



**APRIL
2023**

**FAMILY PHYSICIANS' DIALOGUE
FEDERATION OF
FAMILY PHYSICIANS' ASSOCIATION
OF INDIA**



**FAMILY PRACTICE –
A SPECIALITY**

Contact Us

Ahmadabad Family Physicians Association
503/B, Premium House, B/H AMA house,
Navarangpura, Ahmadabad -380009
Contact number : 098250 86839

EXECUTIVE COMMITTEE : YEAR 2023-25

FEDERATION OF FAMILY PHYSICIANS' ASSOCIATION OF INDIA

President

Dr Pragnesh R. Shah
Vadodara

Hon. General Secretary

Dr Pragnesh Vachharajani
Ahmadabad

Imm. Past President

Dr Abhay Dixit, Ahmadabad

Treasurer

Dr Dhiren Mehta, Ahmadabad

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Vadodara

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Patel Ashesh D
Vadodara

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Vadodara

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Dr Tank Jagadishchandra D
Rajkot

Dr Naresh Joshi
Gandhidham

Dr Trivedi Rajendra H
Mumbai

Dr Ashwin Shah
Ahmadabad

Dr Anuradha Parmesh
Bengaluru

PRESIDENT DIALOGUE



Dear Friends,

The Federation of Family Physicians' Associations of India (FFPAI) is a national organization that represents family physicians in India. Family physicians play a crucial role in providing primary healthcare services to their patients and are considered the backbone of the healthcare system.

The FFPAl aims to promote the professional development of family physicians, enhance the quality of primary healthcare services, and advocate for the interests of family physicians in India. The organization conducts various academic activities, such as conferences, workshops, and continuing medical education programs, to provide opportunities for family physicians to update their knowledge and skills.

In addition to academic activities, the FFPAl also organizes cultural and social welfare activities to promote fellowship and camaraderie among family physicians. The organization also publishes journals and newsletters to disseminate information on the latest developments in family medicine and primary healthcare services.

During 94th Executive Committee meeting of FFPAl all E. C. Members are requested and insisted to contribute at least 2 hour per week for FFPAl activities.

Jay FPA, Jay FFPAl, Jay Hind

Thought of the month : Family Physicians are backbone of health system.

Dr Pragnesh R. Shah, MBBS, PGDCC (Dip. Cardiology), PGCIH
President, FFPAl

E. S. I. S. General Hospital, Vadodara, Gujarat, India

+ 91 – 9426336422

Email : pragnesh8399@gmail.com.

SECRETARY DIALOGUE



Dear Colleagues,

Seasons Greetings. We are in time for vacation, the much needed time to enjoy and rejuvenate with friends and family.

We had a good “Chintan Bethak” unique in its own at Vadodara in march 2023. You will read about it in detail in the bulletin.

We are very happy with the response that we got. Family physician leaders of FFP AI across India participated in this discussion.

The vision document explains the direction in which we as FFP AI wants to progress and work for the betterment of members and family practice in general.

Again this is the season of changing offices of units at the local level. Please update us immediately for better communication with new team contact details. Please send us an email without fail.

We have already requested all the units to share their members details with us, many have done it. still few are pending please send it at the earliest.

We are coming with series of programs

1. National social service project: you will find details elsewhere
2. ECG certificate course
3. Webinar series with renewed faculties across India
4. Skill building programs in near future
5. Entertainment program soon.

Do keep connected and follow FFP AI on social media and visit websites for regular updates.

Now we have an option for individual members who can join FFP AI as associate members, where there are no units of FFP AI. Please get in touch with the office for more details.

The office is still in transition mode from Mumbai to Ahmedabad, for any communication as of now get in touch with the President, Secretary or Treasurer directly or write an email.

Thanks,

Yours truly.

Dr Pragnesh Vachharajani
Honorary Secretary, FFP AI.

PILLARS OF FFPPI

YEAR	PRESIDENT
1986 - 1992	LATE DR. JASWANT M. MODY, MUMBAI
1992 – 1997	LATE DR. R. G. JIMULIA, MUMBAI
1997 - 1999	LATE DR. JASHUBHAI V. SHAH, VADODARA
1999 - 2001	DR. JAYENDRA K. KAPADIA, SURAT
2001 - 2003	DR. ABHAY N. BORGAONKAR, GULBARGA
2003 - 2005	LATE DR. SHAILENDRA C. MEHTALIA, MUMBAI
2005 - 2007	DR. BIMAL N. BUCH, RAJKOT
2007 - 2009	LATE DR. GUNVANT N. SHETH, MUMBAI
2009 - 2011	DR. NATHALAL P. KUHADIA, BHAVNAGAR
2011 - 2013	DR. RAMNIK H. PAREKH, MUMBAI
2013 - 2015	DR. VINOD C. SHAH, SURAT
2015 - 2017	DR. PREMCHAND R. MELMANE, MUMBAI
2017 - 2019	DR. PRAGNESH C. JOSHI, SURAT
2019 -2021	DR. RAJKISHORE BAJPAI, INDORE
2021 -2023	DR ABHAY DIXIT, AHMADABAD



