

Volume 3

EDUCATIONAL OBJECTIVES FOR PRIMARY HEALTHCARE SPECIALISATION

Primary Care Specialist Training Team
FINAL REPORT: The recommended strategy
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Educational Objectives For Primary Healthcare Specialisation

Preface

This document is developed from an initial review of the competencies required for a future Primary Health Care doctor working in Macedonia. To achieve these competencies the doctor will need to have certain knowledge, skills and attitudes. This document describes the essential educational objectives which will be required for the training and assessment of this doctor.

The educational objectives are described in 4 main domains:

- **Knowledge:** This describes the essential facts that the doctor will need to know.
- **Problem solving skills:** Describe the application of knowledge in the effective care of patients and their families. It also describes the clinical skills which are essential to obtain clinical information.
- **Communication skills:** Describe the essential skill to educate and provide important information to patient and relatives to enable them to change behaviour and effectively understand the health care being provided. It also includes clear transfer of information to health care colleagues.
- **Attitudes:** This describes the essential thoughts and actions which underpin the health care process. It also includes self awareness of the doctor

Throughout the document, the authors have tried to ensure that the educational objectives are both relevant and achievable within the current constraints of the Macedonian health care system.

The authors of the document wish to receive comments and suggestions from a variety of colleagues in both academic and non academic practice, throughout primary and secondary care. This is essential to ensure a workable educational curriculum is developed.

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HUMAN DEVELOPMENT

FAMILY PLANNING

Knowledge

The doctor will be able to:

- State the available contraceptive methods
- State the indications and contraindications for different patient groups
- State possible complications
- State monitoring protocols

Problem solving skills:

The doctor will be able to:

- Take an appropriate history
- Perform a vaginal examination
- Produce a management plan
- Fit caps
- Fit IUDs

Communication skills:

The doctor will be able to:

- Explain to the patient/couple the nature

and importance of contraception

- Negotiate with the patient/couple about the appropriate contraceptive method
- Give information how to use the method and assure that it is understood
- Explore patient's beliefs about contraception

Attitude

The doctor will take into account:

- The need for confidentiality and privacy
- The patient's beliefs
- **The need to refer if contraception is against doctor's own beliefs**

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INFERTILITY

Knowledge

The doctor will be able to:

- State the common physical and psychological causes
- State the available investigation and therapeutic possibilities
- State the indications and contraindications for different investigations
- State referral criteria

Problem solving skills

The doctor will be able to:

- Perform a vaginal examination
- Interpret basic investigations, including semen analysis and hormone profile
- Take an appropriate history
- Produce a management plan

Communication skills

The doctor will be able to:

- Explain to the patient/couple the normal process of conception, management plan and treatment options

Attitude

The doctor will take into account:

- The psycho-social aspects of the problem and their implication on the couple, their relatives and their professional life

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PREGNANCY

Knowledge

The doctor will be able to:

- State diagnostic signs of pregnancy
- State the referral criteria according to current protocols
- State the common complications of pregnancy
- State the indications for prenatal Dg

Problem solving skills

The doctor will be able to:

- Perform a vaginal examination
- Perform an initial assessment, including identification of obstetric risk
- Produce a management plan for the provision of the antenatal care in normal pregnancy
- Detect foetal heartbeat
- Identify pregnancy abnormalities
- Identify onset of labour
- Identify membrane rupture
- Interpret results of prenatal Dg

Communication skills

The doctor will be able to:

- Give lifestyle advice
- Explain the management plan
- Counselling of the patient for PD

Attitude

The doctor will take into account:

- The needs of the whole family
- The psycho-social aspect of pregnancy
- That pregnancy is a normal physiological process

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ECTOPIC PREGNANCY

Knowledge

The doctor will be able to:

- State the symptoms and signs
- Distinguish from other conditions
- State the factors that increase the risk of an ectopic pregnancy

Problem solving skills

The doctor will be able to:

- Take an appropriate history
- Assess risk appropriately
- Perform a quick pregnancy test
- Produce a management plan that considers the

possibility of ectopic pregnancy

Communication skills

The doctor will be able to:

- Communicate sensitively with patient
- Explain the possible complications

Attitude

The doctor will take into account:

- Patient's anxiety
- The possibility of an ectopic pregnancy

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PUERPERIUM

Knowledge

The doctor will be able to:

- State the most common abnormalities of puerperium
- State the diagnostic criteria for postpartum depression

Problem solving skills

The doctor will be able to:

- Identify the variation from the normal puerperium
- Detect postpartum depression
- Perform vaginal and breast examination

Communication skills

The doctor will be able to:

- Educate and inform patients about normal puerperium and puerperal complications, e.g. postpartum depression

Attitude

The doctor will take into account:

- The advantages of breast feeding and individual choice of patient
- The importance of postpartum depression
- The psychosocial aspects

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MENSTRUAL PROBLEMS

Knowledge

The doctor will be able to:

- State the most common menstrual problems
- State referral criteria

Problem solving skills

The doctor will be able to:

- Take an appropriate history
- Perform a vaginal examination
- Produce a management plan

Communication skills

The doctor will be able to:

- Explain the importance of therapy and follow up, if needed

Attitude

The doctor will take into account:

- The psycho-social aspects of the problem

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CHILD HEALTH (GENERAL)

Knowledge

The doctor will be able to :

- State the characteristics of normal growth and development of a child
- State referral criteria
- State current legislative for child care
- State the available healthcare services for children

- Produce age appropriate history(including information about feeding, development, immunization and social and family circumstances
- Perform physical examination modified to the child's age and illness.
- Discriminate between normal and abnormal physical signs
- Identify important childhood disorders and make referral as required
- Identify most common problems and make management plan
- Prescribe safely and appropriately for children

- Establish responsible and trusting relationship with the child and the family
- Effectively communicate with the family
- Promote an active family involvement in the management of the ill child
- Explain to parents and to child the nature and management

- The parental anxiety, expectations and frustration, and stress
- Influence psychosocial as well as biological factors in the assessment and management of a child
- The own limitations and need for referral
- The importance of continuity of care for prevention of illness
- The vulnerability of children that may require special attention, consultation and referral
- The importance of avoiding unnecessary investigations and hospitalisation

Problem solving skills

The doctor will be able to:

Communication skills

The doctor will be able to:

Attitude

The doctor will take into account:

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CHILD DEVELOPMENT

Knowledge

The doctor will be able to:

- State the characteristics of normal growth and development
- State the current recommended screening programs for children
- State common and important causes of developmental delay
- State referral criteria

Problem solving skills

The doctor will be able to:

- Identify normal variation and deviation from normal
- Identify the genetic, psychosocial, physical and environmental factors that influence child development
- Identify the common abnormalities and produce management plan
- Identify early, and refer the following: emotional deprivation, short and tall stature, failure to thrive, developmental delay
- Perform developmental screening test including test of vision and hearing according to standard protocols
- Perform accurate measurement of height, length, weight, head circumference.
- Use and interpret standard growth charts
- Perform ectopic testicle examination

- Perform hip examination
- Perform scoliosis screening

Communication skills

The doctor will be able to:

- Take family history and construct family tree

Attitude

The doctor will take into account:

- The influence of normal biological variation in growth and development on patient/family concern

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COMMON CONGENITAL PROBLEMS AND GENETIC COUNSELLING

Knowledge

The doctor will be able to state:

- Clinical signs towards genetic disorders and congenital defects.
- Basic principles of genetic counselling
- Modes of inheritance of common and important genetic diseases and environmental influences in multifactor inheritance

- Referral criteria for genetic diagnosis and counselling

Problem solving skills

The doctor will be able to:

- Make early diagnosis of a disabling disorder
- Identify physical features of common chromosomal (Down syndrome, Sex chromosome anomalies) and congenital anomalies

Communication skills

The doctor will be able to:

- Provide simple genetic counselling (prevention of congenital abnormalities, pregnancy hazards)
- Explain further investigations to the parents

Attitude

The doctor will take into account:

- The implication of genetic disorders on the family

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CHILD ABUSE - PHYSICAL AND SEXUAL ABUSE

Knowledge

The doctor will be able to state:

- The diagnostic criteria of child abuse
- Consequences of abuse for child and family
- Principles of multidisciplinary management
- The current legislation about child protection issues

Problem solving skills

The doctor will be able to:

- Identify the families and children at risk
- Identify of clinical features of abuse: neglect, physical, emotional, sexual and educational.
- Perform appropriate history and physical examination
- Produce a management plan

Communication skills

The doctor will be able to:

- Communicate with other professionals concern with child abuse
- Sensitively communicate to children and families

Attitude

The doctor will take into account

- The impact the abused child has on the family and society
- The help needed those children and active social integration
- The importance of multidisciplinary approach
- The reluctance of children and families to provide information

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BEHAVIOURAL PROBLEMS

Knowledge

The doctor will be able to state:

- Normal behavioural and emotional development.
- Common emotional and behavioural problems in different ages
- Referral criteria
- Perform cognitive assessment appropriate to the child age (up to the age of two years)
- Perform mental state examination appropriate to the child age
- Discriminate between normal and abnormal behaviour
- Identify common behaviour disorders
- Describe a personal strategy for handling psychosocial problems in the context of the GP consultation
- Identify psychosomatic problems: somatisation (recurrent abdominal pain, vomiting, headache, limb pain).
- Identify common problems: crying baby, poor sleep patterns, tics, enuresis and encopresis, school phobia, adolescent problems,
- Identify common psychological problems and refer (ADHD, depression)
- Communicate with other professionals concerns with child mental health
- Assess the impact of psychosocial factors on common paediatric conditions
- Involve the family in the interview.
- Explain simple behaviour techniques

towards a child and/or parents can influence the success or failure of a consultation and the solution of a problem

- Assess the impact of family factors on treatment and cause of psychopathology in children

Problem solving skills

The doctor will be able to:

Communication skills

The doctor will be able to:

Attitude

The doctor will take into account:

- Understand the ways in which the doctor's behaviour

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ADOLESCENCE/PUBERTY

Knowledge

The doctor will be able to state:

- The normal physical, physiology, psychological and social changes associated with puberty and adolescence
- The current legislation that applies to the care of adolescence

- Take appropriate history including sexual history
- Perform specific physical examination, including physical, psychological and social growth and development
- Identify stages of puberty
- Perform screening examination to according protocols
- Discriminate between normal variations and abnormal development

- Effectively communicate with adolescents in the context of their family and community (interaction with parents, siblings, peers, teachers etc)
- Perform patient education and advice on healthy life style
- Provide sex education

- The issues of confidentiality in the doctor-adolescent patient interaction
- The opportunity of health promotion during consultation
- The particular health needs of adolescents
- The preoccupation of adolescents with their bodies
- The effects of peer pressure and peer support
- The adolescent sexuality including physical, psychological, moral, bisexual, homosexual and gender issues.
- The influence of adolescence on health and diseases
- The generation gap.

