

YOUNG DOCTORS MOVEMENTS

NEWSLETTER

YOUNG DOCTORS' REPRESENTATIVE REPORT 2022

NEW YDM COMMITTEE

The new YDM Committee was formed for the next biennium (2022-2023) and chaired by the newly elected WONCA Young Doctors' Representative, Dr Sankha Randenikumara.

- Secretary – Rohini Pasricha (Polaris Chair)
- Treasurer – Reina Alameddine (Al Razi)
- Anas Almohtaseb (Al Razi Chair)
- Enwongo Ettang (AfriWon Chair)
- Ping Foo (Rajakumar Chair)
- Zainab Anjarwala (Spice Route Chair)
- Nick Mamo (Vasco da Gama Chair)
- Alejandro Saldana (Waynakay Chair)

ACTION PLAN

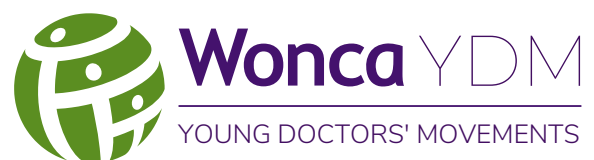
The YDM Committee has compiled an action plan for the next two years with all the planned activities and their timelines.

NEW YDM LOGO

The YDM logo has been changed in accordance with the WONCA branding guidelines. The new logo was developed by Maria Dolores Zavala, WONCA Communications and PR Officer, and approved by the YDM committee in March 2022.

WORLD FAMILY DOCTOR DAY 2022 CELEBRATIONS

YDM prepared a promotional video for the WFDD with contributions from all regions, which was well-received on social media. Watch the VIDEO here.



YDM COLLABORATIONS WITH WPS/SIGS

- WPs/SIGs were requested to have a young doctor liaison in their executive committee.
- The YDM committee is planning to carry out joint webinars with the WONCA WPs/SIGs covering various important topics

CONTRIBUTIONS TO THE CPD ACTIVITIES

As the Young Doctors' Representative, I participated as an invited speaker in several events, including a webinar organized by the Junior Doctors' Network (JDN) of the World Medical Association on 'Sharing Best Practices – how to plan and implement global health advocacy?'.

AFRIWON RENEISANCE UPDATE 2022

REPORT ON RECENT ACTIVITIES

From the beginning of the year, the AfriWon executive group and council had multiple monthly meetings where several key developments were made with the progression of leadership from the previous executive to the new ones. The prior executives had completed the handover process and the new executives are now in full effect in their roles.

The new executives tasks included maintaining the organisations existing activities and developing new initiatives.

The group maintains multiple ongoing and productive discussions towards the pre-conference holding in Abuja, Nigeri, in November 2022.

PRE-CONFERENCE

The community of AfriWon renaissance is excited about the upcoming pre-conference in Nigeria in November 2022, carrying part of the preparation process. The theme of the conference will be announced in July 2022.



The pre-conference represents the perfect time for all members of the community throughout the continent to meet live in Abuja, which will be the first in-person meeting since the pandemic outbreak. The event will also be held in a Hybrid format though we encourage most participants to attend live. The organising committee is still trying to see how to raise funds for event organisers and members who want to be there but are unable due to financial challenges.

THEME GROUPS

AfriWon strength lays on different thematical groups of interest within the community. At the beginning of the year, the goal was to boost these groups participation and increase their members. We underwent a promotion drive to showcase community members to the different theme groups. This activity yielded a positive outcome.



NEWSLETTER

AfriWon is about to embark on a quarterly online newsletter to highlight the theme groups activities and country efforts. The first edition will be released in July 2022.

TRAININGS

We have had a few pieces of training/workshops during this year, and some of the topics include:

- Managing group dynamics and difficult learners
- Balancing clinical workload and educational opportunities in everyday clinical practice

AL RAZI YDM UPDATE 2022

AL RAZI YDM NEWSLETTER - MAY 2022

Leading the organization of YDM Preconference (WONCA World - Abu Dhabi, 24th Nov 2021)

Reina Alameddine (preconference Manager, Lebanon representative), facilitated a series of meetings of the Preconference Working Group over 3 months in preparation for the preconference, then she moderated it under the theme of “Embracing Diversity”.