Chintan Bethak
and
94th Executive Committee Members Meeting
of
**FEDERATION OF
FAMILY PHYSICIANS' ASSOCIATION OF INDIA**



25th & 26th March, 2023
Vadodara



HOST
FAMILY PHYSICIANS' ASSOCIATION, VADODARA

“Chintan bethak” report on next pages.



Chintan Bethak



A Chintan Bethak of FFPAl was held on 25th march, at Vadodara. All the EC committee members were invited to join.

The first time such a meeting is planned to decide the future course of action for FFPAl, to make it more vibrant and spread its wings.

THE FOLLOWING MEMBERS WERE PRESENT

- | | |
|-----------------------------|----------------------------|
| 1. Dr Pragnesh Shah | 10. Dr Madhusudan Umarji |
| 2. Dr Pragnesh Vachharajani | 11. Dr Pragnesh Joshi |
| 3. Dr Abhay Dixit | 12. Dr Neha Gohil |
| 4. Dr Ramlal Lhila | 13. Dr Dinesh Gohil |
| 5. Dr Priti Shanker | 14. Dr Jagdishchandra Tank |
| 6. Dr Anuradha Pramesh | 15. Dr Kirit Kanani |
| 7. Dr K N Harish Kumar | 16. Dr B B Sutaria |
| 8. Dr A N Borgaonkar | 17. Dr Nimesh Desai |
| 9. Dr Ashesh Patel | 18. Dr Nitin Shah |

Dr. Pragnesh shah welcomed the members. He told members about why such "chintan bethak" is planned and also insisted all EC members to contribute FFPAl. "chintan bethak" was started by observing silence for the departed soul respected Dr. Jimulia sir.

Dr. Pragnesh vachharajani welcomed the members, and after a round of self-introduction, the bethak was started. The members were briefed about some tentative thoughts about the planning.

Dr. Pragnesh shah told the members that we welcome suggestions and ideas for the betterment of FFPAl, at the same time; you should be ready to help or take lead in its implementation.

All the members one by one put forward various points and issues and share what they think FFPAl should be doing. The discussion went on for almost 6 hours, members were pouring their hearts with various thoughts and with zeal and enthusiasm for taking FFPAl to new heights.

continue...



Various points were discussed. Out of these pearls were picked up with the consent of all and a vision document is prepared which we are sharing with you.

Vision Document 2023-25

The new team of FFP AI is pleased to present this vision document to you all. With the advent of time family practice is facing various issues and being a national organization it is the duty of FFP AI to work in the same direction and change the way and prepare for the future.

“Be the change that you wish to see in the world.” - MAHATMA GANDHI

We want your wholehearted support in achieving these goals.

The main pillars of the activity will be

- Academics
- Expanding the FFP AI family with new units
- Connect with society
- Welfare activities for members
- National connect with various like minded organizations
- Improving communication

Keeping all this in mind, the following things are planned.

Expanding footprint

- Liaison with the government
- Reaching out to members in the vicinity
- Promote Individual associate members
- Target of 50 units by the end of this term
- Each E. C. members add one new unit in FFP AI.

Academics

1. Regular Webinars
2. Quarterly mega CME/Webinar
3. Skill Building program for members
4. Yearly virtual conference
5. Certificate courses under the banner of FFP AI
6. Certificate course on various topics

Continue....



Research

- Dedicated programs promoting research
- Publication of FFPAI
- Guideline for various diseases – e.g. diabetes, hypertension, etc

Reaching out

- Reach out to society and other like minded organizations
- Liaison with other medical organizations in India and abroad like IMA CGP, WONCA, AFPI, etc.
- Communication with members directly using various channels
- Regular publish our bulletin

National Projects

- National projects for public awareness: the common theme
- Celebration of health days' - pan India
- Focus on basic life support training for society
- “Buzurgo Ka Hamsafar” national program for senior citizens

