

NATIONAL POSTGRADUATE MEDICAL COLLEGE OF NIGERIA



DIPLOMA LOGBOOK

FACULTY OF FAMILY MEDICINE

APPROVED BY THE SENATE ON 3RD JUNE, 2021

A handwritten signature in blue ink, appearing to read 'F. A. Arogundade', is written over the printed name below.

DR F. A. AROGUNDADE, MD FMCP
COLLEGE REGISTRAR

NATIONAL POST GRADUATE MEDICAL COLLEGE OF NIGERIA

FACULTY OF FAMILY MEDICINE

DIPLOMA IN FAMILY MEDICINE PROGRAMME

LOGBOOK

CLINICAL PRACTICE RECORD BOOK

NAME OF CANDIDATE.....

TRAINING CENTER (ZONE):

Date Started:Date Completed:

OVERALL PERFORMANCE GRADE: ----- (A – E)

NATIONAL POST GRADUATE MEDICAL COLLEGE OF NIGERIA, DIPLOMA IN FAMILY MEDICINE PROGRAMME: CLINICAL PRACTICE RECORD BOOK

Instructions to Trainees in the Diploma in Family Medicine Programme

Carry the book with you on all clinical assignments, so that it can be kept up to date.

When clinical tasks and procedures are observed or carried out, etc., enter the Hospital Number (In-patient or out-patient number as appropriate) in the space by the diagnosis. There is room for two patients per line.

When a sub-section has been filled, show it to your Supervisor. He or she will check your knowledge of, and competence in handling the type of cases in that sub-section, and, if satisfied, will sign you up in the extreme right-hand column.

If not entirely satisfied, the Supervisor will ask you to see additional cases, or have additional tutorials, before returning for signing.

In certain subjects/topics the dates of sessions or clinics will be entered, not the number of patients.

The Record Book will be submitted to the Faculty Board Secretary through the DFM zonal Co-ordinator by candidates sitting for the Diploma in Family Medicine final Examinations.

The overall Grading of Performance shall be based on the College approved **Affective domain Grading system** as enumerated:

- A. Adequate knowledge; Performs skills without supervision; can produce skill on request; 5 – 6 points on Affective Domain.
- B. Adequate knowledge; performs skill with minimal supervision; reproduces skill with minimal guidance; 4 – 5 points on Affective Domain.
- C. Adequate knowledge; performs skill with supervision; barely reproduces skill; 3 -4 points on Affective Domain.

- D. Inadequate knowledge; performs skill with supervision; unable to reproduce skill; 2 – 3 points on Affective Domain.
- E. Gross inadequate knowledge; unable to perform tasks; unable to reproduce skill; 1 -2 points on Affective Domain.

Affective Domains for assessment during training are:

- 1. Attendance to work.
- 2. Punctuality
- 3. Prompt delivery of Assignments
- 4. Group work and interaction
- 5. Obeying instructions and
- 6. Respect for Patient Care.

EVIDENCE OF TUTORIAL

	TOPIC	DATE	SIGNATURE OF LECTURER/ ONAL CO- ORDINATOR
1. Introduction to Family Medicine			
i. Domain of Family Medicine			
ii. General system theory			
iii. Genogram			
iv. Family cycle			
2. Spirituality and Family Medicine			
i. Spiritual distress			
ii. Spiritual care			
iii. Spiritual assessment formal and informal			
iv. HOPE Questions approach to Spiritual assessment			
3. Sociological and Psychological aspect of Health.			
4. Organization and management of family medicine			

5. The family as a unit of care

- i. Family
- i. Duvall – development stages and task
- ii. Stevenson – development
- iii. Stair – interactional
- iv. Friedman – structural functional
- v. Calgary

6. Family care

- i. The Young family
- ii. The middle years
- iii. The aging family
- iv. Abuse & Domestic Violence.

7. Common conditions in family practice:

- i. Constipation
- ii. Chest pain
- iii. Cough
- iv. Dizziness
- v. Weight loss
- vi. Oedema
- vii. Back pain etc.

