

CHRISTIAN MEDICAL COLLEGE,**VELLORE – 632 004****DEPARTMENT OF DISTANCE EDUCATION****POSTGRADUATE DIPLOMA IN FAMILY MEDICINE (PGDFM)****(For 2010 BATCH)****I. PREAMBLE:**

- There are close to 250,000 General Practitioners in India who have no access to postgraduate education. Only one in four doctors trained in India will ever find access to postgraduate studies in the country and this has promoted the “brain drain” out of the nation.
- Since the government has not mandated continuous education for physicians, most of the GP’s and government doctors do not make much effort to remain up-to-date with the developments in the medical education. The lack of continuous updating of the knowledge and skills by these GP’s and government doctors has led to a situation where there are excessive referrals because they are not confident in handling cases even with the slightest hint of a complication. Many patients, therefore, end up visiting multi-specialty hospitals where the health care costs are very high. No wonder, in a World Bank study done in the year 2004, it was found that the private health care sector was responsible for drowning many below the poverty line!
- The First referral units of the Government have specialists in only 35% of them. The current trends of postgraduate training and recruitment do not provide hope of staffing the FRU’s in the next several decades!!
- The most innovative solution in sight is to develop the capacity of the MBBS doctor in stages so as to help him manage the services in the PHC’s and FRU’s better.

A **‘Family Physician’** is a multi-competent specialist who not only provides the point of first contact, but also provides the continuum of care. The number of ‘Family Physicians’ – doctors satisfying the above definition – in the Indian sub-continent is grossly inadequate to cater to the huge population.

It is with the above scenario in mind that the Department of Distance Education (DDE) of the C.M.C. &H., Vellore started the two-year course leading to the Post-Graduate Diploma in Family Medicine (PGDFM). The first batch of candidates started their course in November, 2006.

II. THE OBJECTIVE:

The objective of the PGDFM programme is to build the capacity of GP's and government doctors in the PHC's and in the FRU's (First Referral Units) and enable them to manage more cases so that referral becomes less necessary – hence the motto: **'Refer less, Resolve more'**.

The ultimate beneficiaries of the programme will be patients from the financially weaker section of the population, especially those from the rural areas.

Thus, the programme leads to a win-win situation for the patients and the GP's and government doctors as the former find a one-window solution, while the latter (who would have become multi-competent) find a much larger scope for their practice.

III. THE COURSE FORMAT

a) **Duration:** The PGDFM program is a 24 **month** course.

If however, a candidate is unable to complete in 24 months for some valid reason, extension may be allowed with written permission of State government and with information to the course coordinator, Distance education, CMC hospital, Vellore.

We set a maximum limit of 4 years for a candidate to complete the entire course including the examinations as mentioned in the next article.

Course booklets are so designed that a candidate who works regularly spending 2 hours per day can complete one booklet in 2 months. Candidates are advised to monitor their pace and progress keeping this in mind.

b) **Eligibility Criteria.**

1. Valid MBBS Degree
2. Motivation to pursue and complete the course as prescribed, in order to improve their practice in the primary health centers.
3. Willingness to pursue the supplementary skill program for 12 months that may make them eligible for academic and monetary benefits as may be decided later by the State.
4. Women candidates are encouraged to apply.
5. Other criteria that the State Health secretaries may prescribe.

c) **The Curriculum:** The DDE has prepared a curriculum comprising of about 75 problem-based, interactive modules. The modules are prepared by highly qualified and experienced faculty.

