

**2023 TRENDS IN**

# **FAMILY MEDICINE**

**A NEWLETTER BY CEGEDIM HEALTH DATA**

**2024  
MAY**



# Some aspects of the family doctors' activity in Romania, in 2023

This newsletter presents a range of insights concerning the work of family doctors in 2023. The data stems from a sample of family doctors in Romania and has been collected and analyzed in collaboration with Cegecim Health Data.

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FAMILY MEDICINE  
IN 2023



# In this edition...

- Analyzing the trend in consultation from 2019 to 2023
- Initiation and continuing of treatment for chronic conditions in primary care settings
- Issuance of referrals to specialized medical practitioners

FAMILY  
MEDICINE IN  
2023



# Pre and post-pandemic period in the activity of family doctors

The average number of consultations per month, still below 2019 level ...

The average monthly consultations, encompassing remote sessions, saw a 1.4% rise in 2023 compared to the preceding year. However, this figure still lags behind the 2019 levels by -2.7%. The persistent challenge of treatment accessibility continues to be a concern for patients.



# Patients with chronic diseases for whom family doctors initiated the treatment



The number of patients commencing treatment for a chronic disease under the care of a family physician remained lower in 2023 than in 2019, showing a notable decline in annual averages by -15.3%. In contrast, the difference between 2023 and 2022 indicates a marginal decrease of just 0.1%, suggesting a relatively stable situation.

**2019**  
avg. new patients/mth  
**45.5**

**2020**  
avg. new patients/mth  
**37.8**

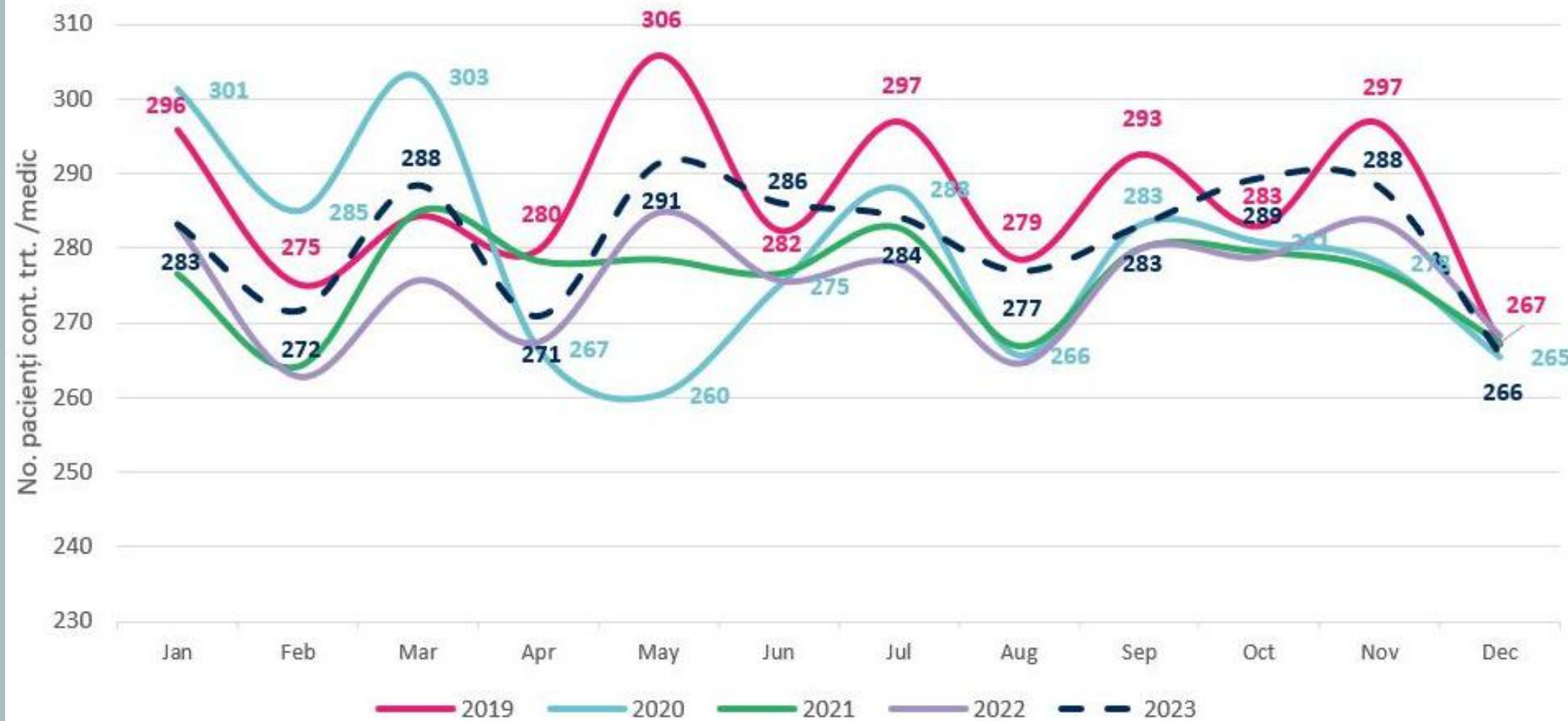
**2021**  
avg. new patients/mth  
**38.1**

