

HKSH Family Medicine and Primary Care Centre

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Family Medicine



養和家庭醫學及
基層醫療中心

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What is Family Medicine?

Family medicine is a distinctive medical specialty. As the first point of contact with patients in the healthcare process, family doctors are well-positioned and professionally qualified for providing patient-centered care on the community level.

- Provide whole-person care which includes physical, psychological, familial, social and spiritual counselling
- Make accurate diagnosis with a detailed, thorough knowledge of one's health, lifestyle and social background
- Engage in effective communication with patients with good rapport and understanding of their families' needs
- Arrange specialty referrals as and when necessary to make the best use of resources
- Promote prevention of acute and chronic diseases, self-management of patients and public health education

What Do Family Doctors Do?

Holistic, or whole-person health is an important concept of family medicine. From the perspective of a family doctor, a disease is more than its physical manifestations. One's social environment, emotional/psychological responses to the condition must also be considered in diagnosis and treatment. Thus a family doctor not only provides primary care in terms of continuing, comprehensive and patient-centered services but also plays an active role in health promotion, disease prevention and other support.

As a point of entry into the healthcare system, all family doctors are health partners with their patients. With a thorough understanding of one's physical and psychological well-being, they are best positioned to provide health advice, initial management and referrals to proper specialists and other health professionals. Patients are more likely to miss diagnosis or receive repeated treatment if they see multiple doctors or specialists on their own, especially the elderly with multiple conditions.

By having a family doctor as a health partner, you and your family can lead a healthy lifestyle with early detection and effective prevention of illnesses at a reduced medical cost.

How to Choose a Family Doctor

- To build a good rapport with patients, a family doctor should be adept at communication, problem-solving and management with a caring, attentive and empathetic attitude.
- The family doctor must have the relevant academic and professional qualifications, and keep abreast of the latest medical advance through continuing education.
- He/she should be greatly supported by a strong network of allied health professionals, such as dietitians, physiotherapists and occupational therapists.
- Your family doctor should also provide disease prevention services, e.g. smoking cessation, vaccinations or cervical screenings.
- Clinic locations and service hours are convenient to you, e.g. near your home or office.

