

FM Curriculum Blueprint

Please note:

- Topics are blueprinted across all disciplines relevant to family medicine practice and across pediatric, adult, and geriatric age categories.
- Topics cover a variety of domains, including etiology, diagnosis, investigation, and management across settings ranging from acute or emergency, to chronic, preventive, or palliative care to the degree required for primary care practice.
- Topics relating to Occupational or Travel Medicine can be sub-classified under their specific organ systems.
- The approaches column includes common clinical presentation of conditions present in the “conditions” column but is not limited to this list.
- The procedure list had previously been deliberated under EPAs and decided upon.
- The categories reflect the importance and prevalence of conditions and level of knowledge required.

Category	Approaches	Common Primary Care Conditions (Diagnose and manage)	Emergency Primary Care Conditions (Initial management)	Less Common Primary Care Conditions or Those Requiring Specialist Management (Recognize and refer appropriately)
1. Cardiovascular	A. Chest pain B. Exertional dyspnea C. Palpitations D. Syncope E. Cardiac murmurs F. Leg edema G. Shock H. Cardiac arrest	1. Hypertension (screening, newly diagnosed, secondary hypertension, resistant hypertension, hypertensive urgencies, and emergencies) 2. Ischemic heart disease (acute coronary syndrome, chronic), CVS risk factors 3. Heart failure (acute, chronic) 4. Peripheral vascular disease 5. Chronic venous insufficiency 6. Anticoagulation 7. Infective endocarditis prophylaxis 8. Vasculitic problems (e.g. Kawasaki / temporal arthritis)	9. Cardiac arrhythmias (atrial fibrillation, tachycardia, bradycardia, heart blocks) 10. Acute pericarditis 11. Pericardial effusion and tamponade 12. Deep vein thrombosis / thromboembolism 13. Aortic aneurysm, dissection, and rupture 14. Shock	15. Valvular heart disease 16. Cardiomyopathies 17. Congenital heart disease
2. Endocrine	A. Neck lump B. Thyrotoxicosis	1. Diabetes mellitus (screening, prediabetes, newly diagnosed, young diabetic, poorly		8. Pituitary disorders

	<ul style="list-style-type: none"> C. Altered mental status D. Failure to thrive E. Weight gain / loss F. Galactorrhea G. Hirsutism / Virilisation 	<ul style="list-style-type: none"> controlled, diabetic ketoacidosis, hyperosmolar) 2. Hypo / hyperglycemia 3. Hyperlipidemia (screening, diagnosis, management) 4. Obesity (screening, diagnosis, management) 5. Thyroid disorders (hyperthyroid, hypothyroid, thyroiditis, thyroid cancer, diagnosis, management) 6. Cushing's syndrome 7. Osteoporosis (screening, diagnosis, management) 		
3. Gastrointestinal	<ul style="list-style-type: none"> A. Abdominal pain B. Constipation C. Diarrhea (acute and chronic) D. Dyspepsia E. GI bleeding F. Dysphagia G. Nausea & vomiting H. Jaundice I. Hernia J. Anorectal complaints K. Abnormal liver function tests L. Acute abdomen 	<ul style="list-style-type: none"> 1. Gastroenteritis 2. Viral hepatitis (acute, hepatitis B screening, chronic hepatitis B infection) 3. Peptic ulcer disease 4. Gastrointestinal malignancy 5. Gastroesophageal reflux disease 6. Gallstone disease 7. Cholecystitis 8. Gallbladder polyp 9. Metabolic associated liver disease 10. Alcoholic liver disease 11. Liver cirrhosis and liver failure 12. Irritable bowel syndrome 13. Functional abdominal pain 14. Inflammatory bowel disease 15. Diverticular disease 16. Anorectal disorders 17. Structural Gastrointestinal abnormalities (e.g. intussusception) 18. Neonatal jaundice 	<ul style="list-style-type: none"> 19. Acute appendicitis 20. Acute gastrointestinal bleeding 21. Acute bowel obstruction 22. Hepatobiliary sepsis 	<ul style="list-style-type: none"> 23. Autoimmune hepatitis 24. Drug-induced liver disease
4. Hematological / Immune	<ul style="list-style-type: none"> A. Abnormal FBC 	<ul style="list-style-type: none"> 1. Anemia, erythrocytosis 	<ul style="list-style-type: none"> 6. Anaphylaxis 	<ul style="list-style-type: none"> 7. Hematological malignancies 8. HIV

