

Your Future is Family Medicine

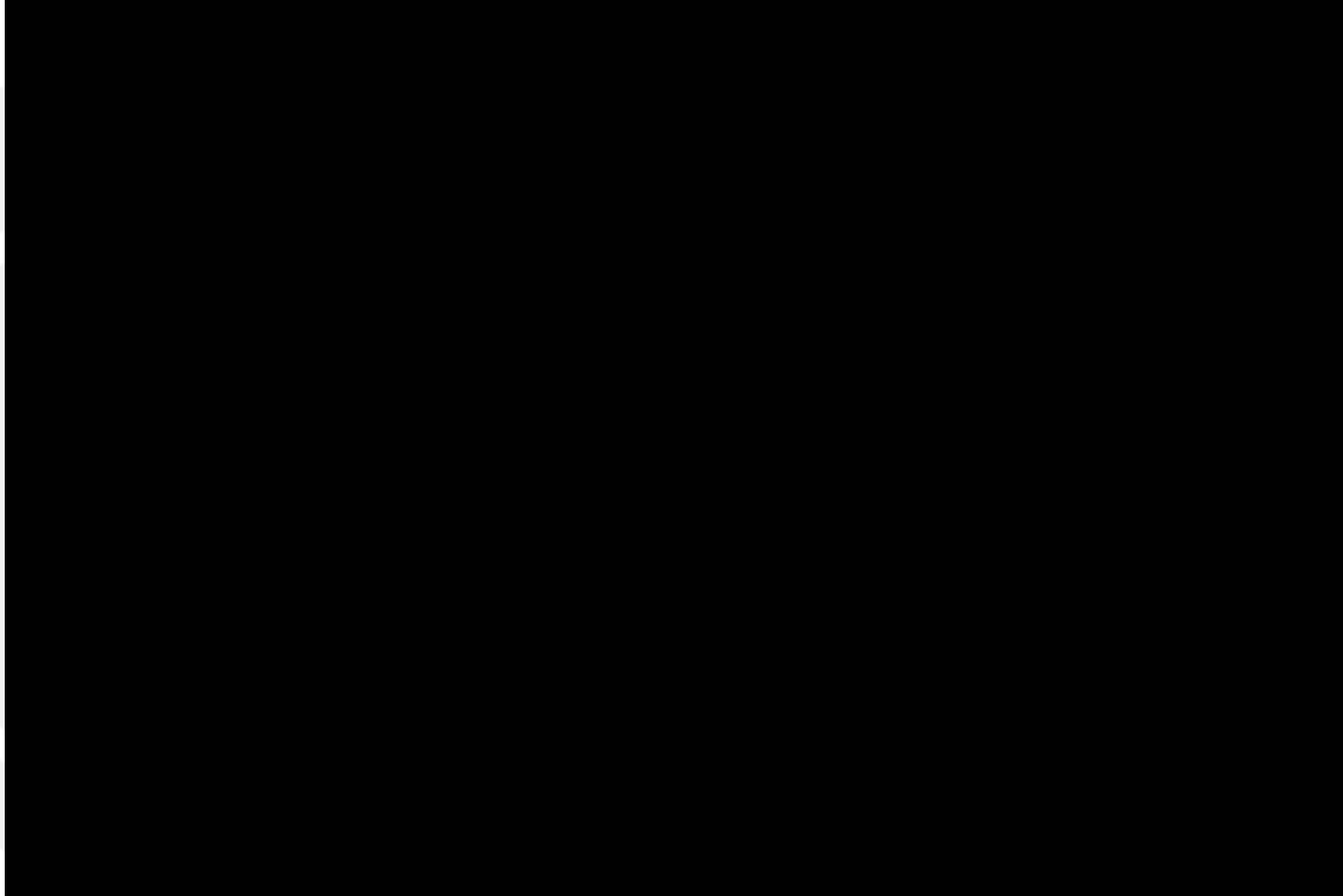
Information, facts, and answers to frequently
asked questions about family medicine