Problem solving skills

The doctor will be able to:

Communication skills

The GP will be able to:

Attitude

The GP will take into account:

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MENOPAUSE

Knowledge

The doctor will be able to:

- State the most common symptoms of menopause
- State available HRT, advantages and disadvantages of HRT, indications and contraindications for HRT
- State the base line and monitoring investigations

Problem solving skills

The doctor will be able to:

- Take an appropriate history
- Perform a vaginal examination
- Interpret diagnostic blood tests
- Produce a management plan

- Choose appropriate HRT for a patient

Communication skills

The doctor will be able to:

- Reassure the patient
- Give lifestyle advice

Attitude

The doctor will take into account:

- The psycho-social aspects of the problem

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MEDICINE FOR THE ELDERLY

Knowledge

The doctor will be able to:

- Describe normal ageing process
- State the problems of polypharmacy
- State the specificity of medication in elderly

- Identify by appropriate history and examination problems related to related areas: nutrition/oral, mobility, food problems, special sense (vision, hearing), continence
- Take extended history that includes psychological and social aspects and drug history
- Perform mental state examination
- Discriminate between normal and abnormal physical signs
- Prescribing drugs in a suitable form
- Recognise complexity of presentation
- Identify and recognise signs of physical and mental abuse
- Make appropriate plan for management and investigation which recognise cost-benefit and risk- benefit

- Appropriately adopt his communication style to the elderly patient
- Effectively communicate with the family
- Effectively communicate with multidisciplinary team

- The complexity of presentation of problems
- The high incidence of iatrogenic diseases
- The need for compassion and objectivity
- The importance of maintaining patient's dignity and independence
- The stresses of the patient and family and the effects on their behaviour

Problem solving skills

The doctor will be able to:

Communication skills

The doctor will be able to:

Attitude

The doctor will take into account:

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RESOURCES

Knowledge

The doctor will be able to state:

- What is available (services, institutions)
- Referral mechanisms

Problem solving skills

The doctor will be able to:

- Give appropriate advice on available services for the patient
- Make referral as required (necessary)
- Complete necessary documents/forms
- Perform needs assessment recognise psychological, physical and social problems

Communication skills

The doctor will be able to:

- Effectively communicate with patient, relatives and multidisciplinary team

Attitude

The doctor will take into account:

- The multidisciplinary approach

- The need to share the care of the patient with the family and other professionals

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HEALTH PROMOTION / SCREENING

Knowledge

The doctor will be able to state:

- The list of recommended screening programs for elderly

Problem solving skills

The doctor will be able to:

- Perform regular check up (height, weight, urine glucose, blood pressure, vision, hearing)

Communication skills

The doctor will be able to:

- Give advice on healthy life style

- The opportunity of health promotion during consultation in elderly
- Recognition of importance for health promotion in elderly.

Attitude

The doctor will take into account:

PALLIATIVE-TERMINAL CARE

Knowledge

The doctor will be able to:

- State the current diagnostic criteria for most common symptoms in palliative-terminal care, e.g. nausea and vomiting, constipation, hypercalcaemia
- State the psycho-social factors associated with palliative-terminal care
- State the psychological response to bad news and dying
- State the available symptomatic pharmacological and non-pharmacological treatments
- State referral criteria.
- State current legislation regarding information

giving to the patient and the family

Problem solving skills

The doctor will be able to:

- Choose appropriate investigations to establish a cause of symptoms
- Identify associated anxiety and depression
- Assess the quality of life through a patient-centered approach
- Produce a management plan including immediate and long-term
- Recognizing signs of bulbar paralysis and introducing nasogastric sonda

Communication skills

The doctor will be able to:

- Explain to the patient and the families the nature of the condition, management, therapy and follow-up
- Explore the health belief system of patient to identify, and change, maladaptive coping mechanism
- Break bad news using an empathic approach
- Communicate effectively with families to reduce collusion, acknowledging legislation
- Communicate effectively with a multidisciplinary team

Attitude

The doctor will take into account:

- Own limitations, both technical and psychological
- The psycho-social impact on patient and family
- The demoralizing aspect of dealing with terminal patients, yet remaining optimistic
- The goal of palliative care, which is enabling the maximum quality of life, which may be in conflict with the quantity of life

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NUTRITION

Knowledge

The doctor will be able to state:

- The nutritional requirements for different age groups
- The role of nutrition in the treatment and prevention of disease processes
- The common nutritional disorders and their signs and symptoms
- The management plan for common nutritional disorders
- The referral criteria
- The principles of dietary modification in the management of systemic diseases
- The principles of healthy eating and sensible weight reduction

Problem solving skills

The doctor will be able to:

- Assess the state of nutrition and hydration
- Perform appropriate investigation (order appropriate laboratory to detect nutritional deficiencies)
- Produce and implement a management plan which include providing supplementation therapy
- Followed appropriate shared care protocols
- Identify and appropriate referral of patients with eating disorders
- Produce dietary modification in the management of chronic diseases
- Identify the underlying associated factors in obesity
- Calculate BMI and use a BMI risk chart

- Assess risk factors in obesity

Communication skills

The doctor will be able to:

- Counsel patients and family about specific nutritional needs related to different ages and the role of diet in preventing disease
- Provide patient education
- Counsel patients and family about specific nutritional needs related to their diseases
- Counsel patients on safe weight reduction and dieting including health benefits

Attitude

The doctor will take into account:

- The psycho-socio-economic factors which are playing an important role in both nutritional excess and deficiency
- The ethical, religious and family attitudes which affect the nutritional behaviour of patient.
- Patient's difficulties in following life style advice
- The possibility of allergies and food intolerance

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MENTAL HEALTH - GENERAL

Knowledge

The doctor will be able to state:

- The causes of psychological stress that present in PHC
- Normal psychological reactions to life events
- Diagnostic criteria for common and major mental disorders (ICD 10 ICPC)
- Suicidal risk factors
- Currently recommended treatments (pharmacological and non pharmacological)
- Current legislation about compulsory detention
- The criteria of fitness to work

Problem solving skills

The doctor will be able to:

- Perform mental state examination including of suicidal risk
- Perform focused neurological examination
- Differentiate between psychological distress and psychiatric disorders
- Manage initially acute psychotic emergencies
- Produce a management plan taking into account rational prescribing & patient wishes

Communication

The GP will be able to:

- Demonstrate an empathetic approach, including assessment of suicidal risk
- Explain the nature of disease, management plan (including medications) and follow up to both patients & relatives
- Communicate effectively with members of the multidisciplinary team, including psychiatrist
- Assertively respond to patient request for inappropriate prescribing
- Demonstrate ability to modify inappropriate help seeking behaviour

Attitudes

- The doctor will take into account:
- The importance of therapeutic value relationship (The doctor is a drug)
- The need of appropriate value of other member of the multidisciplinary team in assessment and management
- The social stigma and fears of patients, relatives and society
- The ethnic and cultural representations of mental disorders

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MAJOR PSYCHOSES

Knowledge

The GP will be able to state:

- Symptoms of deterioration and relapse
- Currently recommended protocols for monitoring medications
- Interactions and side effects of commonly used anti psychotic drugs

Problem Solving Skills

The doctor will be able to:

- Interpret and make appropriate management plans for therapeutic monitoring
- Identify deterioration and relapse

Communication skills

The doctor will be able to:

- Perform a family interview with or without the patient being present

Attitudes

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NEUROSIS

(Anxiety, Neurotic depression, Panic disorders, Phobias, Dissociative Conversive Disorders, Traumatic Stress Disorder, Sleeping Disorder, Psychosomatic Diseases, Hypochondria)

Knowledge

The doctor will be able to state:

- The common neuroses presenting to Primary Care
- The available techniques for behavioural and other psychological interventions
- The alternative treatments to benzodiazepines

Problem Solving Skills

The doctor will be able to:

- Differentiate from organic states
- Formulate appropriate diagnosis and management plans

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COGNITIVE IMPAIRMENT

Knowledge

The doctor will be able to state:

- The available medical and social services for care
- The differential diagnosis including physical, psychological and social causes

Problem solving skills

The doctor will be able to:

- Identify the level of cognitive function appropriate to the age of the patient
- Perform a focused neurological examination
- Produce a differential diagnosis

Communication skills

The doctor will be able to:

- Give appropriate information to the relatives regarding prognosis and management
- Communicate with other members of the multidisciplinary team (psychologist)

Attitudes

The doctor will take into account:

- The burden of care faced by the family

ALCOHOL AND SUBSTANCE ABUSE

Knowledge

The doctor will be able to state:

- Diagnostic criteria
- Physical, psychological, social manifestation particularly at an early stage
- The available resources
- Current law and legislative procedures
- Substances that are currently fashionable misuse and their popular names
- Diseases commonly associated with alcoholism

Problem solving skills

The doctor will be able to:

- Identify alcohol abuse in particularly early stage
- Formulate plan for management, which take into account the degree of addiction and abuse
- Recognise and initially management of acute withdrawal syndrome
- Refer to available agencies, according to current

appropriate, acceptable standards

Communication skills

The doctor will be able to:

- Use motivational interview techniques, which incorporates the cycle of change approach

Attitudes

The doctor will take into account:

- Personal prejudices

PSYCHOSEXUAL PROBLEMS

Knowledge

The doctor will be able to state:

- Contribution of physical, psychological and social factors on sexual functioning
- Current pharmacological and not pharmacological drugs therapy for sexual dysfunction including indications, contraindications....

- Common presentations and causes of psychosexual problems

Problem solving skills

The doctor will be able to:

- Take appropriate history to identify physical, psychological social and cultural aspects
- Formulate management plan including an appropriate physical examination

Communication skills

The doctor will be able to:

- Modify communication taking into account sensitive/private nature
- Perform a de-centered dyadic consultation

Attitudes

The doctor will take into account:

- The varieties of sexual practices
- Doctor's personal prejudices

COMMON ACUTE DISEASES AND EMERGENCY SITUATIONS

COLLAPSED PATIENT/ LOSS OF CONSCIOUSNESS

Knowledge

The doctor will be able to:

- State the possible causes of collapse
- State referral criteria

Problem solving skills

The doctor will be able to:

- Perform rapid examination
- Check conscious level
- Provide airway
- Place the patient in recovery position
- Take an appropriate history
- Distinguish specific common causes
- Check breathing and circulation
- Perform CPR if necessary

- Produce an immediate management plan

Communication skills

The doctor will be able to:

- Communicate sensitively with distressed relatives

Attitude

The doctor will take into account:

- The own limitations and possible need of referral

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ANAPHYLAXIS

Knowledge

The doctor will be able to:

- State the most common causes
- State the recommended treatment protocol
- State referral criteria

Problem solving skills

The doctor will be able to:

- Identify clinical signs of anaphylaxis
- Perform rapid examination
- Produce and implement an immediate management plan

Communication skills

The doctor will be able to:

- Communicate sensitively with distressed patients/relatives
- Clearly explain to the patient/relatives the necessity for further allergen avoidance

Attitude

The doctor will take into account:

- The own limitations and need of immediate referral

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MAJOR TRAUMA

Knowledge

The doctor will be able to:

- State the most common and important patterns of injuries related to them
- State first survey

Problem solving skills

The doctor will be able to:

- Perform rapid clinical examination
- Perform appropriate triage
- Give basic first aid, including control of bleeding and maintains airway
- Insert I.V. line
- Provide pain management plan

- Perform immobilization where appropriate

Communication skills

The doctor will be able to:

- Communicate sensitively with distressed patients/relatives
- Explain to the patient and family the nature, management and therapy

Attitude

The doctor will take into account:

- Possible multiple sites of injury
- The own limitations and need of immediate referral

HEAD INJURY

Knowledge

The doctor will be able to:

- State the criteria for the differentiation of minor and major head injury
- State the most common patterns of injury
- State the possible complication of head injury
- State the referral criteria

Problem solving skills

The doctor will be able to:

- Take a relevant history
- Perform an appropriate clinical examination
- Assess risk
- Differentiate between minor and major head injury
- Provide a management plan

Communication skills

The doctor will be able to:

- Explain “head injury observation”
- Explain to the patient and family the nature, management and therapy

Attitude

The doctor will take into account:

- Own limitations and need of referral
- Possible complications
- Support and surveillance available to patient

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LACERATIONS

Knowledge

The doctor will be able to:

