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## OPINION RESEARCH OF GP CONCERNING THE NECESSITY OF CONTINUING MEDICAL EDUCATION AND PROFESSIONAL DEVELOPMENT

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### ABSTRACT

The essence of general practice define multidisciplinary focus in training and education in "Family Medicine". Family doctor with acquired specialty is licensed, qualified, responsible for the personal, primary, continuous and preventive health care, delivered in a way for the individual, family, and community.

The aim of the research was to determine the personal position of the family doctor for professional development and opportunities for continuing medical education in the current public, economic, social, legislated and other internal and external factors exerting influence on the performance of ambulatory for primary outpatient care.

**Key words:** family doctor, problems, professional development

### INTRODUCTION

Family medic holds a key position in the healthcare system as a filter and constructor engaged fully with the patient's medical problem, working with the families and the communities, coordinating overall out of hospital, sanatorium and hospital treatments. GPs are responsible for the management and organization of work in ambulatory for primary health care, appointment of support staff, access to health information and providing quality medical care for patients as their ability to properly perform these tasks are improved through the collected experience and the continuous learning process.

#### Goal:

- Exploring the attitudes and positions of Family Physicians of existing opportunities for professional development in today's general medical practice.

### MATERIALS AND METHODS

It was conducted an extensive survey of general practitioners in Stara Zagora Region, Bulgaria, during the period from October to December 2013 and from January to February 2014. It was applied direct individual questionnaire in strict compliance with the principles of anonymity and voluntariness.

### DISCUSSION AND RESULTS:

The number of doctors, who filled out the questionnaire carefully and responsibly, was 200. The most numerous of the age groups is the one ranging from 46 to 55 years – 65 %. The excerpt includes 2/3 females and 1/3 males. Those who have experience from 10-14 years as a general physician are 90 % of the surveyed family doctors.

The central position and the coordinating role, which is played by the family doctor within and between different levels of medical assistance defines a wide range of medical knowledge, skills, behavior that he needed. A significant part of respondents share the factors affecting the efficiency and quality of their work and determine the need to improve the economic and

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regulatory conditions, increase scientific and educational medical information, further development of management skills and competencies.

88% of respondents said that through the computer technology and the application of medical software, their administrative activity is significantly easier. Half of interviewed doctors / 48% / do not hide that they need additional, new knowledge that will support and improve their work with computer. (Figures 1 and 2)

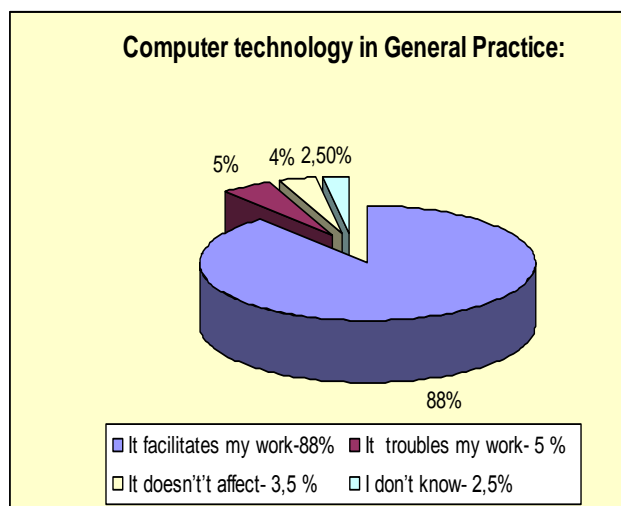


Figure 1.

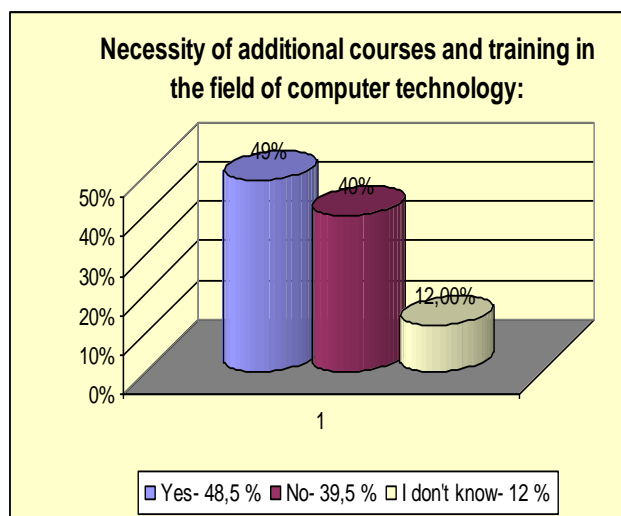


Figure 2.

