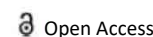




PERSPECTIVE



Note on Medical Clinical Practices Around the World

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Description

Medicine is the science and practice of caring for a patient, including diagnosing, prognosis, prevention, treatment, palliation, and promoting their health. Medicine is a broad term that refers to a multitude of health-care methods that have emerged to preserve and restore health through illness prevention and treatment. Modern medicine uses biomedical sciences, biomedical research, genetics, and medical technology to diagnose, treat, and prevent injury and disease, typically with pharmaceuticals or surgery, but also with psychotherapy, external splints and traction, medical devices, biologics, and ionising radiation, among other therapies.

Medicine has been practised since prehistoric times, and for the most part, it was seen as an art (a field of skill and knowledge) with strong ties to local religious and philosophical ideas. A medicine man, for example, would use herbs and pray for healing, while an ancient philosopher and physician might use humorism beliefs to administer bloodletting. Most medicine has become a combination of art and science in recent decades, since the emergence of modern science (both basic and applied, under the umbrella of medical science). While suture stitching technique is an art that requires skill, science provides insight into what occurs at the cellular and molecular level in the tissues being sewn.

Prescientific forms of medicine are today known as traditional medicine or folk medicine, and are referred to as alternative medicine because they are still widely practised in the absence of science medicine. Quack medicine is a word used to describe non-scientific treatments that have safety and efficacy concerns.

Clinical practice

Due to regional variances in culture and technology, medical availability and clinical practice differs around the world. In developed countries, such as parts of Af-

rica and Asia, modern scientific medicine is well developed, whereas in developing countries, such as parts of Africa and Asia, the population may rely more heavily on traditional medicine, which has limited evidence and efficacy and requires no formal training for practitioners.

Physicians and physician assistants use clinical judgement to examine patients to diagnose, prognose, treat, and prevent disease in modern clinical practice. The doctor-patient relationship usually starts with a review of the patient's medical history and records, followed by a medical interview and a physical examination. Typical diagnostic medical gadgets include a stethoscope and a tongue depressor. The doctor may request medical tests (e.g. blood tests), take a biopsy, or prescribe pharmaceutical medicines or other therapy after examining for signs and questioning for symptoms. Differential diagnosis approaches aid in the elimination of illnesses depending on the information available. During the contact, appropriately telling the patient of all pertinent data is critical to the development of the relationship and trust. The medical contact is then recorded in the medical record, which in many jurisdictions is a legal document. Follow-ups may be shorter, but the general technique remains the same, and specialists follow a similar procedure. Depending on the complexity of the problem, diagnosis and treatment could take as little as a few minutes or as long as a few weeks. The physical examination is the examination of a patient for objective and observable medical indicators of disease, as opposed to symptoms that are volunteered by the patient and are not always objectively apparent. Sight, hearing, touch, and even smell are all used by the healthcare provider (e.g., in infection, uraemia, diabetic ketoacidosis). Physical examination consists of four steps: inspection, palpation (feeling), percussion (tapping to ascertain resonance characteristics), and auscultation (listening), usually in that order, albeit for abdominal assessments,

auscultation comes before percussion and palpation. The Medical Decision-Making (MDM) process include analysing and synthesising all of the above information to generate a list of possible diagnoses (the differential diagnoses), as well as a plan for obtaining a definite diagnosis that will explain the patient's situation.