Cultural activities regularly

- Picnic
- Karaoke club
- Talent evenings etc

“Arise! Awake! and stop not until the goal is reached” -Swami Vivekananda

DR PRAGNESH SHAH

President,
FFPAI

DR PRAGNESH VACHHARAJANI

Hon. Secretary,
FFPAI

Welcome to New Units



FFPAI Media Coverage



પાયારૂપ ગણાતી હેલ્થ સિસ્ટમમાં કેવી રીતે સુધાર લાવી શકે તે માટે તબીબો દ્વારા ચર્ચા વિચારણા કરાઈ

વડોદરા, તા. ૨૫ ફેબ્રુઆરી ૨૦૨૩
ફેડરેશન ઓફ ફેમિલી ફિઝિશિયન એસોસિએશન દ્વારા ૯૪મી કારોબારી અને ચિંતન બેઠકનું વડોદરાના આંગણે તા. ૨૫ અને તા. ૨૬ એમ બે દિવસીય આયોજન કરવામાં આવ્યું હતું. આ ચિંતન બેઠકમાં સમગ્ર દેશભરમાંથી ૪૦ ફેમિલી ફિઝિશિયન હાજર રહ્યા હતા. આ ચિંતન બેઠકમાં દેશમાં હેલ્થ સિસ્ટમના પાયારૂપ ફેમિલી ફિઝિશિયન દ્વારા જન્મથી લઈ ઘડપણ સુધી દેશમાં કેવી રીતે સુધાર આવી શકે છે, તેમ ફેડરેશન ઓફ ફેમિલી ફિઝિશિયન એસોસિએશન ઓફ ઈન્ડિયાની બધી જ ગતિવિધિ કેવી રીતે છેલ્લાના લોકો સુધી પહોંચી શકે તેની વિસ્તૃત ચર્ચાવિચારણા કરવામાં આવી હતી.



આ ચિંતન બેઠક પ્રસંગે ફેડરેશન ઓફ ફેમિલી ફિઝિશિયન એસોસિએશન ઓફ ઈન્ડિયાના પ્રમુખ ડૉ. પ્રદેશ શાહ વડોદરા, ડૉ. પ્રદેશ વછરાજીની અમદાવાદ, સેક્રેટરી ડૉ. અભય બોર ગાવકર ગુલબર્ગા, ડૉ. રામલાલ લીલા કોલકાતા, ડૉ. અભય દીક્ષિત અમદાવાદ, ડૉ. કેતન શાહ, ડૉ. અનુરાધા રમેશ બેંગલુરુ સહિત દેશભરમાંથી નિષ્ણાત તબીબો ઉપસ્થિત રહ્યા હતા.



FFPAI HQ OFFICE CEREMONY AT AHMEDABAD



A small ceremony of putting a new sign board of FFP AI headquarter at Ahmedabad office on the auspicious occasion of Chaitri Navratri and Gudi Padva on 22th March 2023.


Tribute to beloved Dr R. G. Jimulia sir (President FFP AI 1992-1997)

ROLE OF FAMILY PHYSICIANS TO END TB

• LIVE

FFPAI

॥ भावपूर्ण श्रद्धांजली ॥



DR RAMJIBHAI GORDHANDAS JIMULIA
PRESIDENT - FFP AI (1992 - 1997)

