

FAMILY MEDICINE

TRENDS IN 2024

2025
MARCH



A CEGEDIM HEALTH DATA NEWSLETTER



Some aspects of the family doctors' activity in Romania, in 2024

This newsletter presents a range of insights concerning the work of family doctors in 2024. 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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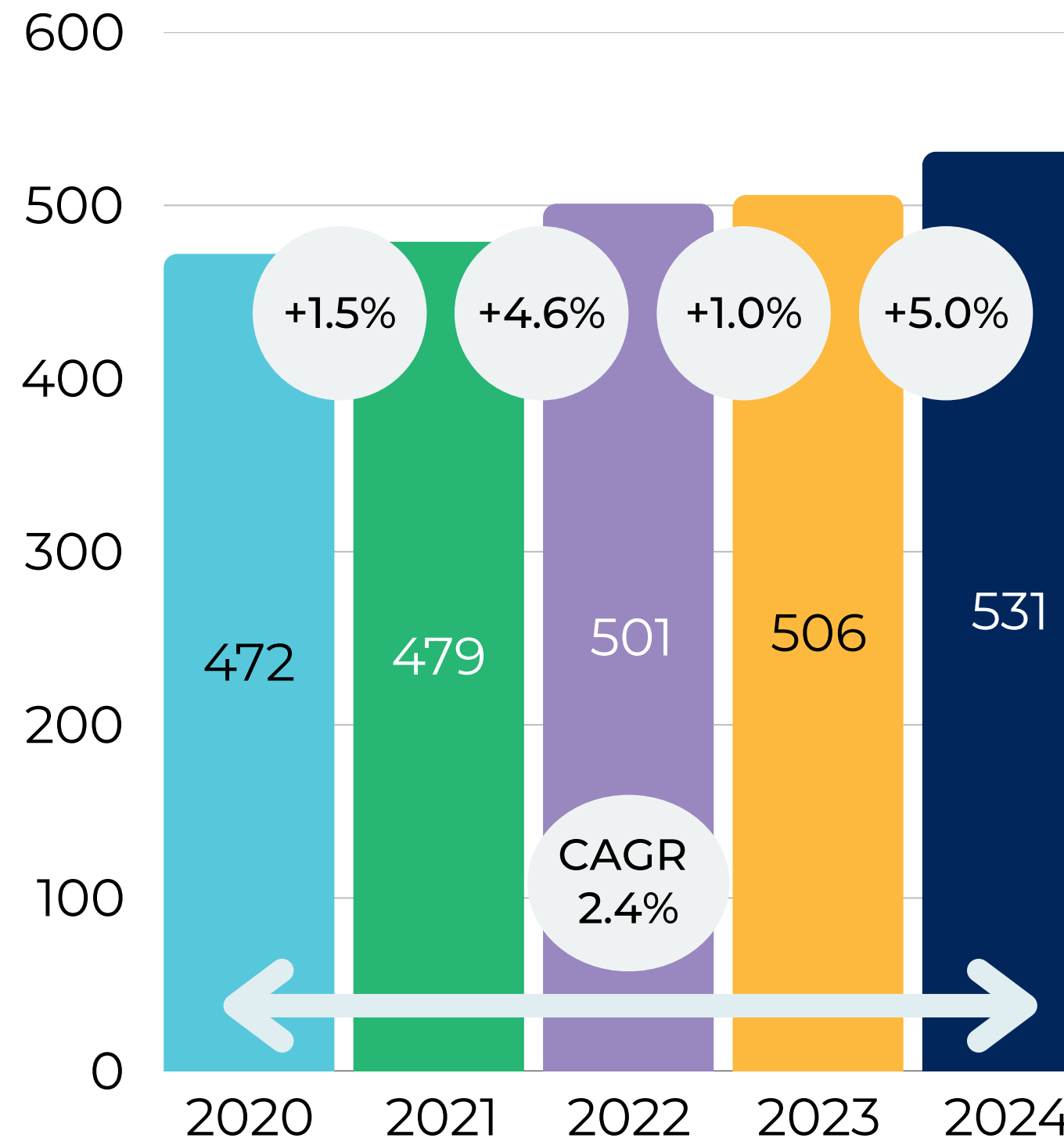
- Synthetic indicators about physicians activity between 2020-2024
- General informations about patients' profile
- Evolution of the number of patients and the main pathologies analyzed in terms of prevalence and incidence
- Referrals and recommendations issued to specialist doctors



The pandemic and the post-pandemic period in family doctors' activity

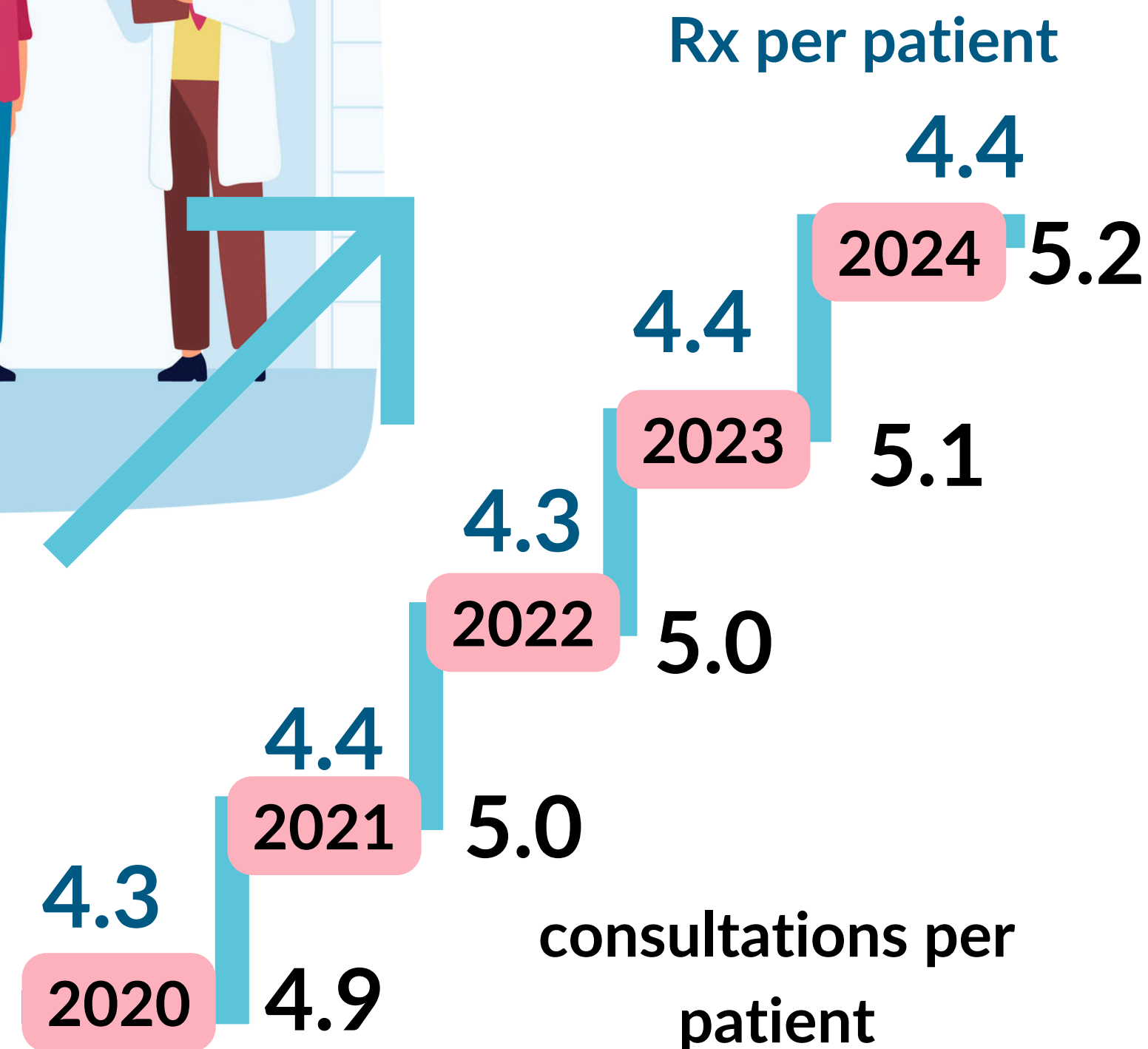
The average number of consultations per month, above the 2020 level...

