

राज्य सेवा संवर्ग के चिकित्सक ध्यान दें !

सी0एम0सी0, वैलोर द्वारा संचालित दूरस्थ शिक्षा के माध्यम से 2 वर्षीय Post Graduate Diploma in Family Medicine पाठ्यक्रम हेतु राज्य सेवा संवर्ग के इच्छुक चिकित्सकों से आवेदन की मांग की जाती है, जो निम्नलिखित अहताएँ रखते हों ।

1. चिकित्सक केवल MBBS धारी हों, विशेषज्ञ नहीं ।
2. राज्य सेवा संवर्ग में लगातार 10 वर्षों के कार्य अनुभव प्राप्त हो तथा कम से कम 7 वर्षों की पूर्व अवकाश ग्रहण अवधि शेष हो ।
3. चिकित्सकों के चुनाव में ग्रामीण क्षेत्रों के चिकित्सकों को प्राथमिकता दी जाएगी ।
4. सफल प्रशिक्षणोपरान्त उन्हें 3 वर्षों तक इस संकाय अन्तर्गत सेवा देने हेतु Bond भरना अनिवार्य होगा ।
5. Diploma Course हेतु लगने वाले सारे खर्च राज्य स्वास्थ्य समिति, बिहार द्वारा वहन किया जाएगा ।
6. इच्छुक चिकित्सक अपने बायोडाटा सहित प्रकाशन के 10 दिनों के अन्दर लिफाफे पर **“Post Graduate Diploma in Family Medicine”** लिखते हुए अपना आवेदन निम्नांकित पते पर प्रेषित करें । **कार्यपालक निदेशक, राज्य स्वास्थ्य समिति, बिहार, परिवार कल्याण भवन, शेखपुरा, पटना-800014**
7. पाठ्यक्रम, Prospectus एवं Bond संबंधी विशेष जानकारी समिति के वेबसाईट www.statehealthsocietybihar.org अथवा CMC,Vellore के वेबसाईट www.cmcvellore.co.in पर देखा जा सकता है ।

शंका निराकरण हेतु डा0(मेजर) के0 एन0 सहाय के कार्यालय दूरभाष संख्या-0612-3244041 पर सम्पर्क किया जा सकता है ।

कार्यपालक निदेशक
राज्य स्वास्थ्य समिति, बिहार

CHRISTIAN MEDICAL COLLEGE & HOSPITAL, VELLORE – 632 004
(DEPARTMENT OF DISTANCE EDUCATION)
POSTGRADUATE DIPLOMA IN FAMILY MEDICINE
(2009 BATCH)
APPLICATION FORM



APPL. NO. _____

Instructions: 1. Read carefully the prospectus before filling in the application form.

1. PERSONAL INFORMATION [All entries in this section must be in CAPITALS, please]

| | |
|--|--|
| First Name: _____ | |
| Surname: _____ | |
| Gender: Male */ Female | Date of Birth: <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> |
| MBBS Reg.No. _____ | |
| Address for correspondence: _____ _____ _____ | |
| PIN: <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> | |
| Permanent/Residential Address(If different from above): _____ _____ _____ | |
| PIN: <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> <input type="text"/> | |
| Telephone Nos (with area code): Residence: _____ | Office: _____ |
| Mobile No: _____ | e-mail address: _____ |

2. PROFESSIONAL QUALIFICATIONS:

| Degree | Institution | Year completed |
|----------------------------|-------------|----------------|
| MBBS | | |
| PG qualifications, if any: | | |

3. WORK EXPERIENCE:(in chronological order from the year of qualification. Use the remarks column to indicate (i) if you did general practice or specialized practice like paediatrics, gynaecology; (ii) if you have inpatient facilities in your Government clinic/nursing home and (iii) your current position.)

| Period | | Institution | Remarks |
|--------|----|-------------|---------|
| From | To | | |
| | | | |
| | | | |
| | | | |
| | | | |

4. What do you hope to gain from the PGDFM programme? (Not more than 4 sentences.)

5. TECHNOLOGICAL BACKGROUND:

Do you have access to the following resources?