नैनं छिन्दन्ति शस्त्राणि नैनं दहति पावकः।
न चैनं क्लेदयन्त्यापो न शोषयति मारुतः॥

FFPAI - Federation of Family Physicians'
Associations of India

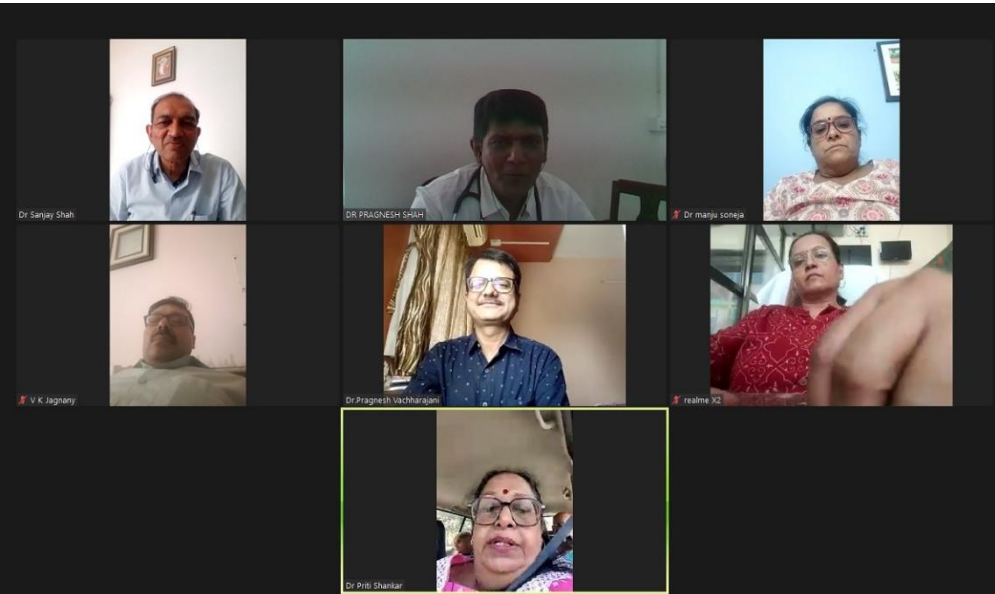
24 Mar. - Friday | 3.00 PM

DR HARDIK NAKSHIWALA

By observing silence during webinar on day of world TB day on 24th march 2023, tribute to past president Dr R. G. Jimulia sir



Observing silence during 94th E. C. Meeting of FFP AI and during chintan bethak at Vadodara on 25th and 26th March 2023, tribute to past president Dr R. G. Jimulia sir



Zoom meeting of Academic Team of FFP AI was happened on 19th April 2021 to decide two year academic calendar of FFP AI.

FFPAI WEBINAR ON WORLD TB DAY

Topic: ROLE OF FAMILY PHYSICIANS TO END TB

Time: Mar 24, 2023 03:00 PM India

Speaker : Dr Hardik Nakshiwala, WHO-NTEP consultant

VIEWERS

178

ROLE OF FAMILY PHYSICIANS TO END TB

LIVE



TB Free India

- India has committed to End TB by 2025, 5 years ahead of the global SDG target
- Prime Minister of India launched TB Free India campaign at 'Delhi End TB Summit' on 13th March, 2018
- Calls for a 'social movement' focused on patient-centric and holistic care driven by integrated actions for TB Free India



WEBINAR ON H3N2 – UPDATE



I.M.A. COLLEGE OF G.P. GUJARAT AND
FEDERATION OF FAMILY PHYSICIANS'
ASSOCIATION OF INDIA



H3N2-UPDATE

TOPIC :

A Microbiologist's Perspective
On Current Strain Of H3N2

Dr. Urvesh Shah

Consultant Microbiologist
GCS Hospital, Ahmedabad

TOPIC :

Swine Influenza H3N2:
How Should I Manage?

Dr. Vipul Shah

Consultant Infectious Disease
Specialist, Ahmedabad



H3N2 Update



GSB IMA

Dr. Mahavirsinh Jadeja
President

Dr. Mehul Shah
Honorary State Secretary

Dr. Javantsinh Darbar
Director College Of G.P.

FFPAI

Dr. Pragnesh Shah
President

Dr. Pragnesh Vachharajani
Honorary Secretary

VIEWERS

484



FEDERATION OF FAMILY PHYSICIANS' ASSOCIATIONS OF INDIA

PROJECT

BUZURGO KA HAMSAFAR

SOCIAL INITIATIVE

Concept : FPA SURAT



"EDUCATIONAL & SUSTAINABLE DRIVE FOR ELDERLY"

HELP

ASSISTANCE

TIPS

SUPPORT

ADVISE

GUIDANCE

Dear Friends,

The "Buzurgo Ka Hamsafar" project & Logo launched on World Health Day, 4th April 2023 by Federation of Family Physicians' Association of India (FFPAI) have a comprehensive approach towards supporting elderly people in society. Health awareness and education are important components of promoting healthy aging, and regular health check-up camps can help identify health issues early on, leading to better management of health problems.

Mental and social health are equally important for the well-being of elderly people, and it's commendable that the project also aims to provide adequate care in these areas.

Overall, the project seems to have a well-rounded approach towards supporting elderly people, and we hope it can make a positive impact in the lives of many elderly citizens in India.

"Buzurgo ka hamsafar" is a concept of FPA, Surat.

Dr Pragnesh Shah, President, FFP AI.

Dr Pragnesh Vachcharajani, Secretary, FFP AI.

Dr Jayendra Kapadia, Dr Deepak Torawala, Project convener, FPA, Surat.



BE A MEMBER OF

Family Security Scheme

FEDERATION OF FAMILY PHYSICIANS' ASSOCIATION OF INDIA



President

Dr Pragnesh R. Shah, Vadodara
9426336422

Hon. General Secretary

Dr Pragnesh Vachharajani, Ahmadabad
98250 86839

Chairman

Dr Janak Shah,
Mumbai
9819225424

Treasurer

Dr Kishore Jumani
Mumbai
9821714835

Convener

Dr Sumant Pandya
Mumbai
9819812084

Executive committee members

Dr Mahmood Merchant
Mumbai
9820060997

Dr Abhay Dixit
Ahmadabad
9327018200

Dr Nitin Shah
Vadodara
9376263163

FFPAI IS RUNNING THIS SCHEME FOR ITS MEMBERS & SPOUSE.