- State the most common types of injuries
- State possible complications
- State referral criteria

Problem solving skills

The doctor will be able to:

- Assess the extent of injury
- Give local anesthesia
- Clean wound, including removal of foreign bodies from the wound
- Suture
- Control infection
- Provide appropriate follow-up

Communication skills

The doctor will be able to:

- Communicate sensitively
- Explain to the patient and family the nature, management and therapy

Attitude

The doctor will take into account:

- The own limitations and need for referral

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SEVERE BURNS

Knowledge

The doctor will be able to:

- State the effect of heat injury
- State the most common complications

Problem solving skills

The doctor will be able to:

- Assess the degree and extent of injury
- Give basic first aid
- Insert I.V. line
- Control pain
- Treat shock

Communication skills

The doctor will be able to:

- Communicate sensitively with distressed patient/relatives
- Explain to the patient and family the nature, management and therapy

Attitude

- The doctor will take into account the doctors own limitations and need of immediate referral

MANIFEST GASTROINTESTINAL BLEEDING

Knowledge

The doctor will be able to:

- State the most common causes

Problem solving skills

The doctor will be able to:

- Make a rapid assessment, including CVS and abdominal examination
- Produce an immediate management plan
- Insert I.V. line
- Differentiate possible aethiology

Communication skills

The doctor will be able to:

- Communicate sensitively with distressed patient/relatives

Attitude

The doctor will take into account:

- The own limitations and need for referral

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ABDOMINAL PAIN

Knowledge

The doctor will be able to:

- State the most common cause
- State the referral criteria

Problem solving skills

The doctor will be able to:

- Take an appropriate history
- Perform a physical examination, incl. palpation and rectal examination
- Assess urgency (acute abdomen)
- Differentiate possible aethiology
- Produce a management plans
- Deal appropriately with uncertainty

Communication skills

The doctor will be able to:

- Communicate sensitively with patient and distressed relatives
- Explain to the patient and family the nature, management and therapy

Attitude

The doctor will take into account:

- The own limitations and need for referral

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FOREIGN BODY INGESTION

Knowledge

The doctor will be able to:

- State the referral criteria

Problem solving skills

The doctor will be able to:

- Take appropriate history
- Provide first aids
- Distinguish between aspiration and ingestions

Communication skills

The doctor will be able to:

- Communicate sensitively with distressed patient / relatives
- Explain to the patient and family the nature, management and therapy

Attitude

- The doctor will take into account:
- The doctor's own limitations

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EYE TRAUMA

Knowledge

The doctor will be able to:

- State the common and important types of injuries
- State the referral criteria

Problem solving skills

The doctor will be able to:

- Take appropriate history
- Perform appropriate eye examinations
- Differentiate between minor and major eye trauma
- Produce a management plan

Communication skills

The doctor will be able to:

- Communicate sensitively with distressed patient/ relatives
- Explain to the patient and family the nature, management and therapy

Attitude

- The doctor will take into account:

- The own limitations and need for referral criteria

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SUDDEN VISUAL IMPAIRMENT

Knowledge

The doctor will be able to:

- State the most common causes and the natural histories

Problem solving skills

The doctor will be able to:

- Take an appropriate history, focused on neurological and eye
- Perform eye examination
- Assess the extent of visual impairment
- Distinguish between transient and persistent visual impairment

- Identify the urgency for referral

Communication skills

The doctor will be able to:

- Communicate sensitively with distressed patient/relatives

Attitude

- The doctor will take into account:
 - Patient's anxiety
 - The own limitations

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ORBITAL CELLULITIS

Knowledge

The doctor will be able to:

- State the signs of disease
- State the complications of disease

Problem solving skills

The doctor will be able to:

- Identify signs of the disease
- Perform appropriate eye examination
- Produce a management plan

Communication skills

The doctor will be able to:

- Explain to the patient the need of referral
- Explain to the patient and family the nature, management and therapy

Attitude

The doctor will take into account:

- Patient's anxiety

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ACUTE BREATHLESSNESS

Knowledge

The doctor will be able to:

- State the most common causes
- State diagnostic criteria
- State referral criteria

Problem solving skills

The doctor will be able to:

- Identify common causes of acute breathlessness, insofar as is possible by clinical assessment
- Assess the urgency
- Perform an initial management, including CPR
- To produce and implement a management plan

Communication skills

The doctor will be able to:

- Communicate sensitively with distressed patient/relatives
- Explain to the patient and family the nature, management and therapy

Attitude

The doctor will take into account:

- Patient's anxiety
- The own limitations and need for referral

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CHOKING – FOREIGN BODY

Knowledge

The doctor will be able to:

- State the most common patterns of obstruction according to the age of the patient

Problem solving skills

The doctor will be able to:

- Take appropriate history
- Perform appropriate examination of the chest including signs of bronchial obstruction
- Perform Heimlich manoeuvre

- Produce a management plans

Communication skills

The doctor will be able to
Communicate sensitively with distressed patient/relatives
Explain to the patient and family the nature, management and therapy

Attitude

The doctor will take into account:

The own limitation and need for referral

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ACUTE URINARY RETENTION

Knowledge

The doctor will be able to state:

- The common causes
- The referral criteria

Problem solving skills

The doctor will be able to:

- Perform appropriate examination
- Identify in both, male and female
- Produce an initial management plan
- Catheterise both male and female

Communication skills

The doctor will be able to:

- Communicate sensitively with distressed patient/ relatives
- Explain to the patient and family the nature, management and therapy

Attitude

The doctor will take into account:

- Patient's dignity and privacy
- The necessity for prompt treatment
- The own limitation and need for referral

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ACUTE SCROTUM

Knowledge

The doctor will be able to

- State the symptoms and signs of torsion, orchitis, epididymitis
- State referral criteria

Problem solving skills

The doctor will be able to:

- Perform complete examination
- Identify acute scrotal conditions
- Produce differential diagnosis
- Produce a management plan

Communication skills

The doctor will be able to:

- Communicate sensitively with distressed patient/relatives
- Explain to the patient and family the nature, management and therapy

Attitude

The doctor will take into account:

- Patient's dignity and privacy

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POISONING

Knowledge

The doctor will be able to:

- State the most common causes in Macedonia and their management
- State referral criteria

Problem solving skills

The doctor will be able to:

- Perform an appropriate clinical examination
- Assess the patient
- Produce an initial urgent management plan

Communication skills

The doctor will be able to:

- Take an appropriate history

Attitude

The doctor will take into account:

- The possibility of self-harm
- Patient anxiety

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ELECTRICAL INJURY

Knowledge

The doctor will be able to:

- State referral criteria

Problem solving skills

The doctor will be able to:

- Take an appropriate history
- Perform an appropriate clinical examination
- Differentiate minor from major electrical injuries
- Produce an initial management plan recognising the importance of isolation from power source,

including defibrillation if necessary

Communication skills

The doctor will be able to:

- Communicate sensitively with distressed patient/relatives

Attitude

The doctor will take into account:

- Personal safety

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BITES (WOUNDS/POISONS)

Knowledge

The doctor will be able to:

- State referral criteria
- State most common causes

Problem solving skills

The doctor will be able to:

- Produce an initial and/or urgent management plan

Communication skills

The doctor will be able to:

- Explain clearly to the patient the management plan and possible complications.

Attitude

The doctor will take into account:

- Patient's anxiety

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EPISTAXIS

Knowledge

The doctor will be able to:

- State the most common causes
- State referral criteria

Problem solving skills

The doctor will be able to:

- Apply external pressure
- Produce management plan

Communication skills

The doctor will be able to:

- Give lifestyle and treatment advise to patient
- Explain the self management of mild epistaxis

Attitude

The doctor will take into account:

- Patient's anxiety
- Co-morbidity

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SPRAINS/STRAINS

Knowledge

The doctor will be able to:

- State the most common patterns of injury and their causes
- State referral criteria

Problem solving skills

The doctor will be able to:

- Perform an appropriate examination
- Differentiate from fractures using appropriate investigation
- Produce a management plan

- Control pain

Communication skills

The doctor will be able to:

- Communicate sensitively with patient
- Explain to the patient and family the nature, management and therapy

Attitude

The doctor will take into account:

- Patient's anxiety
- Own limitations and need for referral

FRACTURES AND DISLOCATIONS

Knowledge

The doctor will be able to:

- State the symptoms and signs of common fractures and dislocations
- State the possible complications of fractures and dislocations including treatment

Problem solving skills

The doctor will be able to:

- Take a proper history
- Differentiate from a sprain
- Produce an initial management plan
- Control pain

Communication skills

The doctor will be able to:

- Communicate sensitively with patient
- Explain to the patient and family the nature, management and therapy

Attitude

The doctor will take into account:

- Patient's anxiety
- The own limitation and need of referral

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ACUTE SWOLLEN JOINT

Knowledge

The doctor will be able to:

- State diagnostic criteria
- State the most common causes and symptoms
- State recommended treatment
- State the referral criteria

Problem solving skills

The doctor will be able to:

Perform appropriate examination

- Identify the possible seriousness of the underlining cause
- Produce an initial management plan

Communication skills

The doctor will be able to:

- Explain need of referral and possible complications
- Explain to the patient and family the nature, management and therapy

Attitude

The doctor will take into account:

- The own limitations and need of referral

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FOREIGN BODIES (SPECIAL LOCALISATIONS)

Knowledge

The doctor will be able to:

- State referral criteria

Identify the problem

- Remove foreign body from different localisations (eye, nose, ear, vagina, rectum)
- Produce an initial management plan including infection control

- Explain to patient the initial managements and prevention of further recurrence

- Own limitations and need for referral
- Patient's anxiety
- Patient's dignity and privacy
- The need for an appropriate infection control

Problem solving skills

The doctor will be able to:

Communication skills

The doctor will be able to:

Attitude

The doctor will take into account:

STROKE & TRANSITORY ISCHAEMIC ATTACK (TIA)

Knowledge

The doctor will be able to:

- State the current diagnostic criteria for stroke and TIA
- State preventive measures both primary and secondary
- State predisposing causes
- State currently recommended treatment
- State referral criteria
- State the sequelae and complications of stroke
- State current legislative

Problem solving skills

The doctor will be able to:

- Differentiate from other common conditions
- Take appropriate history
- Perform appropriate clinical examination, including cardiovascular and focused neurological examination
- Calculate CVS risk
- Identify clinically important forms of TIA
- Identify early complications

- Produce a management plan for both acute and long-term care

Communication skills

The doctor will be able to:

- Explain to the patient and his relatives, the nature, management, therapy and follow-up
- Educate patients about lifestyle changes (e.g. driving)
- Communicate effectively with other members of multidisciplinary team

Attitudes

The doctor will take into account:

- Own limitations
- the importance of the multidisciplinary approach
- Patient's / relatives anxiety

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CONVULSIONS

Knowledge

The doctor will be able to state:

- The diagnostic criteria for convulsions
- Common causes of convulsions
- Recommended treatment for convulsion
- The referral criteria

Problem solving skills

The doctor will be able to:

- Identify clinical important forms according the age of presentation
- Perform appropriate examination
- Produce differential diagnosis using appropriate investigation

- Produce a management plan

Communication skills

The doctor will be able to:

- Explain to the family the nature, management and therapy
- Explain to the family prevention of further convulsions,

Attitude

The doctor will take into account:

The effect of seizures on individual and family

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CHEST PAIN

Knowledge

The doctor will be able to:

- State the current diagnostic criteria for the most common types of chest pain
- State current guidelines for the most common types of chest pain
- State referral criteria
- State indications for immediate referral

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination, including auscultation
- Produce differential diagnoses using appropriate investigations
- Identify clinically important forms
- Differentiate between the most common types of chest pain

Produce a management plan appropriate for patient's age , sex and CVS risk

Communication skills

The doctor will be able to:

- Explain to the patient and his relatives, the nature, management, therapy and follow-up

Attitudes

The doctor will take into account:

- Own limitations and need of referral
- Patient anxiety.