- (i) A personal computer with word-processing and CD-ROM Yes */ No.
- (ii) Internet access through your computer Yes */ No.
- (iii) How often do you perform the activities mentioned on your computer? Tick in the appropriate box.

| Activity | Nearly every day | Once a week | Only occasionally (e.g. once a month) | Never. |
|--------------------------------|------------------|-------------|---------------------------------------|--------|
| Type MS Word Documents | | | | |
| Cut and paste text | | | | |
| Internet Browsing | | | | |
| Sending e-mail messages | | | | |
| Sending attachments to e-mails | | | | |

6. MISCELLANEOUS INFORMATION:

- (i) The State where you would like to attend the Contact Program: (UP, Bihar, Jharkhand, MP, Chhattisgarh, Rajasthan, Orissa and Uttaranchal): The exact location in the district will be intimated to you later.

Choice 1:

Choice 2:

- (ii) Will you attend *all* the contact programmes to be held as per the Training schedule? Yes */ No.
- (iii) Will you submit *all* the assignments as per the schedule?

DECLARATION:

All the information given above is complete and accurate. I declare that the Dept. of Distance Education is entitled to cancel my candidature immediately, should it become apparent that any of the particulars furnished above in this application form is/are false or incorrect.

I have read the course regulations and promise to abide by them.

Date: _____

Signature of the Applicant: _____

NOTE: 1. Use additional sheets if the space provided are inadequate. 2. Strike out as applicable words separated by */

CHRISTIAN MEDICAL COLLEGE & HOSPITAL,

VELLORE – 632 004

DEPARTMENT OF DISTANCE EDUCATION

POSTGRADUATE DIPLOMA IN FAMILY MEDICINE

June 09 course

I. PREAMBLE:

- There are close to 250,000 General Practitioners in India who have no access to postgraduate education. Only one in four doctors trained in India will ever find access to postgraduate studies in the country and this has promoted the “brain drain” out of the nation.
- Since the government has not mandated continuous education for physicians, most of the GP’s and government doctors do not make much effort to remain up-to-date with the developments in the medical education. The lack of continuous updating of the knowledge and skills by these GP’s and government doctors has led to a situation where there are excessive referrals because they are not confident in handling cases even with the slightest hint of a complication. Many patients, therefore, end up visiting multi-specialty hospitals where the health care costs are very high. No wonder, in a World Bank study done in the year 2004, it was found that the private health care sector was responsible for drowning many below the poverty line!
- The First referral units of the Government have specialists in only 35% of them. The current trends of postgraduate training and recruitment do not provide hope of staffing the FRU’s in the next several decades!!
- The most innovative solution in sight is to develop the capacity of the MBBS doctor in stages so as to help him manage the services in the PHC’s and FRU’s better.

A ‘**Family Physician**’ is a multi-competent specialist who not only provides the point of first contact, but also provides the continuum of care. The number of ‘Family Physicians’ – doctors satisfying the above definition – in the Indian sub-continent is grossly inadequate to cater to the huge population.

It is with the above scenario in mind that the Department of Distance Education (DDE) of the C.M.C. &H., Vellore started the two-year course leading to the Post-Graduate Diploma in Family Medicine (PGDFM). The first batch of candidates started their course in November, 2006.

II. THE OBJECTIVE:

The objective of the PGDFM programme is to build the capacity of GP's and government doctors in the PHC's and in the FRU's (First Referral Units) and enable them to manage more cases so that referral becomes less necessary – hence the motto: **'Refer less, Resolve more'**.

The ultimate beneficiaries of the programme will be patients from the financially weaker section of the population, especially those from the rural areas.

Thus, the programme leads to a win-win situation for the patients and the GP's and government doctors as the former find a one-window solution, while the latter (who would have become multi-competent) find a much larger scope for their practice.

III. THE COURSE FORMAT

a) **Duration:** The PGDFM program is a 24 month course, and can be done in 4- semesters.

If however, a candidate is unable to complete in 24 months for some valid reason, extension may be allowed with written permission of State government and with information to the course coordinator, Distance education, CMC hospital, Vellore.

The entire course is divided into 4 semesters. Each semester covers 3 course booklets and needs to be completed in 6 months. A candidate completes the first semester when he/she has gone through the course material given in the first 3 booklets and sent in the assignments given therein; the 2nd semester, similarly, on completion of booklets 4 to 6 and so on. The duration of a semester is not fixed, and may vary from candidate to candidate. However, we set a maximum limit of 3 years for a candidate to complete the entire course including the examinations as mentioned in the next article.

