

Cto Enarm 2014

PREM de Cirugía: capacitación para el ENARMGuía APS. Atención Primaria en Salud Sara Elisa Ortega Alonzo Antonio Camiro Zúñiga

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reúne los conceptos fundamentales de cirugía para quien busca consolidar sus conocimientos antes de presentar el examen nacional de aspirantes a residencias médicas por lo que se convierte en un apoyo sólido para uno de los grandes escalones que el médico debe pasar para continuar con su formación profesional

atención primaria en salud es la respuesta a la necesidad real inmediata y cotidiana de un acceso rápido a información relevante y basada en evidencias sobre cómo se debe actuar en el primer nivel de atención es una fuente precisa de la información más importante para orientar al médico que enfrenta la atención primaria como el pasante en servicio social pero también como fuente de actualización para el médico general es una herramienta práctica de gran utilidad de consulta fácil y rápida en la que se describen las enfermedades de mayor frecuencia de manera estructurada iniciando con breve introducción seguida de apartados de epidemiología etiología factores de riesgo clasificación manifestaciones clínicas diagnóstico complicaciones datos de alarma hallazgos patológicos tratamiento prevención primaria y secundaria y pronóstico se guía el interrogatorio y la exploración física para encontrar datos clave que pudieran significar que la vida del paciente está en riesgo y orientar sobre las mejores conductas terapéuticas por seguir con base en las guías y recomendaciones más recientes se destaca entre otros aspectos lo siguiente factores de riesgo son breves descripciones rápidamente accesibles de las situaciones que hacen más probable la aparición de la enfermedad que se estudia así el médico puede dar recomendaciones prontas para la respectiva prevención datos de alarma se precisan los signos o señales que anuncian la proximidad de un daño o alguna complicación con el propósito de ayudar al médico a tomar las decisiones tendientes a evitarlos se resaltan de manera concreta los datos y hallazgos relevantes que ameritan referir a un paciente al siguiente nivel de atención en calidad ya sea de urgencia u ordinaria ayuda al médico a identificar rápidamente las situaciones que deben manejarse en un nivel de atención superior y que rebasan la capacidad de los recursos normalmente disponibles en el primer nivel de atención hallazgos patológicos se expone el conjunto de las manifestaciones y síntomas que el médico puede localizar en las diferentes enfermedades recuadros de información relevante aquí se resaltan conocimientos o datos teórico prácticos de importancia que ayudan al lector a reconocerlos y retenerlos fácilmente y sobre todo aplicarlos en su ejercicio profesional de la manera más conveniente a cada paciente la guía aps atención primaria en salud se diseñó como un libro de consulta en la formación del médico para que además de apoyar los diagnósticos y decisiones terapéuticas de acuerdo con la más reciente bibliografía concientizar a al lector acerca de la

importancia de la medicina con base en los diagnósticos clínicos la prevención y la promoción de la salud

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