

Translated version of Genomsnit.. (1).doc

The average general medicine specialist's work in Sweden

A general medicine specialist's work in Sweden differs from most other EU countries in that it includes tasks that require a deeper knowledge of diagnostics and treatment of health problems in all ages. This means that the main body of people with the larger common diseases and health problems, including mental disorders, have been in medical contact solely with general practitioners. A further difference is that the district nurses and other professionals in Sweden perform duties that in some other EU countries are performed by doctors only. Another possibly distinctive approach to their daily work is the fact that Swedish patients expect participation and information to a greater extent than in some other EU countries.

An average Swedish general medicine specialist's work includes giving priority on the basis of medical urgency. Switching between short acute visits, longer dialogues and home visits, and monitoring over a long period of time an individual's various health problems as well as assessing and taking into account the person's entire living situation. At general medicine clinics there is usually equipment for minor surgery and various types of examinations, which in many other countries is carried out in hospitals or specialist clinics. Adequate referral to other specialists is therefore only referrals for issues in which special equipment is required or in an unusual or difficult to treat condition, in which another specialist is necessary. For examples of referral practices see www.viss.nu.

The work also includes basic child and maternal health care, preventive and rehabilitative work, administrative duties and writing various certificates. Medical liability for special residents (often for people with neurological damage or developmental disabilities), and nursing and care homes are common. The work is done in collaboration with other professionals, in co-operation with additional authorities and other agencies in the community. Training and supervision of medical students at all educational levels, from undergraduate to specialist training and with students in other health care professions is an important task.

Swedish primary health care is today expected to apply knowledge-based care, which requires continuous ability development, where methods shown to be less effective are replaced with better ones. An important part of the general medicine specialist's work is systematic quality development and self-training based on their operations requirements.

Some examples of common preventative tasks on the basis of subject area:

Emergency care of critically ill or injured persons.

Diagnosis, treatment and, if necessary, appropriate referral of common health problems such as difficulty breathing, chest pain, abdominal pain, fever, infections, back pain, musculoskeletal symptoms, fainting, insomnia, fatigue, weight loss, dizziness, depression and anxiety and confusion.

Childhood special health problems

Diagnosis, treatment and, if necessary, adequate referral:

- childhood common health problems
- childhood diseases
- childhood accidents

Pediatrics (BVC)

Blood and blood establishing organs

Diagnosis, treatment and, if necessary, adequate referral:

- anemias
- leukocytosis
- swollen lymph glands
- low blood pressure
- infection disorder
- hemorrhagic disorder
- thrombosis disorder
- malignancies

Image Diagnostics, Laboratory Medicine and Clinical Physiology

- adequate orders on the basis of expected benefits, costs and available options
- interpretation and evaluation of the clinical significance of test results.

Cardiovascular system

Diagnosis, treatment and, if necessary, adequate referral:

- deviation from normal blood pressure
- ischemic heart disease
- heart failure
- arrhythmias
- valvular disease and aortic
- diseases of the peripheral arteries and veins
- cerebral circulatory disorders
- DVT and pulmonary embolism

Prevention of cardiovascular disorder

The execution and interpretation of ECG, 24-hour blood pressure measurement and Doppler examination of peripheral blood vessels

Endocrine System and Metabolism

Diagnosis, treatment and, if necessary, adequate referral:

- diabetes mellitus
- metabolic syndrome
- disruption of thyroid function
- goiter
- dyslipidemia
- disorder of the adrenal, parathyroid and pituitary-function
- osteoporosis
- porphyria, hyperuricemia, pheochromocytoma

The skin

Diagnosis, treatment and, if necessary, adequate referral:

- itching
- rash
- acne and rosacea
- infections, infestations and bites
- allergic reactions
- chronic wounds
- pigment changes
- chronic skin diseases
- malignant transformation
- hair and nail disorders

Removal of birthmarks, and superficial tumors like lipoma and atheroma

Surgical treatment of ingrown toenails

Punch biopsy

Pharmacology:

- adjustment of drug therapy to the individual's medical needs and national and regional recommendations
- optimization of antibiotic usage based on the individual and society's needs.
- initiation and monitoring of drug therapy for most chronic diseases such as hypertension, asthma and psoriasis
- discontinuation of treatment when the indication has ceased to exist
- evaluation and optimization of multi-pharmacological treatment of complex medical conditions, or where multiple caregivers are involved
- therapy control, for example - anticoagulant therapy with Waran