AMERICAN ACADEMY OF
FAMILY PHYSICIANS

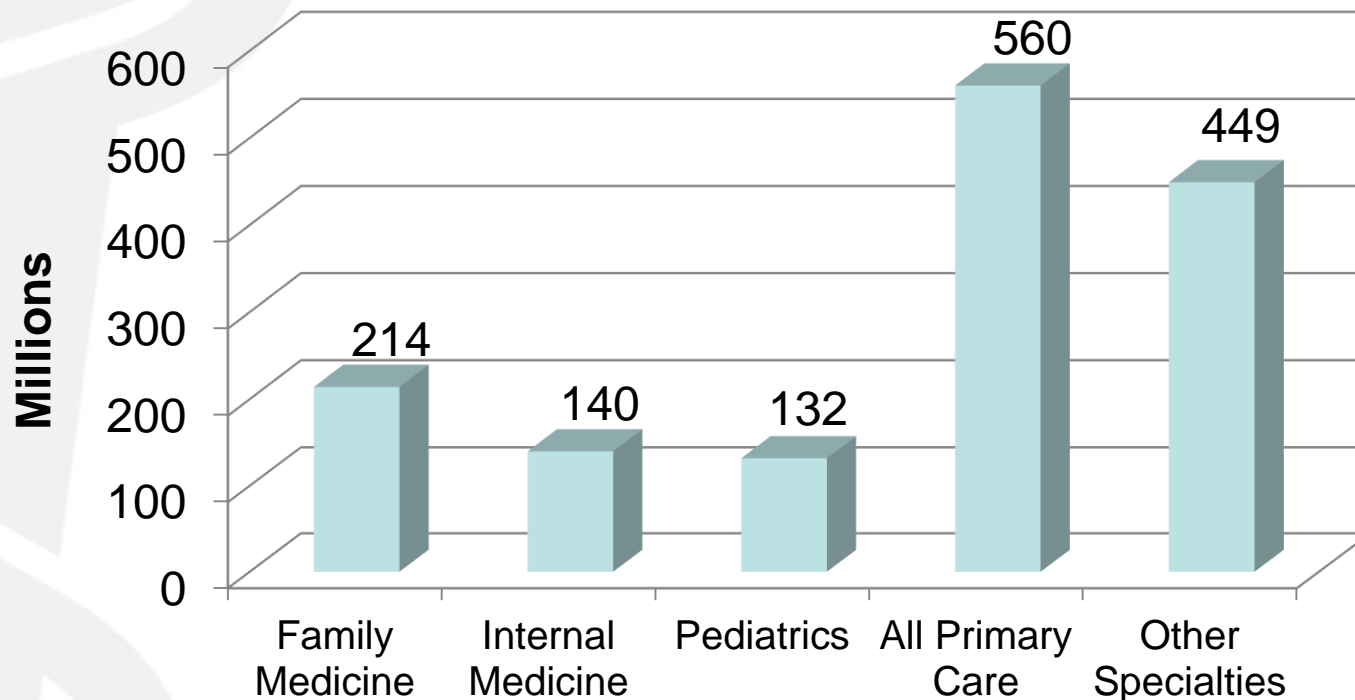
STRONG MEDICINE FOR AMERICA

Family Medicine: Do You Get It?



What are the primary care specialties?

