

# OVERVIEW OF “EMERGENCY MEDICINE” FAMILY PRACTICE SKILLS COURSE

A/Prof Goh Lee Gan

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## INTRODUCTION

Acute medical and surgical problems are an important part of the frontline medical practitioners' daily encounters. This Emergency Medicine Family Practice Skills Course has several objectives namely, to update ourselves on the conditions that we need to make the correct judgment call to refer early, to be aware of the pitfalls that we can avoid, and finally to be confident on what we can safely treat and observe. There is also a need to educate patients on what they need to be on the look out for as their acute problems unfold and seek appropriate emergency attention as the need arises. Patient at risk of cerebrovascular occlusions and coronary artery occlusions also need to be educated on when they should activate the emergency service system to shorten the arrival to treatment time. Finally, it is helpful to be able to give patients the realistic expectations of what is likely to occur at the Emergency Department and to avoid promising a particular outcome to the patient as this will depend on what is found on further assessment. The axiom of “when in doubt refer” is still golden, except that with attending this course, the areas of uncertainty can be reduced as we have a better understanding of the emergent symptoms and signs versus reassuring symptoms and signs that an emergency referral would not be necessary, at least at the initial encounter. Adequate instructions to patients on what to look out for that may need emergency department attention is a must.

We have assembled a team of domain experts to both write the units for continuing medical education on the subject as well as to speak in the seminars on the weekend of 5-6 October 2013. The Singapore Family Physician editors would like to place on record our thanks for their efforts. Thanks are also due to the Health Promotion Board (HPB) and Ministry of Health (MOH) for supporting this Family Practice Skills Course.

This Emergency Medicine Family Practice Skills Course would be of immense value to you as a CME activity. Do consider attending if you can.

## COURSE OUTLINE AND CME POINTS

This Family Practice Skills Course is made up of the following components. You can choose to participate in one or more parts of it. The CME points that will be awarded are also indicated as follows.

## Components and CME Points

- Distance Learning Course – 6 units (6 Core FM CME points upon attaining a minimum pass grade of 60% in Distance Learning Online MCQ Assessment)
- 2 Seminars (2 Core FM CME points per seminar)
- 2 Workshops (1 Core FM CME point per workshop)
- 10 Readings – read 5 out of 10 recommended journals (maximum of 5 CME points for the whole CME year)

## Distance Learning Course

- Unit 1 : Optimal Use of Emergency Services  
*LTC (Dr) Ng Yih Yng*
- Unit 2 : Improving Primary Care Management of Time Sensitive Emergencies  
*A/Prof Malcolm Mahadevan, Dr Kanwar Sudhir Lather*
- Unit 3 : Update on Cardiopulmonary Resuscitation - 2013  
*Prof V Anantharaman*
- Unit 4 : Pitfalls and Red Flags in Common Clinical Syndromes  
*A/Prof Mark Leong Kwok Fai*
- Unit 5 : Initial Management of Major Trauma for Physician First Responders  
*Dr Kenneth Heng Wei Jian*
- Unit 6 : Emergencies in the Very Young Patients – A Primer  
*Dr Jade Kua Phek Hui, A/Prof Ng Kee Chong*

## COURSE TOPIC DETAILS

### Unit 1: Optimal Use of Emergency Services

- Introduction: Emergency Medical Services in Singapore
- Emergency Ambulance Services in Singapore
- When Does Emergency Medical Services Make the Biggest Difference?
- Considerations for Using the Ambulance Service
- Interfacing with the 995 Ops Centre and SCDF Paramedics
- Referring to the Emergency Department
- Making Better Emergency Department Referrals
- Saving Patients a Trip to the Emergency Department

### Unit 2: Improving Primary Care Management of Time Sensitive Emergencies

- Introduction
- Acute Coronary Syndromes
- Cerebrovascular Accident
- Dyspnea

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Unit 3: Update on Cardiopulmonary Resuscitation - 2013

- Introduction
- Basic Cardiac Life Support
- Defibrillation
- Advanced Cardiac Life Support
- Conclusions

Unit 4: Pitfalls and Red Flags in Common Clinical Syndromes

- Introduction
- Acute Chest Pains and Acute Coronary Syndrome (ACS)
- The Breathless Patient
- The Patient with Headaches
- The Patient with Abdominal Pain
- Back Pain
- Wound and Injuries
- The Pregnant Patient
- Conclusions

Unit 5: Initial Management of Major Trauma for Physician First Responders

- Introduction
- Primary Survey
- After Primary Survey
- Special Considerations in Trauma
- Conclusions

Unit 6: Emergencies in the Very Young Patients – A Primer

- Introduction
- Medical and Physiological Differences in the Very Young
- Ten Common Conditions from Top to Toe

**FACE-TO-FACE SESSIONS****Seminar 1: 5 Oct 2013, 2.00pm – 4.00pm**

Unit 1 : Optimal Use of Emergency Services  
*LTC (Dr) Ng Yih Yng*

Unit 2 : Improving Primary Care Management of Time Sensitive Emergencies  
*A/Prof Malcolm Mahadevan*

Unit 3 : Update on Cardiopulmonary Resuscitation - 2013  
*Prof V Anantharaman*

**Workshop 1: 5 Oct 2013, 4.30pm – 5.30pm**

Quick Refresher on CPR and Use of AED  
*Dr Kurugulasigamoney Gunasegaran*  
*APN Patsy Chiang, SNM Lee Chin Hian, CI Lim Choon Chai*

**Seminar 2: 6 Oct 2013, 2.00pm – 4.00pm**

Unit 4 : Pitfalls and Red Flags in Common Clinical Syndromes  
*A/Prof Mark Leong Kwok Fai*

Unit 5 : Initial Management of Major Trauma for Physician First Responders  
*Dr Kenneth Heng Wei Jian*

Unit 6 : Emergencies in the Very Young Patients – A Primer  
*A/Prof Ng Kee Chong*

**Workshop 2: 6 Oct 2013, 4.30pm – 5.30pm**

Improving Emergency Care: Case based Discussions

- A panel of experts will discuss cases to illustrate strategies for improving care
- Participants are encouraged to bring their cases up to the panel for discussion

*Dr Quek Lit Sin, A/Prof Mark Leong Kwok Fai, A/Prof Ng Kee Chong, A/Prof Lee Kheng Hock*