**2022**  
avg. new patients/mth  
**38.6**

**2023**  
avg. new patients/mth  
**38.5**



# Patients with chronic diseases for whom family doctors continued the treatment



**2019**  
avg. no. of patients/mth  
**286.6**

**2020**  
avg. no. of patients/mth  
**279.4**

**2021**  
avg. no. of patients/mth  
**276.1**

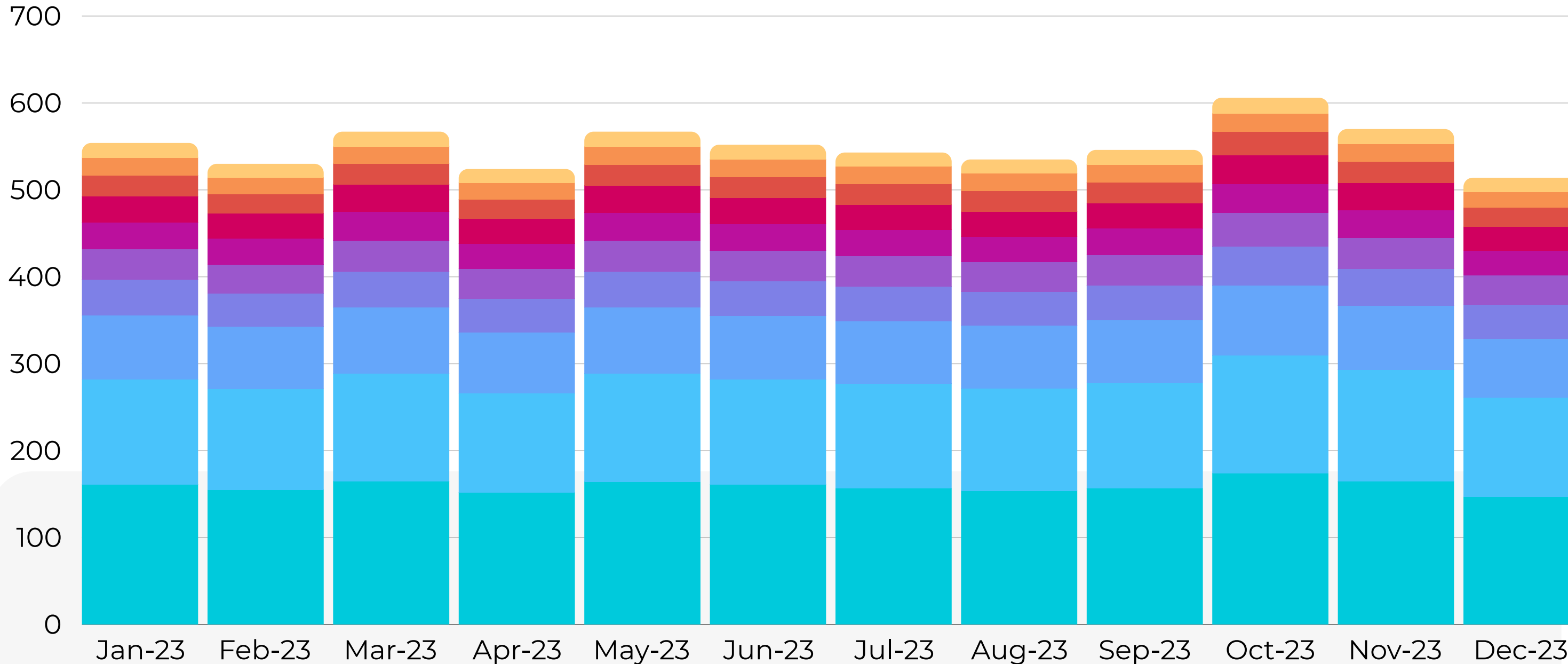
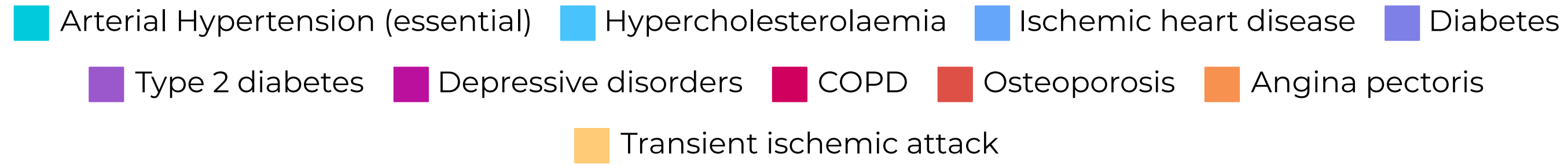
**2022**  
avg. no. of patients/mth  
**275.2**