Course booklets are so designed that a candidate who works regularly spending 2 hours per day can complete one booklet in 2 months. Candidates are advised to monitor their pace and progress keeping this in mind.

b) **Eligibility Criteria.**

1. Valid MBBS Degree
2. Motivation to pursue and complete the course as prescribed, in order to improve their practice in the primary health centers.
3. Willingness to pursue the supplementary skill program for 12 months that may make them eligible for academic and monetary benefits as may be decided later by the State.
4. Women candidates are encouraged to apply.

5. Other criteria that the State Health secretaries may prescribe.

c) **The Curriculum:** The DDE has prepared a curriculum comprising of about 75 problem-based, interactive modules. The modules are prepared by highly qualified and experienced faculty.

Problem-based Modules for the PGDFM

- | | |
|----------------------------------|--|
| 1. Diarrhea in Adults | 23. Hemetemesis & Malaena |
| 2. Diarrhea in Children | 24. Ear pain/Discharge |
| 3. Dyspepsia | 25. Diabetes Mellitus – II |
| 4. Incessant Cry | 26. Haematuria |
| 5. Nausea and Vomiting | 27. Edema – I |
| 6. Hypertension | 28. Fever with Rash |
| 7. Fever – Part I | 29. Neck Swellings |
| 8. Seizures – Part I | 30. Acute Abdominal Pain |
| 9. Seizures – Part II | 31. Chest Pain - I |
| 10. Dizziness & Vertigo | 32. Edema – II |
| 11. Headache | 33. Immunization |
| 12. Lower GI bleeding | 34. Head injury |
| 13. Seizures in Children | 35. Low back ache |
| 14. Common Psychiatric disorders | 36. Weight Loss |
| 15. Constipation | 37. Bio-Ethics |
| 16. Fever – II | 38. Antenatal Care |
| 17. Diabetes Mellitus - I | 39. Bites & Stings |
| 18. Asthma | 40. Dyspnoea – I |
| 19. Groin Swellings | 41. Burns |
| 20. Fever – III | 42. Violence Management against Women & Children |
| 21. Leg Ulcer | 43. Anemia |
| 22. Erectile Dysfunction | |

- | | |
|------------------------------|--|
| 44. Rational Prescribing | 60. Dyspnoea - III |
| 45. Newborn care | 61. Disorders of Sleep |
| 46. Diminished Vision | 62. Common foot problems |
| 47. Palliative Care - I | 63. Joint Pain |
| 48. Palliative Care - II | 64. HIV – Basic Science & Laboratory Testing |
| 49. Contraception | 65. Common Cutaneous Infection |
| 50. Sterilization | 66. Menstrual Disorders - I |
| 51. STI | 67. Menstrual Irregularities – II |
| 52. Red Eye | 68. Hansen's Disease |
| 53. Dyspnoea - II | 69. Obesity |
| 54. Movement Disorder | 70. Shock |
| 55. Bleeding disorder | 71. Geriatric Care in General Practice. |
| 56. Jaundice | 72. Managing patients with HIV – related diseases |
| 57. White discharge | 73. Medically unexplained physical symptoms (MUPS) |
| 58. Acute Poisoning | |
| 59. Hemiplegia & Hemiparesis | |

d) Video-lectures: At least 60 video-lectures are also made available to the candidates during the two-year course. Expert faculty from the CMC will be interacting online with the candidates and answering their queries based on these video-lectures at the live tele-conferencing sessions organized during the contact programmes.

e) Contact Programmes: Participants will be required to attend 3 sessions of contact classes – (10+10+10days) / 1 ½ years. Each state will have a regional study centre in an established hospital preferably a district hospital /private reputed hospital where the candidates will get bedside clinical teaching including discussion on management of cases.

Candidates should make their own arrangements for food & accommodation during the Contact program. However, the study centers will provide assistance in procuring accommodation. Candidates needing assistance in arranging hotel accommodation near the contact centre should contact the Centre coordinator at least a month in advance. It is possible that the State governments may provide subsidy towards the cost of food and accommodation.

List of Regional contact Centres for the PGDFM program

Each contact centre will consist of one district hospital and a NGO hospital. (Twins)

Will be located in the following states:

- ✓ Uttar Pradesh: 2 twinned centers
- ✓ Madhya Pradesh: 1 twinned centre
- ✓ Bihar: 2 twinned centers
- ✓ Orissa: 1 twinned centre
- ✓ Jharkhand: 1 twinned centre
- ✓ Chhattisgarh: 1 twinned centre
- ✓ Uttaranchal: 1 twinned centre
- ✓ Rajasthan: 1 twinned centre

The exact districts where the training will be located are being worked out.

