

# WONCA News

Vol 43 Number 5 : June 2017



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**Wonca**  
World family doctors. Caring for people.

## From the President: June 2017

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Since I last wrote, we have had the WONCA Rural Conference in Cairns Australia, the World Health Assembly in Geneva, and World Family Doctor Day. We have also continued the work of Executive in the different regions, seen some new members (welcome, College of Indonesian Primary Care Physicians, to the WONCA family!), and had news from many different areas of new and exciting developments in family medicine. Our member at large, Dr Viviana Martinez Bianchi, was a co-host of a major policy summit on the important topic of health equity, also attended by our past President Prof Michael Kidd – well done Vivi, and we look forward to a report from this meeting, as it will no doubt inform our thinking on this key area of our work.

The Rural conference was a wonderful event, attended by delegates from more than 30 countries.

Australia has a strong tradition of attempting to address its rural and remote workforce challenges in a systematic way, through specific training programmes and incentive schemes. Much of the discussion focussed on how a country could secure a thriving workforce for its rural communities. Strategies for selection, appropriate training, improving status and recognition, financial and contract options, and ongoing professional and personal support to retain people in rural practice, were all seen as ways to meet this challenge. A six day programme of conference activities, policy debates, clinic visits, and formal Working Party business meetings kept

us all busy and immensely stimulated.



*Photo: Amanda Howe (right) with midwives on clinic visit.*

Highlights for me included visiting colleagues in two different clinics – one on Horn Island off the North East coast of Australia, and an Aboriginal Community and Health Clinic at Yarrabah near Cairns. Both emphasised the need to prioritise community engagement as a of redressing the impacts of social disadvantage and improving public health: and showed me (again) the importance of family doctors who can work in a setting where they are both part of the community and may be surgeon, obstetrician and emergency care providers - as well as the community's family doctor.

Photo: Yarraba community notice board



Such extended scope can be challenging if people are not prepared for it – so the theme of ‘start early and get ahead’ was one that ran through the conference. It was therefore particularly wonderful to be present for the launch of the ‘WONCA Rural Seeds’ movement – the first named WONCA initiative to focus on medical students, and already bringing young people with an interest in rural and remote family practice together for change. Aply led by Mayara Floss and Veronika Rasic at the conference, we look forward to helping them mobilise new interest and members. Prof Val Wass was at the conference too, and has already put a priority focus on medical students into the WONCA Working Party on Education’s programme for this biennium: and I spoke at the International Medical Student Association preconference in Geneva in May. So WONCA’s strong focus on Young Doctor Movements should now extend to medical students – let’s work on this one together. My thanks go to John Wynn Jones,

Bruce Chater, and the many members of the WWPRP – both longstanding and new – who made this conference a fantastic event.

At the time of writing this column, we have not yet been to Geneva, but the schedule for our advocacy and networking at the World Health Assembly looks predictably busy. This will be the first time our President Elect Dr Donald Li, and Dr Viviana Martinez Bianchi as WHO liaison lead for WONCA Executive have attended, so we shall enjoy briefing them and seeing them orientated to this important occasion. I shall report in full in my next column, when we shall also know who will succeed Dr Margaret Chan: let us hope they will be as encouraging of family medicine as she has been! As always, I wish you well, and thank you for your hard work.



Photo: Amanda Howe speaking at the conference.

Amanda Howe,  
President, WONCA.

## De la Presidenta : junio 2017



Foto: Ceremonia de clausura (Presidenta Howe en el centro)

Desde la última vez que escribí, hemos tenido el Congreso de WONCA Rural en Cairns (Australia), la Asamblea Mundial de Salud en Ginebra y el Día Internacional de la Medicina de Familia y del Médico de Familia. También hemos continuado trabajando en el Ejecutivo acerca de diferentes regiones, vistos algunos de los nuevos miembros (¡Bienvenida College of Indonesian Primary Care Physicians a la

familia de WONCA!), y hemos recibido noticias desde muy diferentes áreas acerca de los progresos que está haciendo la Medicina de Familia. Nuestro miembro general, la Doctora Vivian Martínez Bianchi, fue una coanfitriona en la cumbre política que trató el importante tema de la equidad en salud, y también asistió nuestro último Presidente de WONCA, el Profesor Michael Kidd – ¡buen trabajo Vivian, estamos esperando con muchas ganas reportaje del encuentro!, así como nosotros informaremos sin duda de esta área clave de nuestro trabajo.