In 2024, the average number of consultations per month, encompassing both home visits and remote consultations, experienced a 5% increase compared to the previous year. Furthermore, the compound annual growth rate (CAGR) over the past five years stands at 2.4%, indicating a significant improvement in access to treatment in recent years.



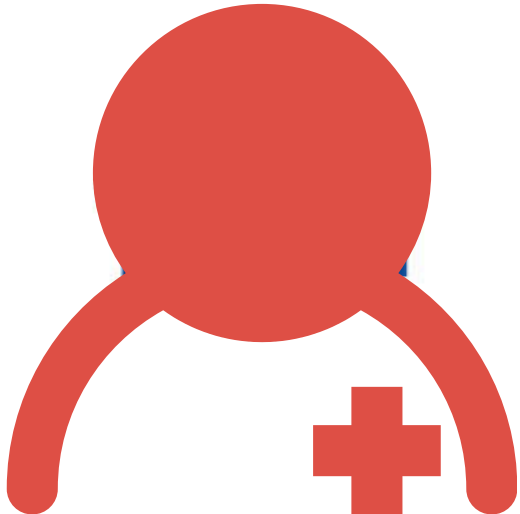


- The average number of consultations received by a patient annually rose from 4.9 in 2020 to 5.2 in 2024.
- Similarly, the average number of prescriptions per patient per year increased from 4.3 in 2020 to 4.4 in 2024.
- Furthermore, the average number of drugs prescribed to each patient per year grew from 16.2 in 2020 to 17.2 in 2024.

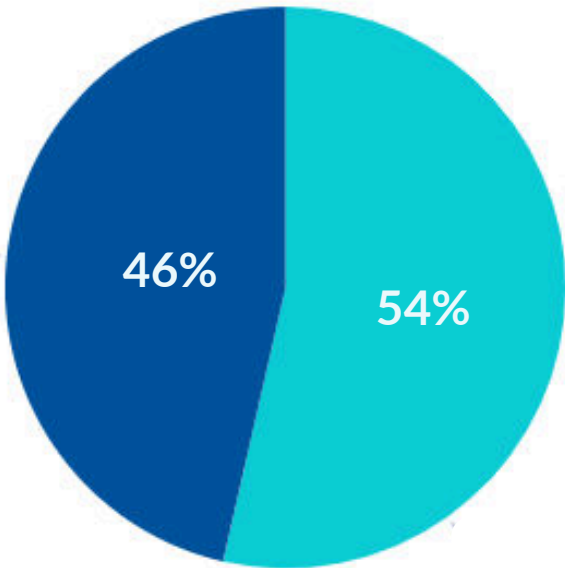


Patients' profile

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Distribution per gender



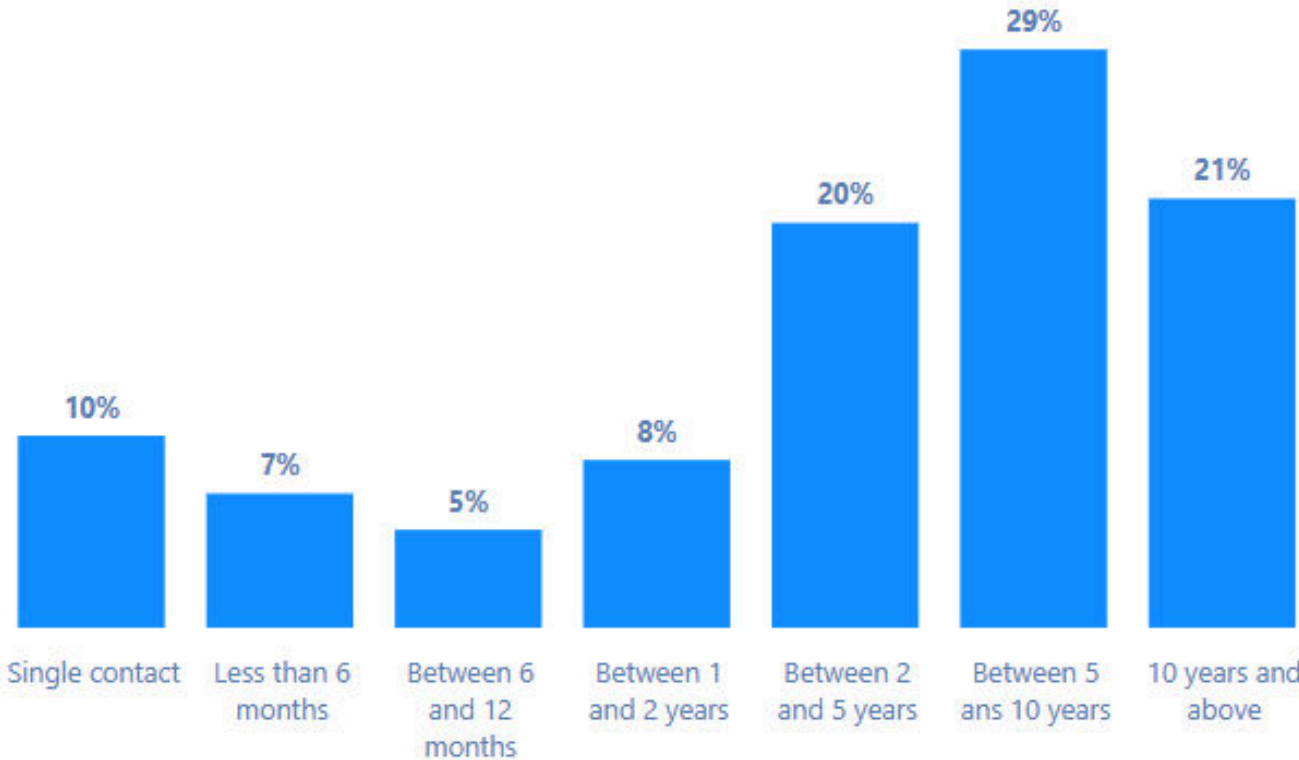
Mean history in the period (years)

5.51

Median history in the period (years)

