Family Medicine Role and Impact

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Objectives

• To highlight the Role and Impact of Family Medicine and Primary Health Care
• To highlight challenges and opportunities for Family Medicine and Primary Health care in Saudi Arabia.
Role of Family Medicine & PHC

• Family Medicine, Primary Health Care, General Practice
• The 1978 Declaration of Alma-Ata.
• Primary Health care is that care provided by physicians specifically trained for and skilled in comprehensive first contact and continuing care for persons with any undiagnosed sign, symptom, not limited by problem origin.
Role of Family Medicine & PHC

- Health promotion
- Prevention
- Treatment
- Continuity of Care
- Biopsychosocial model of care
- Accessible
Impact of Family Medicine

• Countries oriented towards primary care have populations with better health and services that are delivered at lower costs.

• 1.2 $ million in savings for every 10,000 patients served by PHC services, annually.

• Translate into 3.6 billion $ (13.5 Billion SAR) in the Saudi Health care system.

*BMJ 2017;356:j634*
PWC-2016

2019/01/31
Impact of Family Medicine

- lower mortality rates
- Reduction in emergency visits.
- Reduction in hospitalizations
- Lower rates of premature death
- Higher rates of infant birth weight
- Increased life expectancy
- Improved patient satisfaction

Health Affairs: 2015, 34(9), 1531-1537
BMC Health Serv Res. 2015; 15: 42.
Health Serv Res. 2017 Apr; 52(2): 634–655
Health Affairs: 2015, 34(9), 1531-1537
Health Care System in Saudi Arabia

Levels of Care

2300
Primary Care

415
Secondary Care

20
Tertiary Care
Current Status of PHC in Saudi Arabia

- 50% of PHC centers are rented.
- 35% of PHC centers are equipped with X rays.
- 61% of PHC centers are equipped with labs.
- Very basic labs: CBC, EP, VS. INR, Hba1C, Lipid, TSH.
- 6000 GPs, 636 with FM training.

MOH Stat Book 2017
Shortage of Qualified Family Physicians

- PHC not new any more, 1978.
- 1500 board certified PHC physicians (5%).
- The right balance of PHC physicians and specialist (50%).
- Canada 53%, UK 45%, Australia 50%, US 30%.

OECD Factbook 2016
We need more Primary Care Physicians

President Obama 2014
Even More in Our Country

- Diabetes
- Hyperlipidemia.
- HTN
- Smoking
- Obesity
- Inactivity
- CAD
Training in Family Medicine

- Hospital oriented.
- Lack of primary health care system.
- Clinical focus.
- Role-Model
- Scholarships 70s-80s-90s
Training in Family Medicine Opportunities

- There are 20000 medical students expected to graduate over the next 5 years.
- We should aim at 7000 family physicians over the next 5 years.
- Scholarships in family medicine
- Family Medicine Academies.
Local Model of Family Medicine

- Consultant based clinics.
- Structure preventive health services
- Management of chronic diseases
- Urgent care services
- ER coverage.
- Health outreach clinics.
- Virtual clinics
- Palliative care, home health care.
Health Care Vision 20:30

• Committed Leadership.
• Promising plans:
• Re-orientation of the health care system towards family medicine and primary health care services
• Productivity/Value based compensation
Health Care Transformation 20:20

- Health Clusters
- Eastern Province, Riyadh, Makkah, Qassim
- PHC centers are linked to the hospitals
- Specialist clinics
- Labs, Radiology, Referrals
Conclusion

• Family Medicine/ PHC is the backbone of efficient, cost-effective healthcare system
• Vision 20:30 and Transformation 20:20 are golden opportunity to reform our healthcare system
• We need to improve the settings of PHC centers
• Improve and expand local training in Family Medicine.
• Involve of senior leaders Family Medicine in the transformation plans and initiatives
Thank You
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