	<ul style="list-style-type: none"> B. Macro-, normo-, microcytic anemia C. Bleeding tendency D. Hypercoagulopathy (including congenital and acquired anticoagulation therapy) 	<ul style="list-style-type: none"> 2. Thrombocytopenia, thrombocytosis 3. Leukopenia, leukocytosis 4. Coagulopathy 5. Congenital hematological problems (e.g. thalassemia) 		<ul style="list-style-type: none"> 9. Kawasaki disease 10. Henoch-Schonlein purpura
5. Dermatology	<ul style="list-style-type: none"> A. Rashes B. Pruritis C. Hair loss D. Pigmentary disorders E. Bites 	<ul style="list-style-type: none"> 1. Eczema 2. Irritant and contact dermatitis 3. Urticaria 4. Skin infections (viral, bacterial, fungal, parasitic) 5. Warts 6. Paronychia 7. Insect bites 8. Skin ulcers 9. Burns 10. Acne vulgaris 11. Psoriasis 12. Other papulosquamous disorders (e.g. lichen planus, pityriasis rosea, tinea versicolor, seborrheic dermatitis, 13. Herpes zoster 14. Alopecia areata 15. Melanotic skin lesion (e.g. nevi, malignant melanoma) 16. Vesiculobullous diseases (e.g. immune mediated, hypersensitive, infectious (chickenpox and HFMD)) 17. Selected dermatology problems: animal and human bites, hirsutism, pigmentation, purpura, decubitus ulcers 18. Sexually transmitted infections 	<ul style="list-style-type: none"> 19. Angioedema 20. Stevens-Johnson Syndrome 21. Drug Eruptions & Hypersensitivity Syndromes (e.g. erythema multiforme, erythema nodosum, photosensitivity, exfoliative erythroderma, TEN 	<ul style="list-style-type: none"> 22. Skin tumors 23. Vascular skin conditions (e.g. hemangioma) 24. Secondary syphilis 25. Mycoides fungoides

6. Musculoskeletal	A. Joint pains B. Neck pain C. Shoulder pain D. Arm and hand pain E. Back pain F. Buttock, hip, and thigh pain G. Knee and calf pain H. Foot and ankle pain I. Limb and joint injury J. Limping child	1. Rotator cuff tendinitis and tears 2. Impingement syndrome 3. Shoulder dislocation 4. Frozen shoulder 5. Carpal tunnel syndrome 6. Trigger finger 7. de Quervain's tenosynovitis 8. Epicondylitis 9. Ankle and foot sprains vs fractures 10. Plantar fasciitis 11. Degenerative disc disease (Prolapsed intervertebral disc, cervical spondylosis, lumbar spondylosis) 12. Patellofemoral pain 13. Osteoarthritis (knees, hips, hands) 14. Crystal associate arthropathies (gout/pseudogout) 15. Rheumatoid arthritis (hands, knees, systemic manifestations) 16. Sprains and strains 17. Muscle / tendon 18. injuries 19. Bursitis 20. Pediatric musculoskeletal disorders (e.g. growing pain)	21. Anterior cruciate ligament tear 22. Fractures 23. Dislocations / subluxations 24. Neurovascular injuries 25. Infectious arthritis	26. Cervical myelopathy 27. Meniscal injuries 28. Immune mediated rheumatic diseases (e.g. SLE, acute rheumatic fever, systemic sclerosis, polymyositis, and dermatomyositis, spondyloarthritides, Raynaud's phenomenon, vasculitic syndrome) 29. Pediatric and adolescent musculoskeletal disorders (e.g. Osgood-Schlatter, pulled elbow, osteochondritis dissecans / osteonecrosis / juvenile rheumatoid arthritis, slipped capital femoral epiphysis, hip dysplasia) 30. Miscellaneous musculoskeletal disorders (e.g. fibromyalgia, myofascial pain syndrome, repetitive overuse syndrome, soft tissue tumors, osteomyelitis, bone tumors)
S7. Renal / Urological	A. Fluids and electrolytes disorders B. Dysuria C. Nocturia D. Hematuria E. Proteinuria F. Urinary incontinence	1. Electrolytes abnormalities (e.g., hypo / hyperkalemia, hypo / hypernatremia, calcium, phosphate, magnesium) 2. Urinary tract infections (simple / complicated, recurrent cystitis, male UTI) 3. Pyelonephritis 4. Renal stones	11. Nephrotic syndrome 12. Nephritic syndrome	13. Tumors of the urinary tract 14. Congenital abnormalities of the urinary tracts