For about 66% of family physicians, knowledge and skills in medical management and organization are not enough, so they expressed a definite opinion about the need for additional qualified courses in the field. (Figure 4)

Current information and new knowledge in General Medicine are required for 81% of family physicians. Learning scientific forums, meetings

and conferences, according to them, are a very good opportunity to develop and increase their theoretical and practical knowledge and expand their professional competencies. (Figure 3)

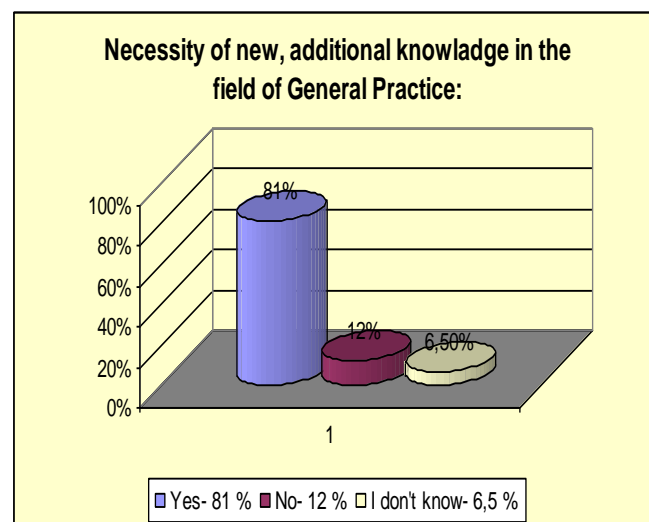


Figure 3.



Figure 4.

A large percentage of respondents found it unnecessary "unified information form", which was introduced targeting requirement GPs participation in various scientific conferences, training workshops and seminars to maintain and develop their medical knowledge and skills.

Many of family physicians share the fact that this form, and also certificates from participations is not required by the relevant medical organizations, partners and other control institutions. While conducting the interview most of family physicians reported that they show initiative to attend scientific conferences in the field of general practice. A significant contingent of them are interested and

participate in national and regional scientific-practical conferences, which are annually organized by the Association of General Practitioners. Ongoing scientific events are also the occasion to enlarge knowledge in the field not only in general medicine, but in other medical specialties, as well as to allow communication and exchange of information with colleagues, etc..

Most of GPs says that they feel prepared to implement preventive and promotive activities for their patients. With setting diagnosis and appointing therapy, believes they are able to handle significant contingent / 78% / of family doctors. **(Figure 7)**

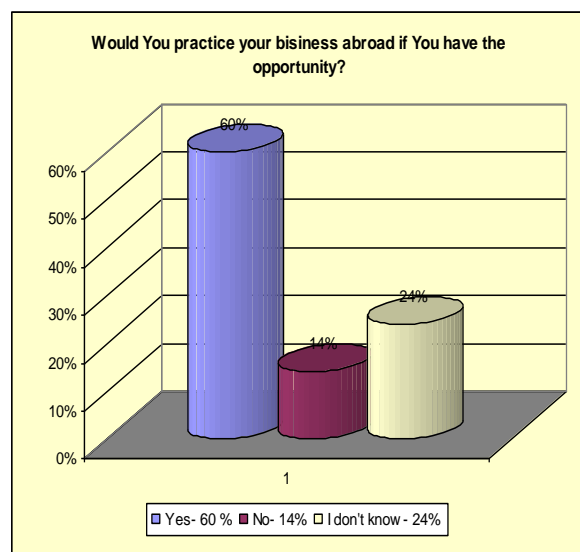
Through respondents, preventive medicine and diagnostic -therapeutic activities should be priority in the package of health care services in primary health care and with the largest share of the financing by the contractual partner.

On the professional behavior of GPs strongly influence the health status and treatment options for the patient, the model of organization of primary health care, financing system and the mechanisms by which are processed the payments for family physicians. This inevitably affects the management and implementation of medical and administrative activities for ambulatories for primary health care.