Nouf Alnoon (UAE representative): prepared the Abu Dhabi Virtual Tour, arranged with the Keynote Speaker, and in collaboration with the Al Razi UAE team, she led the preparation of Two Workshops during the preconference: (1) Digital presence in the 21st century: a family medicine perspective (facilitated by Maram Alsmairat – Jordan), and (2) Arabic Language and glimpse on traditional medical practices (facilitated by Aala Khalaf – UAE).

WORLD FAMILY DOCTORS DAY 2022

The World Family Doctors Day 2022 was observed with many doctors showcasing the valued family doctors bring and celebrating with a special focus on those who work in adverse conditions where resources are not available.

Different country groups organised workshops to mark the event while sharing messages on social media platforms.

Prepared by Dr Enwongo Ettang, Chair Afriwon | May 2022



Adel Yasky (KSA representative): actively participated in pre-conference meetings, and provided technical support by designing ads and promoting outreach via social media channels.

Anas Almohtaseb (Al Razi chair): made welcoming remarks and presented Al Razi's achievements.

1. Al Razi Members and Executive Group, WONCA EMR Executive Group, and YDM Lead Committee:

• **Al Razi Executive Group:** Elected during Al Razi Council Meeting (23rd Nov 2021), during WONCA World – Abu Dhabi 2021: Adel [Secretary], Nouf [Treasurer], and [4 members]: Reina, Dana Al-Daghli (Jordan), Gehad Farid (Egypt) and Beesan Maraqa (Palestine).



New Members: Adnan Alaoui Ismaili (Morocco) and Ahmed Al Hanashi (Oman). **Other Members:** (1) FM360: Tareq Alsioury (Palestine), and (2) **Education WP:** Maram Alsmairat. **Al Razi Meetings:** regular monthly meetings since Dec 2021 (6 meetings). **Social Media:** Adel is managing all social media accounts of Al Razi, including designing ads for Al Razi activities.

- **WONCA EMR:** Anas was elected as Member at Large of the WONCA EMR Executive Group, Member of the Nominations and Award committee and member of the Scientific Committee. Attended all EG meetings.

- **YDM Lead:** Reina was appointed as the treasurer of YDM leads. Anas attended all YDM Lead meetings.

2. Running the series “Meeting the experts” webinars:

Third webinar (30 October, 2021): Family medicine fellowships. Moderated by Dana and hosted by three speakers who shared their experiences in occupational & geriatric medicine & palliative care fellowships. The next webinar is scheduled for 4 June 2022 and entitles Primary Care Indicators in Muscat Governorate. The webinar is prepared by Reina and Adel and will be presented by Ahmed Al Hanashi

3. Preparation and presenting the “Research Methods” training course: This is a 16-hour online course aiming to provide essential research skills in medical sciences. The activity was led by Beesan in collaboration with Adel, and the trainer is Dr Zaher Nazzal, Community Medicine Specialist at Al-Najah National University - Nablus, Palestine. The first day of the course was Saturday 28 May 2022, with more than 50 trainees.

4. Contributing the World Family Doctor Day 2022: Al Razi members participated in the global activity World Family Doctor Day, [sharing photos from their settings](#). National groups prepared their own videos and online materials which were shared on social media platforms.

5. Others: updating the Al Razi web page, ideas for Anna Stavdal's vision for the WONCA, suggestions for WFDD themes, Eid Al-Fiter congratulation card and preparation for WONCA EMR Conference 2022 (Muscat - Oman).

LOCAL TEAMS ACTIVITIES

KSA:

- Recruiting a new member: Faiz Al Ruwaili, the Saudi liaison for FM360.

Egypt:

- Organized seminars attended by WONCA-EMR President.
- Al Razi/Egypt member: Manal Hamdy, was elected as Egyptian Family Medicine Association Secretary.
- Celebrating Ramadan by hosting Iftar.