5.04

Distribution per range of seniority



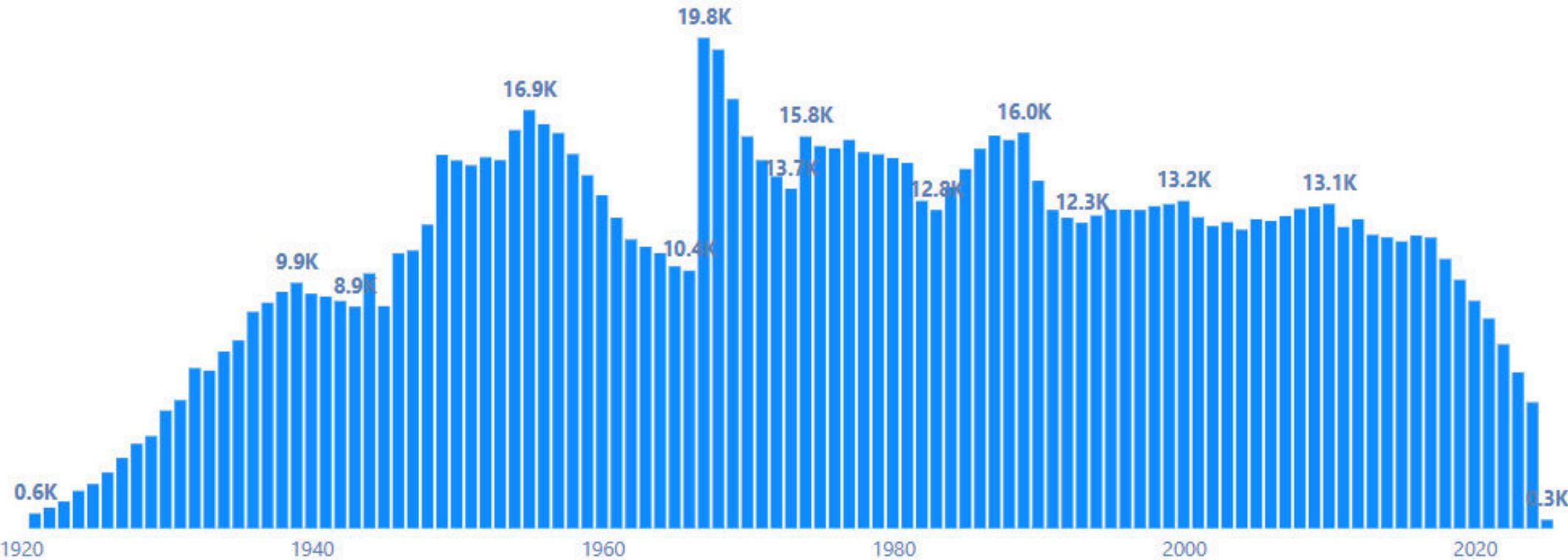
Mean year of birth in the period

1973

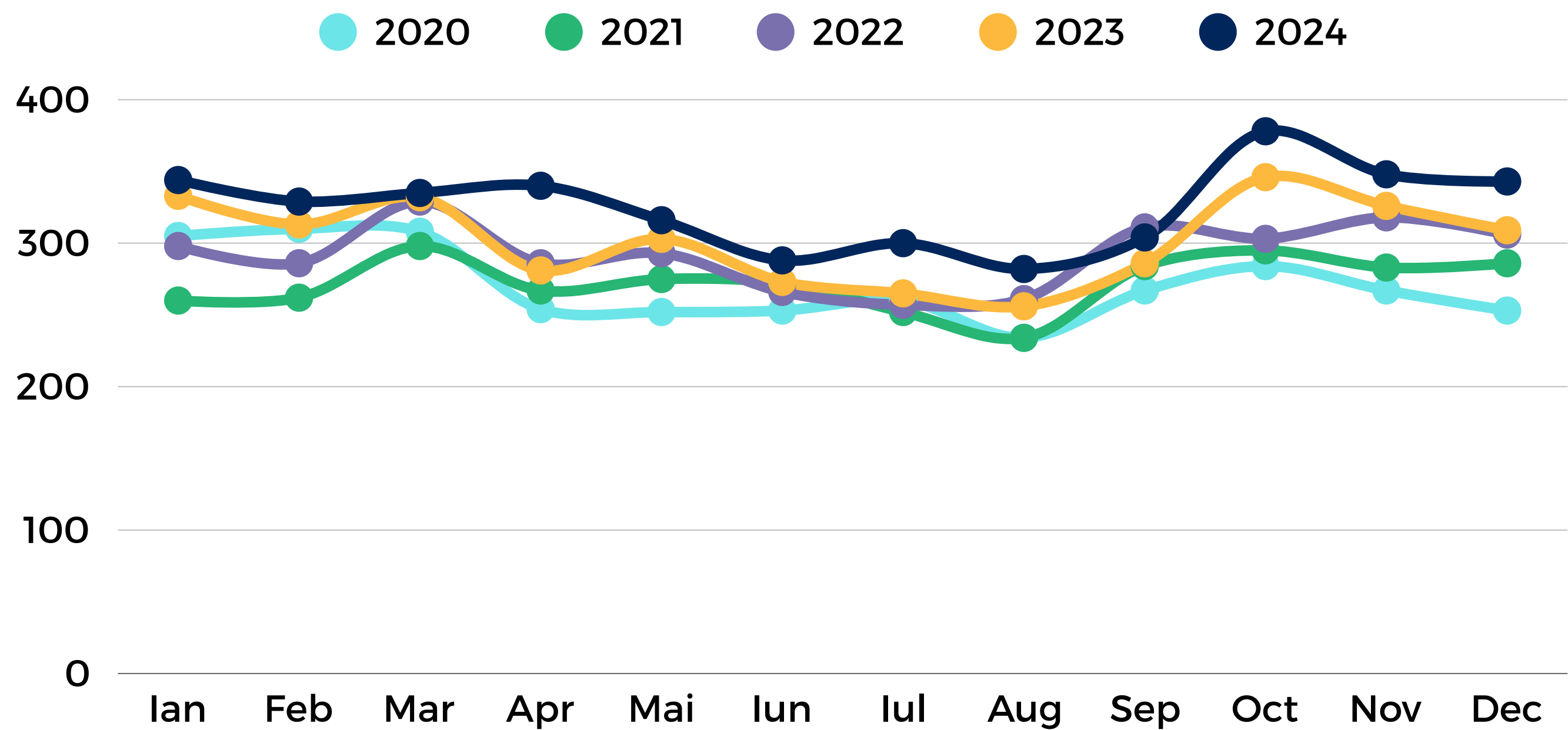
Median year of birth in the period

1973

Distribution per year of birth



Number of patients who received a medical prescription from their family doctor



2020
No. of patients/mth
270

2021
No. of patients/mth
272

2022
No. of patients/mth
293

2023
No. of patients/mth
302

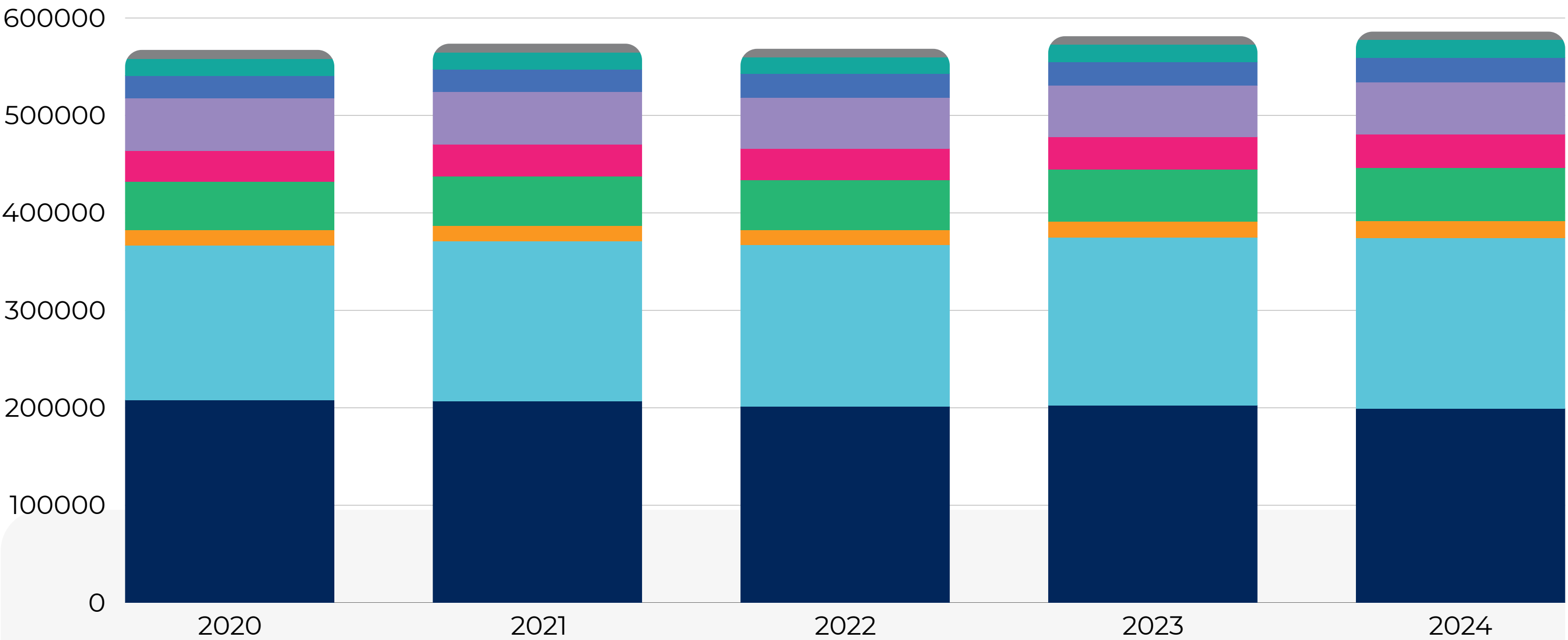
2024
No. of patients/mth
325

In 2024, there was a notable increase in the number of patients receiving medical prescriptions from their family doctors compared to 2023, with an approximate annual average difference of 8%. Furthermore, the compound annual growth rate over the past five years stands at 3.8%.