8. Palliative care/Care of the Terminally III

9. Generational medicine

- i. Adolescent
- ii. Men' health
- iii. Geriatric

10.Sports medicine

11.Travel medicine

12.Primary Health Care (PHC)

- i. Principles of PHC

- ii. Components of PHC
- iii. The community
- iv. Advocacy
- v. Leadership skills
- vi. Community participation
- vii. Community diagnosis
- viii. Community mobilization.

FAMILY MEDICINE

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Condition (Minimum # required)	Date	Certified Cases (Hosp No)	Supervising Family Physician
FAMILY MEDICINE TOOLS			
CONSULTATION			
Conducting Patient Centred Consultation (6 Components- Exploring both disease and illness experience; Understanding the whole person; Finding common ground; Incorporating Prevention and health promotion; Building the patient doctor relationship; Being realistic about resources);	5		
Application of Bio-psycho-social (Holistic) care to patient management	3		
Application of Interviewing Skills in consultation- (Welcoming, Questioning, Listening, Facilitation,	3		

Confrontation technique, Support and reassurance. Response, Information, Explanation, Closure).				
Breaking Bad News	3			
SPIRITUALITY				
Applying HOPE Questions approach to Spiritual assessment	3			
COUNSELLING				
Conducting Family Counselling	2			
Conducting Couple Counselling	1			
Counselling For Special Clinical Conditions e.g. HIV, Abortion, Rape, Intimate partner violence, Infertility	2			
Motivating Behaviour Change	5			

Managing grief reaction	2			
Cognitive Behavioural Therapy	1			
FAMILY CARE				
Identification of Health needs based on family developmental stage				
-The young family	1			
-The middle years	1			
-The aging family	1			
LONGITUDINAL CARE				
Presenting a longitudinal care case	1			
GENERATIONAL MEDICINE				
Conducting Health maintenance examination for different age groups				
Preschool assessment	2			
Pre-employment assessment	2			

Pre-conception care	2			
Assessment of Adolescent Needs and counselling	2			
Assessment of Men's Health needs and counselling	3			
Assessment of Women's health needs and counselling	2			
Assessment of geriatric health needs and counselling	2			
LIFESTYLE MEDICINE				
Counselling for lifestyle modification (obesity, alcohol, smoking)	5			
Exercise prescription	2			
PALLIATIVE CARE				
	1			

Counselling of the terminally ill patient				
Coordinating the care of the terminally ill patient	2			
Bereavement Counselling	1			
Development and implementation of Pain management plan for chronically and terminally ill patient	1			
RECREATIONAL MEDICINE				
Assessment of fitness for sports and other physical activities	1			
Counselling on prohibited substances and medications	1			
Recognition and Management of common sports injuries e.g. Sprains, Fractures, Lacerations, Cramps, Bruises	2			
TRAVEL MEDICINE				
Pre-travel assessment (of traveller and itinerary) Normal persons and risk groups,	2			

Develop and implement Travel care plan -education, vaccine prescription and chemoprophylaxis	2			
Post travel assessment (illness identification, management and referral)	1			
ORGANIZATION AND MANAGEMENT				
Death certification	2			
Sick leave certification	2			
Maternity leave certification	2			
Referrals	3			

Medical Report	2			
Prescription Writing	2			
Developing Work Schedule	2			
Coding in ICPC	5			
Develop Unit Essential Medicine List e.g. emergency tray, HIV Clinic, etc.	1			
MANAGED CARE				
Preparing Patient encounter summaries - primary care	5			

Preparing Patient encounter summaries -secondary care	2			
CLINICAL AUDIT				
Prepare and present morbidity report	1			
Prepare and present mortality report	1			
HOME BASED CARE				
Develop and implement home-based care plan	1			
MEDICAL ETHICS				
Present a case of Ethical dilemma	1			
EVALUATION AND CASE PRESENTATION OF COMMON UNDIFFERENTIATED CONDITIONS				
Constipation	1			
Chest Pain	1			
Fever	1			
Headache	1			
Insomnia	1			
Dizziness	1			
Cough	1			
Low Back Pain	1			
Weight Loss	1			
Oedema	1			
Syncope	1			
Abdominal Pain	1			
	2			

Medically Unexplained Symptoms e.g. Crawling Sensations, Internal Heat etc.				
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Minimum No Required.	Certified Cases Performed (Hospital No)	Certifying Consultant Family Physician	Supervising Family Physician
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