Palestine:

- Beesan: Best oral presentation at WONCA World 2021!
- Growing of Al Razi/Palestine team by new 26 members (total of 75 members).
- Monthly scientific day, in collaboration with PAFM and Palestinian MoH. Celebrating WFDD.

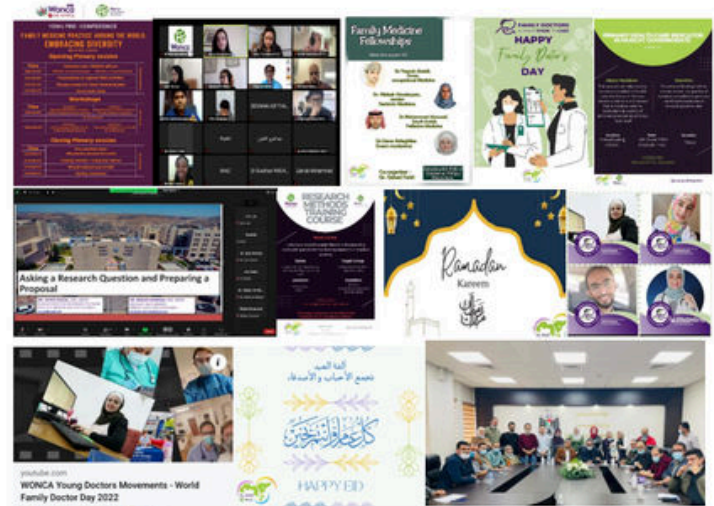
Jordan:

- Recruiting new members: Hadeel Jarbou, Motasem Alnsoor and Eman Gogazeh.
- Congratulation cards for Ramadan and Eid Al Fiter.
- Celebrating WFDD by producing local videos (<https://youtu.be/3cdBG15ZYWc>) and sharing local photos.



Morocco:

- Formulation of the local team (increased from 6 members to 11).
- Participated in the 12th National Congress of General Medicine, May 2022.
- Presenting seminars and workshops (Adnan, Hind El Kamch and Oumaima AL Araj).
- Celebrating WFDD.



POLARIS UPDATE 2022

COVID & VIRTUAL CARE, DEBUNKING MYTHS IN FAMILY MEDICINE & MORE

Over the last six months, Family Medicine Early Career Physicians, Residents and Medical Students in our Polaris region have continued to immerse themselves into full scope family practice, while continuing to support their patients, colleagues and local/broader communities in the midst of the COVID Pandemic. In response to the rising need for virtual care, a group of Canadian medical students on the CFPC Section of Medical Students (SOMS) developed a working group and online tool to equip students with strategies and techniques to conduct these types of patient visits. The website is available [here](#).

To illustrate the broad scope of clinical practice in which our physicians, residents, and medical students work and learn, we have developed a



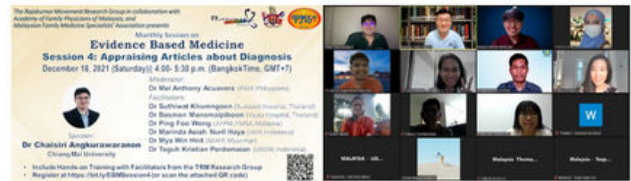
new spotlight of the month campaign using our social media platforms (Instagram and Facebook: @woncapolaris), highlighting the clinical and non-clinical activities of one individual in our region each month. As well, we have developed a “debunking myths in family medicine” campaign to help increase awareness on what the field of family medicine entails. Our hope is to break down common misconceptions and broaden our understanding of what family medicine has to offer.

Our Polaris executive team has also continued to develop quarterly newsletters that highlight relevant topics in family medicine. Our most recent issue will be released in June 2022 and focuses on resiliency and methods to overcome burnout in the healthcare profession.



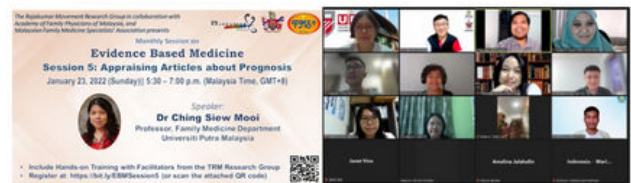
DECEMBER 2021

The fourth session was on Appraising Articles About Diagnosis. It was an excellent sharing by Associate Prof Dr Chaisiri Angkurawaranon from Chiang Mai University, making the basics of Sensitivity, Specificity, PPV, NPV, Likelihood Ratio easy to understand.



