Your Future In Family Medicine
Information, Facts, and Answers to Frequently Asked Questions about Family Medicine

Medical Student Specialty Series
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Presenters

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What Is the Scope of Family Medicine?

“Family medicine is the medical specialty which provides continuing, comprehensive health care for the individual and family. It is a specialty in breadth that integrates the biological, clinical and behavioral sciences. The scope of family medicine encompasses all ages, both sexes, each organ system and every disease entity.”

American Board of Family Medicine

Family Physicians Provide

• Prevention and management of acute injuries and illnesses
• Health promotion
• Hospital care for acute medical illnesses
• Chronic disease management
• Maternity care
• Well-child care and child development
• Primary mental health care
• Rehabilitation
• Supportive and end-of-life care
Family Physicians Have a Unique Influence on Patients’ Lives

• Serving as partner with patients to maintain well-being over time
• Empowering with information and guidance that are needed to maintain health over time
• Providing care that includes long-term behavioral change interventions that lead to better health
• Family medicine is relationship focused

Procedures Done by Family Physicians

Non-Cosmetic Procedures
- Minor office surgery
- Joint injection and aspiration
- Surgical assisting
- Intubation skills
- Lumbar puncture
- Chest tube placement
- Thoracentesis
- Anterior and posterior nasal packing
- Tendon repair
- Central line placement
- Casting
- EKG interpretation
- Colposcopy
- OB ultrasound
- Cesarean sections
- Vasectomies
- Circumcisions
- IUD insertion
- Endometrial biopsy
- Breast biopsy
- Stress testing

Cosmetic Procedures
- Chemical Peel
- Laser Hair Removal
- Botox
- Sclerotherapy
- Microdermabrasion
- Cryotherapy
Training in Family Medicine

• Residency training – Three years
• 461 accredited programs, 10,384 residents and growing (2013)
• Broadest curriculum of all specialties
  – Rotate through IM, OB/Gyn, surgery, EM, critical care, and psychiatry as well as other medical and surgical subspecialties
• Includes training in both inpatient and outpatient care and includes longitudinal patient experiences

Family Med v IM/Peds

• Significant differences in training and career paths
  – FM spends more time developing outpatient care skills
  – More emphasis on women’s health/reproductive health
  – OB training
  – Sports medicine/musculoskeletal procedure training
Examples of Possible Fellowships after Family Medicine Residency

- Adolescent Medicine
- Addiction Medicine
- Community Health
- Faculty Development
- FM/Psychiatry
- Geriatrics
- Hospitalist
- Integrative Medicine
- Minority Health
- Obstetrics
- Palliative Care
- Preventive Medicine
- Research
- Rural Medicine
- Sleep Disorders
- Sports Medicine
- Urgent Care
- Women’s Health

Certificate of Added Qualifications

- Adolescent Medicine
- Geriatric Medicine
- Hospice and Palliative Medicine
- Sleep Medicine
- Sports Medicine
Dual Certification Programs

• Family Medicine/Psychiatry
• Family Medicine/Emergency Medicine
• Family Medicine/Preventive Medicine

What’s the Future of Family Medicine?

• Health care home
• Online appointments
• Web-based patient education
• E-visits
• Rapidly rising salaries
• Team-based care using care managers
Are Family Physicians in Demand?

- More US students entered family medicine residencies in the 2013 Match compared to 2012, a trend that has continued since 2002 (99.9% fill-rate in 2013)
- Despite this, there is a predicted shortfall of primary care internists and family medicine doctors
- States with higher percentages of generalists (FM/IM) show higher quality medical care, lower costs, and more favorable patient outcomes
  - (Chang CH, Stukel TA, Flood AB, Goodman DC. Primary care physician workforce and medicare beneficiaries’ health outcomes. JAMA 2011;305(20):2096-104)

Work Hour Statistics
(Based on 2010 AAFP Practice Profile Survey)
- Spend 35.2 hours per week in direct patient care
- Work an average 47 weeks per year in patient-related or professional activities
- See an average of 85 patients per week in office-based visits (40 in other settings)
- Have an average of five weeks for vacation or CME-related activities per year

Salary Statistics
- 2012 average income of family physicians before taxes: $170,000
- Pay varies significantly depending on rural vs. metro choice, scope of practice, part-time vs. full-time
University of Minnesota Family Medicine Residency Programs

- Duluth
- Mankato
- Methodist (St. Louis Park)
- North Memorial (Minneapolis)
- Smiley’s (Minneapolis)
- St. Cloud
- St. John’s (Maplewood)
- St. Joseph’s (St. Paul)

Duluth Family Medicine Residency Program

330 North 8th Avenue East
Duluth, Minnesota 55805
Mankato Family Medicine Residency Program

101 Martin Luther King Jr. Drive
Mankato, MN 56001

Methodist Hospital Family Medicine Residency Program

6600 Excelsior Boulevard, Suite 160
St. Louis Park, MN 55426
North Memorial Family Medicine Residency Program

1020 West Broadway
Minneapolis, MN 55411

Smiley’s Family Medicine Residency Program
University of Minnesota Medical Center, Fairview

2020 East 28th Street
Minneapolis, MN 55407
St. Cloud Hospital Family Medicine Residency Program

1520 Whitney Court, Suite 200
St. Cloud, MN 56303

St. John’s Hospital Family Medicine Residency Program

1414 Maryland Ave. East
St. Paul, MN 55106
St. Joseph’s Hospital Family Medicine Residency Program

580 Rice Street
St. Paul, MN 55103

Non-University of Minnesota Family Medicine Residency Programs

• Mayo Clinic
• Hennepin County Medical Center
• Allina Health Systems - United Hospital
### FMIG Contacts

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### Resources

- **American Academy of Family Physicians (AAFP)**  
  - www.aafp.org  
  - Fellowship information: www.aafp.org/fellowships
- **Family Medicine Interest Group (FMIG)**  
  - www.fmignet.aafp.org
- **Minnesota Academy of Family Physicians (MAFP)**  
  - www.mafp.org
- **Society for Teachers in Family Medicine (STFM)**  
  - www.stfm.org
- **UMN Department of Family Medicine and Community Health**  
  Twin Cities campus  
  - www.fm.umn.edu
- **UMN Department of Family Medicine and Community Health**  
  Duluth campus  
  - www.med.umn.edu/duluth/about/Family_Medicine/home.html
- **Primary Care Progress (PCP)**  
  - http://primarycareprogress.org/home
- **Patient-Centered Primary Care Collaborative (PCPCC)**  
  - www.pcpcc.org