

FAMILY MEDICINE



FAMILY MEDICINE

Editors:

Igor Švab, Zaliha Klemenc Ketiš, Vesna Homar



February 2024

Family Medicine

Editors:

Igor Švab, University of Ljubljana, Faculty of Medicine
Zalika Klemenc Ketiš, University of Maribor, Faculty of
Medicine
Vesna Homar, University of Ljubljana, Faculty of Medicine

Reviewers:

Biserka Bergman Marković, Medical School University of
Zagreb, Croatia Croatian Academy of Medical Science
Mehmet Ungan, Ankara University School of Medicine,
Department of Family Medicine

Language editing

TAIA INT d.o.o

Technical editors:

Dorado Design
Jan Perša (University of Maribor, University Press)

Designers:

Dorado design

Graphic material:

Sources are own unless otherwise noted. Švab, Ketiš,
Homar, 2024

Cover graphic:

Family health concept, avtor: Irina Strelnikova,
shutterstock.com
Published by: Univerza v Mariboru, Univerzitetna založba
Slomškov trg 15, 2000 Maribor, Slovenija
<https://press.um.si>, zalozba@um.si

Issued by:

Univerza v Mariboru, Medicinska fakulteta
Taborska ulica 8, 2000 Maribor, Slovenija
<http://mf.um.si/>, mf@um.si
Univerza v Ljubljani, Medicinska fakulteta
Vrazov trg 2, 1000 Ljubljana
<https://www.mf.uni-lj.si/>, dekanat@mf.uni-lj.si

Editon:

1st

Printed by:

CICERO, Begunje, d.o.o

Circulation:

200 copy

Available at:

<https://press.um.si/index.php/ump/catalog/book/851>

Year of issue:

Maribor, Slovenia, February 2024

Price:

74.00 €

For publisher:

Red. prof. dr. Zdravko Kačič,
Rector of University of Maribor

CIP - Kataložni zapis o publikaciji
Univerzitetna knjižnica Maribor

614.2 (075.8)

FAMILY Medicine / editors Igor Švab, Zalika Klemen Ketiš,
Vesna Homar. - 1st ed. - Maribor : University of Maribor,
University Press, 2024

ISBN 978-961-286-825-3

DOI: 10.18690/um.mf.1.2024

COBISS.SI-ID: 184890115

Attribution

Švab, I., Klemenc Ketiš, Z., Homar, V. (2024). Family
Medicine. University of Maribor, University Press.
doi: 10.18690/um.mf.1.2024

Pravni poduk

University of Maribor, University Press. / © Univerza v
Mariboru, Univerzitetna založba. Vse pravice pridržane.

All rights reserved. No part of this book may be reprinted
or reproduced or utilized in any form or by any electronic,
mechanical, or other means, now known or hereafter invented,
including photocopying and recording, or in any information
storage or retrieval system, without permission in writing
from the publisher. / Brez pisnega dovoljenja založnika je
prepovedano reproduciranje, distribuiranje, predelava ali
druga uporaba tega dela ali njegovih delov v kakršnem koli
obsegu ali postopku, vključno s fotokopiranjem, tiskanjem ali
shranjevanjem v elektronski obliki.

