

Diploma in Family Medicine with an Integrated Postgraduate Certificate Course in Mental Health and Research for Universal Health Coverage (UHC)

Fee Scholarship: Rs. 40, 000/- - for doctors who also enrol in
integrated Postgraduate Certificate Course to promote mental health and
research in primary healthcare and community settings



After successfully completing the first cohort and training more than 200 General Practitioners all over Pakistan, Shifa Tameer-e-Millat University announces admission for the second cohort of its one-year blended Family Medicine Diploma in Pakistan.

The program aligns with the WHO Framework for Regional Diploma in Family Medicine and equips General Practitioners with evidence-based, ethical care skills for comprehensive patient services, offering international recognition.

If you meet the eligibility requirements and aspire to become a family physician, please submit your admission application now.

To Register Now, [Click Here](#)

Rs. 40,000/- [Scholarship in Tuition Fee Available](#)

Download the Course Brochure

Who Should Apply?

- Family Physicians
- General Practitioners
- Fresh MBBS graduates
- Non-practicing doctors

Fee Scholarship:

There is a one-time fee of **PKR 85,000**. Partially funded scholarship in tuition fee (Rs. 40,000/-) is available for participants who also enroll in the integrated [Postgraduate Certificate Course in Mental Health and Research for Universal Health Coverage \(UHC\)](#).

Fee can be submitted via online/demand draft/purchase order.

For further information, please contact

Email: hr@gihd.stmu.edu.pk; info@gihd.stmu.edu.pk

Telephone: +92-333-0590373,+92-333-5406660

Documents Required:

Aspiring candidates who desire to apply for admission should submit their applications online using the provided registration link, attaching attested copies of the following documents:

- CNIC
- One passport-size photo (do not attest, overwrite or stamp the photograph.)
- Matric Certificate

- FSC Certificate
- MBBS Certificate
- PMDC Certificate
- Deed agreement (*only for those applying for the integrated certificate course as well.*)

DFM Components:

This diploma involves rich audio-visual educational resources in the form of recorded lectures on clinical procedure and examination, online live interaction sessions with experienced faculty and hands-on workshops plus clinical attachments.

Online component includes:

- Access to our Learning Management System (LMS)
- Eight modules (4 weeks) each with: 15 online lectures
- Online live interaction sessions with experienced faculty
- Presentations, additional resources (videos, reading materials & more than 1000 solved MCQs practice)

Practical component includes:

- Three highly interactive workshops including research methodology
- Hands-on skill training with specialists
- 4-8 weeks' clinical rotations for GPs with less than 5-year experience under specialist supervision.

Assessments:

- Pre and post evaluations for each module
- OSCE /Written examination.

Modules Description:

1. **Universal Health Coverage (UHC):** This module will provide participants with an understanding of the principles and basics of Universal Health Coverage (UHC). By the end of this module, participants will be able to understand the concepts of essential service delivery packages, community engagement, different health interventions and their integration into the Primary Health Care (PHC) Family Practice Approach.
2. **Principles of Family Medicine:** This module introduces participants to the basic principles of family medicine. By the end of this module, participants will be able to demonstrate their understanding of person-centred holistic care and the bio-psycho-social approach of family medicine and will be able to exhibit effective communication skills.
3. **Communicable Diseases:** This module provides an introduction to the diagnosis and management of common infectious diseases. By the end of this module, participants will be able to identify potentially serious infections and provide appropriate referrals.
4. **Common Medical Problems:** This module covers the diagnosis and management of common medical problems. By the end of this module, the participants will be able to demonstrate their understanding of cardiovascular problems, neurological problems, endocrine problems, respiratory problems, gastroenterological problems, liver problems, and dermatological conditions.

- 5. Common Surgical Problems:** This module is focused on medical and surgical problems from presentation to diagnosis, including management and the associated issues. By the end of this module, participants will be able to gain knowledge of the pathophysiology of surgical problems such as musculoskeletal problems, ear, nose and throat problems, genitourinary problems, and eye problems.
- 6. Mother and Child Health:** Building upon participants' skills and knowledge, by the end of this module, the students will be able to develop an understanding of the diagnosis and management of paediatric, obstetrics and gynaecological problems.
- 7. Mental Health Problems:** This module aims to provide participants with education and training in the assessment, treatment, planning and review of mental health issues commonly presented in general practice. By the end of this module, participants will be able to demonstrate their understanding of the diagnosis and management of depression, anxiety, grief, insomnia, psychosis, substance use, dementia and child and adolescent mental health problems in primary care.
- 8. Implementation Research to Achieve Universal Health Coverage:** This module covers the basic understanding of implementation research, ethical principles of research, challenges and the ethics approval process. By the end of this module, participants will be able to develop a basic understanding of mixed-method research, implementation research designs, selection of suitable research designs, the basics of data collection, tools and questionnaires, data analysis techniques, research software, enhanced research writing skills, and knowledge of scientific publications.