It is mandatory for every PGDFM candidate to attend 3 contact sessions of 10 days each during the two-year period. Contact sessions form an important part of the course as they are planned to reinforce as well as augment the modules covered in the course booklets. Apart from live case studies taken up at the contact centers & supervised by senior specialist consultants, the video-lectures and the follow-up tele-conferencing sessions enhance the learning content of the contact programme. The logbooks maintained by the candidates form one important tool for evaluation of candidates.

Important: Candidates who fail to attend a total of at least 24 days of contact programme will not be eligible for the award of the diploma.

Skipping Contact sessions: It is possible for a candidate to skip a contact session if he / she has a genuine problem / unavoidable circumstance that prevents him / her from attending the session. However, a letter from the government (sponsor) will be needed to

explain absence. Such candidates should make up for the lost attendance by attending a suitable contact session later on. However the minimum 24 day requirement will not be waived.

EXAMINATIONS: Candidates doing the Post-Graduate Diploma in Family Medicine (PGDFM) programme have to write two examinations, one each at the end of the 2nd semester and at the end of the 4th semester.

There are two papers: Paper 1 (Theory) and Paper 2 (Practical) each time.

The Theory paper will be objective (multiple-choice) type of questions and will normally cover topics dealt with in Booklets 1 to 6 at the end of the 2nd semester and those in Booklets 7 to 12 at the end of the 4th semester. In addition, there will be a few questions based on the Video-lectures presented during the contact programme.

Questions set for the Practical Examination will be of Objective-Structured Clinical Examination (OSCE) pattern. This eliminates the need for any elaborate preparation and real cases, thus making it simple for the examiners. Further, it also ensures uniformity in assessment irrespective of the facilities / cases available at different centers.

Since candidates cover the course materials at different rates as explained above, we need a system to monitor the number of candidates ready to take the examination each time it is held. As and when a candidate has completed the first 6 booklets in every aspect, the candidate should formally write to DEDU to register him / her for the Yr. 1 Examination. For a candidate to be registered for the examination, this registration should be made one month before the Examination (so that we can arrange for sufficient exam. materials to be sent to the centers in advance).

f) Project Work: Candidates will be required to complete the projects given to them through the curriculum modules, and during the contact classes. In addition, they will be required to take up a project work. Consultants appointed by the DDE will evaluate the projects and project work for awarding the Diploma.

PROJECT WORK: INSTRUCTIONS TO CANDIDATES:

- Four projects are listed below from which No. 1 is compulsory. Candidates can choose any one of the remaining three.
- Candidates should keep appropriate records on the data collection, and attach all the relevant records as annexure. Candidates can format suitable questionnaire to elicit the required information through interviews. Enumerate your conclusions/comments on each project topic, wherever possible giving stress to the role GPs can play.
- Projects can be submitted using A4 size bond papers. Facing page of the presentation should be given the title as given for this document, and the following details

displayed: Name of the Candidate, Batch, Application Number, Titles of the projects done & Number of pages

- The presentation should be neatly typed giving wide margins (not less than 1" wide) on both sides. If hand-written, please use ruled sheets.
- The completed presentation should reach the Coordinator, Department of Distance Education CMC Hospital, Vellore-632004.
- The projects will be graded on a five-point scale by consultants:
 - A – Excellent
 - B – Very good
 - C – Good
 - D – Satisfactory
 - E – Should have been better.
- Only candidates scoring grade D or above will be awarded the certificate irrespective of the scores in other parameters.

Project I. Interview at least 10 physicians in your area:

1. How do they treat childhood diarrhea? Do they use antibiotics? If so which ones and for how long?
2. Have they seen cases of violence and or abuse of women and children? If yes, then what kind of violence or abuse? More details.
3. What average "facilitation" charge do private practitioners get for referring a patient for:
 - MRI
 - CT scan
 - Ultrasound
4. How many private practitioners use "inhalers" for asthma and how many of them use a peak flow meter for diagnosis?

[Notes: 1. Names can be changed wherever confidentiality is required]

Project II. Meet the District Health Officer and find out the following:

What are the Government public health programs in your area? In what ways can you participate in them?