	<ul style="list-style-type: none"> G. Inguinoscrotal lumps H. Abnormal UFEME I. Asymptomatic bacteriuria J. Microscopic hematuria K. Acute urinary retention L. Lower urinary tract symptoms M. Acute loin-to-groin pain N. Edema 	<ul style="list-style-type: none"> 5. BPH 6. Urinary incontinence / overactive bladder 7. Nephrolithiasis / renal colic 8. Acute kidney injury / failure 9. CKD (surveillance, goals of care, avoiding nephrotoxic medications, renal dose adjustments) 10. Prostate cancer (screening, diagnosis) 		
8. Neurological	<ul style="list-style-type: none"> A. Headache B. Weakness C. Numbness D. Tremors E. Altered mental status F. Seizure G. Status epilepticus H. Head injury 	<ul style="list-style-type: none"> 1. Headache syndromes (e.g., migraine, tension headache) 2. Bell's palsy 3. Strokes / transient ischemic attacks 4. Seizures (febrile seizure, epilepsy) 5. Parkinson's disease / movement disorders (e.g., extrapyramidal) 6. Nutrition-related disorders 7. Peripheral nerve disorders 	<ul style="list-style-type: none"> 8. Cerebrovascular infections 9. Seizures (status epilepticus) 	<ul style="list-style-type: none"> 10. Neuro-ophthalmology / cranial nerves lesions 11. Spondylosis with myelopathy 12. Normal pressure hydrocephalus 13. Myopathies 14. Disorders of neuromuscular junction 15. Pediatric neurological conditions (e.g. neural tube defect, spinal muscular atrophy, cerebral palsy)
9. Non-specific	<ul style="list-style-type: none"> A. Loss of appetite B. Loss of weight C. Weight gain D. Fatigue E. Dizziness F. Fever G. Lymphadenopathy H. Sick child I. Non-accidental injury J. Multiple trauma 	<ul style="list-style-type: none"> 1. Dengue 2. Zika 3. Chikungunya 4. Chicken pox 5. Febrile exanthems 6. Hand foot mouth disease 7. Infectious mononucleosis 8. Abuse / neglect (child, spouse, elderly) 9. Immobility 10. Frailty 	<ul style="list-style-type: none"> 16. Septic shock 17. Multiple trauma 18. Acute poisoning 19. Electric injury 20. Rhabdomyolysis 	<ul style="list-style-type: none"> 21. Emerging infections