The main Benefits of the Scheme are:

Death Benefit: The scheme is designed on brotherhood fraternity basis. On death of a member, his nominee, heir or heirs shall be paid Fraternity Contribution collected from the members of the scheme.

•Permanent Disability Benefit: member who has become permanently physically /mentally disabled, thereby rendering him unfit to practice his profession, will be Eligible to receive all the benefits and shall not have to pay any further Fraternity Contribution or Annual Membership Subscription. The permanent physical / mental Disability is subject to confirmation by medical board.

Death Benefit of 3,75,000 is given to family member on last demise.

Various activities by Various units of FFPAI

FAMILY PHYSICIANS' ASSOCIATION, BENGALURU

on Sunday 2nd April 2023 at 5.30 pm.

at Hotel Chancery Pavillion, Residency Road, Bengaluru.

Subarachnoid Haemorrhage	Dr. B.A. Chandramouli Sr. Consultant, Neurosurgery
Minimal Access Surgery for Parathyroid Adenoma - An Interesting Case	Dr. Aashish R Shah Director & Sr. Consultant, GI & MAS
Robotic Joint Replacement	Dr Rahul Puri Consultant, Orthopaedics, Joint Replacement Surgery & Sports Medicine
Uncontrolled Asthma	Dr Sameer Bansal Consultant, Pulmonology & Critical Care Medicine



on Sunday 23rd April 2023 at 5.30 pm.

at Hotel Capitol, Raj Bhavan Road, Bengaluru

Aortic Stenosis Patient pathway and current Valvular Heart Disease Guidelines .	Dr Devananda.N.S. HOD CTVS Dept. Manipal Hospital
Minimally Invasive Cardiac Surgery approach in current Cardiac Surgery practices	Dr.Murali Krishna Consultant CTVS, Manipal Hospital



Shot on OnePlus
By Dr.Harish

Various activities by Various units of FFPAI

FAMILY PHYSICIANS' ASSOCIATION, VADODARA, GUJARAT



Attended by 70 members. Newly joined members are welcomed by Team FPA Vadodara



DATE : 13TH APRIL 2023, Thursday

TIME : 8:30 PM ONWARDS

VENUE: New Sayaji Hotel, Parsi Agyari, Sarod, Sayajiganj, Vadodara

TIME	TOPIC	SPEAKER
9:10 PM TO 9:30 PM	Post Ischemic stroke : which drugs ?	Dr Ankit Shah, Neuro physician.
9:30 PM TO 9:50 PM	Kidney Transplantation - a prospect for CKD patients	Dr Hardik Gajera, Nephrologist

SCIENTIFIC PROGRAMME WILL BE FOLLOWED BY DINNER

Various activities by Various units of FFPPI

G P A Greater Bombay

- Date: 11th March, 2023
- Venue: Dr Manke's convention centre. Kokilaben Hospital. Mumbai
- Topic: Geriatric conference.
- Speaker: Multiple speakers

FAMILY PHYSICIANS' ASSOCIATION, GANDHIDHAM, GUJARAT



- Date: 24th March, 2023
- Venue: Gandhidham
- Topic: Low back ache.
- Speaker: Dr Prasad Temkar MS, MCH
- Topic: Ataxia
- Speaker: DR Gaurav Shah. MD, DM

- Date: 10th March, 2023
- Venue: Hotel Madhuban, Gandhidham
- Topic: Chronic cough. Most common symptom in our day to day practice
- Speaker: Dr Darshak Salat, MD

Various activities by Various units of FFPAI

FAMILY PHYSICIANS' ASSOCIATION, RANCHI, JARKHAND

A Public Awareness Initiative by



Join us for the




Expert Talk

**Prevention/ Delaying
occurrence of Heart Attack**

With

Dr. V K Jagnany

MBBS, Dip Card, Dip Diabetes, Consultant Physician,
Cardiologist & Diabetologist, Jharkhand