**2023**  
avg. no. of patients/mth  
**281.6**

The retention of patients under the care of their family physician for ongoing treatment of chronic conditions in 2023 remained lower than in 2019, with an annual average difference of -1.7%. However, there has been a slight increase in the number of patients by 2.3% compared to 2022.



# Top 10 chronic pathologies treated by the family doctors, monthly evolution according to the number of patients per doctor



Cardiovascular diseases impact approximately 49% of patients under the care of family physicians, with dyslipidemia affecting 22% and diabetes affecting 14%.

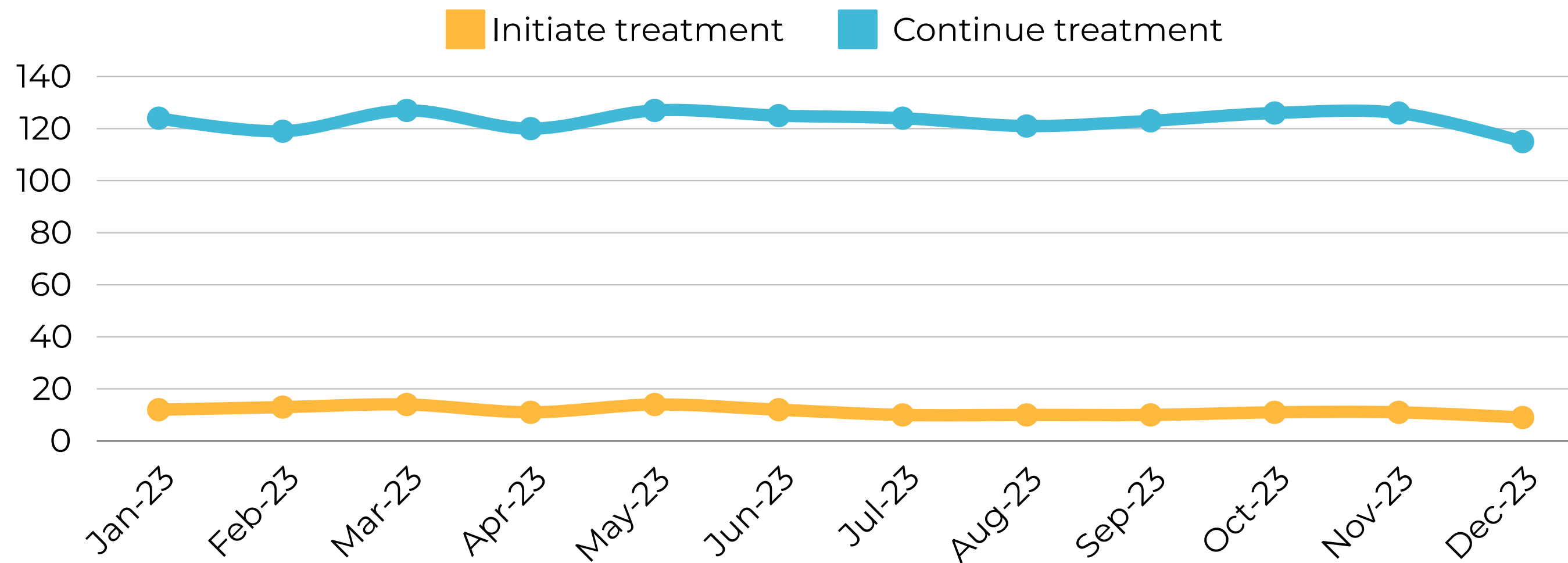


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## Evolution of the number of newly diagnosed patients and continuing treatment for **PRIMARY HYPERTENSION** (number of patients per doctor)



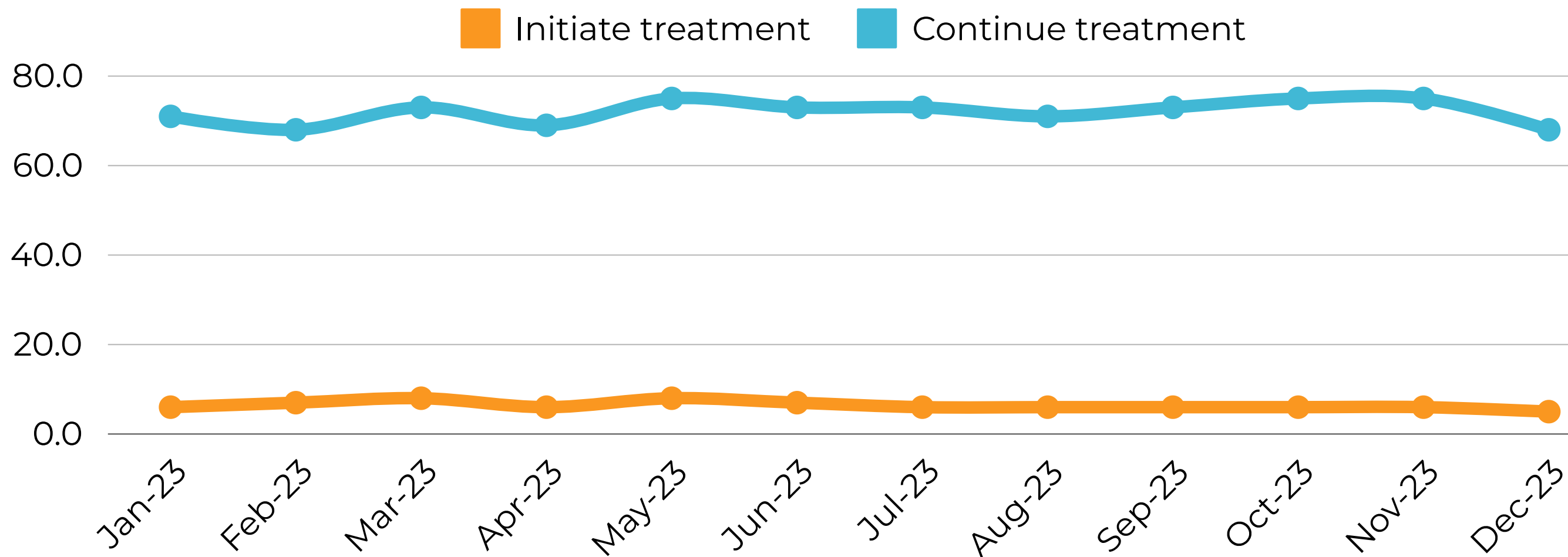
For primary arterial hypertension, the monthly influx of newly registered patients typically ranges from 10 to 15, with factors like stress, smoking, and obesity contributing to its prevalence. Moreover, the number of patients per doctor receiving ongoing treatment fluctuated between 115 and 130 monthly.