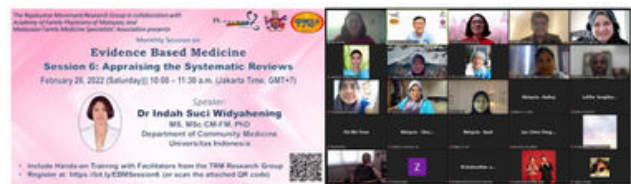
JANUARY 2022

Prof Dr Ching Siew Mooi from Universiti Putra Malaysia delivered an impressive lecture on Appraising Articles about Prognosis during the fifth session.



FEBRUARY 2022

It was a great honored to have Associate Professor Dr Indah Suci Widyahening with us again for our last session. I would like to take this opportunity to express my sincere thanks to all my dedicated and energetic team. Special thanks to all the speakers, moderators, and participants.



MARCH 2022

We had our first Family Medicine Teaching Session on 'Approach to Elevated Liver Transaminases', The session was moderated by Dr Raveena and delivered by Dr Chen Tim Yoon, a senior and experienced Principal GP from The Wellness House, Orange, NSW, Australia. It was a concise and comprehensive talk. We hope that this teaching session will help to improve the knowledge in Family Medicine / General Practice which enable Family Doctors to provide better quality of Primary Care and at the same time to prepare the postgraduate trainee for the Professional Examination.



MAY 2022

We have another great Family Medicine Teaching Session 2. Dr Chen Thim Yoon delivered a comprehensive talk and case discussion on the Approach to Exanthematous Rash in Children. Thank you to all TRM Reps, friends and all the hardworking Family Medicine Postgraduate Trainees and participants for joining us. Thank you for your continuous support as always.



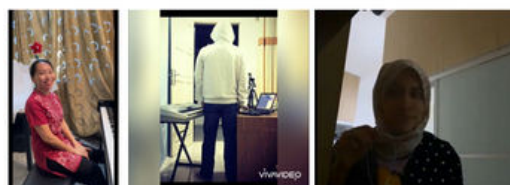
The Rajakumar Movement (TRM), WONCA Asia Pacific Region (APR) organized a much awaited get together session virtually to celebrate World Family Doctor Day on 22 May 2022. The session started with an impactful opening speech delivered by Associate Professor Dato' Dr Muhammad Husni Jamal, President of WONCA APR, followed by YDM video showcase and performances by young doctors in the region. The songs and musical pieces played were dedicated especially to all family doctors for their selfless contributions to the community. All the participants enjoyed the session very much and had a great time. Family doctors are multitalented with multi capabilities. It is heart-warming to see the great teamwork by all the young doctors.



- Dr Chloe Chan and Dr Aldo Wong from Hong Kong sang an inspiring “Heal the World”
- Dr Wee Sian Woon from Australia played the piano “Go the Distance”
- Dr Suthiwat Khumngoen shared the lovely Thai song entitled “Mor Krob Kur” (Family Medicine)

The details of the performances are as followed:

- Dr Erfen Gustiawan Suwangto, Immediate Past Chair of TRM, shared his single music composition of Extraterrestrial Intelligence.
- Dr Maryem Sokhandan Fadakar from Malaysia sang “Hero” as a dedication to all young family doctor
- Dr Shin Yoshida, Dr Naoko Kobayashi and the rest of the Japanese young doctors sang a Japanese anthem and greeted everyone Happy World Family Doctor Day
- Dr Lim Ying Siew from Malaysia shared a beautiful piano rendition of “Once upon a time in Shanghai”



THE SPICE ROUTE MOVEMENT UPDATE 2022

THE SPICE ROUTE REGIONAL COUNCIL

After consensus, the Executive Committee of Spice Route Regional Council was replaced by new members lead by,