 10th Feb, 2023

 04:00 PM Onwards

G. P. A., INDORE, MP



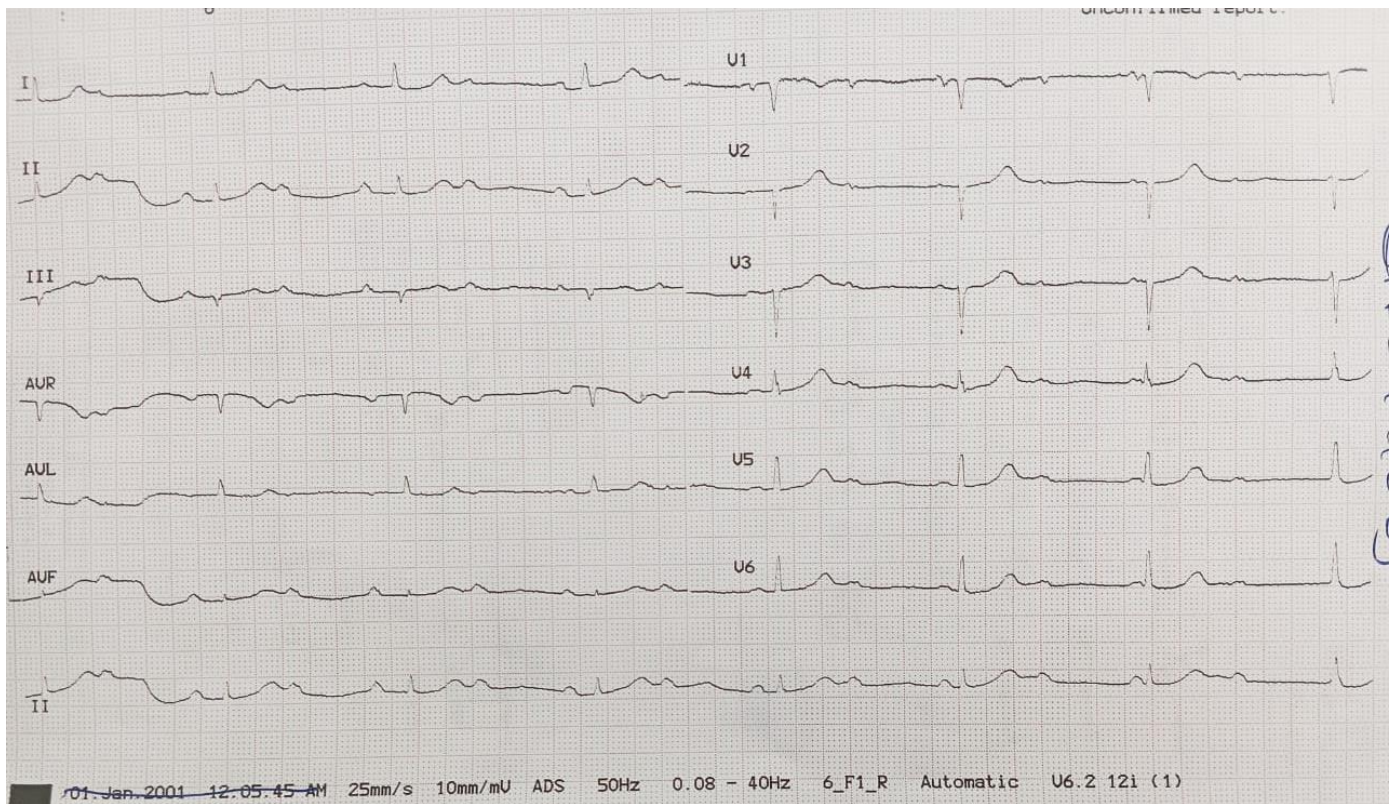
- Date: 4th March, 2023
- Venue: Hotel Crown Palace. Indore
- Topic: Proton pump inhibitors in clinical practice.
- Speaker: Dr Ritesh Gupta. MD, DM

FAMILY PHYSICIANS' ASSOCIATION, SURAT, GUJARAT



Launching of project "Dhoop chav" by FPA, SURAT. A noble Idea to protect Feriya's from Heat in summer. Many congrats to team FPA, Surat and its memberS to hand over Umbrella to street hawkers. launching of project Dhoop chhav by worthy hand of Dr Indravadan Shah and Dr Haresh Bhavsar.

ECG CORNER



Installation ceremony of Ahmedabad FPA




AHMEDABAD FAMILY PHYSICIANS' ASSOCIATION

Installation

You are Cordially Invited to Grace the
Installation Ceremony of

Dr. Arvind T Panchal

As a President Of Ahmedabad Family Physicians' Association
and his team of office bearers and managing committee members

For the Year 2023-24

Chief Guest	Guest of Honour
Dr. Pragmesh Shah President, FFP AI	Dr. Dhiren Shah (Cardiac Surgeon) Marengo CIMS Hospital, Ahmedabad
Installation Officer	
Dr. K R Sanghvi Past President, AMA, AFPA	