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## Evolution of the number of newly diagnosed patients and continuing treatment for **DYSLIPIDEMIA** (number of patients per doctor)



In cases of dyslipidemia, the monthly influx of newly registered patients ranges from 5 to 8, particularly among individuals with risk factors like hypertension, diabetes, alcohol consumption, smoking, and obesity. Concurrently, each doctor typically manages a monthly caseload of 68 to 75 patients requiring ongoing treatment.



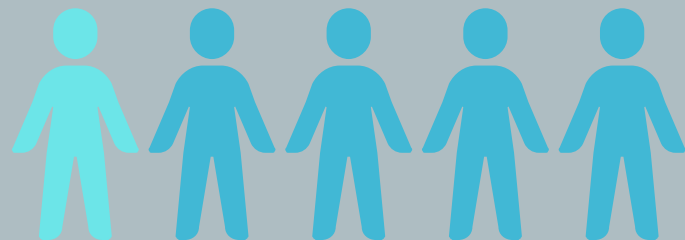
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**Lipid profile**

# Referrals to specialists

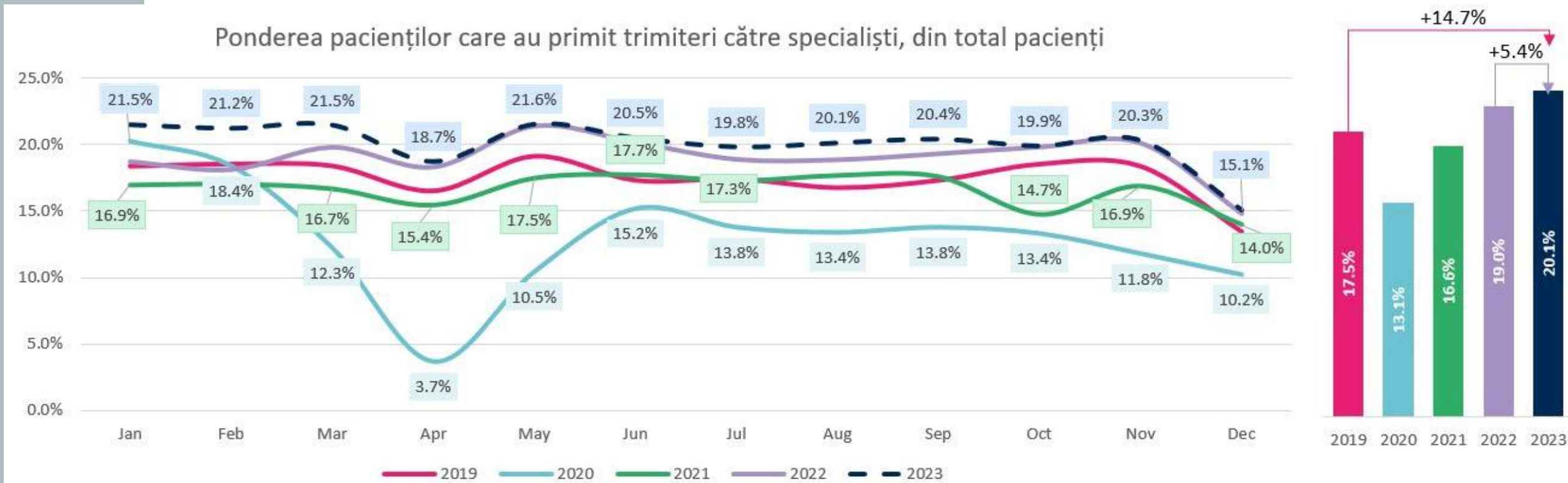
Referrals to specialists from family doctors have shown a notable increase in 2023, rising by approximately 15% compared to 2019 and over 5% compared to 2022. This upward trend may be attributed to the declining health conditions within the population and inadequacies in preventative healthcare measures.

Remarkably, in 2023, one out of every five patients received a referral to a specialist physician.



**+5.4%**  
2023 vs 2022

**+14.7%**  
2023 vs 2019



# Percentage of patients who were referred to specialist physicians

The referral rate, which commenced at 17.5% in 2019, experienced a substantial decline in 2020, persisting below pre-pandemic levels until 2022. As per NHIH's annual reports, the year 2022 witnessed a rise in consultations and specialized outpatient healthcare services to 36 million from 32 million in 2021, marking a 13% increase. Data for the year 2023 will be made available subsequent to this newsletter release.