Infections

Diagnosis, treatment and, if necessary, adequate referral:

- viral and bacterial infections of the respiratory tract
- investigation of the frequent cases of disease in families, in nursery schools or community
- shingles and the resulting pain problems
- Borrelia

- gastro-intestinal infections
- sexually transmitted diseases (including contact tracing)

Female genital organs and breasts

Diagnosis, treatment and, if necessary, adequate referral:

- gynecological disorders and diseases in women of different ages
- reduced libido
- breast lumps
- sexually transmitted diseases (including contact tracing)

Smear sample-testing

Contraception Advice

Basic reproductive health

Lungs and airways

Diagnosis, treatment and, if necessary, adequate referral:

- nasal congestion and haemorrhage
- cough and hoarseness
- snoring and sleep apnea
- respiratory infections
- allergic reactions
- asthma and acute treatment
- COPD
- malignancies

The execution and interpretation of spirometry

Male genitalia

Diagnosis, treatment and, if necessary, adequate referral:

- skin-transformation of the penis and foreskin problems
- inflammation of the testis and epididymis
- hernia and testicular retention
- sexually transmitted diseases (including contact tracing)
- impotence and erectile dysfunction
- prostate problems
- malignancies
- injuries

Contraception Advice

Digestive

Diagnosis, treatment and, if necessary, adequate referral:

- absorption state and food intolerance
- dyspepsia, gastroesophageal reflux disorder, peptic ulcer
- diseases of the biliary tract, liver and pancreas
- discomfort, and disease, intestinal
- gastroenteritis
- parasitic diseases

- malignant diseases
- Procto /rectoscope

Musculoskeletal

Diagnosis, treatment and, if necessary, adequate referral:

- pain and suffering in neck, back, shoulders or other joints
- pain in the tendon or muscle
- rheumatic diseases
- arthritis
- osteoarthritis
- acute injury
- overload condition
- birth defects and transformations
- residual condition after polio

Joint puncture and injection.

Nervous system

Diagnosis, treatment and, if necessary, adequate referral:

- symptoms of the nervous system e.g. headaches, seizures, palsies, abnormal sensations and dizziness
- Dementia
- other neurological diseases such as MS, Parkinson's disease, epilepsy, infections and tumors
- headache
- chronic pain and neuralgias
- concern for brain tumor

Renal and urinary disorders

Diagnosis, treatment and, if necessary, adequate referral:

- cystitis and other infections
- urination discomfort
- urinary incontinence
- outflow obstruction and stone disease
- renal impairment
- malignancies

Mental health and behavioral problems

Diagnosis, treatment and, if necessary, adequate referral:

- anxiety and apprehension
- sadness, depression
- somatization disorder
- insomnia
- crisis reaction
- personality disorder
- confusion and dementia

- delusions and hallucinations
- eating disorders
- post-traumatic stress disorder

Assessment of suicide risk

Hazardous-use, misuse and problematic living

- Preventive measures, diagnosis and treatment against the abuse of alcohol, tobacco, medicines and drugs
- Smoking Cessation
- Issuance of certificate and authoritative administration
- Collaboration with social services

Rehabilitation

- Identification of rehabilitation needs
- Cooperation with physiotherapists, occupational and social insurance, etc.
- Issue of certificates for social security, employment, etc..

Injuries and accidents

- acute assessment and treatment of major injuries before transport
- suturing of minor wounds assessment, treatment and, if necessary, adequate referral:
- acute injuries of the musculoskeletal system
- different types of occlusal damage
- poisoning
- thermic damage
- damage caused by foreign body or caustic substances
- anoxic injury

Palliative Care

- palliative treatment
- interaction with relatives
- coordination of care initiatives

The eye

Diagnosis, treatment and, if necessary, adequate referral:

- red eye
- eyelid diseases
- eye injuries, such as removal of foreign body and treatment of 'glare'
- trauma in the eye region
- eye influence in systemic diseases

Assessment of visual impairment

Ear

Diagnosis, treatment and any time of referral:

- infections and inflammatory conditions
- nosebleeds
- ear induced dizziness
- injuries and foreign bodies
- tinnitus

Assessment of hearing loss

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Eva Jaktlund
President SFAM
eva.jaktlund @ sfam.se