BACK TO
BASICS

FEDERATION OF FAMILY PHYSICIANS' ASSOCIATION OF INDIA
ACADEMY OF FAMILY PHYSICIANS OF INDIA
IMA COLLEGE OF GENERAL PRACTITIONERS

Webinar 1: OPD Neurology for Family Physicians

DATE
09.05.2023

SERIES OF WEBINARS ON 2ND TUESDAY OF EVERY MONTH



TIME
04:00 PM

SPEAKER

DR. TUSHAR SHAH
Consultant Physician, Mumbai
Great Teacher and Academician

/FFPAI
 **YouTube** FFPAl Youtube Channel Live
Registration Opens Soon

LIVE

FFPAI

Dr. Pragnesh Shah
President

Dr. Pragnesh Vachharajani
Honorary Secretary

AFPI

Dr. Raman Kumar
President

Dr. Vandana Boobna
Honorary Secretary

IMA CGP

Dr. Rayapu Ramesh Babu
The Dean

Dr. R. Anburajan
The National Secretary

Dr. Jsvantsinh Darbar
Director, Gujarat

ACADEMIC COMMITTEE (FFPAI)

Dr. Priti Shanker

Dr. Sanjay Shah

○ FFPAl YOUTUBE CHANNEL LIVE ○ REGISTRATION OPENS SOON ○

BACK TO MEDICAL SCHOOL

Urine Examination

Parameters	Normal Range	Significance of Abnormal level
Volume	Adults: 700-2500ml (Average 1200ml/day) Pediatric: 20-40 ml/kg body wt./24hours	(A) Polyuria (> 2500ml/day) Physiological <ul style="list-style-type: none"> • Excess water intake • Seasonal in winter Pathological <ul style="list-style-type: none"> • Diabetes Mellitus • Diabetes Insipidus • Polydipsia • Early stage of Chronic Nephritis
		(B) Oliguria (< 500ml/day) Physiological <ul style="list-style-type: none"> • Excess loss of water in summer by sweating Pathological <ul style="list-style-type: none"> • High grade fever • Shock • Dehydration (Excess vomiting & diarrhea) • Renal ischemia • Acute Glomerulonephritis • Renal stones • Burns
		(C) Anuria (Nil or < 100 ml/day) Pathological <ul style="list-style-type: none"> • Crush injury • Burns • Acute Glomerulonephritis • Renal ischemia • Renal tumors • Renal stones • Mismatched blood transfusion

Continue....

REVISIT BASICS

Urine Examination

Parameters	Normal Range	Significance of Abnormal level
Specific Gravity	1.003 – 1.030	<p>Decreased Specific Gravity</p> <p>Physiological</p> <ul style="list-style-type: none"> • Excess water intake • Seasonal in winter <p>Pathological</p> <ul style="list-style-type: none"> • Diabetes Insipidus <p>Increased Specific Gravity</p> <p>Physiological</p> <ul style="list-style-type: none"> • Decreased water intake • Excess water loss in summer by sweating <p>Pathological</p> <ul style="list-style-type: none"> • Proteinuria • Addison's disease • Heart Failure • Hypernatremia • Shock • SIADH
Color	Pale yellow	<p>Abnormal urine color</p> <ul style="list-style-type: none"> • Red – Hematuria, Hemoglobinuria, Kidney stones, Kidney injury, Beets intake • Brown – Liver & Bile duct disease, Dehydration, Carrot intake • Milky white – pus, UTI • Dark Yellow – Jaundice, Dehydration • Orange – Concentrated urine, increased Urobilinogen • Deep amber - strong muscular exercise, Fever <p style="text-align: right;">Continue....</p>

REVISIT BASICS

Urine Examination

Parameters	Normal Range	Significance of Abnormal level
Appearance	Clear	Cloudy or hazy – <ul style="list-style-type: none"> • UTI, Dehydration, High fruits intake, chyluria, Vaginal discharge or infection Turbid <ul style="list-style-type: none"> • Bacterial infection • Pus • Phosphates • Fats
Odour	Aromatic odour	Fruity – Ketosis, acetone in urine Mousy – phenylketonuria Ammonia – prolong standing Putrid – UTI
pH	4.5-7.0	Acidic urine <ul style="list-style-type: none"> • High Protein intake • Ingestion of acidic fruits • Respiratory Acidosis • Metabolic Acidosis • UTI by e.coli Alkaline urine <ul style="list-style-type: none"> • Respiratory Alkalosis • Metabolic Alkalosis • UTI by proteus, pseudomonas • Citrus fruits intake

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FAMILY PRACTICE IS A SPECIALTY – WHY ?

