

The FMRP References:

1. **For Background information**
2. **For Foreground information**
3. **Family medicine resources**
4. **Pharmacology**
5. **Online Calculator**
6. **Artificial Intelligence**

1. Background information

- Is general knowledge of the disease or condition.
- It identifies resources to answers a broad question e.g. What, Who, When, Where, How and why? e.g., What is diabetes? What are symptoms of diabetes? Why patient has hyperglycemia? What are the signs?...

Suggested FMRP Background References: Textbooks & Narrative reviews

[A]- Helpful Reference Books (*use the Latest edition*):

1. General Practice: Murtagh,J -McGraw Hill .
2. Primary care medicine: office evaluation and management of the adult patient by: Allan H Goroll; Albert G Mulley.
3. Textbook of family medicine. by: Robert E Rakel; David Rakel.
4. Practical General Practice: Guidelines for Effective Clinical Management, by: Alex Khot; Andrew Polmear
5. Taylor's manual of family medicine. by: Paul M Paulman; Audrey A Paulman; Kimberly Jarzynka; Nathan P Falk.
6. Essentials of Family Medicine: by Philip D Sloane; Lisa M Slatt
7. Current diagnosis & treatment: family medicine, by: Jeannette E South-Paul; Samuel C Matheny; Evelyn L Lewis.
8. Oxford handbook of general practice. by: Chantal Simon; Hazel Everitt; Francoise van Dorp; Matt Burkes. (Only use it as a vade mecum in the consultation BUT NOT as the only resource for main readings)

9. Symptom Sorter. by: Keith Hopcroft; Vincent Forte (helpful for generating Hypotheses)

10. The 10 minutes consultation assessment. By: Knut Schroeder 11.CSA Symptom Solver, clinical frameworks for the MRCGP CSA exam. by: Muhammed Akunjee; Nazmul Akunjee

12. Cases and concepts for the MRCGP. By: Naidoo

13. The Inner Consultation: How to Develop an Effective and Intuitive Consulting Style. By: Roger Neighbour

14. Macleod's clinical Examination. By J. Alastair Innes Anna Dover Karen Fairhurst

2. Foreground Information

- Is a focus information.
- It identifies valid evidence to answer a specific PICO question.

Example of PICO question: In a patient with acute migraine, does NSAIDs more effective than simple analgesics in aborting migraine attack.

Suggested FMRP Foreground References:

2.a Secondary sources:

- Summaries: evidence-based guidelines
 - Synthesis: Systematic Review & Meta-analysis
- Resources: Cochrane Data Base for Systematic Review (CDSR) & PubMed (PMC)

2.b. Primary sources:

- Primary study designs: Observational & experimental.
- Resources: PubMed (PMC, MESH)

2.a Secondary Sources for Foreground Information: Summaries:

- [A] Evidence-Based Clinical Guidelines
- [B] Online resources
- [C] Evidence-Based Resources

[A]- For Evidence Based Clinical Guidelines:

1. <https://www.nice.org.uk/guidance/published?type=cg>
2. <http://www.sign.ac.uk/our-guidelines.html>

Topic	Suggested Guidelines (refer to the last update)
Bronchial asthma Tobacco dependence & treatment Diabetes Diabetes & Ramadan HTN Hyperlipidemia Hypothyroidism Osteoporosis COPD Obesity Chronic Kidney Disease	Chronic diseases in primary health care clinical practice guidelines (Central Department guideline*)
Bronchial asthma	Gina Asthma
COPD	Gold COPD
Diabetes	ADA
HTN	ESH
Hyperlipidemia	ESC
Osteoporosis	Kuwait Guidelines for the management of osteoporosis

Emergency in primary health care	Guidelines for emergencies in primary Care; Emergency quick references (Central department of primary health care*)
Wound Care	Wound management in primary care (central department guideline*)
Depression GAD OCD Trauma & stressors Somatisation Suicide Psychotic patients Sleep disorders Personality disorders Neurocognitive disorders	Primary Mental Health Guideline (Primary Health Care Mental Health Committee, Central department of primary health care*)
Care of the elderly	Common Geriatric Problems in primary care (central department guideline*)
* Central department guidelines are summaries only and you should refer to the international referenced guidelines	

[B]- Online Resources: (To ease, complement & facilitate your original readings)

1. InnovAiT: <http://www.rcgp.org.uk/publications/innovait.aspx> OR <http://journals.sagepub.com/loi/ino>
2. American Academy of Family Physicians: (<https://www.aafp.org/journals/afp.html>) [*Latest articles*]
3. <https://guidelines.ecri.org/>

4. Canadian Family Physician: (<http://www.cfpc.ca/CanadianFamilyPhysician/>)
[Latest articles]
5. GP Notebook: <https://www.gpnotebook.co.uk/>

[C]- Evidence based resources:

1. Up-to-Date: (<https://www.uptodate.com/home>)

N.B: for discounted rates contact Kuwait Medical association.

2. BMJ BEST PRACTICE: <http://www.bestpractice.bmj.com/>
3. Patient.info: <https://patient.info/patientplus>
4. Dynamed: <http://www.dynamed.com/home/>
5. Cochrane Data Base for systematic Review:
<https://www.cochranelibrary.com/cdsr/reviews>
6. Trip database: <https://www.tripdatabase.com/>

2.b. Primary sources:

1. PubMed: <http://pubmed.ncbi.nlm.nih.gov>

3-Family Medicine Resources:

- Evidence-Based Medicine Guidance for Primary Health Care Physicians.
- Mental Health Screening in Primary Health Care.
- Primary Mental Health Guideline.
- Comprehensive Geriatric Assessment (CGA) Toolkit.
- Comprehensive Geriatric Assessment File in Primary Health Care.
- Common Geriatric Problems in Primary Care.
- Adolescent Health in Primary Health Care.
- Common Obstetric and Gynecological Problems in Primary Care.
- Summary Guidance of Antimicrobial prescribing in the Management of Common Infections in General Practice.
- Acne Vulgaris in Primary Healthcare.

- Emergencies in Primary Healthcare.
- Primary Health Care Emergency Medication Formulary.
- How to reach an ECG.
- Indications of Referral to Secondary Care.
- Chronic Diseases in Primary Health Care.
- Pediatric Obesity Guidelines.
- Clinical Practice Guideline Series-Well Baby Clinic.
- Obesity (Screening, Prevention, and Management).
- For more updated guidelines, refer to <https://portal.cdphc.com/login/guidelines>
- Out of the League Family medicine 2023

4. Pharmacology:

- Kuwait Drug Index (KDI), second edition, 2017: Textbook
(NOTE: Do NOT use the KDI first edition, 2005, it's outdated)
- Primary health care emergency medication formulary (Central department of primary health care, March 2021)
- British National Formulary (BNF) for adults & pediatrics: Textbook & online: <https://www.bmf.org>
- Up-To-Date: Lexicomp (online) :(<https://www.uptodate.com/home>)

5. Online Medical Calculator

- Patient. info: <https://www.patient.info/medical-calculators>
- ASCVD Risk Estimator + <https://tools.acc.org/ascvd-risk-estimator-plus/#!/calculate/estimate/>
- Score2 and Score2-op risk calculator
- https://www.heartscore.org/en_GB/heartscore-europe-risk-regions
- Diabetes Ramadan (risk of fasting) Calculator:
<https://daralliancehcp.org/public/risk-test>

6. Artificial Intelligence

<https://chatgpt.com/g/g-694b90081bc081918f8b023092221a81-fm-gpt>

Contacts

KIMS:



www.kims.org.kw



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**The curriculum is last reviewed and updated on
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members**