Innovations in Primary Care

Primary care is the considered the gate keeper and cornerstone of health care systems. Without an adequate primary care system, health care quickly becomes inaccessible and unaffordable. In this minor, we explore how primary care is challenged to provide high quality, climate-friendly, accessible and affordable care for an increasingly ageing, complex, and multimorbid population. We explore how primary care professionals counter these challenges through the uptake of innovative practices, including digital innovations. Together, we will examine unanswered questions regarding (cost) effectiveness, their integration in current practice, and acceptability to patients and professionals.

Introduction

In this minor, students are challenged to contemplate future developments within primary care, ranging from maternal health care (‘verloskunde’), youth health care (‘jeugdgezondheidszorg’) to general practice (‘huisartsgeneeskunde’) and elderly care (‘ouderengeneeskunde’). Students will learn about and reflect on state-of-the-art scientific developments with these areas. Specific topics that will be covered are:

- Population health management
- Pregnancy & childbirth, First 1000 days of life
- Chronic disease and multimorbidity
- Climate impact of (primary care)
- Lifestyle medicine & behavior modification
- Syndemics and cultural aspects of disease
- Elderly care medicine, advance care planning & value-based medicine

Overview

In this minor, we will use a problem-based approach to explore primary care innovations using research and patient cases from the earliest moment of life, to old age. We will provide lectures, working groups, clinical activities and group discussions. Knowledge and skills towards clinical chronic disease management (DM and CRVM), motivational interviewing, scientific pitching and cultural aspects of disease are developed via advanced skills workshops. You will participate in mini-internships- in general practice, elderly care medicine, and/or midwifery practice. In duos, students will develop and present a lifestyle medicine intervention and evaluation plan.

Quote

“Teachers were very approachable, and the mini-internships with the midwife and GP really provided added value to the minor teachings”
Learning goals
At the end of this minor, students know, understand and can apply different themes and concepts within primary health care, its major developments and clinical practice. They are able to develop and evaluate a lifestyle medicine intervention following intervention mapping principles. They can accumulate and interpret relevant primary care research findings and make informed decisions on research and practice based on relevant social, scientific, and ethical aspects.

“Learn about innovations in primary care in its broadest scope, adopting a life course approach to primary care medicine.”

Assessment
- Lifestyle medicine intervention: design & evaluation (Report (40%) and oral presentation (20%))
- Scientific pitch (20%)
- Knowledge assessment (20%)
- Mini internship report (pass/fail)
- eLearning modules (pass/fail)

Quote
“The minor covers topics that are not included in the regular curriculum- inspiring you to think out of the box, and prepare for a targeted, population health approach’

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