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DEATH

Knowledge

The doctor will be able to:

- State the current legislation
- State the signs of death
- State the features of normal post-mortem period

Problem solving skills

The doctor will be able to:

- Complete a death certificate

Communication skills

The doctor will be able to:

- Communicate sensitively with distressed relatives
- Communicate with relevant authorities
- Explain to relatives the normal funeral process

Attitude

The doctor will take into account:

- The need to show respect for the deceased and relatives
- The possible tension between the needs of the relatives and the current law

COMMON ACUTE DISEASES COMMON PROBLEMS

THE ACUTELY ILL YOUNG BABY

Knowledge

The doctor will be able to state:

- General principles of care of the newborn
- Normal newborn development
- Common problems in newborn and their clinical presentation
- Referral criteria
- The principles of neonatal resuscitation

Problem solving skills

The doctor will be able to:

- Identify common and important problems in newborn
- Discriminate between normal and abnormal signs and symptoms
- Perform newborn examination
- Prescribe appropriate drug
- Produce a management plan

Communication skills

The doctor will be able to:

- Use relevant sources to elicit history and define the problem
- Explain to the family the nature, management and therapy

Attitude

The doctor will take into account:

- The vulnerability of infant that require special attention, consultation and referral
- That interventions have a potential for harm as well as for benefit

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CONVULSIONS

Knowledge

The doctor will be able to state:

- The diagnostic criteria for convulsions
- Common causes of convulsions
- Recommended treatment for convulsion
- The referral criteria

Problem solving skills

The doctor will be able to:

- Identify clinical important forms according the age of presentation
- Perform appropriate examination
- Produce differential diagnosis using appropriate investigation

- Produce a management plan

Communication skills

The doctor will be able to:

- Explain to the family the nature, management and therapy
- Explain to the family prevention of further convulsions

Attitude

The doctor will take into account:

- The effect of seizures on individual and family

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ANAEMIA

Knowledge

The doctor will be able to:

- State the current diagnostic criteria for the most common types of anaemia
- State diseases/states most commonly associated with anaemia
- State current guidelines for the most common types of anaemia,
- State referral criteria

Problem solving skills

The doctor will be able to:

- Produce differential diagnoses using appropriate investigations
- Identify clinically important forms
- Differentiate between the most common types of anaemia
- Produce a management plan appropriate for patient's age and sex

Communication skills

The doctor will be able to:

- Explain to the patient the nature of the condition, management, therapy and follow-up
- Explore patient beliefs

Attitude

The doctor will take into account:

- The balance between the thoroughness of the investigation and patient's wishes
- The current nutritional status of the population

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LYMPHADENOPATHY

Knowledge

The doctor will be able to:

- State the common causes of lymphadenopathy
- State diseases/states most commonly associated with lymphadenopathy
- State currently recommended approaches for diagnostic workup
- State referral criteria

Problem solving skills

The doctor will be able to:

- Produce differential diagnoses using appropriate investigations
- Differentiate clinically important forms
- Produce a management plan appropriate for age and sex

Communication skills

The doctor will be able to:

- Explain to the patient the nature of the problem, management, therapy and follow-up, using the patient's belief system
- Break bad news in an appropriate manner

Attitude

The doctor will take into account

- The balance between the thoroughness of the investigation and patient's wishes

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DYSPEPSIA

Knowledge

- The doctor will be able to:
- State the current diagnostic criteria for dyspepsia
- State referral criteria
- State current guidelines for the most common types of dyspepsia

Problem solving skills

The doctor will be able to:

- Perform appropriate clinical examination
- Produce differential diagnoses using appropriate investigations
- Produce a management plan

Communication skills

The doctor will be able to:

- Explain to the patient the nature of the disease, management, therapy and follow-up
- Educate the patient about the importance of lifestyle changes

Attitude

The doctor will take into account:

- The difficulties experienced by patients in the implementation of the life style changes

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DYSPHAGIA

Knowledge

The doctor will be able to:

- State the current diagnostic criteria for dysphagia
- State referral criteria
- State current guidelines for the most common types of dysphagia

Problem solving skills

The doctor will be able to:

- Perform appropriate clinical examination
- Identify clinically important forms
- Produce differential diagnoses using appropriate investigations
- Produce a management plan

Communication skills

The doctor will be able to:

- Explain to the patient the nature of the disease, management, therapy and follow-up
- Educate the patient about the importance of lifestyle changes

Attitude

The doctor will take into account:

- The difficulties experienced by patients in the implementation of the life style changes
- The own limitations and need for referral

CONSTIPATION/FECAL IMPACTION

Knowledge

The doctor will be able to:

- State the current diagnostic criteria for constipation
- State currently recommended treatments for constipation
- State referral criteria

Problem solving skills

The doctor will be able to:

- Perform appropriate clinical examination
- Produce differential diagnoses using appropriate investigations
- Differentiate the common causes of constipation
- Identify clinically important forms
- Produce a management plan

Communication skills

The doctor will be able to:

- Explain to the patient the nature of the problem, management, therapy and follow-up
- Educate the patient about the importance of lifestyle changes and non-pharmacological treatment
- Educate the patients about the dangers of drug abuse
- Explore patient's health beliefs

Attitude

The doctor will take into account:

- The difficulties experienced by patients in the implementation of the life style changes

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GALLSTONES

Knowledge

The doctor will be able to:

- State the current diagnostic criteria for gallstones
- State currently recommended treatments for gallstone disease
- State referral criteria .

Problem solving skills

The doctor will be able to:

- Perform appropriate clinical examination
- Produce differential diagnoses using appropriate investigations
- Identify clinically important forms
- Produce a management plan

Communication skills

The doctor will be able to:

- Explain to the patient the nature of the problem, management, therapy and follow-up
- Educate the patient about the importance of lifestyle changes

Attitude

The doctor will take into account:

- The difficulties experienced by patients in the implementation of the life style changes

IRRITABLE BOWEL SYNDROME

Knowledge

The doctor will be able to:

- State the current diagnostic criteria for irritable bowel syndrome
- State currently recommended treatments for irritable bowel syndrome
- State referral criteria .

Problem solving skills

The doctor will be able to:

- Perform appropriate clinical examination
- Differentiate from other common causes of abdominal pain/discomfort
- Produce differential diagnoses using appropriate investigations
- Identify clinically important forms

- Produce a management plan

Communication skills

The doctor will be able to:

- Explain to the patient the nature of the problem, management, therapy and follow-up
- Educate the patient about the importance of lifestyle changes

Attitude

The doctor will take into account:

- The difficulties experienced by patients in the implementation of the life style changes
- The psychosomatic aspect of the symptoms

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HAEMORRHOIDS

Knowledge

The doctor will be able to:

- State the current diagnostic criteria for haemorrhoids
- State currently recommended treatments for haemorrhoids
- State referral criteria .

Problem solving skills

The doctor will be able to:

- Perform appropriate clinical examination, including rectal examination
- Produce differential diagnoses using appropriate investigations
- Identify clinically important forms
- Produce a management plan

Communication skills

The doctor will be able to:

- Explain to the patient the nature of the problem, management, therapy and follow-up
- Educate the patient about the importance of lifestyle changes

Attitude

The doctor will take into account:

- The difficulties experienced by patients in the implementation of the life style changes
- Respect for patient's privacy and dignity

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JAUNDICE

Knowledge

The doctor will be able to:

- State the current diagnostic criteria for jaundice
- State the common causes of jaundice
- State currently recommended treatments for jaundice
- State referral criteria

Problem solving skills

The doctor will be able to:

- Perform appropriate clinical examination
- Differentiate the common causes of jaundice
- Produce differential diagnoses using appropriate investigations
- Identify clinically important forms
- Produce a management plan

Communication skills

The doctor will be able to:

- Explain to the patient the nature of the problem, management, therapy and follow-up
- Educate the patient about the importance of lifestyle changes
- Explain to the patient/family method of prevention of transmission

Attitude

The doctor will take into account:

- Psychological stress of patients and families because of the possible seriousness of the conditions

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HERNIAS

	State referral criteria .	Identify clinically important forms Produce a management plan	Educate the patient about the importance of lifestyle changes
Knowledge:	Problem solving skills:	Communication skills:	Attitude:
The doctor will be able to:	The doctor will be able to:	The doctor will be able to:	The doctor will take into account:
State the current diagnostic criteria for hernias State currently recommended treatments for hernias State the available non-invasive treatment devises	Perform appropriate focused clinical examination Produce differential diagnoses using appropriate investigations	Explain to the patient the nature of the problem, management, therapy and follow-up	Patient's reluctance to seek help

PROSTATE PROBLEMS

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for common prostate problems
- State currently recommended treatments for common prostate problems
- State referral criteria .

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination, including prostate examination
- Insert a urinary catheter
- Produce differential diagnoses using appropriate investigations
- Identify clinically important forms
- Produce a management plan

Communication skills:

The doctor will be able to:

- Explain to the patient the nature of the problem, management, therapy and follow-up
- Educate the patient about the importance of lifestyle changes

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- Explain the prostate examination

Attitude:

The doctor will take into account:

- Patient's reluctance to seek help
- Respect for patient's privacy and dignity
- Own limitations and possible need of referral

LOW BACK PAIN

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for low back pain
- State currently recommended treatments for low back pain
- State referral criteria .
- State available orthopaedic devices

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination, including back examination and focused neurological examination
- Produce differential diagnoses using appropriate investigations
- Identify clinically important forms, including corda equina lesions
- Produce a management plan

Communication skills:

The doctor will be able to:

- Explain to the patient the nature of the problem, management, therapy and follow-up
- Educate the patient about the importance of lifestyle changes (exercise, avoidance of excessive bed rest)

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- Explain to the patient about non-drug treatments
- Educate the patients about the dangers of drug abuse

Attitude:

The doctor will take into account:

- The difficulties experienced by patients in the implementation of the life style changes
- Social and occupational implications of the problem
- The contribution of alternative health care practitioners

BLEPHARITIS/CONJUNCTIVITIS

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for blepharitis/conjunctivitis
- State currently recommended treatments for blepharitis/conjunctivitis
- State referral criteria .

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination, including eye examination
- Produce differential diagnoses using appropriate investigations
- Identify clinically important forms
- Produce a management plan
- Apply topical treatment

Communication skills:

The doctor will be able to:

- Explain to the patient the nature of the problem, management, therapy and follow-up
- Explain to patient/relatives how to apply topical treatment

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RED EYE

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for causes of red eye
- State currently recommended treatments for red eye
- State referral criteria .

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination, including eye examination
- Produce differential diagnoses using appropriate investigations
- Identify clinically important forms
- Produce a management plan
- Apply topical treatment

Communication skills:

The doctor will be able to:

- Explain to the patient the nature of the condition, management, therapy and follow-up
- Explain to patients/relatives how to apply topical drug treatment

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CATARACTS

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for cataract
- State currently recommended treatments for cataract
- State referral criteria .

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination, including eye examination and visual acuity
- Differentiate from other common causes of visual impairment
- Produce differential diagnoses using appropriate investigations
- Identify clinically important forms
- Produce a management plan

Communication skills:

The doctor will be able to:

- Explain to the patient the nature of the problem, management, therapy and follow-up
- Educate the patient about the importance of lifestyle changes

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Attitude:

The doctor will take into account:

- The social and occupational implications of the disease

HAEMATURIA

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria
- State the common causes for haematuria
- State currently recommended treatments for haematuria
- State referral criteria .