- Dr Zainab Mohammad as Regional Chair
- Dr Serin Kuriakose as Regional Secretary
- Dr Gobith Ratnam as FM 360 Exchange Coordinator
- Dr Roshan Parajuli as Image Coordinator
- Dr.Kinley Bhuti as ASPIRE Representative



VIRTUAL FM 360 EXCHANGE

The Virtual Exchange program with Vasco de Gama Movement was organized on 19th March 2022. Two countries (Nepal and Sri Lanka) from Spice Route and two countries (Bosnia Herzegovina and Netherlands) from Vasco de Gama, had made videos to display the primary care practices in their country. It was an interactive session with proactive participants and breakout rooms.



UPDATING THE SPICE ROUTE LOGO

The Spice Route logo was recreated by the WONCA Communication and PR Officer (Maria Dolores Zavala) on request. After joint consensus and approval by all the council members, the logo is now being used by all the members.



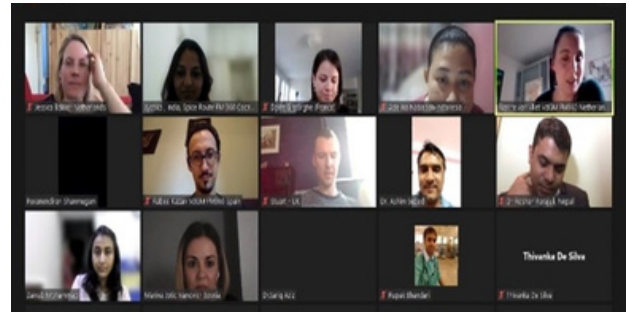
WORLD FAMILY DOCTOR DAY CELEBRATION

To commemorate the WFDD on 19th May 2022, The Spice Route conducted a WONCA webinar based on the theme of WFDD “Always there to care.” The session had three speakers – one from Pakistan, Bhutan and India each. It was attended in good numbers by young doctors from the region. All the members updated their social media profiles with WFDD templates by WONCA



REGULAR MEETINGS

The Country leads of the Spice Route Council regularly meets virtually via Skype every first Sunday of the month to discuss and plan the future activities. Also, regular CPD activities for young doctors of their respective countries have been organized by Sri Lanka, India and Pakistan by the names of The GPs' Café, Spice Route Classroom and The Lounge, respectively. Two Meet and Greet (interaction with National Council Members) sessions by Spice Route India were also a success.



*Dr. Serin Kuriakose
Secretary,
The Spice Route: WONCA Young Doctors'
Movement, South Asia*

VASCO DA GAMA MOVEMENT EUROPE REGION UPDATE 2022

It's been a while, and boy have we been busy!

In January we had our 7th Forum in Edinburgh in the amazing Surgeon's Halls. This was a great success, with fantastic workshops, scientific presentations, and a brilliant opportunity for many of us to reconnect and for many new faces to be welcomed into the community! We even had a Ceilidh dance, and had a bagpiper join us to really give us a feel for Scottish Culture. All this organised by an amazing host organising committee led by Sonia Tsukagoshi, who had been working for so long even enduring a postponement and all the uncertainties of the pandemic!

During the forum we also awarded the Being Young Staying Young to our alumnus Raquel Gomez Bravo. She truly reflects the values of VdGM, and because of this, she was nominated independently by two people. She is recognised for the work and time she has given VdGM over



the years, first when she was herself a member, but also for the time and effort she keeps giving us even now, being a mentor, support, and vocal supporter! We are very proud to have her as part of the community!

We also welcomed new members who were supported by the VdGM Fund bursaries - Mariya Armova from Bulgaria (who also recently took on the role of National Delegate for Bulgaria) as well as Maria János Szidónia from Romania.

In January we also welcomed to our team Ikbal Humay Arman from Turkey as our new Events Officer. She has had a great start and is already contributing to our team and community.

In March we celebrated International Women's Day by shining a spotlight on our recent Being Young Staying Young Award receiver, Raquel, as well as 2021's Fons Sips Outstanding Achievement Award receiver, Marina Jotic Ivanovic. Both are outstanding women who make us proud and have worked hard for women's health. You can read their interviews here:

shorturl.at/gjlrA

shorturl.at/dkuT5

In March, we also held a joint Virtual Exchange with The Spice Route Movement! This was a great success and a great collaboration! We look forward to many more of these!