Top chronic pathologies in the family doctor's records, annual evolution by number of patients

Arterial hypertension Hypercholesterolemia Heart failure Diabetes
Depressive behavior COPD Asthma Cancer Stroke



Cardiovascular diseases affect approximately 38% of patients treated by family doctors, followed by dyslipidemia (30%) and diabetes (9%)



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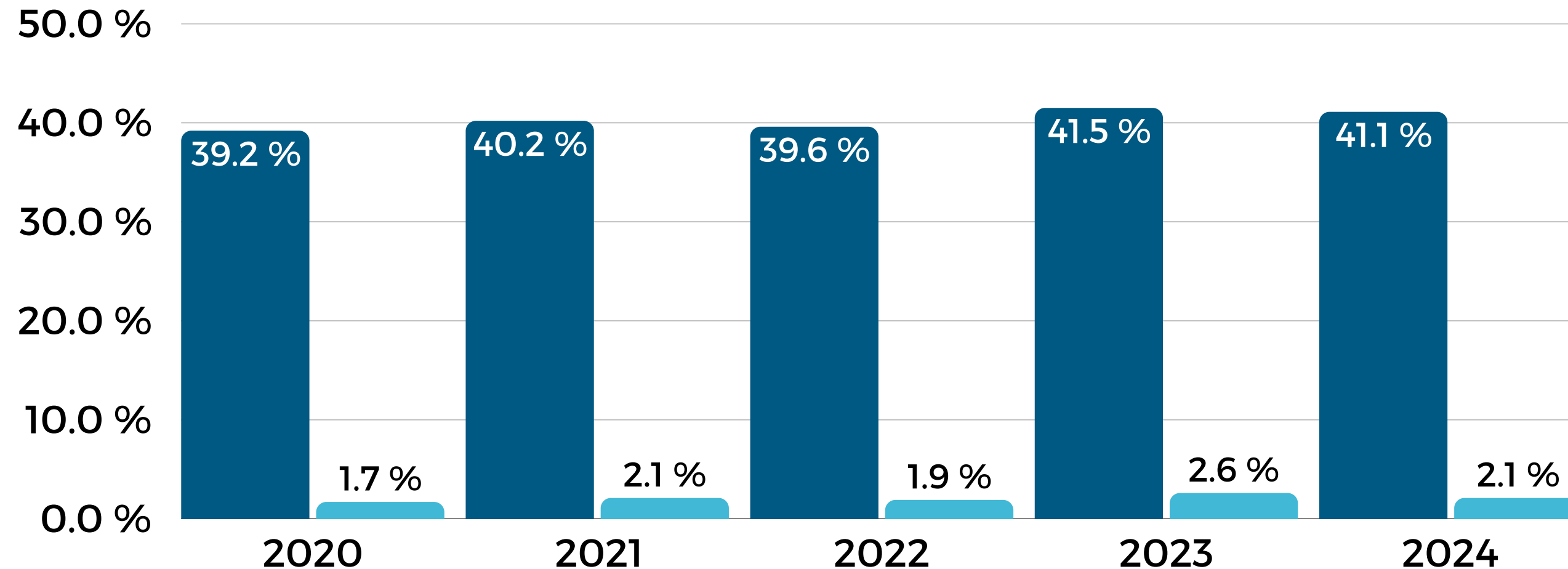
Prevalence and Incidence



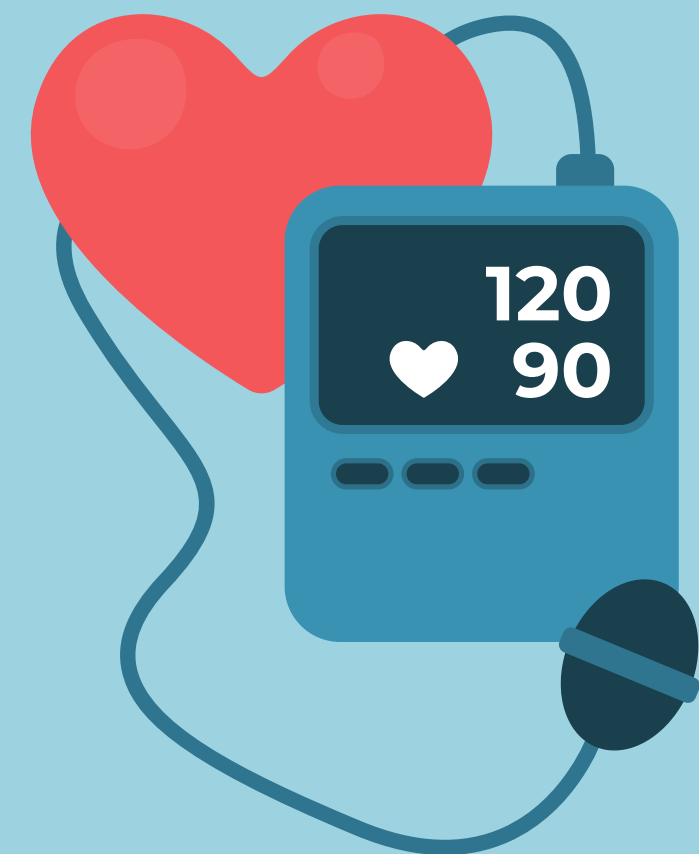
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Essential Primary hypertension

● Prevalence ● Incidence



- **Prevalence:** Regarding hypertension, the proportion of active patients who have had at least one consultation per year ranges from 39.2% in 2020 to 41.1% in 2024, influenced by detrimental factors such as stress, smoking, and obesity.
- **Incidence:** The percentage of newly diagnosed patients rose from 1.7% in 2020 to 2.1% in 2024.