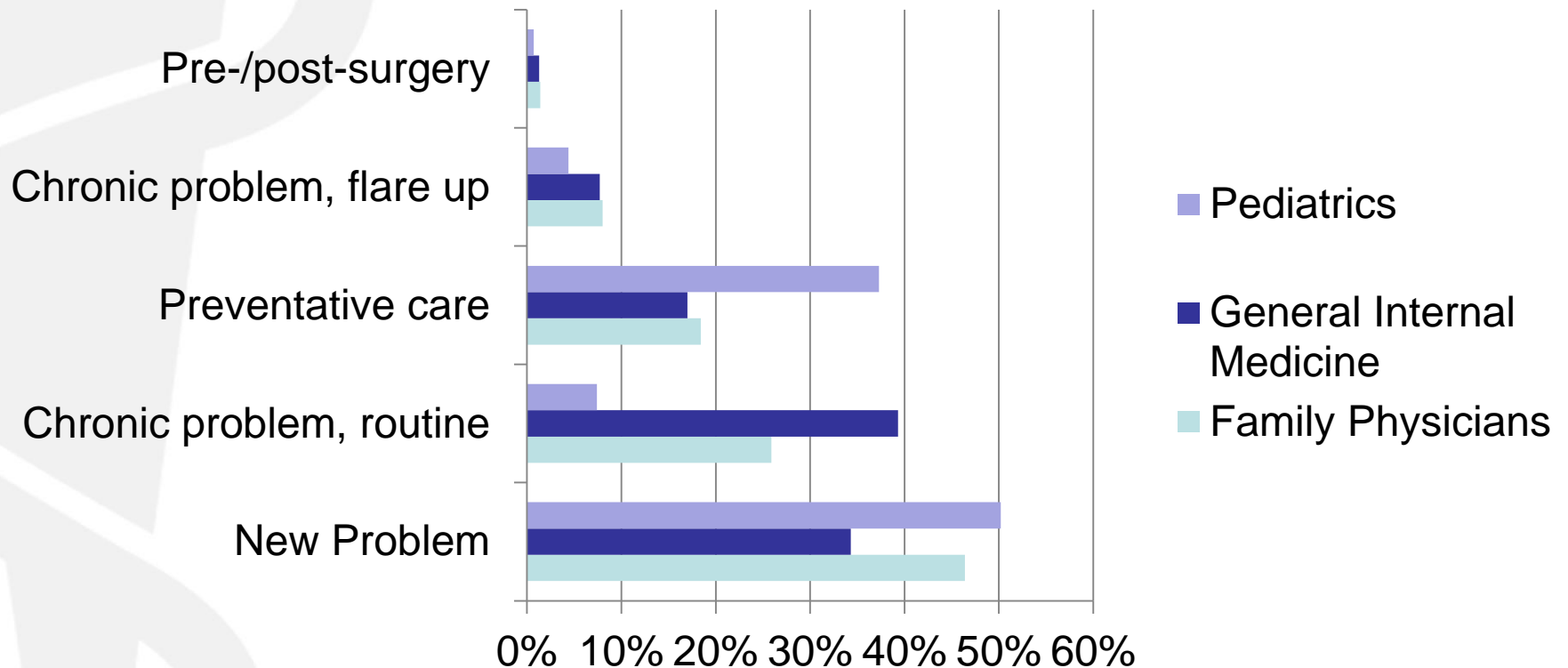
Number of Office Visits to Primary Care Physicians vs. Other Specialists



Source: National Ambulatory Medical Care Survey 2010
http://www.cdc.gov/nchs/data/ahcd/namcs_summary/2010_namcs_web_tables.pdf