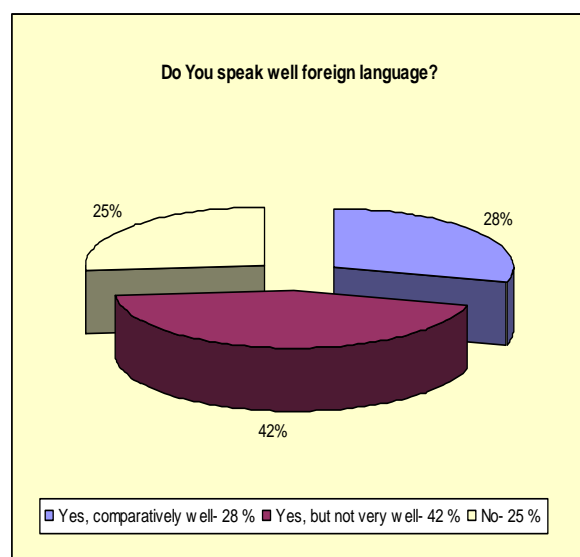
It is found in the study that a large percentage of respondents have a good level of language preparation, as 28% of them speak excellent foreign language. **(Figure 6)**

Despite the busy weekly schedule and a variety of activities, which is necessary family doctors to handle daily, some of them manage to find time for personal development and expansion of horizons. No small group of family doctors exert interest and included in training courses in ultrasound, psychology, alternative medicine, homeopathy and other, they are interested in looking for medical innovations, research, therapeutic approaches.

In the study, 60% of surveyed doctors said they would practice their profession abroad if they are given relatively better social and economic conditions. **(Figure 5)**



**Figure 5.**



**Figure 6.**

Inadequate and incurrent payment according to labor and daily stress is one of the leading causes for surveyed physicians to consider for realization and professional development in other countries in Europe and worldwide.

Conclusions:

Construction of certain attitudes and understanding of continuous development, reaching high levels of medical educational culture and improvement in professional plan requires high internal motivation for continuous learning and responsibility to the profession of GPs.

Opportunities for career realization in terms of general medical practice are connected primarily with the wishes of the family doctor to maintain and develop its scientific and practical potential

of high professionalism in the performance of medical and non-medical activities. For quality and effective practice and thriving in the field of family medicine, are needed wide range of competencies, their skillfully and effectively application, constant enthusiasm for learning, for multilateral intellectual and technical changes on acceptable economic, legal, social and other conditions.

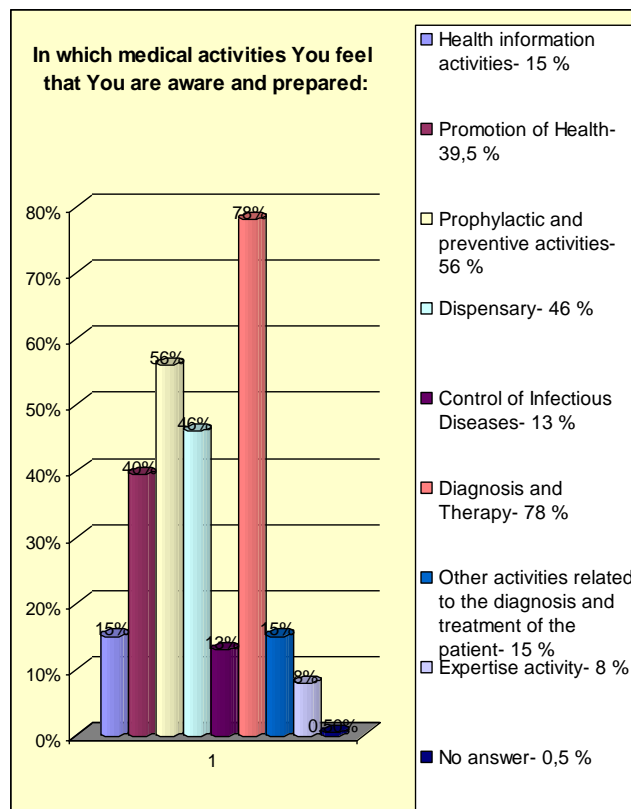


Figure 7.

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