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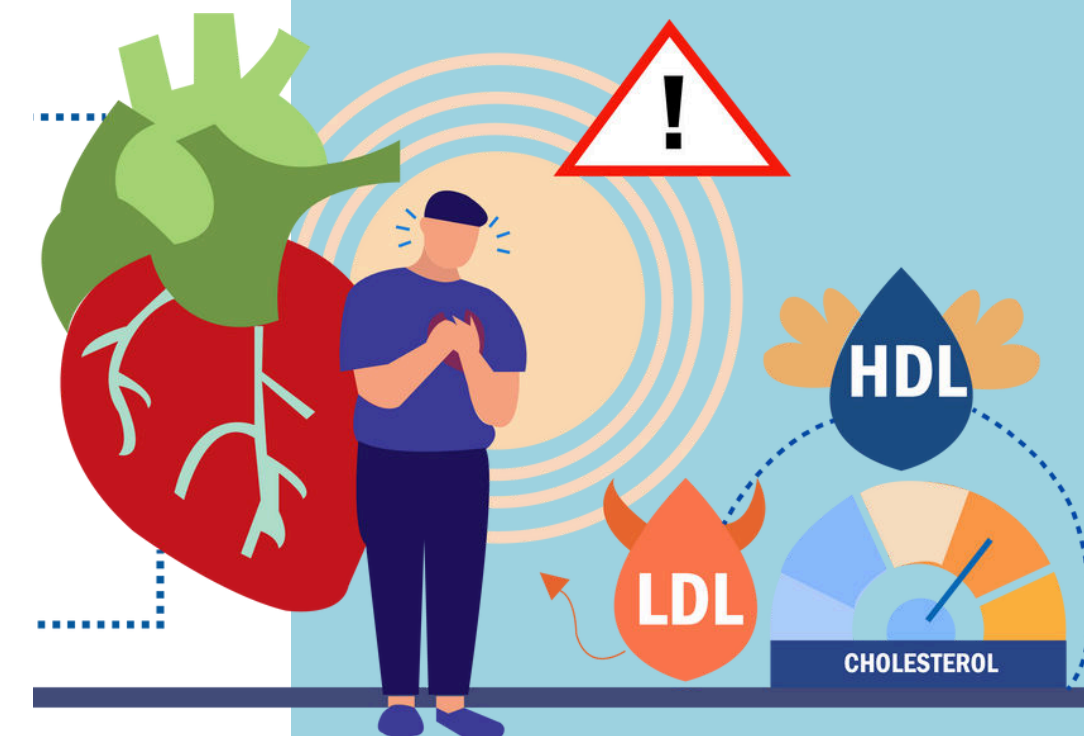
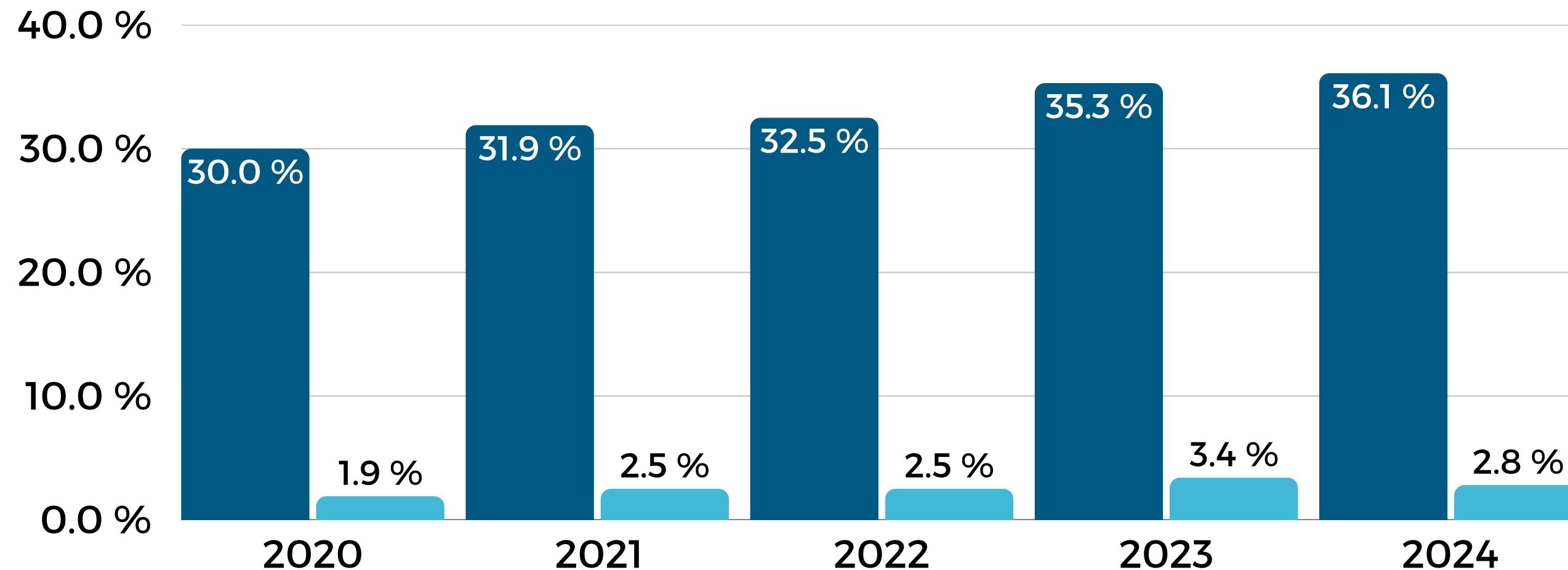
Prevalence and Incidence



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Hypercholesterolemia

● Prevalence ● Incidence



- **Prevalence:** In the context of hypercholesterolemia, the percentage of active patients—defined as those registered with at least one consultation annually—rose from 30.0% in 2020 to 36.1% in 2024. This increase is influenced by several risk factors, including age, obesity, diabetes, and hypertension.
- **Incidence:** The percentage of newly diagnosed patients also saw an increase, rising from 1.9% in 2020 to 2.8% in 2024.

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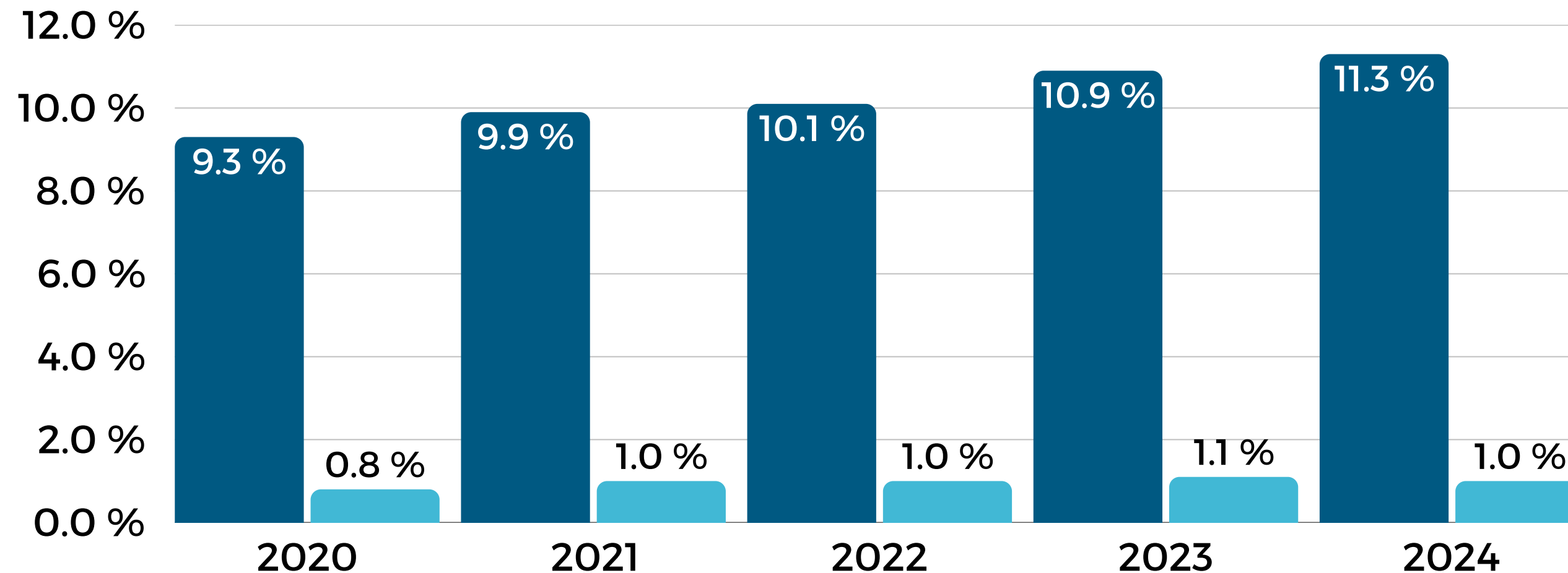
Prevalence and Incidence



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Diabetes

● Prevalence ● Incidence



- **Prevalence:** In the context of diabetes, the percentage of active patients has fluctuated between 9.3% in 2020 and 11.3% in 2024, influenced by risk factors such as unhealthy diets, obesity, sedentary lifestyles, and high blood pressure.
- **Incidence:** The percentage of newly diagnosed patients has risen from 0.8% in 2020 to 1.0% in 2024.