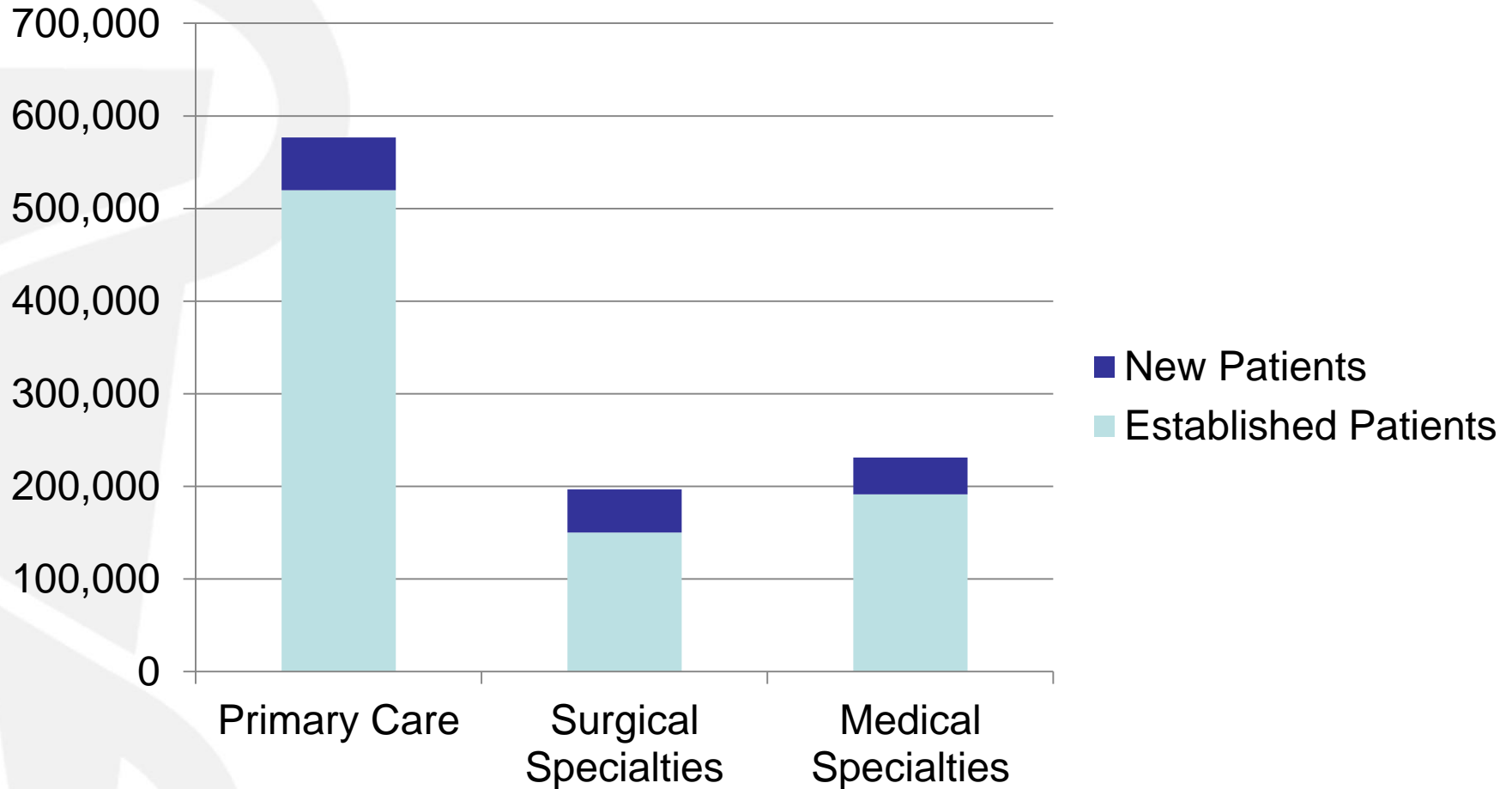
What's a typical week in primary care?

Major Reasons for Visits to Primary Care Physicians



Source: National Ambulatory Medical Care Survey, 2009. Hyattsville, MD: National Center for Health Statistics. 2011.

Continuity of care



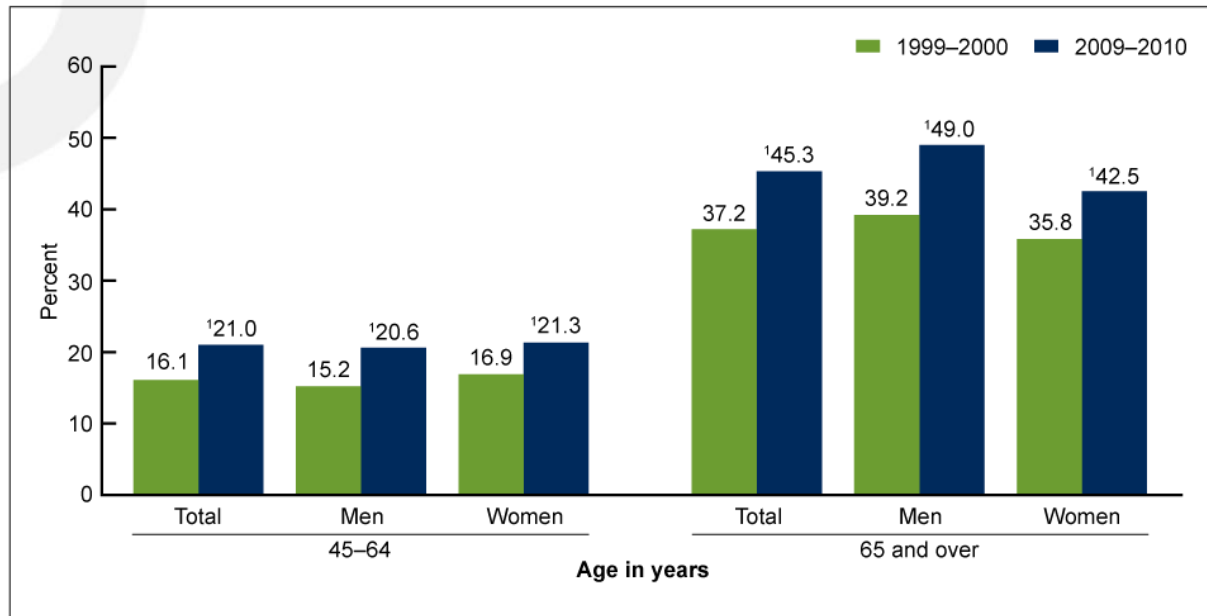
Source: National Ambulatory Medical Care Survey 2010 National Health Statistics Reports.