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination
- Perform and interpret deep stick urinalysis
- Produce differential diagnoses using appropriate investigations
- Identify clinically important forms
- Produce a management plan

Communication skills:

The doctor will be able to:

- Explain to the patient the nature of the problem, management, therapy and follow-up

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Attitude:

The doctor will take into account:

- The balance between the thoroughness of the investigation and patient's wishes
- Own limitations and need for possible referral

URINARY INCONTINENCE

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for urinary incontinence
- State disease/states most commonly associated with urinary incontinence
- State currently recommended treatments for urinary incontinence
- State referral criteria .

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination
- Produce differential diagnoses using appropriate investigations
- Identify clinically important forms
- Produce a management plan appropriate to age and sex

Communication skills:

The doctor will be able to:

- Explain to the patient the nature of the condition, management, therapy and follow-up
- Explore patient beliefs
- Educate the patient about the importance of lifestyle changes

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Attitude:

The doctor takes into account:

- Some patient's reluctance to seek help
- The patient dignity and privacy

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OEDEMA

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for the most common types of oedema
- State the common causes of oedema
- State currently recommended treatments for the most common types of oedema
- State referral criteria .

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination
- Produce differential diagnoses using appropriate investigations
- Identify clinically important forms
- Produce a management plan

Communication skills:

The doctor will be able to:

- Explain to the patient the nature of the condition, management, therapy and follow-up

Attitude:

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The doctor takes into account:

- Patient's embarrassment

UROLITHIASIS

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for urolithiasis
- State currently treatments including
- State referral criteria

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination
- Differentiate urolithiasis from other common conditions
- Produce differential diagnoses using appropriate investigations
- Identify early complications
- Provide an appropriate management plan including immediate treatment

Communication skills:

The doctor will be able to:

- Educate patients for appropriate life style modification and preventive measures
- Explain to the patient and his relatives, the nature, management, therapy and follow-up
- Explain to the patient the investigation needed

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Attitudes

The doctor will take into account:

- The own limitations
- Risk of the investigation procedures

HEADACHE

Knowledge

The doctor will be able to:

- State the common types of headache
- State currently recommended treatments for headache
- State referral criteria .

Problem solving skills:

The doctor will be able to:

- Perform careful focused neurological and systemic examination
- Produce differential diagnoses using appropriate investigations
- Identify trigger factors
- Identify clinically important forms
- Produce a management plan

Communication skills:

The doctor will be able to:

- Explain to the patient the nature of the condition, management, therapy and follow-up
- Educate about avoidance of trigger factors
- Deal effectively with pressure to prescribe irrationally

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- Explain to the patient about the danger of an inappropriate use of drugs

Attitude:

The doctor will take into account:

- The psycho-somatic nature of many headaches

TREMOR

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for the most common types of tremor
- State diseases/states most commonly associated with tremor
- State currently recommended treatment
- State referral criteria.

Problem solving skills:

The doctor will be able to:

- Perform careful focused neurological and systemic examination
- Identify clinically important forms
- Produce differential diagnoses using appropriate investigations
- Differentiate between the most common types of tremor
- Produce a management plan

Communication skills:

The doctor will be able to:

- Explain to the patient and the families about the nature of the condition, management, therapy and follow-up
- Educate the patient/relatives about the importance of lifestyle changes

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Attitude:

The doctor will take into account:

- Patient's concerns and distress
- Social and occupational implications of the disease

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PARALYSIS

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for paralysis
- State diseases/states most commonly associated with paralysis
- State currently recommended treatment
- State referral criteria.

Problem solving skills:

The doctor will be able to:

- Perform careful focused neurological and systemic examination
- Identify clinically important forms
- Produce differential diagnoses using appropriate investigations
- Differentiate between the most common types of paralysis
- Produce a management plan

Communication skills:

The doctor will be able to:

- Explain to the patient and the families about the nature of the condition, management, therapy and follow-up
- Educate the patient/relatives about the importance of lifestyle changes

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Attitude:

The doctor will take into account:

- Patient's concerns and distress
- Social and occupational implications of the disease

MUSCULAR WEAKNESS

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for muscular weakness
- State diseases/states most commonly associated with muscular weakness
- State currently recommended treatment
- State referral criteria.

Problem solving skills:

The doctor will be able to:

- Perform careful focused neurological and systemic examination
- Identify clinically important forms
- Produce differential diagnoses using appropriate investigations
- Produce a management plan

Communication skills:

The doctor will be able to:

- Explain to the patient and the families about the nature of the condition, management, therapy and follow-up
- Educate the patient/relatives about the importance of lifestyle changes

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Attitude:

The doctor will take into account:

- Patient's concerns and distress
- Social and occupational implications of the disease

DISORDERS OF SENSATION

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for the most common types of disorders of sensation
- State diseases/states most commonly associated with disorders of sensation
- State currently recommended treatment
- State referral criteria.

Problem solving skills:

The doctor will be able to:

- Perform careful focused neurological and systemic examination
- Identify clinically important forms
- Produce differential diagnoses using appropriate investigations
- Differentiate between the most common types of disorder of sensation
- Produce a management plan

Communication skills:

The doctor will be able to:

- Explain to the patient and the families about the nature of the condition, management, therapy and follow-up
- Educate the patient/relatives about the importance of lifestyle changes

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Attitude:

The doctor will take into account:

- Patient's concerns and distress
- Social and occupational implications of the disease

BREAST LUMPS

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for the most common types of breast lumps
- State diseases/states most commonly associated with breast lumps
- State currently recommended treatments
- State referral criteria.

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination, including breast examination
- Identify clinically important forms
- Produce differential diagnoses using appropriate investigations
- Produce a management plan

Communication skills:

The doctor will be able to:

- Explain to the patient about the nature of the condition, management, therapy and follow-up
- Teach effectively the patient about self examination of the breast

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- Break the bad news

Attitude:

The doctor will take into account:

- Patient's anxiety and distress
- Implications of the disease for the patient and the family
- The genetic factors

VAGINAL BLEEDING

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for the most common types of vaginal bleeding
- State diseases/states most commonly associated with vaginal bleeding
- State currently recommended treatments
- State referral criteria.

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination, including vaginal examination
- Identify clinically important forms
- Produce differential diagnoses using appropriate investigations
- Produce a management plan

Communication skills:

The doctor will be able to:

- Explain to the patient about the nature of the condition, management, therapy and follow-up

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Attitude:

The doctor will take into account:

- Patient's anxiety and distress
- Patient's privacy and dignity

CHRONIC PAIN

Knowledge:

The doctor will be able to:

- State the classification of the types of pain
- State the psycho-social factors associated with pain
- State the available pharmacological and non-pharmacological treatments for pain
- State the pharmacology of commonly used drugs
- State the current legislation regulating opiates usage
- State currently recommended treatments for chronic pain,
- State referral criteria.

Problem solving skills:

The doctor will be able to:

- Differentiate between the most common types of chronic pain
- Chose an appropriate history and investigations to establish a cause of chronic pain
- Identify associated anxiety and depression
- Produce a management plan using step wise approach appropriate for patient's age

Communication skills:

The doctor will be able to:

- Explain to the patient and the families the nature of the condition, management, therapy and follow-up
- Explore the health belief system of patient to identify, and change, mal-adaptive coping mechanism

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Attitude:

The doctor will take into account:

- Own limitations
- The psycho-social impact of pain on patient and family
- The demoralizing aspect of dialing with chronic pain yet remaining optimistic

2.3 COMMON ACUTE DISEASES INFECTIOUS DISEASES

INFECTIOUS DISEASES - GENERAL

Knowledge

The doctor will be able to state:

- Clinical presentation of common infectious diseases and important world wide infectious diseases
- The ways of transmission and infection control procedures
- The diagnostic criteria for infectious diseases
- Classification and action of common used antimicrobial agents
- The current legislative of the infectious diseases
- Referral criteria
- The principles of safe handling of microbial and blood specimens
- The common causes of febrile patient

Problem solving skills

The doctor will be able:

- To identify common infections and important world wide infections
- Early identification of danger signs
- Produce differential diagnosis using appropriate investigation and clinical examination
- Interpret laboratory results and other investigations
- Produce management plan for infectious diseases which includes recognition of severity, age and rational prescribing
- Produce a differential diagnosis in a febrile patient

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- Differentiate the degree of urgency and referral

Communication skills

The doctor will be able to:

- Give appropriate patient education
- Provide protection of others from infection including, relatives and professional staff
- Explain to the patient the nature of the disease, the management plan and the medical, social and occupational implication as appropriate

Attitude

The doctor will take into account:

- The regional prevalence of infectious diseases
- Patient beliefs about prescribing antibiotics and amputar therapy
- The necessity to protect himself and the others from infections
- The influence of infections in immune compromised patients
- The multiple causes of a febrile state in a patient

VIRAL INFECTIONS

(infectious rashes, mumps, infectious mononucleosis, etc)

The general knowledge, skills and attitude plus

Knowledge

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The doctor will be able to state:

- The incubation period, period of infectivity and ways of the transmission of common viral infections
- The methods of traditional medicine

Problem solving skills

The doctor will be able to:

- Perform examination of muco-cutaneous rashes
- Accurate record keeping

Communication skills

The doctor will be able to:

- Explain the principles of reducing transmission
- Educate the patient about the non use of antibiotics in viral infections

Attitude

The doctor will take into account:

- The risk of viral infection on pregnancy and low immune state
- The inappropriate use of antibiotics in with viral infection

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DIARRHEAL SYNDROME

The general knowledge, skills and attitude plus

Knowledge

The doctor will be able to state:

- The common causes of diarrhea taking into account the age
- The fluid balance and treatment of dehydration
- Indication for fecal cultures

Problem solving skills

The doctor will be able:

- To assess the degree of dehydration
- Prescribe therapy with ors

Communication skills

The doctor will be able to:

- Give advice on hygiene including reduction of transmission
- Give appropriate patient education including food handling

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- Give an instruction of collecting fecal cultures
- Explain to the patient the use of ors

Attitude

The doctor will take into account:

- The reluctance of patient to discuss this topic

HEPATITIS

The general knowledge, skills and attitude plus

Knowledge

The doctor will be able to state:

- Common types of hepatitis, period of incubation and infectivity
- Complication of hepatitis, acute and chronic

Problem solving skills

The doctor will be able to:

- Identify the clinical important forms
- Identify the risk groups and take appropriate action

Communication skills

The doctor will be able to:

- Advise patient and the relatives for prevention

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Attitude

The doctor will take into account:

- The necessity of collaboration with specialist colleges
- Own limitations and need for referral
- The influence of viral infection on pregnancy

MENINGITIS,

The general knowledge, skills and attitude plus

Knowledge

The doctor will be able to state:

- The possible causes
- State the clinical presentation, according to age
- The possible complications of meningitis

Problem solving skills

The doctor will be able:

- To perform neurological examination including meningeal signs
- To perform conscious assessment
- To produce management plan according to guidelines

Communication skills

The doctor will be able to:

- Explain to the patient and relatives about possible complications
- Communicate sensitively with distressed patient/relatives

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Attitude

The doctor will take into account:

- The distress of patient/relatives

RESPIRATORY TRACT INFECTION

The general knowledge, skills and attitude plus

Knowledge

The doctor will be able to state:

- The causes of RTI that present in PHC
- The indication for and limitation of investigations of RTI
- The current guidelines for RTI

