

## **RESEARCH FROM THE REPUBLIC OF MOLDOVA CONCERNING THE FITNESS OF THE GENERAL PRACTITIONER**

### **Abstract**

The activity of family doctors has been little studied in terms of its volume and characteristics. The work performed by the family doctor differs significantly from that of other doctors, implying major responsibility and specific training.

A first step in estimating the activity of family doctors consisted in designing the job description file and in assessing the profession chart. In order to achieve this goal, direct observation of the activities and the setting up of a time chart were used. Afterwards, a series of indicators were calculated such as: the number of basic activities, rest breaks and personal needs. Following this analysis, a GP's workday was found to be between 6 and 10.5 hours, namely an average of 8.2 hours ( $502 \pm 4.1$  minutes).

In order to complete their daily professional duties successfully, family doctors need to be in good physical condition. They can obtain it by completing the physical education and sports syllabus during their academic studies, and also by doing systematic individual physical activities.

**Keywords: family medicine, physical condition, profession chart, physical activities.**