Why is primary care important?

- Better health outcomes, higher patient satisfaction, lower health care costs
 - Fewer cases as deaths due to heart disease, lung disease, colon and cervical cancer, and more.
 - Better detection of breast cancer
 - Less ER and hospital use; better control of health care costs
 - Better preventative care
 - Continuity of care, whole-patient care
 - Reduced health disparities

People rely on primary care physicians to care for complex diseases

Figure 1. Prevalence of two or more of nine selected chronic conditions among adults aged 45 and over, by age and sex: United States, 1999–2000 and 2009–2010



¹Significantly different from 1999–2000, $p < 0.05$.

NOTE: Access data table for Figure 1 at: http://www.cdc.gov/nchs/data/databriefs/db100_tables.pdf#1.

SOURCE: CDC/NCHS, National Health Interview Survey.

Studies suggest that the presence of multiple chronic conditions adds a layer of complexity to disease management.

What do family physicians do?

- Family physicians provide comprehensive and continuous primary health care to:
 - Individuals and families
 - Women and men regardless of age or disease
 - Infants, children, and adolescents regardless of age or disease

Family physicians provide

- Prevention and management of acute injuries and illnesses
- Health promotion
- Hospital care for acute medical illnesses
- Chronic disease management
- Maternity care
- Well-child care and child development
- Primary mental health care
- Rehabilitation
- Supportive and end-of-life care

Procedures performed by family physicians

- Arterial lines
- Audiometry
- Casting
- Central lines
- Colonoscopy
- Colposcopy/LEEP
- EKG
- Excisions of moles, nevi, cysts, warts, skin tags
- Endoscopy
- Intubation
- Joint injections
- Paracentesis
- Pap smears
- Pulmonary function testing
- Punch biopsies
- Skin biopsies
- Spirometry
- Suturing lacerations
- Thoracentesis
- Ultrasound imaging
- Tympanometry
- Vasectomy

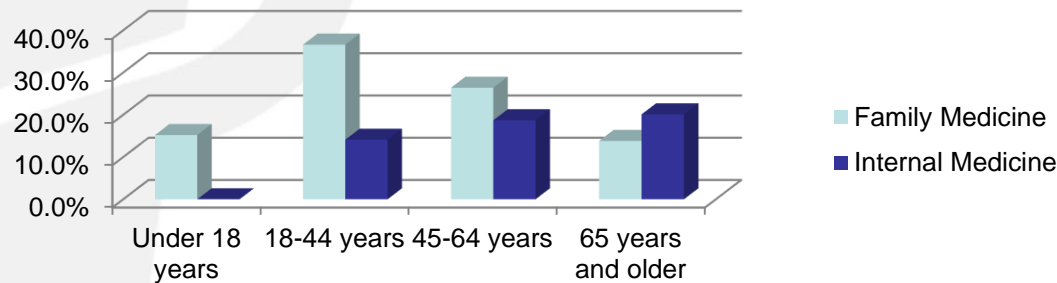
Performance of diagnostic procedures in family physicians' offices

Diagnostic Procedures	% of family practices that perform
Dermatologic Procedures	87.3%
Tympametry	39.3%
Circumcision	29.3%
Colposcopy	29.2%
Holter Monitoring	23.9%
Physical Therapy	13.6%
Loop Electrosurgery (LEEP)	10.6%
Nasopharynoscopy	6.7%
Laryngoscopy	6.6%
Botox	4.6%