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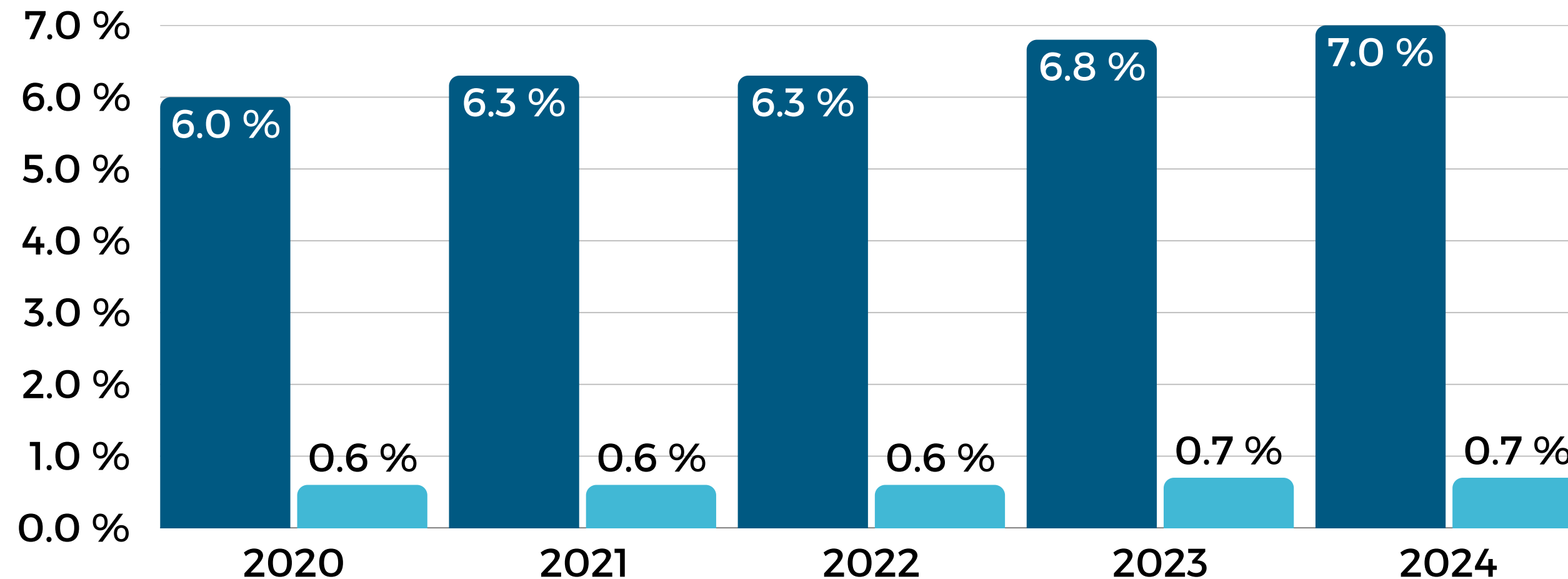
Prevalence and Incidence



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Depressive disorders

● Prevalence ● Incidence



- **Prevalence:** Among individuals with depressive disorders, the percentage of active patients—defined as those who had at least one consultation annually—rose from 6.0% in 2020 to 7.0% in 2024. This increase can be attributed to various risk factors, including stress, alcohol abuse, and the presence of other chronic illnesses.
- **Incidence:** The proportion of newly diagnosed patients also saw an uptick, rising from 0.6% in 2020 to 0.7% in 2024.



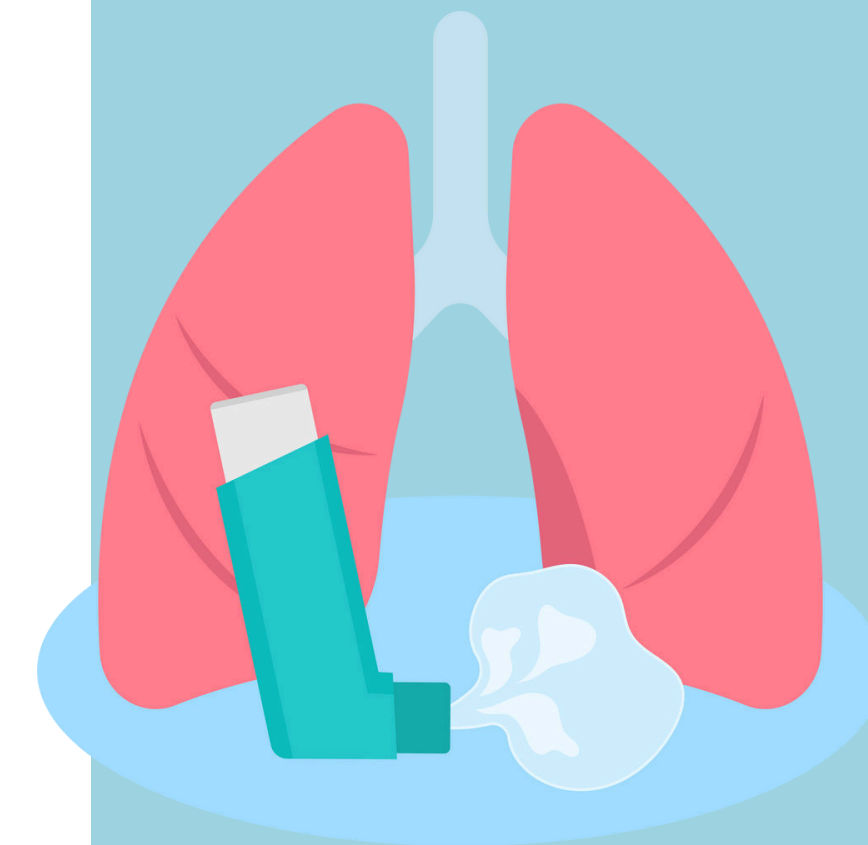
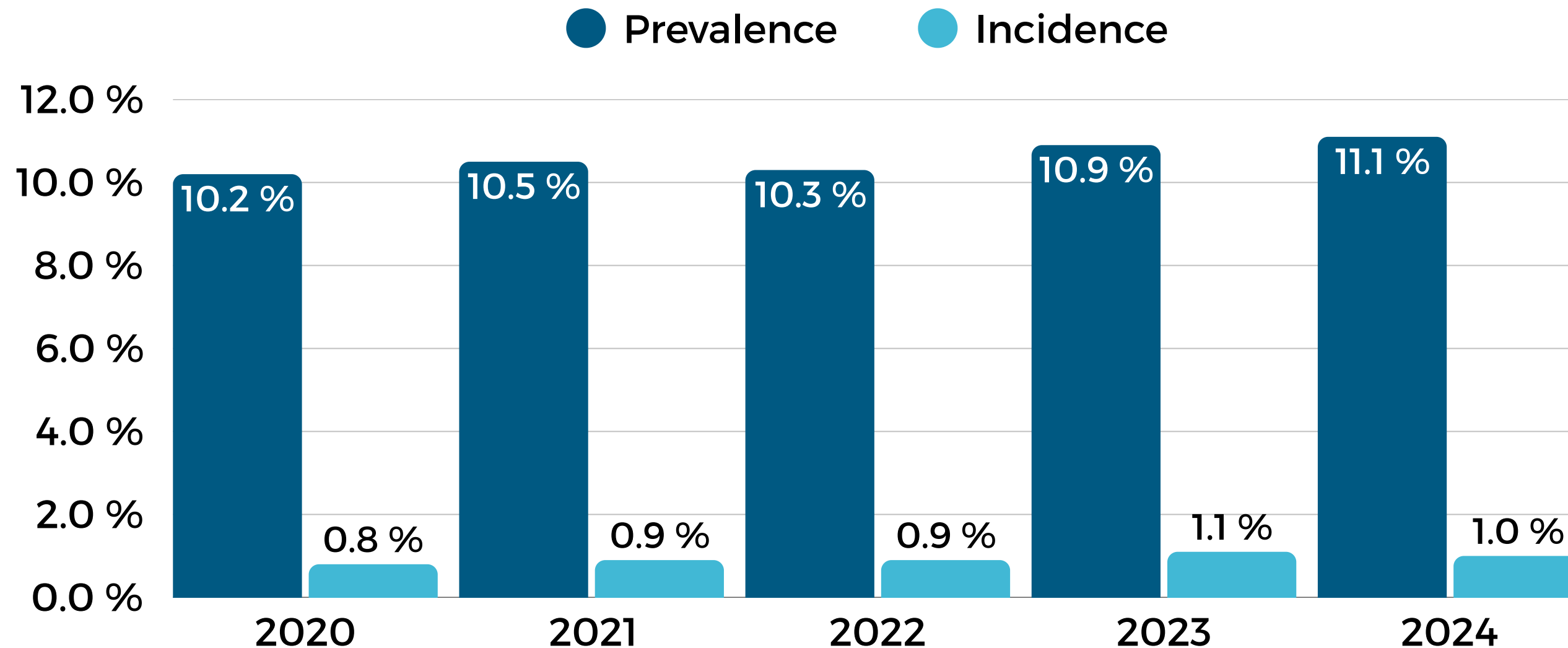
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Prevalence and Incidence