Project III. Meet the State AIDS cell officers and find out:

What schemes are in vogue to prevent the spread of HIV/AIDS?

Where do all the HIV positive folks go for support and treatment?

(Comment on the adequacy of the support and treatment they get, and put forward suggestions to enhance the quality.)

Project IV: Meet the principal of a secondary school and find out the following:

- What health aspects are being taught in the school? What should be the scope of health education in schools?
- Is sex education needed in schools? What sorts of problems, if any, are encountered in this process?

Submission of assignments: Assignments given at the end of each module should be completed and sent regularly. They can be neatly typed in simple format, but hand-written materials are enough if the writing is legible. Please use A4 size bond papers for presenting assignments. Modules from the same booklets can be stapled together in the serial order, but please do not mix up assignments of one booklet with those of another as different examiners may often do the evaluation. Again, it would be ideal to start a new module on a new sheet.

On the cover page of the assignments for a booklet, please indicate the Name of Candidate, Number of the candidate, booklet number & Titles of Modules covered, and finally date of submission.

Assignments on the modules in the first booklet should reach the Coordinator, Dept. of Distance Education, CMC, Vellore, within 3 months time. Thereafter, the assignments on subsequent booklets 2, 3, 4...&12 should reach at regular intervals of 1 1/2 months.

g) Criteria for the award of Diploma: A candidate should satisfy the following criteria for the successful completion of the course:

- i) 50% marks in the final examination comprising of clinical and practical components
- ii) 70 % attendance in the contact programme and 70% of attendance in the video-lectures, log-book during contact program.
- iii) Satisfactory completion of the assignments.
- iv) Satisfactory completion of the Project Work.
- v) The course should be completed within a maximum of 3 years.

ADMISSION PROCEDURE:

Please go to www.cmvellore.ac.in and look under jobs and trainings click Application for PGDFM (Government Sponsored) and download the *Prospectus* and the *Application Form for the PGDFM*. NOTE: Use A4 size paper to print the Prospectus & Legal size paper to print the application form. Candidates needs to send in their filled in application forms as directed by the government authority sponsoring the programme.

Details for further communications; Email - dedu@cmvellore.ac.in

Telephone-0416-02283433

FEES:

The course fee is Rs.40,000 per candidate which is inclusive of everything. However the cost of travel to the contact centre, the cost of accommodation and food during the contact sessions is the responsibility of the candidate. However the course organizer will assist especially the women candidates in procuring some accommodation that is satisfactory and safe.

The health secretary of each state may offer scholarship to candidates chosen by them based on predetermined criteria.

Mode of communication: E-mails are not only faster but also cheaper these days than surface mail for communications. All candidates are therefore requested to resort to this mode of communication as far as possible – use courier or postal service only for sending projects and fee payments. Those who may not be computer-savvy are requested to seek the help of some one to open an email account and see the difference it makes!

Note: We do not intend to force any candidate into using email in case he/she finds it extremely difficult. Despite the suggestions, candidates are free to communicate by conventional means.

Change of Address or phone number should be informed to the coordinator, CMC Vellore to avoid wrong/delayed delivery of study materials.

Rs 50 Stamp paper

An agreement made this day the _____ between Dr. _____ (Second party) and the Health Secretariat of the Government of _____ (First party) through its Health Secretary for sponsorship to the 2 year Family Medicine course run by the Christian Medical College, Vellore.

Preamble:

- The first party is responsible for the health care delivery system in the State and for the provision of competent doctors able to serve.
- The first party is expending money in excess of Rs 60,000/candidate in the training of the second party selected for the 2 year family medicine course run by Christian Medical College, for supportive supervision after completion of the training, for food & accommodation of the trainees during the 30 day contact program and for their travel to the training site.
- The family medicine training will increase the competence of the second party at no cost to him/her.

AGREEMENT:

- In lieu of this expenditure, the second party is expected to continue serving the Government for a minimum period of 3 years after completion of the training.
- This requirement holds even if the second party fails in the course or discontinues it voluntarily.
- Should the second party not be able to honour the commitment, in part or full, it is agreed that he/she would return the sum of Rs 60,000 to the Government of _____.

In agreement of the above terms and conditions we append our signatures.

Health Secretary, _____; (First party):

Dr. _____ (Second party) :