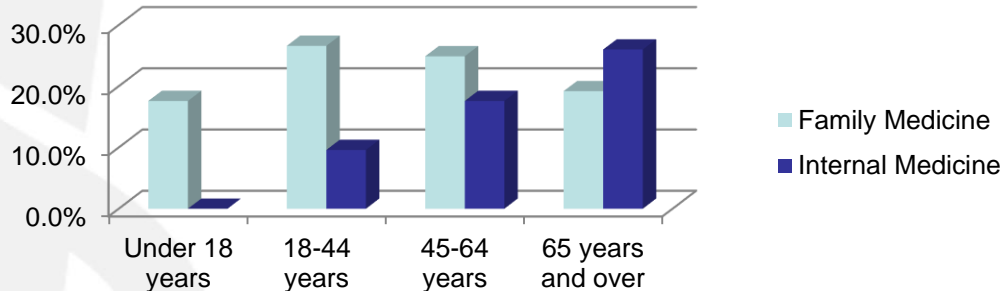
Source: American Academy of Family Physicians, Practice Profile II Survey, April 2011

What distinguishes family physicians from general internists?

Visits by men to primary care physicians



Visits by women to primary care physicians



Ages and gender of patients seen by family physicians and general internists

Source: National Center for Health Statistics. Health, United States, 2011.

Family medicine aims to:

- Show the value and benefits of primary care
- Ensure every person has a personal relationship with a family physician in the “medical home”
- Reduce health care disparities
- Lead evolution of the patient-centered medical home
- Ensure a well-trained primary care workforce
- Improve payment for primary care

Source: Family Medicine for America's Health Organizational Update No. 8, September 2014

What attributes are valued in a family physician?

- Deep understanding of the whole person
- Act as a partner to patients over many years
- Talent for humanizing health care
- A command of complexity

Martin JC, Avant RF, Bowman MA, et al. The Future of Family Medicine: A collaborative project of the family medicine community. *Ann Fam Med.* 2004 Mar-Apr; 2 Suppl 1:53-32

Family physicians' whole-person orientation and training ensures that family physicians...

- Consider all of the influences on a person's health
- Know and understand peoples' limitations, problems and personal beliefs when deciding on a treatment
- Are appropriate and efficient in proposing therapies and interventions
- Develop rewarding relationships with patients

Family physicians have a unique influence on patients' lives

- Serving as partner with patients to maintain wellbeing over time
- Empowering with information and guidance that are needed to maintain health over time
- Providing care that includes long-term behavioral change interventions that lead to better health
- Developing ongoing communication between patient and physician
- Shepherding patients through the complex health care system

Family physicians are relationship-oriented, which ensures...

- Good relationships with other physicians and health care providers
- Better patient understanding of complex medical issues and improved participation in the care process
- Less expensive and better health care experience for patients

Family physicians have a natural command of complexity, and...

- Thrive on managing complex medical problems
- Integrate all of the medical and personal issues facing an individual
- Break down medical terms and complex medical issues to make it easier for patients to understand