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Chronic obstructive pulmonary disease (COPD)



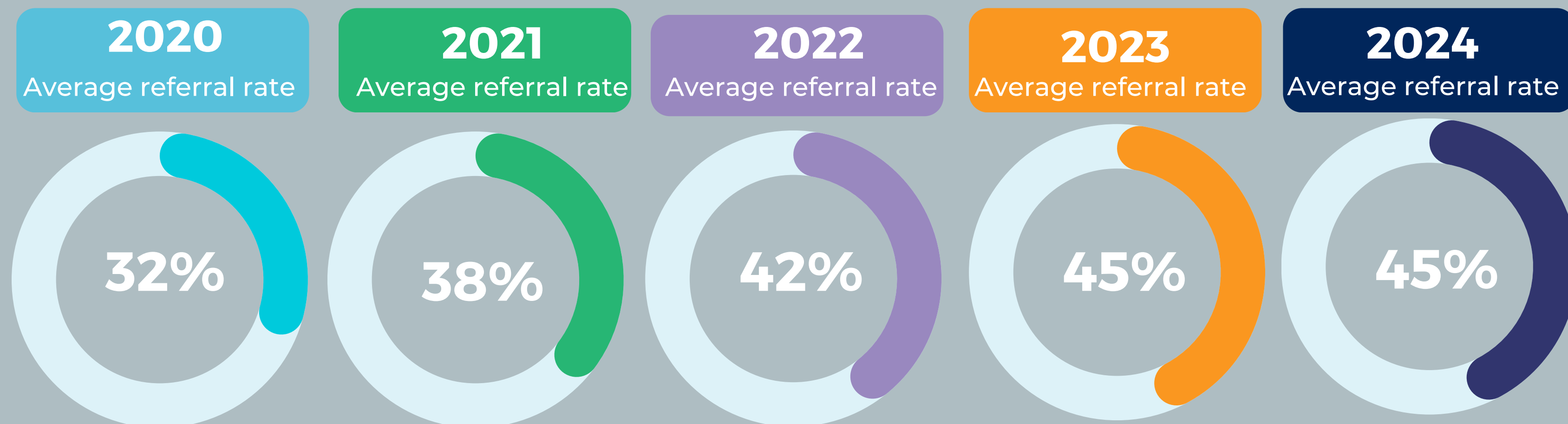
- **Prevalence:** In the context of Chronic Obstructive Pulmonary Disease (COPD), the percentage of active patients has ranged from 10.2% in 2020 to 11.1% in 2024. This prevalence is influenced by risk factors such as smoking, environmental pollution, exposure to toxic work conditions, and co-morbidities like asthma.
- **Incidence:** The percentage of newly diagnosed patients has risen from 0.8% in 2020 to 1.0% in 2024.

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Recommendations from family doctors for specialist physicians, laboratory tests and other medical examinations

The proportion of patients receiving referrals for specialized investigations has seen a substantial increase over the past five years, rising from 32% in 2020 to 45% in the last two years. Notably, nearly half of these referrals pertain to laboratory tests and various medical examinations.



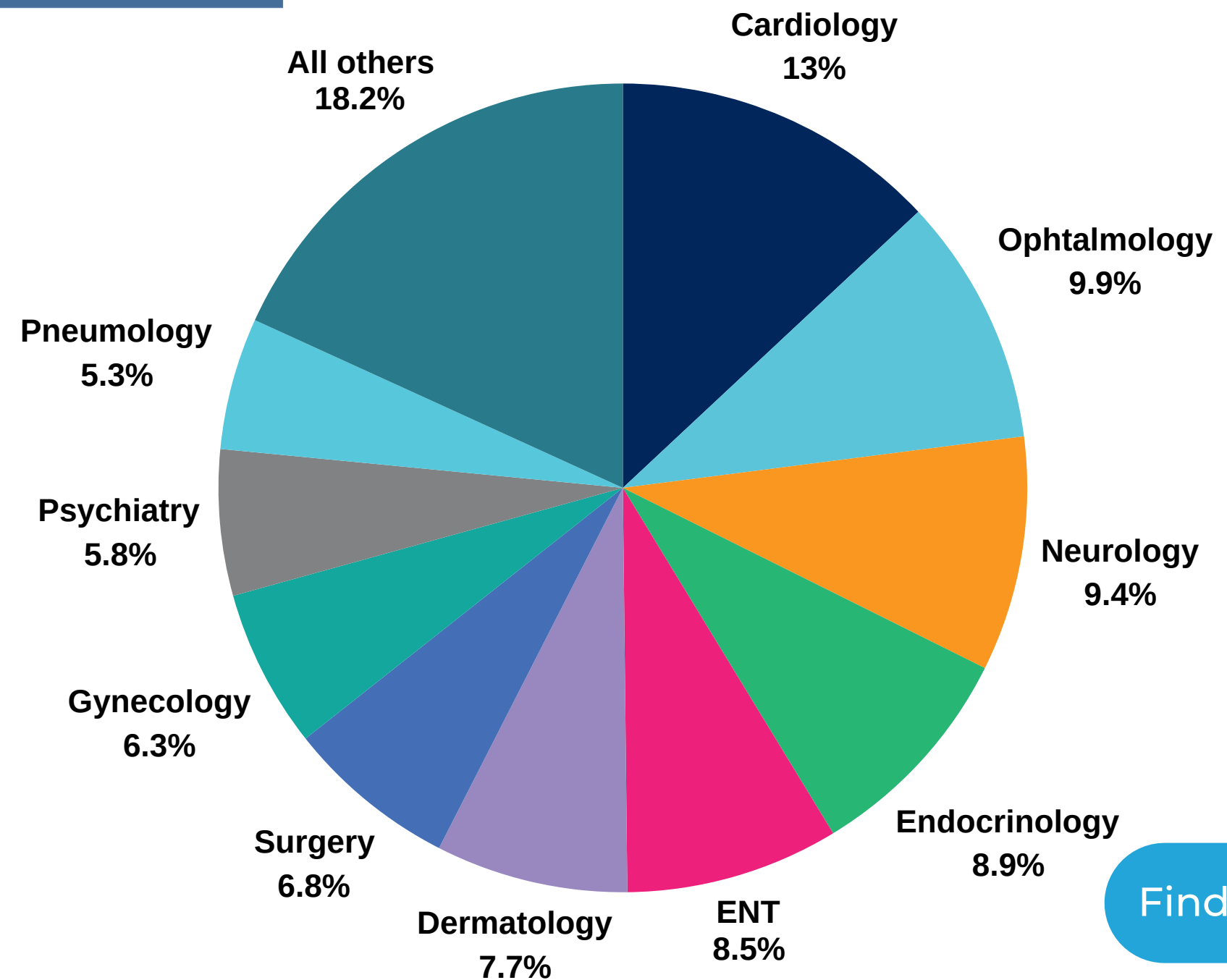
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The main medical specialties to which family doctors issued referrals



The top 10 medical specialties generated approx..