Problem solving skills

The doctor will be able to:

- Assess patient with recurrent respiratory tract infection
- Perform ENT and chest examination
- Interpret chest x ray films

Communication skills

The doctor will be able to:

- Advise patient on simple non-antibiotic treatment
- Assertively respond to patient request for inappropriate prescribing

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Attitude

The doctor will take into account:

- The patient anxiety about the use of antibiotics
- The influence of smoking and pollution on respiratory tract infections

URINARY TRACT INFECTION

The general knowledge, skills and attitude plus

Knowledge

The doctor will be able to state:

- The common causes of UTI
- The differentiation between lower and upper urinary tract infections, different types of infections
- The indication for investigations of UTI taking into account age and sex
- The current guidelines for UTI

Problem solving skills

The doctor will be able to:

- Interpret urinalysis including microscopy
- Chose an appropriate investigation to diagnose UTI
- Produce an appropriate management plan

Communication skills

The doctor will be able:

- To give advice patient on preventive measures

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- To give an instruction to the patient of appropriate collecting urine sample

Attitude

The doctor will take into account:

- Age, gender, is it lower or upper urinary tract infection

EPIDIDIMITIS

Knowledge

The doctor will be able to state:

- The common causes
- The differential diagnosis
- Referral criteria

Problem solving skills

The doctor will be able to:

- Produce an appropriate management plan

Communication skills

The doctor will be able to:

- Explain to the patient in a sensitive manner

Attitude

The doctor will take into account:

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- The possibility of STD

SKIN INFECTION

Bacterial infections (impetigo, boils, cellulites)

Viral infections (herpes simplex, herpes zoster, warts, molluscum contagiosum)

Fungal and yeast (pytiritiasis versicolor, tinea, candidiasis)

Parasitic infections (lice, scabies, tick bites)

Knowledge

The doctor will be able to state:

- Common causes of skin infections and nail infections
- The differential diagnosis of nail dystrophy

Problem solving skills

The doctor will be able to:

- Identify common clinical forms
- Perform assessment of skin and nail lesions and describe the morphology, configuration and distribution
- Perform skin scraping
- Choose appropriate topical treatment
- perform incision and drainage of skin abcessus
- Identify the clinical signs of erythema migrans

Communication skills

The doctor will be able to:

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- Advise on hygiene
- Explain the treatment to the patient

Attitude

The doctor will take into account:

- Take into account the patient anxiety

TUBERCULOSIS (TBC)

The general knowledge, skills and attitude plus

Knowledge

The doctor will be able to state:

- The current recommended anti-tuberculosis drugs and their side effects

Problem solving skills

The doctor will be able:

- To perform and interpret Mantoux test
- To produce management of patient in contact with TBC
- To provide the current services required

Communication skills

The doctor will be able to:

- Advise prevention in family

Attitude

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The doctor will take into account:

- Sensitive attitude towards patient
- Confidentiality towards patient

BRUCELOSIS

The general knowledge, skills and attitude plus

Knowledge

The doctor will be able to state:

- Diagnostic tests and their availability
- Risk groups and regions

Problem solving skills

The doctor will be able:

- Produce differential diagnosis using appropriate investigation
- Produce management plan

Communication skills

The doctor will be able to:

- Give advice on preventive measures
- Communicate effectively with others specialists
- Explain to the patient the nature, management, therapy and follow up

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Attitude

The doctor will take into account:

- The reluctance of patient to discuss this topic

1.1.1.1 PARASITOSIS

The general knowledge, skills and attitude plus

Knowledge

The doctor will be able to state:

- The common causes of parasitosis in the country
- Risk groups and regions
- The current diagnostic tests

Problem solving skills

The doctor will be able:

- Produce differential diagnosis using appropriate investigation

Communication skills

The doctor will be able to:

- Give advice on preventive measures
- Explain to the patient and relatives the nature, management, therapy and follow up

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HELMINTIASIS

The general knowledge, skills and attitude plus

Knowledge

The doctor will be able to state:

- The common causes of helmintiasis in the country
- Risk groups and regions
- The current diagnostic tests

Problem solving skills

The doctor will be able:

- Produce differential diagnosis using appropriate investigation
- Produce management plan

Communication skills

The doctor will be able to:

- Give advice on preventive measures

AIDS

The general knowledge, skills and attitude plus

Knowledge

The doctor will be able to state:

- The risk groups and the infection control measures
- The modes of transmission

Problem solving skills

The doctor will be able to:

- Take appropriate measures to protect medical professionals and other members of the family for risk of further transmission of infection, according to current legislation and ethical principles

Communication skills

The doctor will be able to:

- Explain prevention in risk groups
- Counsel an asymptomatic patient who request HIV test
- Counsel give education and support of patient and families

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Attitude

The doctor will be able to take into account:

- The sensitive attitude towards patient
- The social stigma and fears of patients, relatives and society
- Doctor's own prejudices and the need of ethical approach

2.4 SEXUALLY TRANSMITTED DISEASES

(Genital warts, genital herpes, Gonorrhoea , Syphilis, Chlamydia, Trichomoniasis, Vaginal discharge, Balanitis, Non-specific urethritis)

Knowledge

The doctor should be able:

- To state the common causes of STD
- To state the clinical presentation of STD both in male and female
- To state the most specific and sensitive diagnostic tests and their availability
- To state complications and risk for cervical cancer
- To state the current therapy including drug resistance relevant to the country
- To state referral criteria
- To state current legislative for STD

Problem solving skills

The doctor should be able to:

- Take an appropriate history
- Identify common STD
- Identify the risk groups

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- Take high vaginal and endocervical swab
- Interpret laboratory tests including microscopy and blood analysis
- Produce a management plan, for both partners

Communication skills

The doctor should be able

- To counsel on safe sex
- Advice health education and promotion

Attitude

The doctor should take into account

- Confidentiality
- Own prejudices
- The need of contact tracing
- The possibility of STD at every consultation

2.5 COMMON ACUTE DISEASES SKIN PROBLEMS

SKIN PROBLEMS - GENERAL

Knowledge:

The doctor will be able to:

- State the standard dermatological terminology, based on normal anatomy
- State the diagnostic criteria for common skin problems
- State and understand the principles of topical treatment in dermatology
- State the current available topical treatments
- State the oral treatments in dermatology including indications, contraindications and side effects
- State the indications for referral

Problem solving skills:

The doctor will be able to:

- Take appropriate history including psychosocial and occupational factors
- Perform physical examination with differential diagnosis
- Describe the arrangement, distribution, type and pattern of lesions
- Interpret the results from obtained laboratory specimens (biopsy, culture, scraping)
- Choose appropriate topical treatment

Communication skills:

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The doctor will be able to:

- Advise the patient on routine skin care taking into account his age
- Educate the patient for avoidance of environmental and occupational causes
- Give health promotion advice

Attitude:

The doctor will take into account:

- Own limitations
- The psychosocial impact of skin diseases on individuals and families

SKIN TUMORS

Knowledge:

The doctor will be able to:

- State the characteristic of benign, pre-malignant and malignant skin tumors
- State the patients at risk
- State the diagnostic and referral criteria
- State the guidelines (recommendations) for diagnose and treatment of melanoma

Problem solving skills:

The doctor will be able to:

- Describe the features of skin lumps and bumps
- Make initial diagnose and differential diagnose
- Perform minor surgery procedures appropriate to previous training

Communication skills:

The doctor will be able to:

- Educate the patients at risk for self-examination
- Counsel the patients for prevention and sun protection

Attitude:

The doctor will take into account:

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- Own limitations

DERMATOLOGICAL EMERGENCIES

Knowledge:

The doctor will be able to:

- State the main characteristic of dermatological emergencies including urticaria and angio-oedema, erythrodermia, TEN and disseminated herpes simplex infection
- State the referral criteria

Problem solving skills:

The doctor will be able to:

- Take an appropriate history
- Produce an immediate management plan
- Make an appropriate referral

Communication skills:

The doctor will be able to:

- Counsel the patient for avoidance of possible causes of the disease

Attitude:

The doctor will take into account:

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- Own limitations in treating dermatological emergencies

ECZEMA

Knowledge:

The doctor will be able to:

- State the diagnostic criteria for most common types of eczema
- State the conditions for referral

Problem solving skills:

The doctor will be able to:

- Chose the appropriate local treatment with avoidance of inappropriate use of corticosteroids

Communication skills:

The doctor will be able to:

- Educate the patient for the use of topical preparations
- Educate the parents of atopic child
- Give an advice for undertaking preventive measures

Attitude:

The doctor will take into account:

- The implication of the disease both social and occupational

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- The psychological impact of the disease both on the patient and family

PSORIASIS

Knowledge:

The doctor will be able to:

- State the diagnostic criteria for different clinical types of psoriasis
- State the trigger factors for the disease
- State the current topical treatments for psoriasis
- State the referral criteria

Problem solving skills:

The doctor will be able to:

- Identify the mild form of psoriasis
- Produce a management plan taking into account different clinical forms and localization of the lesions

Communication skills:

The doctor will be able to:

- Explain the patient/family the nature of the disease
- Educate the patient/family for use of topical therapy

Attitude:

The doctor will take into account:

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- The psycho-social impact of the disease
- Patient beliefs

ULCERS/LEG ULCERS

Knowledge:

The doctor will be able to:

- State the characteristics of different types of ulcers
- State the diagnostic criteria for different types of ulcers
- State the complications
- State the referral criteria

Problem solving skills:

The doctor will be able to:

- Identify and differentiate different types of ulcers
- Identify the complications
- Produce a management plan including appropriate choice of ulcer dressing and limb compression

Communication skills:

The doctor will be able to:

- Advise the patient on hygiene
- Counsel for adequate footwear and healthy life-style

Attitude:

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The doctor will take into account:

- Liaison with fellow professionals eg. nurses

BLISTERING DERMATOSES

Knowledge:

The doctor will be able to:

- State the diagnostic criteria for blistering dermatoses
- State the indications, duration and side effects of long-term immunosuppressive therapy

Problem solving skills

The doctor will be able to:

- Monitor the patient receiving long-term therapy with corticosteroids

OTHER COMMON SKIN PROBLEMS

1. Acne
2. Hair loss
3. Prurigo/pruritus
4. Hiper and hypopigmentation
5. Hyperhidrosis
6. Drug eruptions
7. Skin conditions –markers for constitutional disease
8. Cutaneous reactions to mechanical, chemical and thermoinjuries, actinic and ionising reactions

Knowledge

The doctor will be able to

- State the diagnostic criteria for common skin disorders
- State the appropriate investigations especially when suspected underlying disease

Problem solving skills

The doctor will be able:

- Identify the common skin disorders
- Produce a management plan

3.1 CHRONIC DISEASES , SCREENING PROGRAMS, HEALTH PROMOTION CHRONIC DISEASES

ASTHMA

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for asthma
- State trigger factors that are pathognomonic for asthma
- State currently recommended guidelines for acute, chronic and emergency situations
- State referral criteria

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination, including auscultation
- Produce differential diagnoses using appropriate investigations
- Identify clinically important forms
- Differentiate between the most common types of asthma
- Produce a management plan appropriate for patient's age
- Use the peak-flow meter (PFM) and interpret the results
- Perform a reversibility test and interpret the results

Communication skills:

The doctor will be able to:

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- Explain to the patient and his relatives, the nature, management, therapy and follow-up, including methods of avoidance of trigger factors
- Educate patients/relatives on the use of the PFM and various devices for inhaler therapy
- Explore patient's beliefs

Attitude:

The doctor will take into account:

