**General Physician**

General Physician is also referred to as a family doctor.

Also, a General Physician is commonly referred to as '**General Practitioner**' in North America, United Kingdom, Ireland and various other commonwealth countries.

He/she is the one who patients come to see on a regular basis. In short, a General Physician is a doctor who deals with the diagnosis and treatment of general health problems or disorders ranging from cold, cough, and nausea to chronic diseases such as jaundice, cholera, etc.

Apart from diagnosing and treating health problems, they also provide detailed information to patients about daily-routine diet, health plans, and nutritional value in the meal

* Basically, a General Physician works within a private practice such as clinics, hospitals, NGOs etc.
* While some work in other medical facilities. If a patient has a life-threatening health problem, then a General Physician refers the patient to a Specialist in that field. Prior to referring a patient to a Specialist, a General Physician will diagnose the illness/disease and injuries of the patient.
* The General Physician does not have a specialty area, but still, there is extensive knowledge to provide primary care.

**Eligibility**-

**Undergraduate Level:**

1. Candidates should have passed class 12 examination with science stream from a recognized university/board.
2. The percentage requirement is 50% and above for most of the Universities/ institutions/ colleges. There has been a considerable reduction in marks for the reserved categories (OBC / SC / ST and PWD’s).
3. Candidates should be between 17 and 25 years.

**Postgraduate Level:**

1. Candidates must have M.B.B.S degree from an institution recognized by the Medical Council of India (MCI).
2. For the doctoral programme (Ph.D.), candidates must have a master’s degree (M.D/ M.S or M.Sc in Medicine).
3. There are also age limit criteria in some colleges/ universities.

## Employment Opportunities for General Physician

**Private Clinics:** A private clinic is a healthcare facility that focuses primarily on the care of outpatients. A private clinic can be operated privately or publicly, managed and funded.

**Private Hospitals:** A private hospital is a hospital owned by a beneficial company or a non-profit organization and is privately funded by the insurers, through national health insurance programmes, or through foreign embassies through the payment of medical services to patients themselves.

**Government/Public Hospitals:** A government hospital or a public hospital is a hospital owned and funded by the government. In some hospitals, medical care is provided free of charge, whose cost is covered by government reimbursement.

**Primary Health Centers:** Primary Health Center (PHC), sometimes called Public Health Center, has state-owned rural health care facilities in India. They are essentially a single medical clinic and has facilities for minor surgeries too.

**Military Hospital:** A Military Hospital is a hospital owned and operated by the armed forces. They are often reserved for the use of military personnel and their dependents, but in some countries are made available to civilians as well.

**NGO's and NPO:** NGO or NPO is a social voluntary organization of individuals, group of persons, community, persons, volunteer engaged in social welfare and social development.

**Schools:** In this area, a physician is employed to make periodic examinations of the children of a school or of the schools of a community.

**Embassies:** In this area, their primary role is to take care of the embassy personnel and their families, provide basic medical services and assess the suitability of local hospitals.

### What medical conditions can GPs treat?

When it comes to general physician jobs, there are several career opportunities available. Some of them are mentioned below:

* Cardiovascular system
* Hypertension (high blood pressure)
* Ischaemic heart disease (angina, heart attack)
* Respiratory system
* Asthma
* Emphysema or chronic obstructive pulmonary disease (COPD)
* Pneumonia
* Lung fibrosis
* Gastrointestinal system
* Gastroenteritis
* Liver disease including alcoholic lever disease
* Neurological system
* Cerebrovascular accident (strokes)
* Epilepsy (seizures)
* Dementia
* Haematological
* Anaemia
* Endocrinological
* Diabetes
* Thyroid disease
* Pituitary disease
* **Radiology technicians**
* **Registered nurse**
* **Respiratory therapist**
* Diagnosis

## Pros of becoming a General Physician:

1. Good growth and attractive perks.
2. Respect among people and society.
3. Flexibility of working either in a hospital or starting a clinic of your own.

## Cons of becoming a General Physician

1. A general physician needs to be a jack of all trades in the medical stream.
2. Long and irregular working hours.
3. Not many facilities in rural hospitals.

Cardiovascular system

Causes for Cardiovascular system:

1. High Blood Pressure
2. Smoking
3. High Cholesterol
4. Diabetes
5. Inactivity
6. Being overweight or obese

Hypertension (high blood pressure)

Causes for Hypertension (high blood pressure)

There are 2 types of :

1. Primary hypertension

For most adults, there’s no identifiable cause of high blood pressure, tends to develop gradually over many years.

1. Secondary hypertension

Some people have high blood pressure caused by an underlying condition

This appear suddenly and cause higher blood pressure than does primary hypertension.

