

The ABCDEF Ultra Violet S: A Family Medicine Guide for Comprehensive Chronic Disease Management

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Abstract

The *ABCDEF Ultra Violet S: a Family Medicine Guide for Comprehensive Chronic Disease Management* is an evidence-based, checklist-driven framework designed to close critical gaps in chronic disease management within primary care. Grounded in international and regional guidelines, the tool integrates preventive strategies across metabolic, cardiovascular, mental health, cancer, and vaccination domains into a single, practical format for busy family medicine clinics. Its dual-purpose design supports clinicians by reducing cognitive load and standardizing care delivery, while empowering patients through education and shared decision-making. Expected outcomes include improved adherence to screening protocols, earlier detection of complications, enhanced patient engagement, and cost savings through prevention. Implementation requires provider training, stakeholder engagement, and iterative refinement, supported by quality audits and continuous improvement initiatives. This guide reflects the core principles of family medicine, comprehensive, patient-centered, and quality-driven care, and offers a scalable model for transforming chronic disease management in Qatar and beyond.

Keywords: Diabetic Care, Diabetes Mellitus, Non-communicable Diseases, Hypertension, Chronic Kidney Diseases, Retinopathy, Neuropathy, Nephropathy