

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)