

Young Doctors' Movements news – September 2019



WONCA's Young Doctors' representative on World Executive, [Ana Nunes Barata \(Portugal\)](#), is coordinating regular news from our seven region Young Doctors' Movements.

A word from Ana Nunes Barata - YDM representative on WONCA Executive 2018-2020

The Young Doctors' Movements (YDMs) are WONCA's active network that engages youth and promotes intercultural knowledge exchange that helps to create new ideas, projects and initiatives that contribute for the development of Primary Care at the global level. WONCA's young doctors are defined as in their first five years' of practice as a family doctor OR in training as a family doctor. Each WONCA region has its own YDM that strives to develop its network and engage with the young doctors from every country it represents. You may find more information about the YDMs [here](#)



[>Join your region's Young Doctors' Movement](#)

This month's featured photo is of the Rajakumar Movement members in Kyoto this year



Region News

Al-Razi Young Doctors' Movement East Mediterranean Region



Advocacy for Al-Razi group and the formation of Al-Razi Jordanian team.

To introduce Al-Razi group to young family medicine specialists and residents in Jordan, Dr Anas Almohtaseb sent an introductory message through WhatsApp to the main family medicine programs in Jordan (Ministry of Health, Jordan University, Jordan University for Science and Technology) encouraging those who are interested to participate in its activities and to be a member of Jordanian team.

We have currently at least 15 doctors who are in the group, seven of them are the team members:

- Anas Almohtaseb, FM specialist - MOH [team leader, pictured]
- Enas Ammar, FM specialist - MOH
- Malaak Farhan, FM specialist - NGO
- Dana Aldaghlise, year 4 resident - JU: University of Jordan
- Nora Alanzi, year 3 resident - MOH
- Ehab Jarrar, year 2 resident - MOH
- Mahmood Sqour, year 2 resident - Jordan University of Science and Technology



Participation in the annual Jordan Medical Association forum about specialisation and residency programs', held in Amman in 20 February 2019.

Dr Anas Almohtaseb presented a lecture entitled 'How to choose your medical specialty'. Dr Sumayya Al-Shokhaibi [Al-Razi Jordan supportive group], Dr Maalak Farhan and Dr Anas Almohtaseb participated in round table discussion with interested general practitioners about family medicine training, job opportunities, etc.



Participation in WONCA-EMR 6th regional conference in Beirut in 21-23 March 2019. The Jordan team was represented by Dr Anas Almohtaseb who presented, in collaboration, a workshop entitled 'Critical appraisal of randomised controlled trials'.

Anas Almohtaseb



The Rajakumar Movement

Asia Pacific region



The Rajakumar Movement actively participated in the WONCA Asia Pacific regional conference held from May 15-18, 2019, in Kyoto, Japan. About 30 young doctors from the various parts of the world attended the preconference. Dr Meng-Chih Lee, the president of the WONCA Asia Pacific Region delivered welcome remarks, and encouraged the young doctors “the future of medical community” to “become the leaders of primary care.” Thereafter, representatives of the national organisations presented the updates on their respective young doctors’ organisations. Dr Erfen Suwangto, the chair of the Rajakumar Movement discussed briefly the future directions of the Rajakumar Movement: entrepreneurship skills for young doctors, research and journal track, and case discussion and sharing among young doctors in the Asia Pacific Region.

Two sessions were conducted during the preconference: the preparedness of young doctors in the fourth industrial revolution and the need for entrepreneurship among young doctors. Dr Emily Kirkpatrick, the vice-chair of the Rajakumar Movement for Oceania, gave an amazing and eye opening talk about the fourth industrial revolution. She mentioned the need for young doctors to adapt and utilise the technologies available in managing patients. Participants were then divided into smaller groups and a workshop was conducted where each group answered the following questions on interests, role models, use of technology in medical practice in their respective countries, and progress of the fourth revolution in patient care.



The second session was entitled, “The need for entrepreneurship among young doctors” was spearheaded by Dr Tesshu Kusaba, the president of Japan Primary Care Association. He said that, “entrepreneurship is like medicine, wherein you get to meet new people and listen to them.” He mentioned that like a doctor, an entrepreneur is “a learner, an educator and a manager.” He further mentioned three challenges of being both a doctor and an entrepreneur and possible solutions for each: tackle negative spiral decline in consultations by adapting and focusing on the needs of the community; manage human resources by labor and motivational management skills; and the need for further education and research by collaborating and engaging with other professions. Afterwards, four participants: Dr Siti Shuhaizam, Dr Naoko Kobayashi, Dr Kentaro Asakura, and Dr Masahiro Nishimura shared their experiences as both doctors and entrepreneurs. The participants were then divided into smaller groups for a workshop and answered questions on entrepreneurship, skills of an entrepreneur, advantages and disadvantages of being an entrepreneur. After the preconference, the young doctors enjoyed a sumptuous meal and had a great time bonding. The young doctors from Japan prepared a game “primary care quiz contest” in which everyone actively participated.

For the main conference, the Rajakumar Movement further enhanced the entrepreneurship skills of young doctors by conducting a session-workshop on “Getting started with entrepreneurship.” This was part of the series of sessions that the Rajakumar Movement will be conducting for the WONCA conferences as follows: making a general business idea, marketing and sales, budgeting and finance, and human resources development.

The Rajakumar Movement is looking forward in WONCA Asia Pacific region Conference in 2020 in Auckland.