TABLE OF CONTENTS

| | |
|--|-----|
| 1. DEFINITION OF FAMILY MEDICINE - Igor Švab..... | 7 |
| 2. BACK PAIN - Ksenija Tušek Bunc | 19 |
| 3. CHEST PAIN - Matej Strnad, Veronika Vežjak | 37 |
| 4. PAIN AS A SYMPTOM - Aleksander Stepanović..... | 58 |
| 5. ACUTE RESPIRATORY INFECTIONS - Nena Kopčavar Guček | 69 |
| 6. URINARY TRACT INFECTIONS - Suzana Kert..... | 90 |
| 7. HYPERTENSION - Marija Petek Šter | 107 |
| 8. DIABETES MELLITUS - Barbara Jemec Zalar, Davorina Petek | 125 |
| 9. OBESITY - Milena Blaž Kovač..... | 143 |
| 10. DEMENTIA - Tatjana Cvetko..... | 163 |
| 11. DEPRESSION - Janez Rifel..... | 188 |
| 12. PERSISTENT SOMATIC SYMPTOMS - Vojislav Ivetić..... | 202 |
| 13. ALCOHOL CONSUMPTION - Marko Kolšek..... | 217 |
| 14. OBSTRUCTIVE SLEEP APNOEA - Andrej Pangerc | 235 |
| 15. HEALTHCARE SYSTEMS - Antonija Poplas Susič | 248 |
| 16. FAMILY PRACTICE ORGANISATION AND TEAMWORK - Davorina Petek, Antonija Poplas Susič..... | 262 |
| 17. RURAL MEDICINE - Marija Petek Šter | 274 |
| 18. PATIENTS' RIGHTS - Igor Švab, Antonija Poplas Susič..... | 283 |
| 19. MODERN TECHNOLOGIES - Vesna Homar, Matic Mihevc | 291 |
| 20. COMMUNICATION DURING CONSULTATION - Polona Selič-Zupančič, Janez Rifel | 303 |
| 21. COMMUNICATION - Davorina Petek | 320 |
| 22. COMMUNICATING BAD NEWS - Davorina Petek | 336 |
| 23. COUNSELLING - Marko Kolšek..... | 343 |
| 24. DECISION MAKING - Zalika Klemenc Ketiš | 355 |
| 25. HOME CARE - Andrej Kravos | 365 |
| 26. REFERRAL - Rajko Vajd | 376 |
| 27. DRUG PRESCRIBING - Eva Cedilnik Gorup..... | 386 |
| 28. DOCUMENTING PATIENT CARE - Rade Iljaž..... | 397 |
| 29. EMERGENCY AND OUT-OF-HOURS CARE - Vesna Homar | 408 |
| 30. PRINCIPLES OF PREVENTION - Mateja Bulc | 422 |

| | |
|---|-----|
| 31. PREVENTIVE PROGRAMMES - Mateja Kokalj Kokot | 431 |
| 32. LIFESTYLE - Mateja Kokalj Kokot, Matej Kokalj Kokot | 442 |
| 33. AGING - Janez Rifel..... | 454 |
| 34. PALLIATIVE CARE IN FAMILY MEDICINE - Aleksander Stepanović | 466 |
| 35. MULTIMORBIDITY - Eva Cedilnik Gorup | 478 |
| 36. THE FAMILY - Danica Rotar Pavlič, Katja Pesjak | 487 |
| 37. DOMESTIC VIOLENCE - Polona Selič-Zupančič, Nena Kopčavar Guček (clinical case)..... | 503 |
| 38. VULNERABLE GROUPS - Danica Rotar Pavlič, Erika Zelko, Ana Perdih..... | 521 |
| 39. COMMUNITY-ORIENTED HEALTHCARE - Darinka Klančar | 530 |
| 40. EVIDENCE-BASED MEDICINE - Zalika Klemenc Ketiš..... | 538 |
| 41. QUALITY OF CARE - Andrej Kravos..... | 550 |
| 42. PROFESSIONALISM IN FAMILY MEDICINE - Igor Švab..... | 562 |

FOREWORD

Igor Švab, Zalika Klemenc-Ketiš

The importance of a family medicine textbook lies in its ability to provide evidence-based information that can inform clinical decision making and improve patient outcomes. It is an important resource for health professionals who are responsible for providing primary care services and for students studying in this field.

This textbook is designed to provide comprehensive information on the diagnosis, treatment, and management of a wide range of medical conditions that are common amongst the general population. It also differs from traditional textbooks; the sections of the textbook reflect the definition of family medicine as accepted by WONCA Europe. Each chapter focuses on clinical cases, and is structured to explain the thinking and logic of a practicing family physician. The cases are real patient scenarios that illustrate the complexity and multi-faceted nature of family physician care. By presenting cases that demonstrate the various challenges and considerations in delivering primary care, a textbook of family medicine can help physicians develop the skills and knowledge they need to provide effective, patient-centred care. This type of book structure was used for the first time for the previous edition and has been widely accepted as a useful innovation, not only in Slovenia but also further afield.

This textbook was written by experts in the field of family medicine and their collaborators, and is a product of collaboration between the two departments of family medicine in Slovenia and international experts acting as reviewers. We believe it will be an important resource for physicians, medical students and residents, researchers, and policy makers. By providing evidence-based information and real patient scenarios, it seeks to help teachers explain the complex nature of family medicine, teach students about the specialty, and aid physicians in providing effective, patient-centred care, thus supporting the development of a strong and sustainable primary care system.