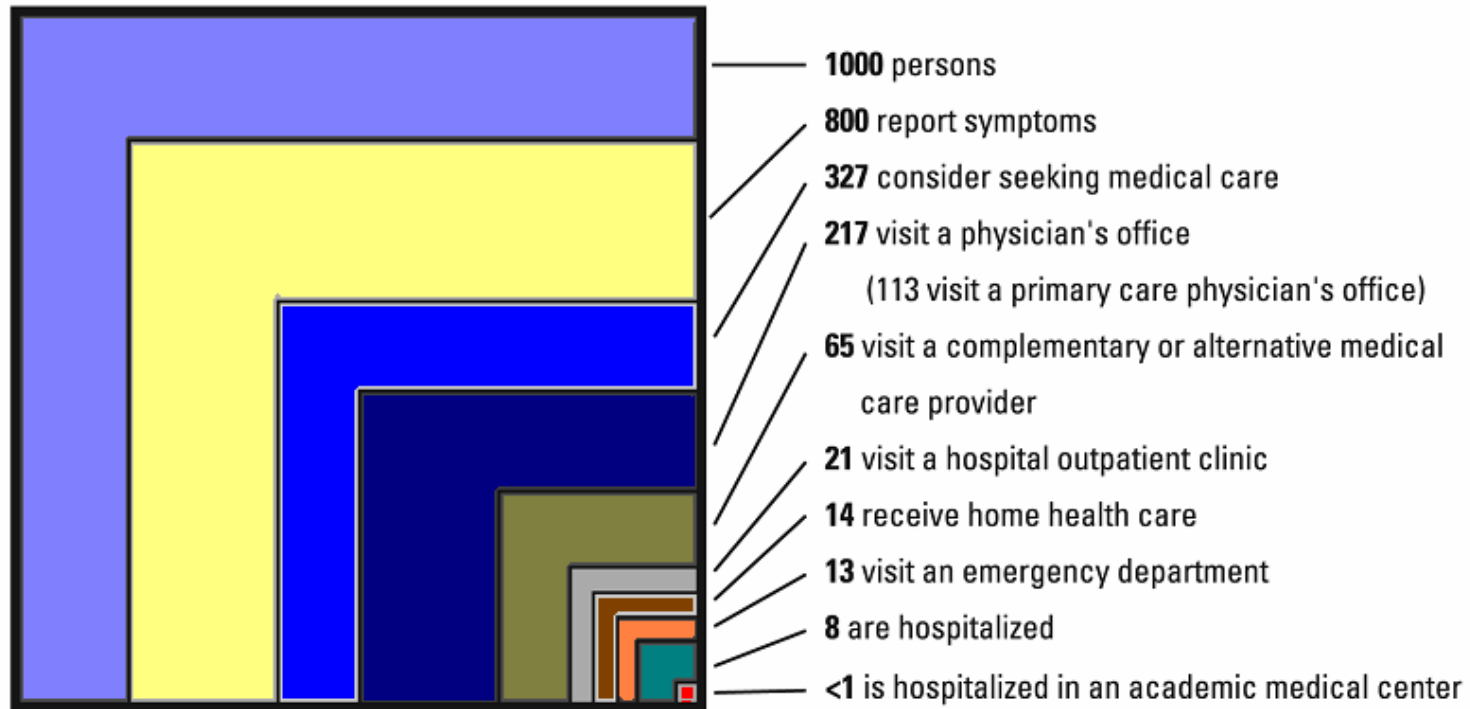
How are family physicians trained?

- 3 years of residency; more than 450 U.S. family medicine residencies
- Community-based
- Medical school-based
- Military
- Inner-city
- Urban
- Suburban
- Rural
- Innovative Training Models

Family medicine residency clinical curriculum

- Continuity Patient Care – all 3 years
 - Adult medicine
 - Maternity care
 - General surgery
 - Emergency care
 - Skin care
 - Women’s health
 - Critical care medicine
 - Gynecologic care
 - Orthopedics
 - Care of children
 - Human behavior
 - Newborn care

A typical month of health care in the United States



Source: New England Journal of Medicine 2001; 344:2021-25

Hospital practices of family physicians

- 66% have hospital admission privileges; additional 11% have consulting, courtesy, or visiting privileges
- 45% provide care in the ICU
- 40% provide care in the emergency department
- 59% provide newborn care; 30% attend newborn at C-section
- 37% provide care in the CCU
- 36% perform minor surgery; 21% assist in surgery
- 19.2% do routine OB

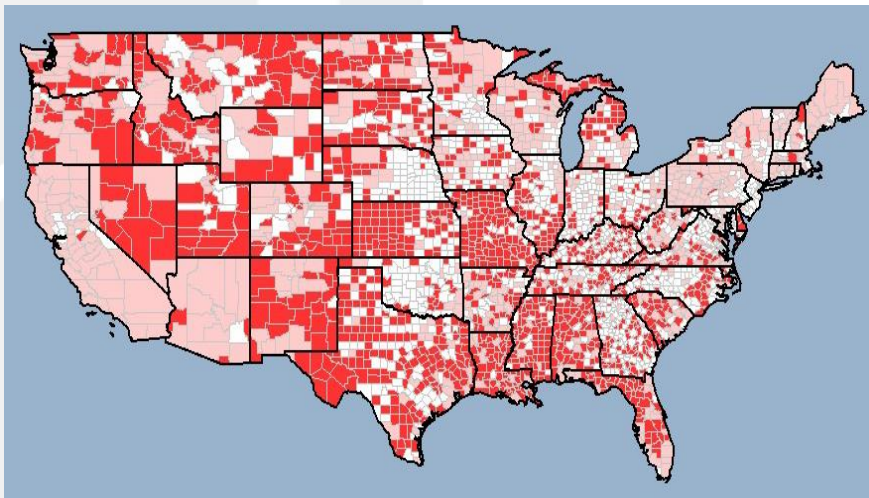
Source: American Academy of Family Physicians, Practice Profile I Survey, April 2011