Mel Anthony E Acuavera

The Spice Route Movement

South Asia region



Sri Lanka

The GPs' Café: a place to gather, discuss and enjoy

The Spice Route Sri Lanka successfully initiated an innovative CME programme named as "The GPs' Café". The prime objectives of the GPs' Café are encouraging knowledge sharing and fellowship. The first gathering of the café was held on 19th July 2019 at the College of General Practitioners of Sri Lanka. It was a well-attended event by the GPs representing all generations and the College council room was unexpectedly a full house. The GPs' Café also had a live stream to accommodate more participants who could not attend the programme physically.



Two young GPs shared their own patient scenarios and interacted with the audience on history taking, examination and differential diagnosis. The café filled with coffee smell and lively discussions regarding the management plans of the patients. It was a novel experience to the enthusiastic GPs attended, which was well received by all.

With positive feedback and suggestions for improvements, the Spice Route has decided to conduct "The GPs' Café" monthly in future



Rupak Bhandari: new Spice Route Nepal Chair

Dr Rupak Bhandari has been appointed as the Chair of the Spice Route Nepal. The immediate past chair of the Spice Route Nepal, Dr Santosh Kumar Dhungana, announced the new appointment in July 2019.

Dr Rupak Bhandari is an Assistant Professor in Department of General Practice and Emergency Medicine of BP Koirala Institute of Health Sciences, Dharan, Nepal and was the Secretary of the Spice Route Nepal in last few years. Rupak hopes to appoint his committee soon and collaborate with the other South Asian countries to go forward as a more active YDM.

We wish him all the best in carrying the Nepali Spice Route flag forward!



The Spice Route India in action at the FMPC 2019

The FMPC 2019 was conducted by the Academy of Family Physicians of India from 2nd to 4th of August 2019. The event was conducted at the Indian Institute of Science, Bangalore.

The event kicked off with a whole day of Young Physicians Conclave on the 2nd of August. The Conclave looked into a good blend of academic needs of the Young Family Doctors in training and those out in practice as well. The event for the 1st time hosted a career fest as well where prospective employers came in and spoke about the growing opportunities for Family Medicine in India and they answered queries from the audience pertaining to the job opportunities. The event was attended by 250 participants and was an instant success among the crowds.

The next two days of the conference had Dr Idris Shariff, the present Spice Route National Chair for India, and Dr Kyle Hoedebecke, the previous chair of WONCA Polaris who joined in via video conference, showcasing a few YDM projects at the conference one being “SoMe in Medical Practice a Young Doctors Movement Perspective” and the other being “Antimicrobial Stewardship- a Global MOOC by Young Doctors Movements”.

The conference provided some essential details on further education opportunities via the MRCGP INT South Asia exam which was a session conducted by the South Asia Board and the faculty which also ran packed house at the event.

YDM Pre-conference at the WONCA South Asia Regional Conference 2019

The Spice Route is organising the YDM pre-conference in parallel to the WONCA South Asia region conference 2019. All young doctors are invited to Lahore, Pakistan to attend this event to be held on 22nd of November 2019.



Sankha Randenikumara (pictured right)

Vasco da Gama Movement

Europe region



Vasco da Gama Movement

Greetings from VdGM, The European Young Doctors Movement!

[See our 2018-19 Annual Report](#)

Last month's news included a report of the VdGM Preconference and conference activities, [June 2019 Bratislava](#). Continuing the story: **Congratulations to all award winners:**



The Hippocrates Award: Neelam Parmar (UK), who has done an exchange in Portugal shadowing Dr Cristiano Figueiredo.

Carosino Exchange Awards: Giulia Schiavi from Italy, who has done her exchange in the UK shadowing Dr Holly Tyson.

Junior Researcher Award: Fabian Dupont whose project titled "A competency based/ blended learning teaching approach" was found to be very innovative and well-designed.

The VdGM Fund - WONCA Europe Conference Bursaries: This year we were happy to support two young colleagues: Margarida Aroso (Portugal) and Shirin Kyzy (Kyrgyzstan).

Fons Sips Outstanding Achievement Award was created in honour of the contributions of one of VdGM's founding fathers, Alphons Jacobus Ignatius Sips to the establishment of the VdGM. We are thrilled to announce Dr Elena Klusova is the deserving recipient of the 2019 award. See this month's [featured doctor article](#) for more about Elena.

Before Forum in Torino we are calling for: Being Young, Staying Young Award

For the Vasco da Gama Movement youth is not about age, it's about attitude. Youth is about the passion with which you approach your work and the spirit that you imbue to those around you. This award is designed to recognise and thank senior colleagues who have made significant contributions to our network over many years and continue to inspire and support us.

All VdGM members are called upon to nominate their most deserving senior colleagues!

Report and VdGM response to Astana Declaration

To know more about our mission and vision, our successes and challenges last year, our tasks, plans and hopes and also VdGM response to Astana Declaration please see our [2018-2019 Annual Report](#).

Future events

[Forum in Torino](#)

September 27-29, the first capital of Italy invites future and young family doctors from all over Europe to share science, spirit of innovation, friendship, joy, young energy and passion for family medicine in Torino, Italy. Prior to the Forum, there will be a conference exchange. The Torino Forum will be linked to the already famous EQUIP Summer School and the pre-forum Symposia will be offered.

[VdGM Vigo Conference Exchange](#)

Linked to the **89th EGPRN Meeting**

October 13-20, 2019 we are delighted to invite all the European young and future family physicians to participate in our VdGM conference exchange in Vigo, Spain. Our guests will attend the Galician practices on October 14 and 16, and will be invited to participate in the 89th EGPRN meeting.

See you soon in Torino!

Katarzyna Nessler (President) and Elena Klusova (Events Officer) on behalf of the VdGM Executive