

# Explore

*FAMILY  
MEDICINE*

... where every facet of medicine  
is yours to discover

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# FAMILY Medicine Explore NEW Worlds

## *The Family Medicine model of care highlights:*

- patient focused
- electronic health record
- quality and safety measurements
- multidisciplinary team
- organized chronic disease management

### *What is Family Medicine?*

The backbone of the American health care system, family physicians conduct more office visits each year than any other medical specialty. Family physicians provide comprehensive care that includes prevention, acute intervention, chronic disease management, end-of-life care, and coordination of care. In addition, family physicians provide the majority of care for America's underserved and rural populations.

In the increasingly fragmented world of health care where many medical specialties limit their practice to a particular organ, disease, age or sex, family physicians are dedicated to treating the whole person across the full spectrum of ages. The heart of Family Medicine is an ongoing, personal patient-physician relationship focused on integrated care.

As the providers of more than 90 percent of the health care that patients need throughout their lives, family physicians advocate for and establish long-term relationships with patients and their family members.

### **Preventive Care Benefits**

- Longer life spans and fewer deaths due to heart and lung disease
- Fewer cases of and deaths due to colon and cervical cancer
- Less ER and hospital use
- Reduced health disparities

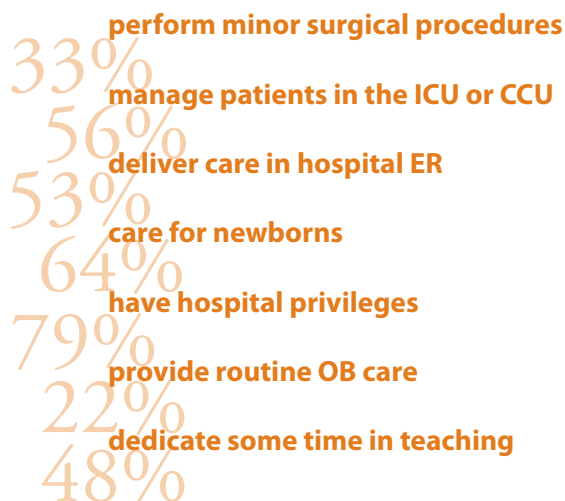
### *EXPERIENCE Family Medicine's Model of CARE*

The family medicine model of care aims to reintegrate and personalize health care for patients. This model provides a patient-centered personal medical home through which they can receive services within the context of a continuing relationship with their physician.

### **Rewards of Practice**

- Integrating patient care
- Communicating with patients, listening to their health secrets and fears, and educating them regarding their health status and care options
- Generating relevant new knowledge through practice-based research
- Networking with other practices to provide the best care for their patients
- Providing effective practice administration to support patient care
- Making a difference in the lives of patients, their families, and their communities
- Working in multidisciplinary teams to achieve better health outcomes
- Using new information technology to deliver and improve care

### *By the numbers...*



**An increase of one family physician per 10,000 people would decrease mortality by 6%.**



# FAMILY Physicians The Right Stuff

## *FAMILY PHYSICIANS' ATTRIBUTES INCLUDE:*

- whole-person orientation
- relationship-focused
- natural command of complexity
- talent for humanizing health care

## *Building Strong Relationships*

Family physicians have a unique influence on their patients' lives. Serving as a partner to maintain well-being over time, a family physician empowers patients with information and guidance needed to maintain health. In addition, family physicians provide long-term behavioral change interventions and develop ongoing communication with patients and families.

## *EXPLORE FAMILY MEDICINE TRAINING*

During three-years of residency training, family physicians cover child care, maternity care, primary mental health, surgical procedures, community medicine, and supportive care including end-of-life care. Combined residencies (internal medicine, emergency medicine, or psychiatry) and fellowships (sports medicine, obstetrics, sleep medicine, and more) are available. With more than 400 family medicine residencies in community-based, medical school-based, military, inner-city, urban, suburban, and rural settings, the choice is yours.

Family physicians are trained to care for complex diseases, including asthma, congestive heart failure, coronary heart disease, depression and anxiety, diabetes, hypertension, multiple sclerosis, and Parkinson's. During training, family physicians learn to:

- consider all of the influences on a patient's health
- know and understand people's limitations, problems, and personal beliefs when deciding on a treatment
- be appropriate and efficient in proposing therapies and interventions
- develop rewarding relationships with patients

Family medicine residents care for their continuity patients in a supervised group practice at the residency clinical offices. Hospital training occurs during each year of family medicine residency training. Family medicine residents work and learn throughout the hospital — in the emergency department, labor and delivery department, the operating room, intensive care units, and on numerous general and specialty wards.

## **Family Medicine Procedures: Options for possible care**

- Colposcopy/LEEP
- Colonoscopy
- Endoscopy
- Maternity care procedures
- Skin biopsies
- Suturing lacerations
- Ultrasound imaging
- Vasectomy
- And more...

## *Lifestyle*

Today's family physician is a tech savvy, small business owner, who still has time to attend his or her kids' soccer games, plus:

- 50 hours per week in patient-related activities
- 5 weeks for vacation/CME
- 25% increase in income projected for family practices that use new technologies and new care models such as chronic disease management

## **Practice Options**

- Solo practice
- Multispecialty group practice
- Careers in public health, government, residency or medical school faculty, or politics
- Research
- Hospitals
- International medicine
- Frontier or wilderness medicine
- Rural, urban and suburban practices
- Emergency care
- Variety in call schedule options
- And others...

## **Distribution**

The geographical spread of family physicians across the United States more closely matches the geographic spread of the general population than any other specialty.

While **79%** of the U.S. population is in urban areas,  
**71%** of family physicians are in urban areas.

While **21%** of the U.S. population is in rural areas,  
**29%** of family physicians are in rural areas

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