Family physician's lifestyle

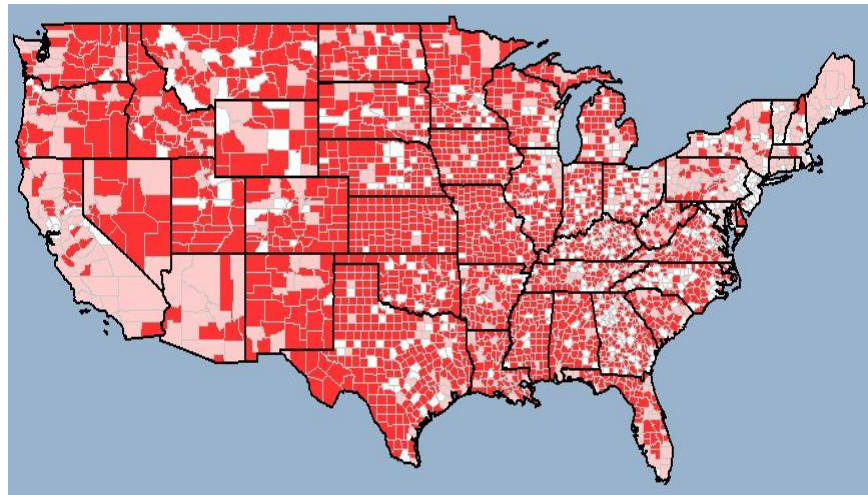
- Income for a family physician in 2012
 - Median: \$170,000 | Average: \$190,907
- Practice an average of 48.3 hours a week
- Spend an average of 34 hours a week, or 70%, working directly with patients
- Spend an average of 2.6 hours per week on non-patient-care duties

Source: American Academy of Family Physicians, 2013 Practice Profile Survey

Primary Care Health Professional Shortage Areas



Primary Care Health Professional Shortage Areas (2006)



Primary Care Health Professional Shortage Areas, Family Physicians Removed (2006)

Source: Health Landscape Primary Care Atlas (healthlandscape.org)

Family physicians in demand

- **The most recruited specialty in 2013-14; at the top of the list for 8 straight years**
- “...demand for family physicians continues strong, exerting upward pressure on salary offers...”

Source: Merritt Hawkins 2014 Review of Physician and Advanced Practitioner Recruiting Incentives

Loan repayment options for family physicians

- [AAMC Database of Loan Repayment/Forgiveness and Scholarship Programs](#)
- [AAFP Funding Resources for Practicing in Underserved Areas](#)
- [National Health Service Corps](#)
- [National Area Health Education Consortium \(AHEC\) Organization](#)
- [Debt management resources](#)

What is the future of family medicine?

- Patient-centered medical home (PCMH)
 - Population health
 - E-visits and online appointments
 - Web-based patient education
 - Group visits
 - Team approach to care; systematic approach to care
 - Chronic disease management
 - Joy in practice through innovation



Remember why you chose medicine



Family medicine and student interest on the Web

- AAFP website:

aafp.org



- FMIG Network website:

aafp.org/fmig



FAMILY MEDICINE
— interest group —

- FMIG Network
 - [Facebook.com/fmignetwork](https://www.facebook.com/fmignetwork)
 - [Twitter.com/aafp_fmig](https://twitter.com/aafp_fmig)
 - [Twitter.com/fammedstudents](https://twitter.com/fammedstudents)
 - Youtube: search “FMIG Network”
- AAFP
 - [Facebook.com/familymed](https://www.facebook.com/familymed)
 - [Twitter.com/aafp](https://twitter.com/aafp)
 - [Youtube.com/aafpmedia](https://www.youtube.com/aafpmedia)
 - Leader voices blog: aafp.org/leadervoices

Want to learn more about family medicine?

- Contact your:
 - Family medicine department
 - Family medicine clerkship director
 - Your school's FMIG
 - National FMIG Network website at aafp.org/fmig
 - AAFP state or constituent chapter