Problem-based Modules for the PGDFM

1. Diarrhea in Adults
2. Diarrhea in Children
3. Dyspepsia
4. Incessant Cry
5. Nausea and Vomiting
6. Hypertension
7. Fever – Part I
8. Seizures – Part I
9. Seizures – Part II
10. Dizziness & Vertigo
11. Headache
12. Lower GI bleeding
13. Seizures in Children
14. Common Psychiatric disorders
15. Constipation
16. Fever – II
17. Diabetes Mellitus - I
18. Asthma
19. Groin Swellings
20. Fever – III
21. Leg Ulcer
22. Erectile Dysfunction
23. Hematemesis & Melaena
24. Ear pain/Discharge
25. Diabetes Mellitus – II
26. Haematuria
27. Edema – I
28. Fever with Rash
29. Neck Swellings
30. Acute Abdominal Pain
31. Chest Pain - I
32. Edema – II
33. Immunization
34. Head injury
35. Low back ache
36. Weight Loss
37. Bio-Ethics
38. Antenatal Care
39. Bites & Stings
40. Dyspnoea – I
41. Burns
42. Violence Management against Women & Children
43. Anemia

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| 44. Rational Prescribing | 60. Dyspnoea - III |
| 45. Newborn care | 61. Disorders of Sleep |
| 46. Diminished Vision | 62. Common foot problems |
| 47. Palliative Care - I | 63. Joint Pain |
| 48. Palliative Care - II | 64. HIV – Basic Science & Laboratory Testing |
| 49. Contraception | 65. Common Cutaneous Infection |
| 50. Sterilization | 66. Menstrual Disorders - I |
| 51. STI | 67. Menstrual Irregularities – II |
| 52. Red Eye | 68. Hansen’s Disease |
| 53. Dyspnoea - II | 69. Obesity |
| 54. Movement Disorder | 70. Shock |
| 55. Bleeding disorder | 71. Geriatric Care in General Practice. |
| 56. Jaundice | 72. Managing patients with HIV – related diseases |
| 57. White discharge | 73. Medically unexplained physical symptoms (MUPS) |
| 58. Acute Poisoning | |
| 59. Hemiplegia & Hemiparesis | |

d) Video-lectures: At least 60 video-lectures are also made available to the candidates during the two-year course. Expert faculty from the CMC will be interacting online with the candidates and answering their queries based on these video-lectures at the live tele-conferencing sessions organized during the contact programmes.

e) Contact Programmes: Participants will be required to attend 3 sessions of contact classes – (10+10+10days) / 2 years. Each state will have a regional study centre in an established hospital preferably a district hospital /private reputed hospital where the candidates will get bedside clinical teaching including discussion on management of cases.

Candidates should make their own arrangements for food & accommodation during the Contact program. However, the study centers will provide assistance in procuring accommodation. Candidates needing assistance in arranging hotel accommodation near the contact centre should contact the Centre coordinator at least a month in advance. It is possible that the State governments may provide subsidy towards the cost of food and accommodation.

List of Regional contact Centres for the PGDFM program

Contact centres will be located in the following states:

- ☺ Uttar Pradesh: 2 twinned centers
- ☺ Madhya Pradesh: 1 twinned centre
- ☺ Bihar: 2 twinned centers
- ☺ Orissa: 1 twinned centre
- ☺ Jharkhand: 1 twinned centre
- ☺ Chhattisgarh: 1 twinned centre
- ☺ Uttaranchal: 1 twinned centre
- ☺ Rajasthan: 1 twinned centre

The exact districts where the training will be located are being worked out.

It is mandatory for every PGDFM candidate to attend 3 contact sessions of 10 days each during the two-year period. Contact sessions form an important part of the course as they are planned to reinforce as well as augment the modules covered in the course booklets. Apart from live case studies taken up at the contact centers & supervised by senior specialist consultants, the video-lectures and the follow-up tele-conferencing sessions enhance the learning content of the contact programme. The logbooks maintained by the candidates form one important tool for evaluation of candidates.

Important: Candidates who fail to attend a total of at least 21 days of contact programme will not be eligible for the award of the diploma.

