angry or difficult patient
- 2.2 | ECG interpretation in family medicine
- 2.3 | Interpretation of common X rays in family medicine
- 2.4 | Interpretation of common laboratory investigations
- 2.5 | Opportunistic screening for common diseases

## SESSION 03

### ENT / OPHTHALMOLOGY

- 3.1 | Patient with red eye
- 3.2 | Patient with diminished vision
- 3.3 | Patient with eyelid swelling
- 3.4 | Patient with pain and discharge from ear
- 3.5 | Patient with dizziness

## SESSION 04

### ADULT HEALTH 1

- 4.1 | Patient with new or chronic cough
- 4.2 | Patient with chest pain
- 4.3 | Patient with shortness of breath
- 4.4 | Patient with fever
- 4.5 | Patient with high blood sugar
- 4.6 | Patient with high blood sugar not controlled with oral medications
- 4.7 | Patient with high blood pressure
- 4.8 | Patient with facial weakness / stroke
- 4.9 | Sad or anxious patient
- 4.10 | Patient with known thyroid disorder (Hypothyroidism)
- 4.11 | Patient with known thyroid disorder (Hyperthyroidism)

## SESSION 05

### ADULT HEALTH 2

- 5.1 | Person with history of animal bite
- 5.2 | Patient with itchy skin lesion
- 5.3 | Patient with non-itchy skin lesion
- 5.4 | Assessment and care of an elderly patient
- 5.5 | Patient with urinary problems
- 5.6 | Exercises for common aches and pains
- 5.7 | Patient with headache
- 5.8 | Patient with seizures

## SESSION 06

### SURGERY AND ORTHOPEDICS

- 6.1 | Patient with bleeding in stools
- 6.2 | Patient with abdominal or pelvic pain
- 6.3 | Patient with a fracture or a sprain
- 6.4 | Patient with pain and stiffness in small joints of hands

## SESSION 07

### CHILD HEALTH

- 7.1 | Child with cough, cold and difficulty on breathing
- 7.2 | Child with diarrhoea and vomiting
- 7.3 | Child / adolescent with behavioural problems
- 7.4 | Malnourished child
- 7.5 | Care of a well baby
- 7.6 | Child with developmental delay

## SESSION 08

### WOMEN'S HEALTH

- 8.1 | Woman with irregular / heavy menstruation
- 8.2 | Woman with white discharge form vagina
- 8.3 | Care of women approaching menopause
- 8.4 | Couple with infertility