	<p>K. Falls</p> <p>L. Polypharmacy</p> <p>M. Functional impairment</p>	<p>11. Cuts and wounds</p> <p>12. Animal bites</p> <p>13. Occupational health-related conditions (e.g. contact dermatitis, occupational asthma, noise-induced hearing loss, occupational cancers, repetitive strain injuries)</p> <p>14. Use of herbal supplements / traditional Chinese medicine</p> <p>15. Disorders due to heat and cold</p>		
10. Psychiatry	<p>A. Psychiatric interview</p> <p>B. Mental state exam</p> <p>C. Suicide risk assessment</p> <p>D. Mental capacity assessment</p>	<p>1. Anxiety (e.g. General anxiety disorder / panic disorder / social anxiety/ adjustment disorder)</p> <p>2. Mood disorders: (e.g. depression / adjustment disorder)</p> <p>3. Insomnia</p> <p>4. Acute stress disorder</p> <p>5. Grief</p> <p>6. Addiction and dependence (e.g., alcohol use disorder / intoxication, substance abuse)</p> <p>7. Cognitive disorders (e.g. dementia, delirium)</p>		<p>8. Anxiety (e.g. OCD / PTSD specific phobia)</p> <p>9. Mood disorders: (e.g. bipolar disorder)</p> <p>10. Schizophrenia: recognition, early psychosis, drug side effects</p> <p>11. Somatoform disorders (e.g. somatic symptom disorder, illness anxiety disorder, factitious disorder)</p> <p>12. Body dysmorphic disorder / eating disorders</p> <p>13. Personality disorders: recognition</p> <p>14. Psychoactive medicine side effect</p> <p>15. Childhood disorders (e.g. enuresis, encopresis)</p>
11. Reproductive: Female	<p><u>Reproductive Age</u></p> <p>A. Family planning</p> <p>B. Emergency contraception</p> <p>C. Subfertility</p> <p>D. Amenorrhea</p>	<p><u>Reproductive Age</u></p> <p>1. Premenstrual syndrome</p> <p>2. PCOS</p> <p>3. Sexually transmitted infections</p>		<p>7. Acute conditions in pregnancy (e.g., UTI, abnormal bleeding)</p> <p>8. Complications in pregnancy (e.g., hypertension, fetal growth disorders)</p>

	<p>E. Abnormal uterine bleeding F. Dysmenorrhea G. Pelvic pain H. Vaginal discharge I. Breast lumps J. Nipple discharge K. Sexual violence</p> <p><u>Pregnancy</u> L. Prenatal counselling & screening M. Antenatal screening N. Thalassemia screening O. Down’s screening P. Early pregnancy bleeding Q. Late pregnancy bleeding R. Drug use during pregnancy</p> <p><u>Menopausal</u> S. Menopausal symptoms</p>	<p>4. Cervical cancer (screening, diagnosis, HV/ pap smear interpretation) 5. Breast cancer (screening, diagnosis) 6. Other disorders of the reproductive system (benign / malignant) vulvovaginal, cervix, uterus, ovaries</p> <p><u>Pregnancy</u> 1. Pre-conception care 2. Normal pregnancy 3. Spontaneous abortion 4. Elective abortion 5. Ectopic pregnancy 6. Complications in pregnancy (e.g., vomiting) 7. Chronic disease in pregnancy (e.g., diabetes, thyroid, asthma, hypertension) 8. GDM screening and follow-up 9. Postpartum care: lactation advice / puerperal disorders / postpartum blues and depression</p> <p><u>Menopausal</u> 1. Menopause 2. Hormone replacement therapy</p>		
<p>12. Reproductive: Male</p>	<p>A. Genital discharge B. Acute testicular pain C. Subfertility</p>	<p>1. Erectile dysfunction 2. Male contraception 3. Sexually transmitted infections</p>	<p>4. Testicular torsion</p>	<p>5. Inguinal hernia 6. Benign and malignant male conditions: scrotum, penis, prostate, urethra, breast, epididymis, testicles 7. Circumcision</p>

