



TURUN YLIOPISTO
UNIVERSITY OF TURKU

Training first year medical students is rewarding
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Early patient contact, Turku model

- started in 1991
- first year medical students visit GPs' offices to observe and participate in the daily work of a GP
- In a group of two students they meet the same GP several times during first year
- University teachers follow the course through seminars and logbooks of students

After 17 years of this programme

- 60-75 GPs
- 30-35 health care centres around Turku
- 145-150 students
- 6 clinical teachers at the university and one study coordinator, who all have many other duties as well
- Every fall there is some trouble to combine all the students with a GP

What the programme has been in practice

- Observing the consultation as a third party, discussing with patients.
- Touching patients, palpating joints, measuring blood pressure
- Meeting other members of the PHC team and following their work
- Having minor tasks from the faculty teacher (as registering an EKG and writing a case report)

The aim of this study was

- to find out some basic data of our GPs
- to find out how they were able to fulfill the aims of the programme
- to study GPs' experiences and expectations concerning this programme
- to learn to know how their employer reacted with this teaching

Methods

- Internet based questionnaire
- Anonymous to respond
- Qualitative and quantitative methods

- 52 of the 68 GPs responded

Some basic data

- the youngest GP trainer was 27 years, the oldest 62
- most of the trainer GPs were between 30-49 years
- 90 % of all the respondents had worked more than 5 years as a GP and 40 % more than five years for this programme
- 67 % were women

Were programme aims fulfilled

the aim by the faculty	well or very well
to start to understand the importance of patient-doctor relationship	93
to get familiar with the diverse work of a GP	83
to learn how primary health care is functioning	83
to value the work of GPs	73
to combine theory with practise	65
to see multidisciplinary team work	46

Experiences of GPs

- Interesting and refreshing work
- You are more aware of your own work when you are teaching others
- More stress and hurry in the work

- 70 % of the employers of the GPs seemed to give value for this work

Conclusion

- This early patient contact programme was studied in an action science PhD thesis in the beginning of 90's. The result was exactly the same, GPs feel the training positive and rewarding.
- According to a few studies concerning this issue the result is in line.
- This positive issue should be taken seriously in all medical faculties.