Various conditions and medications can lead secondary hypertension, including:

1. Obstructive sleep apnea
2. Kidney disease
3. Adrenal gland tumors
4. Thyroid problems
5. Illegal drugs(Cocaine and Amphetamines)
6. Certain medications such as birth control pills, cold remedies

Ischemic heart disease (angina, heart attack)

Causes for the Ischemic Heart disease:

It is caused by a decrease in blood flow through one or more of the blood vessels that carry oxygen to your heart

Due to reduce in blood flow, the heart muscle does not receive the amount of oxygen it need.

It occurs most frequently in people who have

1. Atherosclerosis
2. Blood clots
3. Coronary artery spasm

Respiratory system

Causes for the Respiratory system:

1. Smoking
2. Pneumonia
3. Asthma
4. Chronic Bronchitis
5. Emphysema
6. Lung cancer

Asthma

Causes for Asthma:

1. Infections like colds and flu
2. Allergies (pollen, dust mites, animal fur or feathers)
3. Smoke
4. Pollution
5. Sudden changes in temperature
6. Cold air
7. Heat & Humidity
8. Isocyanates(chemicals often found in spray paint)

Chronic obstructive pulmonary disease (COPD)

Causes for Chronic obstructive pulmonary disease (COPD):

1. Smoking
2. Chemicals and fumes in the workplace
3. Fumes from burning fuel used for cooking and heating

Emphysema

Causes for Emphysema:

1. Tobacco smoke
2. Marijuana smoke
3. Air pollution
4. Chemical fumes and dust

Pneumonia

Causes for Pneumonia:

1. Bacteria
2. Viruses
3. Fungi

Gastrointestinal system

Causes for Gastrointestinal system:

1. Stomach flu
2. Gas
3. IBS
4. Acid reflux
5. Vomiting
6. Gastritis
7. Food intolerances
8. Constipation

Gastroenteritis

Causes for Gastroenteritis:

1. Diarrhea
2. Abdominal cramps
3. Vomiting
4. Sometime fever
5. Stomach flu

Liver disease including alcoholic lever disease

Causes for Liver disease including alcoholic lever disease:

1. Alcohol
2. Overweight or obese
3. Having pre-existing liver condition

Neurological system

Causes for Neurological system:

1. Genetic disorders
2. Congenital abnormalities
3. Infections
4. Malnutrition
5. Brain injury
6. Spinal cord injury
7. Nerve injury

Cerebrovascular accident (strokes)

Causes for Cerebrovascular accident (strokes):

1. High blood pressure
2. Smoking
3. Diabetes
4. Irregular heartbeat

Epilepsy (seizures)

Causes for Epilepsy (seizures):

1. Genetic influence
2. Head trauma
3. Brain conditions
4. Infectious diseases
5. Prenatal injury
6. Developmental disorders

Dementia

Causes for Dementia:

1. Damage to or loss of nerve cells and their connections in the brain
2. Medications
3. Vitamin deficiencies

If conditions can be reversved with treatment:

1. Infections and immune disorders
2. Metabolic problems
3. Nutritional deficiencies
4. Medication side effects
5. Subdural hematomas
6. Poisoning
7. Brain tumors
8. Anoxia
9. Normal-pressure hydrocephalus

Anemia

Causes for Anemia:

1. Iron deficiency
2. Vitamin deficiency
3. Inflammation
4. Aplastic
5. Bone marrow disease
6. Hemolytic
7. Sickle cell
8. Reduce in RBC

Endocrinological

Causes for Endocrinological:

1. Tumors of one or more endocrine gland
2. Damage to an endocrine gland
3. A bodily infection that influences hormone levels
4. Genetic disorders

Diabetes

Causes for Diabetes:

1. Insulin resistance
2. Sugar levels

Thyroid disease

Causes for Thyroid disease:

1. Hypothyroidism
2. Thyroiditis
3. Hashimoto’s thyroiditis
4. Postpartum thyroiditis
5. Iodine deficiency
6. Hyperthyroidism
7. Graves’ disease
8. Nodules
9. Thyroiditis
10. Excessive iodine

Pituitary disease

Causes for Pituitary disease:

1. **Uncontrolled cell growth in the pituitary gland, which creates tumor**
2. **Blood pressure**
3. **Reproduction**

**Respiratory therapist**

Causes for **Respiratory therapist**:

1. Chronic obstructive pulmonary disease COPD
2. Asthma
3. Bronchitis
4. Emphysema
5. Cystic fibrosis
6. Spinal muscular dystrophy
7. Parkinson’s disease

Diagnosis

Causes for Diagnosis:

1. Genetics
2. Increased age
3. Being female
4. Having surgery
5. Being overweight or obese
6. Stress
7. Mood disorders
8. Previous trauma