General FAQs:

Who can apply for this diploma?

Any MBBS doctor who has completed a one-year house job and has a valid PMC/PMDC certificate, either provisional or full registration, can join this diploma.

Where and when is this diploma being offered?

This is a one-year blended learning diploma that is being offered throughout Pakistan by Shifa Tameer-e-Millat University (STMU). It has rich audiovisual educational resources in the form of recorded lectures, diverse reading material and clinical guidelines that are easily accessible on our Learning Management System (LMS) on all operating systems and devices.

The orientation of the registered participants will be held in April, 2024.

Is it a full-time course?

There are two tracks in this diploma. Those who have less than 5-year experience will take a full-time course. Those who have five years or more of experience in clinical practice will take a part-time course and are required to complete online lectures and workshops.

How much time do I need to dedicate to this diploma?

This diploma is being offered in a blended learning mode and has online as well as practical training components. The online component is self-paced with flexibility to adjust to the working schedules of doctors. Additionally, interactive live sessions with specialists, the research practicum, formal assessments and clinical rotations are also designed to meet the busy schedules of doctors.

What is different about this diploma?

DFM is supported by the WHO and the Ministry of National Health Services, Regulations and Coordination, Pakistan.

More importantly, if you continue for another year, your training will be eligible for MRCGP [INT] directly. This is the shortest route to any international PG degree in family medicine. Moreover, if you have more than 5-year experience, this course will prepare you for the MCPS Family Medicine examination.

It will also help you start your own clinical practice.

How will I be assessed?

There are two components of assessment:

- Written exams comprising 100 multiple-choice questions (MCQs) are to be completed in 3 hours.
- The practical component includes OSCE, workplace-based assessment, research practicum and clinical rotations with specialists and advanced practitioners.

Participants will be required to complete both components to earn a certificate.

The clinical rotations are only for those doctors who have less than 5-year experience. Those with more than 5-year experience are only required to attend workshops.

Is the mental health and research certificate course embedded within the diploma?

Yes, participants will be required to complete modules on mental health problems and their management, practical skills and introduction to implementation research, along with principles of family medicine and complete a research practicum to earn a certificate.

Do I get a certificate or diploma?

Participants who successfully complete both the diploma and integrated postgraduate course will receive two certificates from Shifa Tameer-e-Millat University (STMU): one for completing the diploma in family medicine and the second for completing the postgraduate certificate course in mental health and research for UHC. Both certificates are supported by the World Health Organization and the Ministry of National Health Services, Regulations, and Coordination, Pakistan.

What if I am only interested in being enrolled in a postgraduate certificate course in Mental Health and Research for Universal Health Coverage (UHC)?

Currently, we are offering this course as part of DFM only. All those candidates who wish to enroll in the integrated postgraduate certificate course will be required to complete DFM as well.

What is the research practicum?

The research practicum is part of the postgraduate certificate course. A hands-on research practicum will provide an opportunity to integrate and apply research knowledge and skills from coursework in their own area of interest in mental health under the supervision of the faculty.

Do I need to come to Islamabad for training?

The training for DFM will be organized throughout Pakistan. Family medicine attachments and hospital rotations will be arranged within your district of residence. Only candidates from Islamabad will get training at the Global Institute of Human Development, Shifa Tameer-e-Millat University (GIHD-STMU).

What are the approved training sites for DFM?

Our approved training cities are:

Islamabad, Rawalpindi, Karachi, Lahore, Faisalabad, Kamoke, Samundri, Okara, Multan, Bahawalpur, Vehari, Mian Chunnu, Sahiwal, ChichaWatni, DG Khan, Kot Addu, Rajanpur, Rahim Yar



Shifa Tameer-e-Millat University
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Khan, Hyderabad, Badin, Naushahro Feroze, Khushab, Taxilla, Wah Cantt., Layyah, Kasur, Sargodha, Shaikhupura, Jhang, Patoki, AJK, Peshawar, Swat, Lower Dir, Karak, Abbottabad.

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For more information,

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