



TWELVE GOOD REASONS TO BE PRIMARY CARE PHYSICIAN

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<p>Article Info Received 15/01/2015 Revised 27/01/2015 Accepted 22/02/2015</p> <p>Key words: Job of primary care physician. Job of family medicine</p>	<p>ABSTRACT The expressions of gratitude for primary care practice are touching on 12 themes, which continue to regenerate our practice. By examining the emotional and psychological dimensions of patient center care, raise the value of the person and theirs family in sustain productive relationship, find fuel and joy in their daily work.</p>
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INTRODUCTION

We recognize as primary care physicians (PCPs), our model offer significant benefits for both patients and physicians. Specifically, with Primary care job you'll have the opportunity to have:

1- Patient Center Care

Usually PCPs focuses on patient/client at the center of care delivery, rather than concentrated on disease center. It is innovative model of care, which ensures the patient/client is at the center of care delivery that enhances quality in medical service [1]. Appreciate the personal experience of the illness by eliciting their concerns, ideas, expectations, needs, feelings and functioning; supporting better patient management, as well, understanding illness within their unique psychosocial perspective; sharing power and responsibility, and developing common therapeutic objectives that are concordant with the patient's values [2].

Practice in primary care should reflect society's needs, which are relationship focused, collaborative, and holistic.

Prerequisite attributes essential for PCP; being professionally competent; having developed good interpersonal skills; being committed to the job; being able to demonstrate the clarity of beliefs and values. (figure 1).

Prerequisite attributes essential for the care environment; appropriate skill mix, shared decision making, effective staff relationships, supportive organizational systems, sharing of power, the potential for innovation and risk taking (figure 1).

Prerequisite attributes essential for Patient-centered processes; working with patient's beliefs and values, sympathy/empathy engagement, sharing decision making, and providing holistic care (figure 1).

Outcomes for Patient-centered processes; increase patient satisfaction/involvement with care, feeling of wellbeing, and creating a therapeutic culture environment (figure 1) [3].

2- Family-Centered Care

PCPs have good opportunity to care for the whole families of different age, race, and gender within catchment area, which ensures better caring around family, not just the individual /person [4]. The core concepts of family centered care are recognizing that each client and each family is unique. Each family has different experiences, working together to strength partnership and shared relationships which enhance quality of care [5].



3- Good Work/ Life Balance

PCPs have flexible duty hours and they can take hours that suit their live, and PCPs can plan their work schedule each week [1]. PCPs have enough time to do exercise, recreation, hobbies, met friends/ relatives and to practice healthy enjoyable life style. We can master new skills and learn new things about the world outside of medicine [6].

4- Work with a Team of Professionals and the Spirit of Cooperation

One of the most satisfying aspects of working as primary care physicians is the ability to collaborate and discuss cases with other doctors and health professionals [1].

We have large, multidisciplinary team in all health centers; it becomes easy to have discussion about patient management with our colleagues; which in turn removes the sense of clinic isolation [7]. Working together in a team of professionals, is a proven model for providing high-quality, cost-effective patient care [8].

5- Be Rewarded Professionally and Financially

PCPs rewarded an attractive financial package in Bahrain, like secondary care physicians, also there is capacity to generate reasonable ongoing earnings through the work we do [1]. Many PCPs report their earnings have improved considerably as a result of new cadre, they feel more financially/professionally secure as a result.

6- Continuity of Care

Continuity of care is a hallmark and main objective of family medicine. PCPs are proud of providing continuity of care to our patients, patients seeing the same health professional at repeated visits. Patient and the PCP are working together for better on-going health care management toward the goal of high quality and cost-effective medical care [9]. There is clear evidence that continuity of care is related to increased patient satisfaction, [10] enables PCPs to be more real advocates, early recognition of difficult problems with aspects of proper healthcare utilization, better health benefit [11,12].

7- Multifaceted Speciality

PCPs are providing health care services for the individual and family across all ages, genders, for any diseases/ parts of the body, [13] that's making our job enjoyable, not boring job. Care of patient at different age group can cover patient's needs from prenatal care to end of life care [14]. PCPs should have some essential competence, skills and wide breadth of family medicine knowledge for diagnosis and management of common problems with different specialty background [15]. We are facing many patients with multiple disease comorbidity,

who have been found to function best under the care of single physician, rather than multiple specialists [16].

8- Health Promotion and Disease Prevention

PCPs interested in early recognition of risky lifestyle identification and chronic disease prevention, supporting healthy lifestyle and make proper risk modification [17].

9- Relationship-Based Practice

The health care provider in primary care should be interested in having good relationships with patients and should working as a team that promote a sense of security (to feel safe within relationships); belonging (to feel 'part' of things); purpose (to have a personally valuable goal/goals); achievement (to make progress towards a desired goal/ goals); and significance (to feel that 'you' matter") [18]. Trust and respect are essential to sustain relationship between physician and patient, which promote the healing power of trust, [19] which are the soul of primary care medicine. PCPs can change their attitude and improve effectiveness within primary care environment [20].

10- Multiple Physicians' Roles

People expect their PCPs to be expert clinicians, scholars, scientists, appraisers of new medical knowledge, skilled interviewers, health advocates, adaptable learners, collaborators, stewards of precious resources, and healers [21].

11- The Joy of Love and Faith

Primary care practice job are rich of engaging, and fulfilling of love and faith, in return, PCP greeted with a mutual sense of love, a respect, a trust, and a request to join with their patients illness journey. What PCP brings to their practice and what they receive in return from their patients? [22].

12- The Joy of Dealing with Uncertainty

PCP deals with patient's uncertainty, because patients present with poorly defined, undifferentiated problems, and we see patients in short blocks of time. The sense of increasing certainty comes instantaneously; over repeated visits with our patients [22].

CONCLUSION

PCP is neither oblivious, nor immune to, the difficulties that face medical practice environment. Sometimes the family practice is not so fascinated, when things go incorrect, and when people (patients and professionals) are difficult to communicate, also, there are those who will not be able to realize my visions into practice. Rather than only focusing on the challenges of practice, PCP should explore and appreciate the sources of practice happiness and how does maintain it?.



Figure 1. Patient-Centered Care

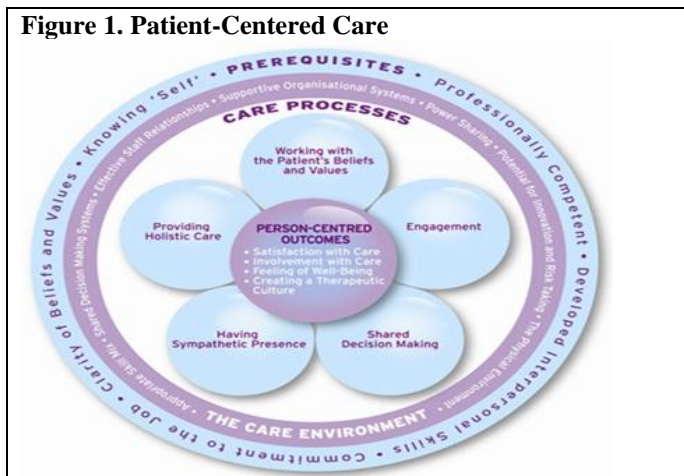


Figure 2. Conceptual model for relationship between continuity of care in primary care and outcomes



RECOMMENDATION

- 1- Necessity for better PCP social recognition.
- 2- Requisite for more future career security.
- 3- Eliminate anxiety about an ambiguous identity.
- 4- Need to improve quality rather than increase patients load.

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