**2019**

Avg. share

17.5%

**2020**

Avg. share

13.1%

**2021**

Avg. share

16.6%

**2022**

Avg. share

19.0%

**2023**

Avg. share

20.1%

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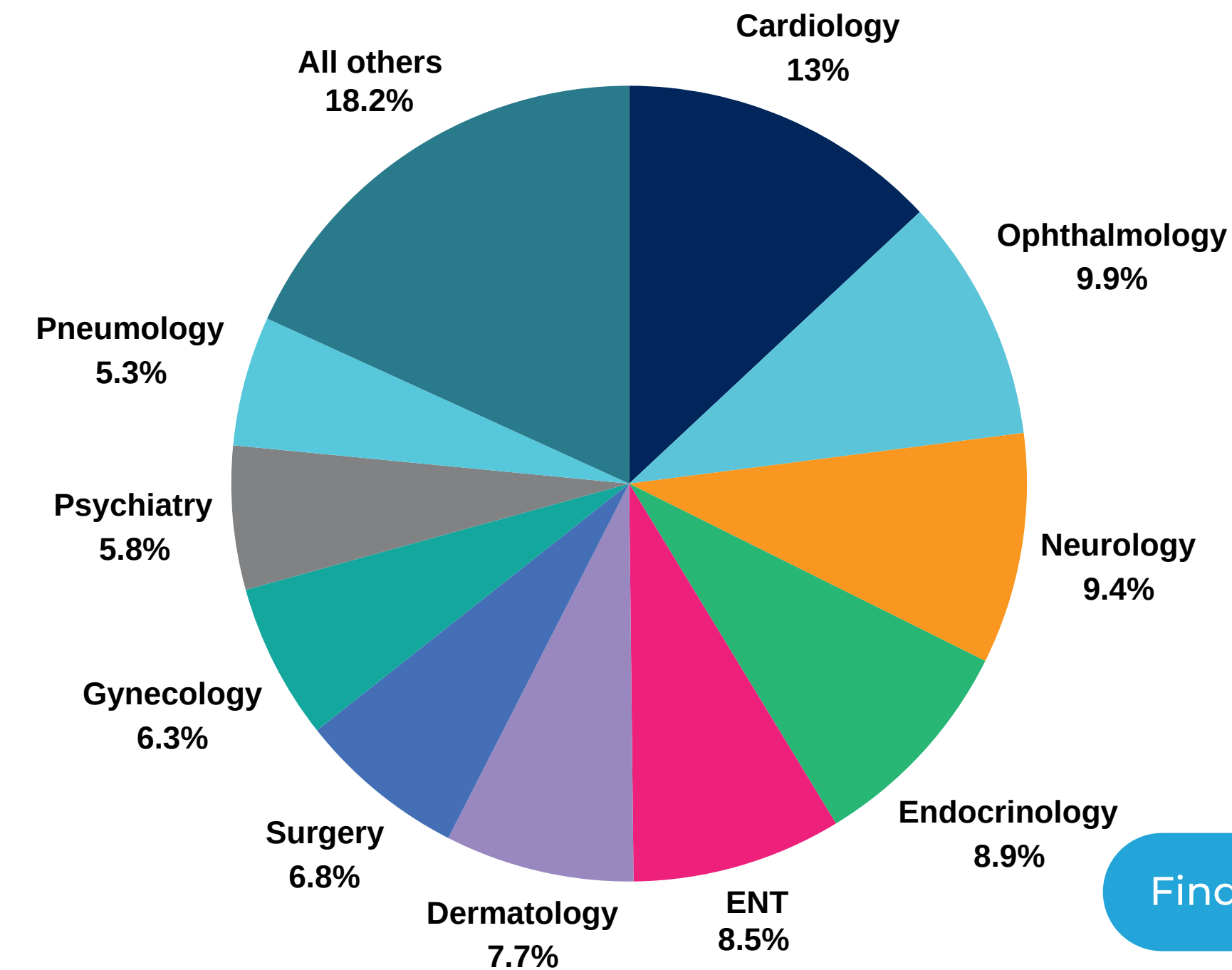