Skipping Contact sessions: It is possible for a candidate to skip a contact session if he / she has a genuine problem / unavoidable circumstance that prevents him / her from attending the session. However, a letter from the government (sponsor) will be needed to

explain absence. Such candidates should make up for the lost attendance by attending a suitable contact session later on. However the minimum 24 day requirement will not be waived.

f) Project Work: Candidates will be required to complete the projects given to them through the curriculum modules, and during the contact classes. In addition, they will be required to take up a separate project work. Consultants appointed by the DDE will evaluate the projects and project work for awarding the Diploma.

g. Logbook: Logbooks are issued to the candidates during each Contact Programme and instructions will be given as to how to write the logbook. The log books will be evaluated at the end each contact programme and returned to the candidates. No separate logbooks need to be maintained otherwise.

h. Submission of assignments: Separate Assignment booklets will be provided and the duly completed assignment should be submitted periodically as per the schedule given. Modules from the same booklets should be stapled together in the serial order and sent together. Assignments of one booklet should not be mixed up with those of another as the evaluation may be often done by different examiners.

i. Examinations: Candidates doing the Post-Graduate Diploma in Family Medicine (PGDFM) programme have to write two examinations, one each at the end of the 1st year and at the end of the 2nd year.

There are two papers: Paper 1 (Theory) and Paper 2 (Practical) each time.

The Theory paper will be objective (multiple-choice) type of questions and will normally cover topics dealt with in Booklets 1 to 6 at the end of the 1st year and those in Booklets 7 to 12 at the end of the 2nd year. In addition,+- there will be a few questions based on the Video-lectures presented during the contact programme.

Questions set for the Practical Examination will be of Objective-Structured Clinical Examination (OSCE) pattern. This eliminates the need for any elaborate preparation and real cases, thus making it simple for the examiners. Further, it also ensures uniformity in assessment irrespective of the facilities / cases available at different centers.

Since candidates cover, the course materials at different rates as explained above, we need a system to monitor the number of candidates ready to take the examination each time it is held. As and when a candidate has completed the first 6 booklets in every aspect, the candidate should formally write to DEDU to register him / her for the Yr. 1 Examination. For a candidate to be registered for the examination, this registration should be made one month before the Examination (so that we can arrange for sufficient exam. materials to be sent to the centers in advance).

j. Criteria for the award of Diploma:

The Assessment of the candidates for the award of diploma will be based on the scores obtained in the following:

- (1) Examinations (theory & practical)
- (2) Assignments
- (3) Logbooks
- (4) Project work

It is important that candidates give importance to all the above aspects and try to score well in all the areas.

A candidate should satisfy the following criteria for the successful completion of the course:

- i) 50% marks in the final examination comprising of clinical and practical components
- ii) 70 % attendance in the contact programme
- iii) Satisfactory completion of the assignments and logbooks.
- iv) Satisfactory completion of the Project Work.
- v) The course should be completed within a maximum of 3 years.

ADMISSION PROCEDURE:

Please go to <http://www.cmcvellore.ac.in/Jobs&train/family2008/mainfamily2009> click “**Click here for Prospectus**” under “**For NRHM sponsored candidates (Government sponsored) - Course starting from January 2010**” and click “**Application Form**” and take the print outs of Prospectus and Application Form using A4 size paper. Candidates need to send their filled in application forms, one copy of the application through proper channel and other copy directly to CMC, Vellore.

Details for further communications: Email - dedu@cmcvellore.ac.in

Telephone-0416-2283451, 0416-2283433,

FEES:

The course fee is Rs.40,000 per candidate which is inclusive of everything. However the cost of travel to the contact centre, the cost of accommodation and food during the contact sessions is the responsibility of the candidate.

Mode of communication: E-mails are not only faster but also cheaper these days than surface mail for communications. All candidates are therefore requested to resort to this mode of communication as far as possible – use courier or postal service only for sending projects and fee payments. Those who may not be computer-savvy are requested to seek the help of someone to open an email account and see the difference it makes!

Note: We do not intend to force any candidate into using email in case he/she finds it

extremely difficult. Despite the suggestions, candidates are free to communicate by conventional means.

Change of Address or phone number should be informed to the coordinator, CMC Vellore to avoid wrong/delayed delivery of study materials.

**The Coordinator,
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