01

DEFINITION OF FAMILY MEDICINE

Igor Švab

Reviewer: Nele Michels

Concepts:

- general practice
- family medicine
- renaissance of general practice
- systems theory
- biomedical model
- ethnomedical model
- biopsychosocial model

Clinical case

A 75-year-old man who has not visited the practice for two years comes in. At the last visit, his blood pressure was 190/100 mm Hg.

He feels much worse today. He has a headache, has lost weight and is coughing. His blood pressure is 190/110 mm Hg. His clothes are dirty, and he smells of alcohol. You know he lives alone in unsanitary conditions. His wife died 3 months ago.

1 INTRODUCTION

Experts who had to define individual areas of medicine encountered a problem when it came to family medicine. Questions have arisen as to whether it is actually a medical specialty at all, as it cannot be explained by the characteristics one uses in other specialities: by the organ system it treats (such as gynaecology, gastroenterology, otorhinolaryngology), by the population group which clinical specialists deal with (e.g.,

paediatrics), by the methods of work used (e.g., social medicine, epidemiology), or by the devices used in it (e.g., radiology). The specialty of family medicine is more difficult to define because it has several characteristics from which the competencies of family medicine physicians derive. This chapter lists the characteristics that define this profession, as well as the theoretical foundations on which the profession is based. In the second half of the twentieth century, medicine found itself in a crisis. This was

a result of its unimaginable technological advances from the first half of this century, marked by the development of a whole range of specialties. Despite great successes in treating diseases, and a great increase in life expectancy, more and more people became dissatisfied with medicine. During this period, family medicine emerged as a renaissance of the previously well-known general practice, which largely lost its reputation in the middle of the 20th century (1). Because of this, a new name was needed to purge the negative connotations that clung to general practice. The term “family medicine” was coined in the US, and quickly established itself in many European countries (e.g., Portugal, Spain, all Eastern European countries). However, in some (Northern) European countries, the term „general practice“ has survived (especially in the United Kingdom, the Netherlands and Scandinavia). The fact that both terms are still used has further complicated the understanding of family medicine as a profession.

Experts in the field of family medicine derive their expertise from several conceptual models that apply in science, and the use of varied approaches is a key feature of family medicine.

The most used models we use to understand problems in family medicine will now be further discussed.

2 MODELS AND THEORIES

2.1 BIOMEDICAL MODEL

The biomedical model is the predominant way in which modern medicine explains diseases. It interprets phenomena by gradually abstracting the insignificant from the essential. The model is based on the belief in human dualism between body and mentality, on biological reductionism, and the linear connection between cause and effect. It assumes that there is a biophysical explanation for each disease that can be objectively defined. The observer of the phenomena must be as objective as possible and should be separated from the events they observe. The physician determines the connections between symptoms and physical diseases based on the analysis of objective data, with the help of which they discover anatomical or physiological defects. Treatment is then aimed at eliminating these defects. According to the biomedical model, health is understood as the absence of disease. Biomedically oriented physicians are scientists and disease fighters equipped with state-of-the-art technology.

FAMILY MEDICINE

Igor Švab¹, Zalika Klemenc Ketišč², Vesna Homar¹

¹ University of Ljubljana, Faculty of Medicine, Ljubljana, Slovenia

igor.svab@mf.uni-lj.si, vesna.homar@mf.uni-lj.si

² University of Maribor, Faculty of Medicine, Maribor, Slovenia

zalika.klemenc@um.si

This textbook of family medicine is a crucial resource for healthcare practitioners who are responsible for providing primary care services. The importance of a textbook of family medicine lies in its ability to provide evidence-based information that can be used to guide clinical decision-making and improve patient outcomes. One of the key features of this textbook of family medicine that sets it apart from other medical textbooks is its focus on clinical cases. This means that the textbook is structured around real-life patient scenarios that highlight the complex and multifaceted nature of primary care. By presenting cases that illustrate the various challenges and considerations involved in providing primary care services, a textbook of family medicine can help healthcare practitioners develop the skills and knowledge they need to provide effective, patient-centered care.

Keywords:

family medicine, problem-based learning, primary health care, comprehensive care, person-centred care



University of Maribor Press

ISBN 978-961-286-825-3

DOI: 10.18690/um.mf.1.2024



University of Maribor Press