Dr Pragnesh Shah

MBBS, PGDCC (Dip. Cardiology)

Medical Officer, E. S. I. S. General Hospital, Vadodara

Family Physicians are considered the backbone of the healthcare system because the broad scope of practice of family medicine makes it a key specialty in providing comprehensive healthcare services to individuals and families across the lifespan.

- **First point of contact**

- As the first point of contact for many patients seeking medical care, family physicians are responsible for diagnosing and managing a wide range of acute and chronic medical conditions, as well as providing preventive care and health education to their patients.

- **Bridge between Consultant and patient**

- family physicians play an important role in coordinating care between multiple healthcare providers, ensuring that their patients receive comprehensive and integrated care.
- Family physicians serve as a bridge between patients and other healthcare professionals, including specialists and consultants, when more specialized care is needed.

- **Social Health worker**

- Family physicians are also uniquely positioned to address the social determinants of health, such as poverty, housing, and access to healthcare, which can have a significant impact on patients' health outcomes. By working with their patients to address these underlying social factors, family physicians can help improve the overall health and well-being of their patients and communities. Given their broad scope of practice and central role in the healthcare system, family physicians are essential to the delivery of high-quality, patient-centered care.

Continue ...



- **Prevention and Promotion of Health**

- family physicians also play an important role in promoting health and preventing illness. They provide health education and counseling to their patients on a range of topics, such as healthy eating, physical activity, smoking cessation, stress management, and disease prevention.
- Family physicians also conduct routine health screenings, such as blood pressure checks, cholesterol tests, and cancer screenings, to detect medical conditions early and prevent them from progressing to more serious stages.
- Family physicians may also provide vaccinations and immunizations to help prevent certain infectious diseases. By working with their patients to promote healthy lifestyles and prevent illness, family physicians can help improve the overall health and well-being of their patients and communities.

- **Master of all**

- family physicians are trained to diagnose and treat medical conditions affecting all the major organ systems of the body, including the respiratory, cardiovascular, gastrointestinal, neurological, musculoskeletal, and endocrine systems, among others. They may also manage patients with complex medical conditions or multiple chronic illnesses, and may coordinate care with other healthcare professionals as needed.

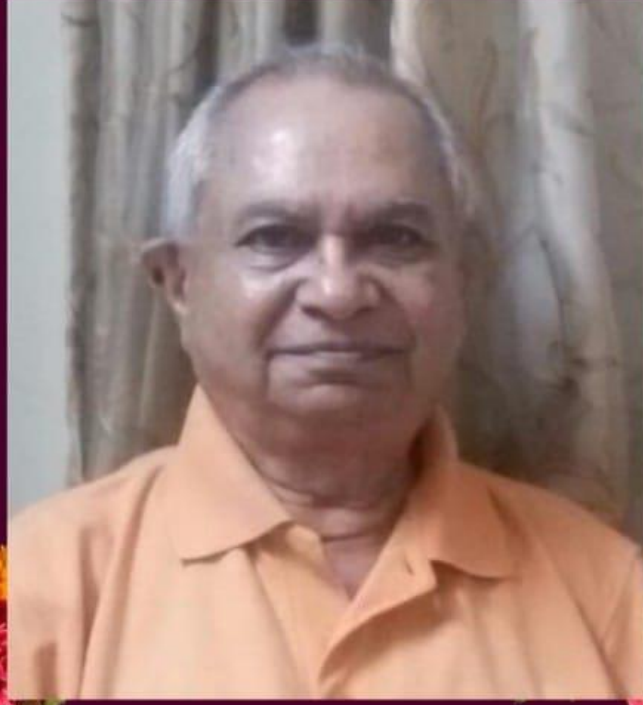
- **From Birth to Geriatric**

- Family Practice is a medical specialty that focuses on providing comprehensive primary care to individuals and families across all ages and genders, from birth to geriatrics.

- **Goal**

- The goal of Family Practice is to provide high-quality, patient-centered care that addresses the physical, emotional, and social needs of patients and their families.

॥ भावपूर्ण श्रद्धांजली ॥



DR RAMJIBHAI GORDHANDAS JIMULIA
PRESIDENT - FFP AI (1992 – 1997)

नैनं छिन्दन्ति शस्त्राणि नैनं दहति पावकः।
न चैनं क्लेदयन्त्यापो न शोषयति मारुतः॥

LATE DATE 23/03/2023

: From :

**Federation of Family Physicians' Association of India
(FFPAI)**

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: IMPORTANT :

All units are requested to send their Units activities report with photographs before 10th of every even months. send your matter to Dr Manish Jain 9425050838 or Dr Nilesh Makwana 9998728481.

All units are requested to send their Executive committee list with membership list with contact details.