In April we had an online event - VdGM: Going Forward Together to reflect on our organisation, and to hear some words of wisdom from our past president, and current WONCA CEO, Harris Lygidakis. He shared his advice for creating a movement of change and we had a space to reflect on the role of our movement.

For World Family Doctors' Day in May we contributed to a video with all the other YDMs to show the diversity of young family doctors, and the fact that we are indeed everyone, in all environments, in all regions, and working hard. You can see the video [here](#).

We are now in the final stages of preparation for the VdGM Pre-Conference and WONCA Europe/RCGP Conference in London in June. We are all very excited!

Last but by no means least, while we have been doing a lot of work that you can all see, there has also been a lot of work behind the scenes. The most important news to share is this: we have a new name! We are now working on a new logo, a new image, and a new website, and we will share all this with you as soon as we can. But for now - our new name will now be:

The European Young Family Doctors' Movement (EYFDM). We look forward to our future as the same movement, growing forward, innovating, and collaborating for better primary care around our region and the world, only now with a different name.



WAYNAKAY

MOVEMENT UPDATE

2022

Below, you will find a compilation of the reports presented regarding the Waynakay Movement activities during the last triennium.

Representatives of countries incorporated into Waynakay participated in the vaccination for COVID-19.

We've participated with active members of WONCA YDM in Mexico, and resident doctors of Family Medicine of UMF 31 in Nuevo León, sharing and learning from great leaders of the speciality worldwide.

We also highlight the participation of our team in "Women leaders of Family Medicine in the Ibero-American region", addressing the issue of Women in the Health Sector and Women's Health, representing Latin America from the perspective of the Family Medicine residency.

Dr Brando Cantú was the representative of Waynakay Mexico at the Global Health Summit 2021 of the #AAFP (American Academy of Family Physicians) and young family doctors around the world, generating networks and sharing knowledge.

Waynakay is committed to patient education. Therefore, we have created explanatory videos about the proper self-monitoring of glycemic levels and sharing dietary recommendations.

Dr Janeth Domínguez, in Mendoza, Argentina, shared information about the Certification of the Family Physician in Mexico, the way of working in family health studies and the benefits of being part of the Colegio de Medicina Familiar del Estado de Nuevo León.



Waynakay is always looking for continuous medical development and update, which is why we have given ourselves the task of conducting online courses focused on family doctors and staff of first-level care . The programmes have academic endorsement from the Universidad de Monterrey.

In addition, we were present at the 3rd Congress of Family Medicine, Saltillo 2022, with the participation of Dr Brando Cantú, Dr Janeth Domínguez and Dr Alejandro Saldaña, whom highlighted the role we have as family doctors in the comprehensive approach to the elderly.

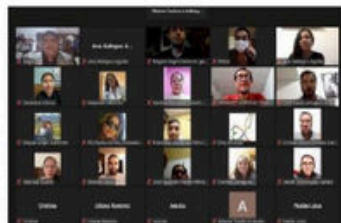
In Mexico, a quarterly newsletter was published under the editorial coordination of Dr Clara Gómez. The issue includes reviewed articles, Waynakay members experiences in their professional practice, and trimestral reports.

We have had several conversations with the community to provide information concerning the vaccine against Sars Cov 2. In addition, we created informational videos aiming to clear doubts and encourage the population to get vaccinated.

We have created the Instagram and Facebook page of @waynakaypanama, as we consider these digital platforms crucial channels to boost the movement promotion.

We also presented the Waynakay movement to the teaching department of the Family Medicine Residency Program of the Republic of Panama.

In Waynakay Peru, a position was held for the integration of members to the board of directors of the Sociedad Peruana de Medicina Familiar.



Are you in your first five years' of practice as a family doctor OR in training as a family doctor OR a medical student?

JOIN YOUR REGION'S YOUNG DOCTOR MOVEMENT!



YOUNG DOCTORS MOVEMENTS