



Choose Promise

A strong primary care-based health system leads to:

Better Health

- The evidence shows that access to primary care helps people live longer, healthier lives.
- Studies suggest that as many as 127,617 deaths per year in the U.S. could be averted through an increase in the number of primary care physicians.
- In areas of the country where there are more primary care providers per person, death rates for cancer, heart disease, and stroke are lower and people are less likely to be hospitalized.

Better Care

- Urban and rural communities that have an adequate supply of primary care practitioners experience lower infant mortality, higher birth weights, and immunization rates at or above national standards despite social disparities.
- An increase of one primary care doctor per 10,000 people can decrease costly and unnecessary care:
 - ★ Outpatient visits 5.0%
 - ★ Inpatient admissions 5.5%
 - ★ ER visits 10.9%
 - ★ Surgeries 7.2%
- Evidence also shows that primary care, in contrast to specialty care, is associated with a more equitable distribution of health in populations, a finding that holds in both cross-national and within-national studies.

Lower Cost

- A primary care-based system may cost less because patients experience fewer hospitalizations, less duplication, and more appropriate technology.
- U.S. adults who have a primary care physician have 33% lower health care costs.
- Medicare spending is less for states with more primary care physicians and yet these states have more effective, higher-quality care.

Choose more.
Choose family medicine.

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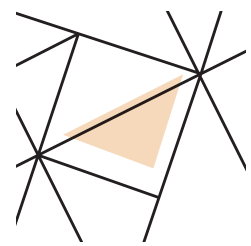
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#ChooseFamMed



When it's time to decide which specialty you'll practice, what will you choose?



Family physicians are many things, among them the backbone of the U.S. health care system, the quarterback of the health care team, and a patient's most trusted advocate for their health.

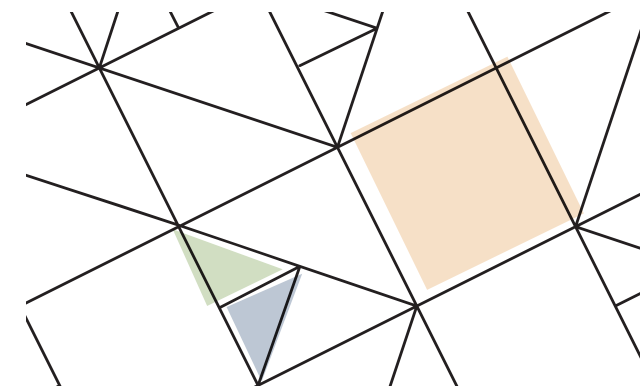
In the increasingly fragmented world of health care where many medical specialties limit their practice to a particular organ, disease, age, or sex, family physicians are dedicated to treating the whole person across the full spectrum of ages. The heart of family medicine is an ongoing, personal patient-physician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

- Family medicine has been the most-recruited medical specialty by hospitals and health systems consistently since 2006.
- By 2025, an additional 21,000 family physicians are needed to meet the U.S. primary care workforce needs.
- Family physicians currently make up the largest individual share of the primary care workforce.

Choose Purpose

Family physicians are expected to:

- Give patients the care they need when they are most vulnerable.
- Care for patients regardless of age and health conditions, and work to sustain an enduring and trusting relationship with them.
- Be each patient's first contact for health concerns.
- Help patients with preventing, understanding, and managing illness.
- Navigate the health system with patients, including coordinating with specialists and staying connected with patients before, during, and after time spent in a hospital.
- Use data to prioritize and coordinate services most likely to benefit a patient's health.
- Use technology to maintain and enhance access, continuity, and relationships.
- Understand the effects of the community-level factors and social determinants of health on their patients' well-being, and identify community resources available to meet their health needs.
- Care for patients in the context of their family and the ways in which the health of each family member affects the others.



Choose Variety

Family physicians offer diverse services:

- 36% perform minor surgical procedures
- 45% treat patients in the ICU
- 40% deliver care in hospital ERs
- 59% care for newborns
- 77% have hospital privileges
- 19% provide routine OB care

Choose Innovation

Family physicians perform multiple types of procedures:

- ★ Colposcopy/LEEP
- ★ Colonoscopy
- ★ Endoscopy
- ★ Musculoskeletal injections
- ★ Spirometry
- ★ Skin procedures
- ★ Suturing lacerations
- ★ Ultrasound imaging
- ★ Vasectomy

Choose Versatility

Family physicians have many practice options:

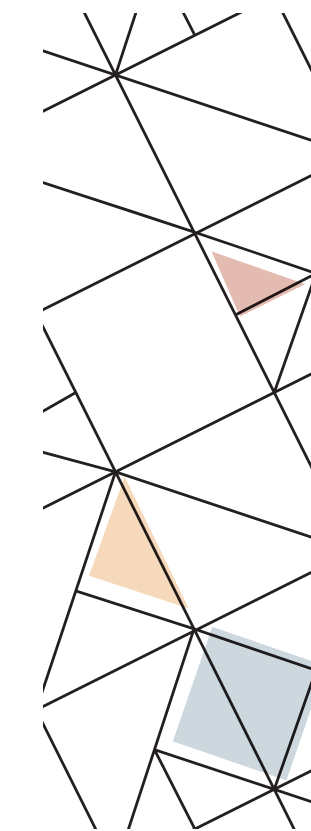
- ★ Solo or group practice
- ★ Multispecialty group practice
- ★ Careers in public health, government, residency, or medical school faculty
- ★ Research and academic health centers
- ★ Hospitals
- ★ Global health and international medicine
- ★ Frontier or wilderness medicine
- ★ Rural, urban, and suburban practices
- ★ Emergency care
- ★ Nursing home
- ★ Community health center

Today's family physician can have a fulfilling career while maintaining a healthy work/life balance and a comfortable lifestyle that allows time to travel and raise a family. Family physicians:

- Practice 47 weeks per year
- Spend 34 hours per week in face-to-face patient contact

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

- While 80% of the U.S. population is in urban areas, 77.5% of family physicians are in urban areas.
- While 30% of the U.S. population is in rural areas, 22.5% of family physicians are in rural areas.



Choose Knowledge

Family physicians are trained to offer the best possible patient care:

- 3-year residency (with a few options for 4-year programs)
- Additional training options (fellowships and Certificates of Added Qualification) include (3 months to 3 years):

- ★ Adolescent medicine
- ★ Emergency medicine
- ★ Faculty development
- ★ Geriatric medicine
- ★ Hospice and palliative medicine
- ★ Hospitalist
- ★ Integrative medicine
- ★ International
- ★ Obstetrics
- ★ Sleep medicine
- ★ Sports medicine

- There are more than 470 family medicine residency programs in the U.S. Settings include academic, community, military, inner-city, urban, suburban, rural, and more.
- All family physicians are trained in labor and delivery; emergency medicine; surgery and procedures; hospital medicine including intensive care, inpatient, and outpatient medicine; pediatrics; geriatrics; and more with options for elective rotations to explore areas of particular interest more deeply.

YOU might have what it takes to be a family physician if:

You like every rotation in medical school—you want to do it all!



You want the ability to take care of your patients and their families in a variety of settings.



You value the physician-patient relationship and enjoy direct patient care.



You want to make a difference in how care is delivered in the U.S.



You are comfortable with ambiguity and like to solve new puzzles.



You are flexible and adaptable and like new challenges.



You value working in a team.