- The difficulties experienced by patients and families to avoid trigger factors and the impact to the life style.
- The need to encourage active patient involvement in decision making and management

ALLERGIC RHINITIS

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for the most common types of allergic rhinitis
- State current guidelines for allergic rhinitis
- State referral criteria

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination
- Produce differential diagnoses using appropriate investigations
- Identify clinically important forms
- Produce a management plan appropriate for patient's age

Communication skills:

The doctor will be able to:

- Explain to the patient and his relatives, the nature, management, therapy and follow-up, including methods of avoidance of trigger factors
- Educate patients/relatives on the use of inhaler therapy and avoidance of inappropriate therapy

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Attitude:

The doctor will take into account:

- Implications both social and occupational
- The difficulties experienced by patients and families to avoid trigger factors and the impact to the life style.
- The need to encourage active patient involvement in decision making

CHRONIC OBSTRUCTIVE PULMONARY DISEASE (COPD)

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for COPD
- State currently recommended treatment for COPD
- State referral criteria

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination, including auscultation
- Produce differential diagnoses using appropriate investigations
- Identify clinically important forms
- Differentiate between the most common types of COPD
- Produce a management plan appropriate for patient's age
- Identify aggravating factors

Communication skills:

The doctor will be able to:

- Explain to the patient and his relatives, the nature, management, therapy and follow-up, including methods of avoidance of aggravating factors
- Explain to the patient/relatives the value of prophylactic treatment, e.g. antibiotics, immunisation

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Attitudes

The doctor will take into account:

- Implications both social and occupational
- The need to encourage positive attitudes, and active patient involvement in decision making

DIABETES MELLITUS (DM)

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for DM
- State diseases/states most commonly associated with DM
- State current guidelines for the most common types of DM
- State referral criteria
- State possible complications

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination
- Produce differential diagnoses using appropriate investigations
- Differentiate between the most common types of DM
- Identify clinically important forms
- Identify risk factors associated with DM
- Identify early complications
- Identify and initially treat diabetic emergencies
- Produce a management plan appropriate for patient's age and sex, including regular monitoring
- Demonstrate the use of glucometer, urinalysis and insulin pencils
- Organise surveillance program

Communication skills:

The doctor will be able to:

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- Explain to the patient and his relatives, the nature, management, therapy and follow-up, especially the need of lifestyle changes
- Communicate effectively with other members of the multidisciplinary team
- Produce an educational program for patients/relatives
- Educate patients about self-monitoring
- Explore patient's beliefs

Attitudes

The doctor will take into account:

- The need to encourage positive attitudes, and active patient involvement in decision- making
- The importance of patient's knowledge and self confidence about managing disease
- The importance of multi-disciplinary approach
- The implications of disease for patients and family
- The possibility of opportunistic screening

CORONARY ARTERY DISEASE (CAD)

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for the most common types of CAD
- State current guidelines for the most common types of CAD
- State referral criteria including emergency and indications for non drug treatment

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination, including auscultation
- Calculate cardiovascular (CVS) risk
- Produce differential diagnoses using appropriate investigations
- Identify clinically important forms
- Differentiate between the most common types of CAD
- Produce a management plan appropriate for patient's age, sex and CVS risk

Communication skills:

The doctor will be able to:

- Explain to the patient and his relatives, the nature, management, therapy and follow-up
- Educate about lifestyle modification

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Attitudes

The doctor will take into account:

- The difficulties in following lifestyle advices
- The implications - both social and occupational
- The patient anxiety
- Own limitations and need of referral

HYPERTENSION

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for the most common types of hypertension
- State diseases/states most commonly associated with hypertension
- State current guidelines for hypertension
- State referral criteria
- State criteria for hypertensive emergency/crisis

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination, including taking blood pressure
- Produce differential diagnoses using appropriate investigations
- Differentiate the common causes of hypertension
- Identify clinically important forms
- Produce a management plan according to cardiovascular (CVS) risk
- Identify target organ damages

Communication skills:

The doctor will be able to:

- Educate patients: about risk factors, and need for continuous therapy
- Educate patients for self monitoring at home

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- Advice for lifestyle changes
- *Communicate effectively with other members in multidisciplinary team*

Attitudes

The doctor will take into account:

- The patients difficulties of following lifestyle advice
- Possible poor patient's compliance with treatment
- The possibility of opportunistic screening

HYPERLIPIDEMIA

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for the most common types of hyperlipidaemia
- State diseases/states most commonly associated with hyperlypidaemia

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- State current guidelines for the most common types of hyperlipidaemia
- State referral criteria

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination
- Produce differential diagnoses using appropriate investigations
- Differentiate the common causes of hyperlipidaemia
- Identify clinically important forms
- Produce a management plan
- Calculate CVS risk

Communication skills:

The doctor will be able to:

- Educate patients: about risk factors and lifestyle modification, especially nutrition
- *Communicate effectively with other members in multidisciplinary team*

Attitudes

The doctor will take into account:

- The patients' difficulties in following lifestyle advice
- The genetic factors
- The possibility of opportunistic screening

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HEART FAILURE (HF)

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for HF
- State diseases/states most commonly associated with HF
- State current recommendations for treatment of HF
- State referral criteria

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination
- Produce differential diagnoses using appropriate investigations
- Differentiate the common causes and aggravating factors of HF
- Identify clinically important forms

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- Produce a management plan
- Identify emergencies and choose appropriate initial treatment

Communication skills:

The doctor will be able to:

- Explain to the patient and his relatives, the nature, management, therapy and follow-up
- Educate patients about lifestyle modifications

Attitudes

The doctor will take into account:

- The patient's anxiety
- The patient's difficulties in following lifestyle advice
- Possible poor patient's compliance with treatment
- The possibility of rheumatic fever aetiology

ARRHYTHMIAS

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for the most common types of arrhythmias
- State diseases/states most commonly associated with arrhythmias
- State current recommended treatment for the most common types of arrhythmias
- State referral criteria

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination
- Produce differential diagnoses using appropriate investigations
- Identify clinically important forms
- Produce a management plan
- Perform and interpret an ECG
- Identify emergencies and provide appropriate initial management

Communication skills:

The doctor will be able to:

- Explain to the patient and his relatives, the nature, management, therapy and follow-up
- Explain the risks to the patient or reassure if appropriate
- Educate patients about lifestyle change

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- Communicate with multidisciplinary team

Attitudes

The doctor will take into account:

- the own limitations

PERIPHERAL ARTERIAL DISORDERS (PAD)

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for peripheral arterial disorders
- State risk factors
- State currently recommended treatments
- State referral criteria

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Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination, including palpation of peripheral pulses
- Identify clinically important forms
- Calculate the CVS risk factor profile
- Produce differential diagnoses using appropriate investigations
- Identify specific signs of arterial insufficiency/occlusion
- Differentiate between the most common types of PAD
- Produce a management plan appropriate for patient's age

Communication skills:

The doctor will be able to:

- Explain to the patient and his relatives, the nature, management, therapy and follow-up
- Educate patients: about risk factors, and lifestyle modification, especially smoking
- Explaining to the patients the need to avoid unnecessary drug treatment
- Communicate with multidisciplinary team

Attitudes

The doctor will take into account:

- The patients difficulties of following lifestyle advice
- Possible poor patient's compliance with treatment

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PERIPHERAL VENOUS DISORDERS (PVD)

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for the most common types of PVD
- State diseases/states most commonly associated with PVD
- State risk factors
- State current recommended treatment for the most common types of PVD
- State referral criteria

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination, including examination of the venous system
- Identify clinically important forms
- Produce differential diagnoses using appropriate investigations
- Identify specific signs of venous insufficiency/occlusion
- Produce a management plan appropriate for patient's age

Communication skills:

The doctor will be able to:

- Educate patients: about risk factors, and lifestyle modification, especially patients on HRT
- Explain to the patient and his relatives, the nature, management, therapy and follow-up
- Explaining to the patients the need to avoid unnecessary drug treatment

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- Communicate with multidisciplinary team

Attitudes

The doctor will take into account:

- Possible poor patient's compliance with treatment

SOFT TISSUE RHEUMATISM INCLUDING FIBROMIALGIA AND POSTVIRAL FATIGUE SYNDROM

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria
- State the risk factors including psycho-social
- State currently recommended treatments
- State referral criteria

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination
- Produce differential diagnoses using appropriate investigations
- Perform soft tissue injection on common sides
- Differentiate from other common conditions
- Identify clinically important forms
- Produce a management plan
- Monitoring long term therapy

Communication skills:

The doctor will be able to:

- Educate patients giving lifestyle advice
- Explain to the patient and his relatives, the nature, management, therapy and follow-up

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- Educate patients for side effects of NSAID's
- *Communicate effectively other members in multidisciplinary team*
- Educate a patient about appropriate use of investigation

Attitudes

The doctor will take into account:

- The patients difficulties of following lifestyle advice
- The side effects of drugs
- The own limitations and need for referral
- The implications both – social and occupational

INFLAMMATORY ARTHRITIS INCLUDING REUMATOID ARTRITIS AND GOUT

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for common inflammatory arthritis including gout
- State associated diseases
- State currently recommended treatments
- State referral criteria

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination
- Produce differential diagnoses using appropriate investigations
- Perform intra-articular joint aspiration and injection
- Differentiate the common causes of inflammatory arthritis
- Identify clinically important forms
- Produce a management plan
- Monitoring long term therapy

Communication skills:

The doctor will be able to:

- Educate patients giving lifestyle advice

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- Explain to the patient and his relatives, the nature, management, therapy and follow-up
- Educate patients for side effects of all medications including NSAID
- *Communicate effectively with other members of multidisciplinary team*

Attitudes

The doctor will take into account:

- The patients difficulties of following lifestyle advice
- The high prevalence of side effects of drugs
- The own limitations and need for referral
- The psycho-social and occupational implication
- The patient pressure for inappropriate investigation

OSTEOARTHRITIS

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for osteoarthritis
- State the risk factors for osteoarthritis
- State currently recommended treatments
- State referral criteria

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination
- Produce differential diagnoses using appropriate investigations
- Perform intra-articular joint aspiration and injection
- Identify clinically important forms
- Produce a management plan
- Monitoring long term therapy

Communication skills:

The doctor will be able to:

- Educate patients giving lifestyle advice

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- Explain to the patient and his relatives, the nature, management, therapy and follow-up
- Educate patients for side effects of all medications including NSAID
- *Communicate effectively with other members of multidisciplinary team*
- Educate a patient about appropriate use of investigation
- Explain to the patient about non-drug therapy

Attitudes

The doctor will take into account:

- The patients' difficulties of following lifestyle advice
- The patient pressure for inappropriate investigation
- The high prevalence of side effects of drugs
- The own limitations
- *The psycho-social and occupational implication*

ODER CONECTIVE TISUE DISEASES (SLE, SS, DERMATOMIOSITIS)

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for connective tissue diseases
- State currently recommended treatments
- State referral criteria

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination
- Produce differential diagnoses using appropriate investigations
- Monitoring long term therapy (shared care protocols)

Communication skills:

The doctor will be able to:

- Educate patients giving lifestyle advice
- Explain to the patient and his relatives, the nature, management, therapy and follow-up
- Educate patients for side effects of all medications including NSAIL

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- *Communicate effectively with other members of multidisciplinary team*

Attitudes

The doctor will take into account:

- The patients' difficulties of following lifestyle advice
- The high prevalence of side effects of drugs
- The own limitations
- *The psycho-social and occupational implication*

KIDNEY FAILURE

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for kidney failure
- State the common causes of kidney failure including iatrogenic
- State currently recommended treatments including
- State the effect of drugs on renal function and renal function on medication
- State the referral criteria
- State the effects on renal disease progression of hypertension and DM

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination
- Produce differential diagnoses using appropriate investigations
- Differentiate kidney failure from other common problems
- Identify clinically important forms
- Make regular monitoring
- Identify early complications
- Shared care protocols

Communication skills:

The doctor will be able to:

- Explain to the patient and his relatives, the nature, management, therapy and follow-up

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- Educate patient about aggravating factors and need for regular monitoring
- *Communicate effectively with multidisciplinary team*
- Patient education about necessity for regular monitoring of other chronic diseases (eg diabetes and hypertension)

Attitudes

The doctor will take into account:

- The psycho-social and occupational implications of the disease
- The own limitations
- Renal function and prescribing decisions

THYROID DISEASES

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for most common thyroid diseases
- State current recommended treatments,
- State referral criteria.