13. Respiratory	A. Sore throat B. Rhinorrhea C. Cough D. Dyspnea E. Hemoptysis F. Stridor	1. Common cold 2. Influenza-like illness 3. Tonsillitis 4. Community acquired pneumonia and other pulmonary infections 5. Pulmonary tuberculosis 6. Asthma 7. COPD 8. Smoking cessation 9. Lung cancer (screening, diagnosis) 10. Common pediatric respiratory conditions (e.g. croup, bronchiolitis)	11. Pneumothorax 12. Airway foreign body 13. Epiglottitis	14. Bronchiectasis
14. Special Sensory (Eyes / ENT, Head and Neck)	A. Red eye B. Eye pain C. Blurring of vision D. Squint E. Visual disturbances (floaters, photopsia, diplopia) F. Ear pain G. Tinnitus H. Hearing loss I. Epistaxis J. Hoarseness of voice K. Sensory loss (e.g. vision, smell, taste, hearing)	1. Conjunctivitis (e.g. viral / bacterial / allergic) 2. Eye lid and lacrimal apparatus abnormalities 3. Dry eyes 4. Foreign body eye / ear / nose 5. Allergic rhinitis 6. Sinusitis 7. Otitis externa / media 8. Head and neck disorders, congenital and acquired (e.g. lymphadenopathy) 9. Obstructive sleep apnea	10. Eye emergencies (e.g. retinal detachment, retinal arterial/venous obstruction) 11. Neuroophthalmological (e.g. Cranial nerve palsies)	12. Refractive conditions 13. Cornea, lens abnormalities 14. Optic neuropathy 15. Congenital eye problems (e.g. squint / amblyopia) 16. Cataracts 17. Glaucoma 18. Hearing abnormalities (e.g., Presbycusis, Noise-induced deafness) 19. Salivary gland disorders
15. Population and patient-based care	A. Biostatistics B. Evidence Based Medicine C. Quality improvement	1. Understanding grades of evidence 2. Basic methods of study: sampling techniques, describe the sample		

		<ol style="list-style-type: none"> 3. Interpretation of meta-analyses (forest plot, summary of findings table) 4. Interpretation of randomized controlled trials (odds ratio, relative risk, number needed to treat, t test, chi square test) 5. Interpretation of validation studies (sensitivity, specificity, predictive value) 6. Medical decision making 7. Quality improvement and patient safety (e.g. quality improvement tools, audit cycle, patient safety principles, medication safety, infection control, prevention of medical errors, management of adverse events) 		
	<p>Ethics Principles of Bioethics (Autonomy, Beneficence, Non-Maleficence, and Justice)</p>	<ol style="list-style-type: none"> 1. Duty of care 2. Mental capacity 3. Informed consent 4. Consent for minors 5. Refusal of treatment 6. Collusion / truth-telling 7. Medical confidentiality 8. Statutory reporting 9. Fitness to practise 10. Open disclosure 		
	<p>Preventive Health</p>	<ol style="list-style-type: none"> 1. Immunizations (child and adult) 2. Nutrition 3. Physical exercise 4. Cardiometabolic screening 5. Cancer screening 6. Health promotion and counselling for behavioral change 		

		<ol style="list-style-type: none"> 7. Developmental assessment and child surveillance (e.g., developmental delay, attention deficit / hyperactivity disorder, autism spectrum disorder, specific learning disorders, speech disorders, well-newborn visit, infant feeding, neonatal jaundice) 8. Travel medicine 9. Occupational health (e.g. occupational health screening and vaccinations) 		
	Palliative and End-of-Life Care	<ol style="list-style-type: none"> 1. Symptom control 2. Community resources including hospice care 3. Advance directives 4. Withdrawal of care 5. Bereavement 		
Procedures		<ol style="list-style-type: none"> 1. Management of infections / ulcers <ul style="list-style-type: none"> - Wound management - Incision and drainage 2. Acute condition management <ul style="list-style-type: none"> - Injections (intramuscular, intravenous, subcutaneous) - Epley's maneuver for BPPV 3. Chronic disease management <ul style="list-style-type: none"> - Injections (e.g. Insulin, denosumab) - Inhaler use - Peak flow measurement 4. Musculoskeletal 	<ol style="list-style-type: none"> 8. Acute management of trauma <ul style="list-style-type: none"> - Immobilization (i.e. buddy splint, sling) - Toilet & suture of wounds (inclusive of local anesthetic infiltration) 	

		<ul style="list-style-type: none">- Hydrocortisone and lignocaine injections (e.g. trigger finger)- Reduction of simple dislocation (e.g. radial head) <p>5. Gynecological / Urological / Colorectal</p> <ul style="list-style-type: none">- Cervical sampling / HPV testing- Insertion of urinary catheter- Proctoscopy <p>6. ENT</p> <ul style="list-style-type: none">- Ear syringing <p>7. Pediatric management</p> <ul style="list-style-type: none">- Vaccinations		
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