# Top medical specialties for which general practitioners issued referrals

Top 10 medical specialties acquired

# 82%

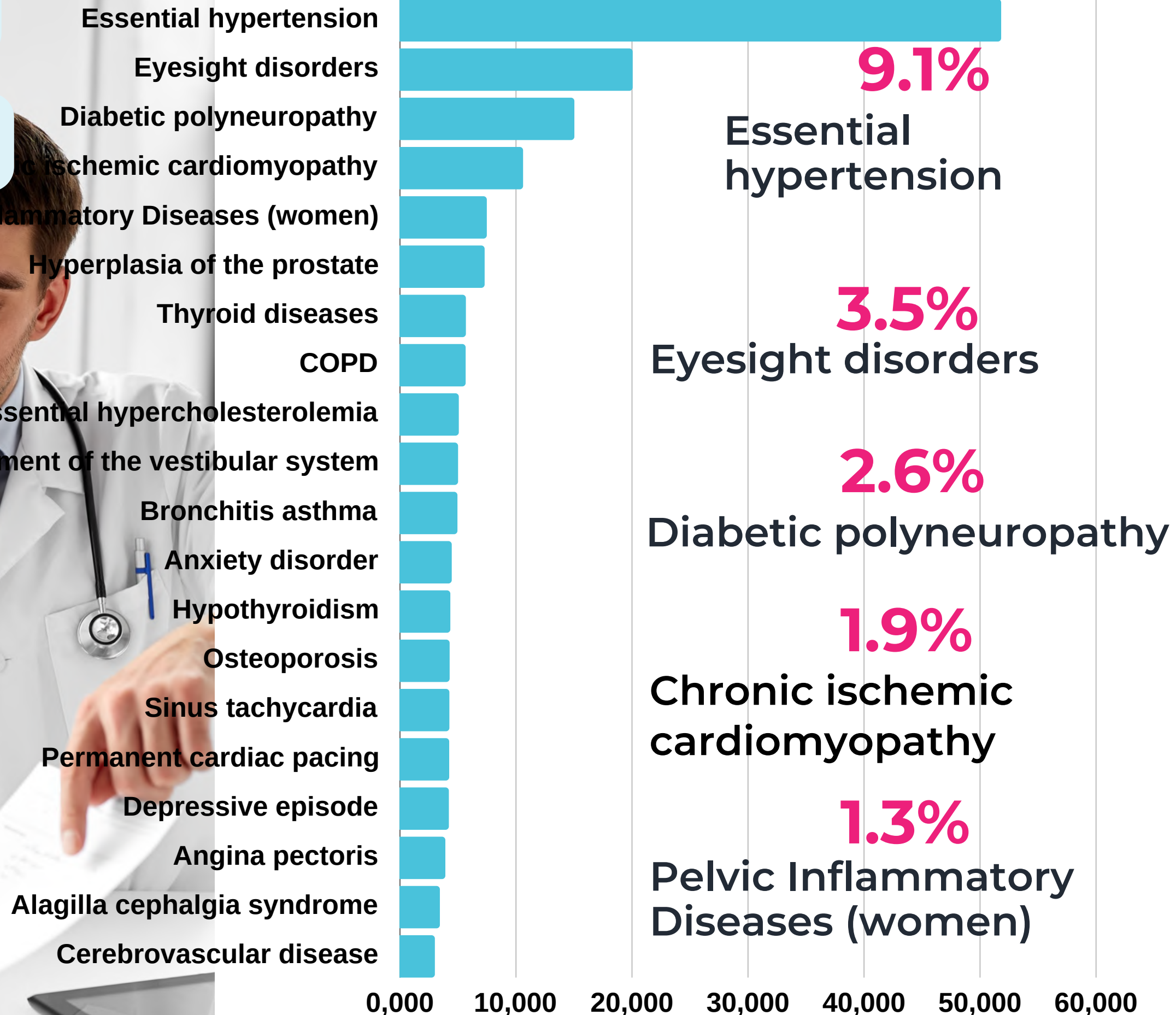
of total no. of referrals



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# Most referrals were issued for the following presumptive pathologies:

## Top pathologies



## Contact us

For other information in the medical and pharmaceutical field, we invite you to access the health news portal on our website <https://www.cegedim-healthcare.ro>

For any further details or questions, please contact us at

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