

World Family Doctor Day 2017 supplementary reports

Myanmar

Myanmar GPs Society

This year, World Family Doctors Day 2017 was celebrated by GPs and Family Physicians in Yangon and Mandalay, Myanmar.

The role of the Family Physician in health care, and case based discussion on depression were the themes of the activities in Yangon and Mandalay respectively



Yangon



Mandalay Photos



Sri Lanka

College of General Practitioners of Sri Lanka (CGPSL)

The Spice Route Movement for young family doctors, in Sri Lanka under the auspices of the College of General Practitioners of Sri Lanka (CGPSL) celebrated the World Family Doctor Day 2017 on the 19th of May in a unique way, by gifting a free health camp to an underprivileged area.



We selected a rural area in *Kalutara* district of southern Sri Lanka known as *Bulatsinhala* for our one day health camp. Young GPs along with the members of the the CGPSL and some medical students, left Colombo early in the morning. We reached the buddhist temple *Sri Maha Viharya* at about 7.00am. The Lions Club members of the area joined hands with us to organize this important event. They especially helped us in publicity and the arrangements.

We had two main components in this health camp; treating self-limiting ailments and opportunistic screening for non-communicable diseases (NCDs). Medical students helped in client registration, measuring height, weight and calculating the BMI and measuring capillary blood glucose after which clients were provided with a healthy breakfast.



All clients and families were consulted comprehensively – BP, CVD risk calculation and advice on lifestyle modification were given. The leaflet prepared by the NCD subcommittee of the CGPSL ‘10 health tips at your fingertips’ was instrumental in educating our clients.

The screening questionnaire had two simple questions to identify depression in clients, in accordance with 2017 World Family Doctor Day theme.

Knowing there were many asthmatics in this area we arranged a demonstrator to correct their inhaler techniques basis and also we were able to distribute free DP capsules and MDIs to needy patients.

Following a successful day the enthusiastic team members headed to an estate bungalow owned by our senior family physician and Spice Route advisor Dr. Preethi Wijegoonewardene as Dr Preethi, had arranged a delightful lunch for us which was enjoyed by all.