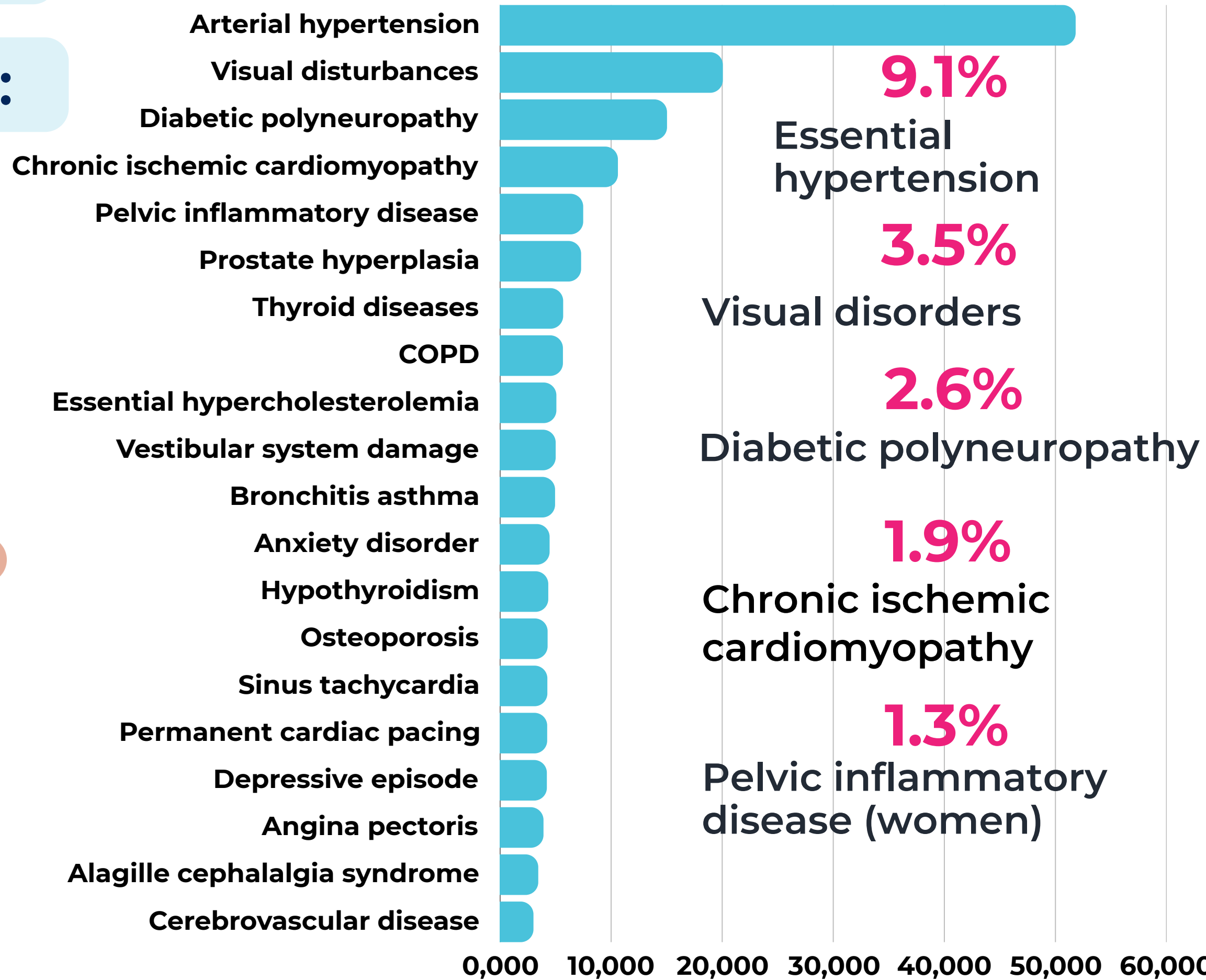
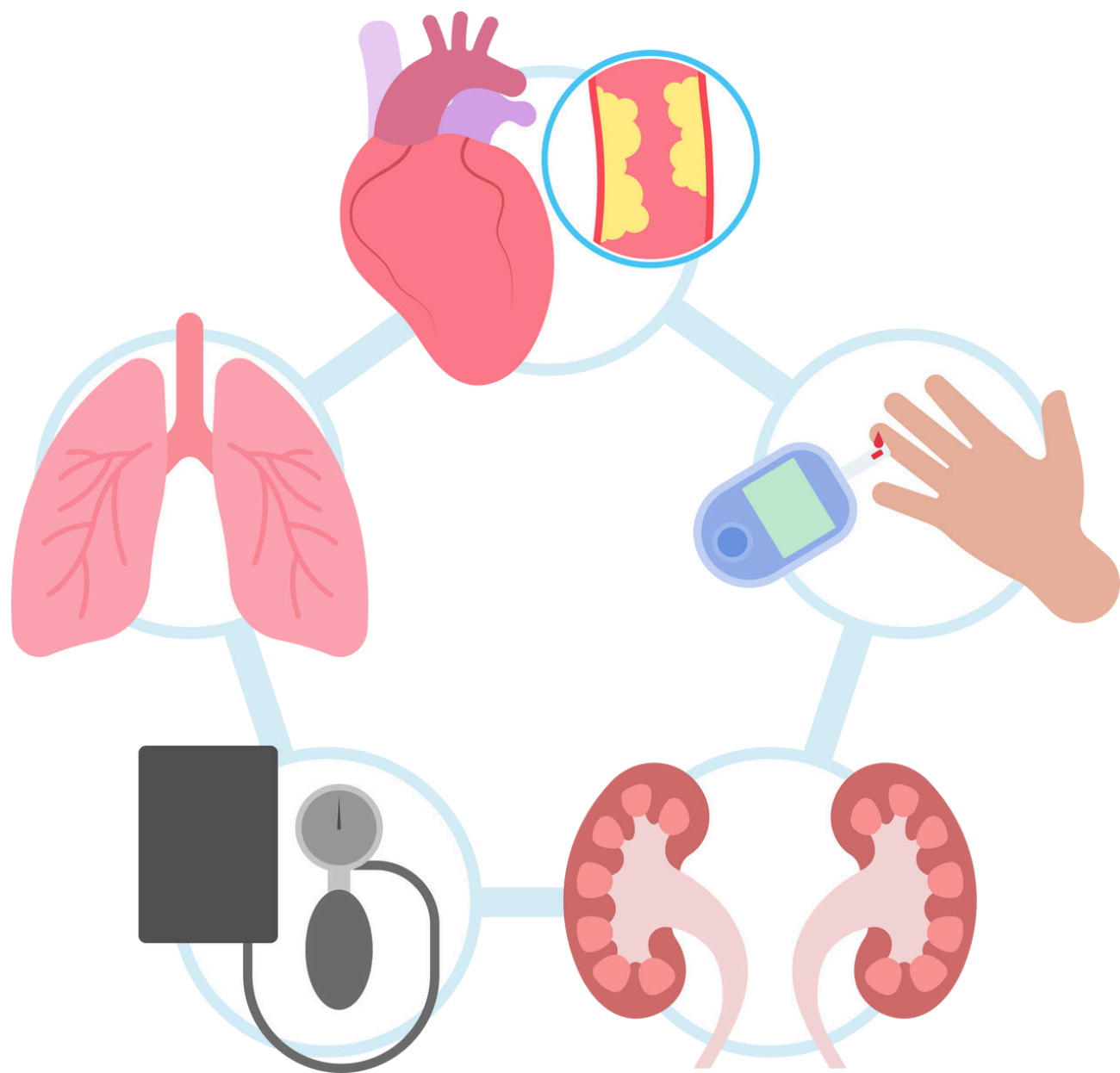
82% of total no. of referrals



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Most referrals were issued for the following presumptive pathologies:

Top pathologies



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For any further details or questions, please contact us at

CEGEDIM HEALTH DATA
20 Modrogan St - 1st district
011826 Bucharest

Tel: +0372 139 500

Fax: +0372 139 599

ro.realworlddata@cegedim.com