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Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination including thyroid examination
- Differentiate thyroid diseases from other common conditions
- Produce differential diagnoses using appropriate investigations
- Identify early complications
- Provide an appropriate management plan
- Provide a monitoring to the patient

Communication skills:

The doctor will be able to:

- Educate the patients about the necessity of chronic therapy
- Explain to the patient and his relatives, the nature, management, therapy and follow-up
- Educate the patient on the side effect of medicaments

Attitude:

The doctor will take into account:

- The high prevalence of the disease (endemic struma)

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OSTEOPOROSIS

Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for osteoporosis
- State predisposing causes and risk factors
- State current recommended treatments including prevention
- State referral criteria
- State the complication of osteoporosis
- State the available methods of treatment

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination
- Identify osteoporosis at an early stage including use of an appropriate investigation
- Differentiate osteoporosis from other common conditions

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- Identify early complications
- Formulate a plan for the promotion of healthy boons
- Produce a management plan
- Provide a monitoring to the patient
- Perform a risk-assessment

Communication skills:

The doctor will be able to:

- Educate patients about lifestyle advice
- Explain to the patient and his relatives, the nature, management, therapy and follow-up

Attitudes

The doctor will take into account:

- The patient's difficulties of following lifestyle advice
- The side effects of recommended therapy
- The problems with compliance

EPILEPSY

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Knowledge:

The doctor will be able to:

- State the current diagnostic criteria for epilepsy
- State common causes and precipitating factors for epilepsy, according to age
- State currently recommended treatments both acute and chronic, according to age
- State the most important side effects of commonly used medication
- State referral criteria
- State current legislative

Problem solving skills:

The doctor will be able to:

- Perform appropriate clinical examination
- Differentiate epilepsy from other common conditions
- Identify emergencies
- Produce differential diagnoses using appropriate investigations
- Produce an appropriate management plan including immediate treatment and monitoring (shared care protocols)

Communication skills:

The doctor will be able to:

- Explain to the patient and his relatives, the nature, management, therapy and follow-up
- Assertively emphasize the effects of epilepsy on occupation and driving
- Explain to the patient/relatives about the necessity of long-life therapy

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Attitudes

The doctor will take into account:

- Own limitations and the importance of the multidisciplinary approach
- The patient's difficulties in following lifestyle advice
- The psycho-social aspects
- The problems with compliance

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1.1.1.1.1 3.2 HEALTH PROMOTION AND SCREENING

1.1.1.1.2

1.1.1.1.3 Knowledge

1.1.1.1.4 The doctor will be able to:

- State current screening programs in primary care, including patient groups and procedures
- Define the WHO definition of health and health promotion
- State the criteria for the use of screening tests
- Define the terms: sensitivity, specificity, positive predictive value, negative predictive value, cost-effectiveness
- State national health care priorities of the country, according to the national strategy for health
- State current legislation for screening
- State the three stages of health promotion
- State the methodology of establishing clear cooperation and communication with patients and their families

1.1.1.1.5

1.1.1.1.6 Problem solving skills

1.1.1.1.7

1.1.1.1.8 The doctor will be able to:

- Establish a program in practice to current national guidelines
- Identify opportunities for opportunistic screening and health promotion
- Develop a health education program, taking into account patients' social and cultural background
- Take actions that help people to accept healthy lifestyle and create health-supportive environment
- Perform an audit of a screening and health promotion program
- Effectively delegate screening and health promotion tasks to a multidisciplinary team
- Evaluate the results of health promotion: health outcome, social outcome etc.

1.1.1.1.9

1.1.1.1.10 Communication skills

The doctor will be able to:

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- Explain the nature and consequences of the screening test
- Give health promotion information using appropriate educational methods
- Perform motivational interviewing

1.1.1.1.11

1.1.1.1.12 Attitudes

The doctor will take into account:

- Patient's autonomy in the participation of health promotion and screening
- The wider national responsibility to help promotion and screening programs
- The opportunity to undertake health promotion at every encounter with patient, family and community, irrespective of financial incentives

1.1.1.1.13 4.0 RATIONAL PRESCRIBING

Knowledge

The Doctor will be:

- Able to state the sources of available objective drug information
- State the pharmacology (Action, Interaction, Safety profile, Side effects) of the drugs on the Positive list
- Able to state the current legislation related to drug prescribing
- Able to state traditional medicine
- Understand the cost effective prescribing

1.1.1.1.14

1.1.1.1.15 Problem Solving Skills

The Doctor will be:

- Able to modify prescribing according to particular patient groups (children, pregnant women, elderly)
- Able to critically appraise available literature, including that from pharmaceutical companies
- Able to apply the evidence based process to a prescribing dilemma (defining an answerable question, developing search strategy, searching for the evidence, critically appraising the evidence, and applying the evidence to the individual patients)
- Able to develop a cost-effective practice formulary personal drug list
- Able to develop a system for monitoring adherence to the practice formulary
- Able to develop repeat prescribing system, including monitoring the efficiency of the system
- Able to identify poly-pharmacy
- Able to complete Adverse Drug Reaction card

1.1.1.1.16

1.1.1.1.17 Communication skills

The Doctor will be:

- Able to give relevant information about the drug to the patient and relatives, including dosage, side effects, compliance
- Able to ascertain patient compliance with drug treatment
- Able to assertively manage inappropriate request for prescription from patients, relatives

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- Able to negotiate solution

Attitudes

The Doctor will be:

- Able to take into account pressures coming from the pharmaceutical companies
- Able to take into account the social and cultural context
- Able to take into account the wider national context of prescribing, including costs and availability of resources

1.1.1.1.18 5.0 CONTINUOUS PROFESSIONAL DEVELOPMENT (CPD)

CPD is a process by which all health professionals continue to improve their knowledge, skills and attitudes in order to meet the needs of the patients, the health services and their own professional learning needs. The main components of CPD are: educational methods, audit, research and EBM and clinical governance. The principles of CPD underpin good medical practice. The doctor will be expected to be fully aware of the current legislation regarding CPD.

1.1.1.1.19

A. EDUCATIONAL METHODS

Knowledge

The doctor will be able to:

- State the principles of adult education, including methods of identification of learning needs, methods of meeting learning needs and methods of self assessment of learning needs

Problem solving skills

The doctor will be able to:

- Identify their own learning needs, devise a program to meet these learning needs and to devise a method of assessing their own learning

Communication skills

The doctor will be able to:

- Show evidence of reflective practice and continuous learning (for example personal learning plan – PLP)

Attitudes

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The doctor will take into account:

- The necessity of being a life long learner

B. AUDIT

Knowledge

The doctor will be able to:

- State the audit cycle
- State the barriers to performing an effective audit

Problem solving skills

The doctor will be able to:

- Perform an audit
- Perform a critical incident audit
- Differentiate between audit and research
- Devise a strategy to implement changes following an audit

Communication skills

The doctor will be able to:

- Produce a written report of the audit cycle
- Clearly explain the process, benefits and pitfalls of audit to colleagues and members of the PHCT

Attitudes

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The doctor will take into account:

- The importance of audit

C. RESEARCH AND EVIDENCE BASED MEDICINE (EBM)

Knowledge

The doctor will be able to:

- State the principles of evidence based medicine (EBM)
- State the main research methods including basic statistics, research design, study design

Problem solving skills

The doctor will be able to:

- Critically appraise information
- Recognise the difference between EBM and non-EBM

Attitudes

The doctor will take into account:

- The importance of EBM
- The limitations of EBM

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D. CLINICAL GOVERNANCE

The doctor will be able to state the definition and the requirements of clinical governance. The doctor will be able to perform audit, practice EBM, recognise poor performance early, improve team work and clinical quality.

6.0 MANAGEMENT

A. BASIC MANAGEMENT

Knowledge

The doctor will be able to:

- State the current legislation
- State the forms required for clinical and administrative purposes
- State the requirements for good record keeping
- State the components of the management cycle (assessment, planning, implementation, evaluation)

Problem solving skills

The doctor will be able to:

- Organize appointments or other system of access for patients
- Develop a system which will identify and deal with complaints
- Develop a system for effective record keeping
- Develop practice protocol
- Develop a management plan

Communication skills

The doctor will be able to:

- Produce a referral letter
- Produce a patient orientated practice leaflet

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Attitudes

The doctor will take into account:

- The difficulties in producing change

B. FINANCIAL MANAGEMENT

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Knowledge

The doctor will be able to:

- State the sources of income and expenditure
- State the current legislation associated with financial management
- State the sources of financial advice

Problem solving skills

The doctor will be able to:

- Manage a budget, including interpretation of a cash flow chart
- Produce a business plan

Communication skills

The doctor will be able to:

- Produce appropriate documentation, including financial request forms

Attitudes

The doctor will take into account:

- The importance of financial management in PHC

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TIME MANAGEMENT

Knowledge

The doctor will be able to:

State the principles of time management

Problem solving skills

The doctor will be able to:

Produce a timetable

Prioritise competing demands

Evaluate a financial statement as required by the current legislation (spot gross anomalies)

Communication skills

The doctor will be able to:

Communicate in an assertive manner

Attitudes

The doctor will take into account:

The importance of time management in PHC, including respect for the time pressures of doctor, patient, colleagues and community

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MANAGEMENT OF PEOPLE

Knowledge

The doctor will be able to:

- State the principles of good people management, including effective team work
- State the principles of effective leadership
- State the roles required for effective teamwork
- State the current legislation regarding employment (recruitment, selection procedures)

Problem solving skills

The doctor will be able to:

- Develop a contract of employment, according to the current legislation
- Produce a pathway for decision making in both emergency and non-emergency situations
- Analyse the functioning of a team and produce a plan for improvement
- Effectively delegate
- Organize an effective meeting

- Recruit and discipline his staff
- Produce an effective learning plan for staff development

Communication skills

The doctor will be able to:

- Produce a clear directive to staff
- Perform a staff appraisal interview
- Perform a staff disciplinary interview

Attitudes

The doctor will take into account:

- The equal opportunity principle
- The reluctance of people to be managed

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MEDICAL ETHICS

An ethical consideration is essential for all decision making, whether with patients, their families, colleagues and society. This underpins all aspects of good medical and managerial practice.

Knowledge

The doctor will be able to:

- State the current laws and professional codes relevant to medical practice
- State the fundamental ethical principles

Problem solving skills

The doctor will be able to:

- Apply an ethical framework to all decision making (recognition of an ethical dilemma, analysis, considering options, making a decision)

Communication skills

The doctor will be able to:

- Explain the ethical decision to the patient, family, colleagues and community

Attitudes

The doctor will take into account:

- The role of institutional ethics committees and the willingness to collaborate with them
- The ethical context of all decision making
- Doctor's own beliefs and the variety of beliefs in the society