El Congreso Rural fue un evento maravilloso y vinieron delegados y congresistas de más de 30 países. El personal sanitario australiano que vive en un ámbito remoto tiene una fuerte tradición a la hora de enfrentarse a los

problemas del día a día a través de programas de formación específicos y esquemas de incentivación. Gran parte del debate que se llevó a cabo en el Congreso estuvo focalizado en cómo un país puede llegar a garantizar que el personal sanitario está bien preparado para sus comunidades rurales. Las estrategias para la selección, la formación apropiada, la mejora del estatus y el reconocimiento, los ingresos, la oferta de contratación y el apoyo profesional y personal en curso para mantener a la gente de forma estable son cuestiones vistas como formas de enfrentarse al reto que plantea el mundo rural.

Con un programa de 6 días de actividades en el Congreso, debates políticos, visitas clínicas y reuniones entre los Grupos de Trabajo, el Congreso nos mantuvo muy ocupados y fue muy estimulante. Los elementos que más destacaron tienen que ver con la oportunidad de visitar colegas en dos clínicas – uno en la Isla de Horn en el Nordeste de la costa australiana, y el otro en la comunidad aborigen y la clínica de Yarrabah muy cerca de Cairns. Los dos enfatizaron la necesidad de priorizar el compromiso comunitario como una forma de rectificar los impactos de la desigualdad social y de mejorar la salud pública: y ambos me mostraron (de nuevo) la importancia de los médicos de familia que pueden trabajar en un contexto en el que son tanto parte de la comunidad como posibles cirujanos, tocólogos y médicos de urgencias – al mismo tiempo que médicos de familia comunitarios.



Foto:  
Presidenta  
Howe  
(derecha)  
con  
comadronas

Una visión tan amplia como esta puede representar un verdadero reto si la gente no se siente preparada para ello – así que el lema “empezar pronto y avanzar” era uno de los que circulaban por el congreso. Fue particularmente maravilloso el hecho de poder asistir al lanzamiento del movimiento WONCA Rural Seeds (Semillas Rurales de WONCA) – el primero de ellos llamado iniciativa WONCA para focalizarse en los estudiantes de Medicina que ya están mostrando interés en el contexto de la práctica de Medicina de Familia rural y remota

para ayudar a generar un cambio. Hábilmente liderados en el Congreso por Mayara Floss y Verónica Rasic, tenemos muchas ganas de ayudarles a movilizar el interés de todos



miembros.

Foto: Tablón de anuncios de la comunidad de Yarrabah

El Profesor Val Wass también estuvo en el Congreso y puso el foco de atención en las prioridades de los estudiantes de Medicina dentro del Grupo de Trabajo de WONCA en Programas Educativos de cara a los próximos dos años: y hablé en el seno del precongreso en la Asociación Internacional Médica del mes de mayo en Ginebra. Así que el fuerte foco de WONCA en los Movimientos de Jóvenes Médicos debe extenderse hacia los estudiantes de medicina – trabajemos todos juntos para ello. Agradezco también a John Wynn Jones, Bruce Chater, y otros muchos miembros del WWPRP – tanto a los que llevan ya mucho tiempo como los nuevos – que han hecho de este Congreso un evento fantástico. En el mismo momento en que estoy escribiendo esta columna todavía no hemos estado en Ginebra, pero todo hace pensar que nuestra agenda y plan de trabajo serán bastante agitados. Esta será la primera vez en que nuestro Presidente Electo el Doctor Donald Li y la Doctora Viviana Martinez Bianchi como nexos entre WONCA y la OMS atienden a un encuentro del WONCA Ejecutivo, así que debemos disfrutar brevemente de su compañía y apoyarles en su buena dirección en esta importante ocasión. En mi columna del próximo mes hablaré a fondo de su participación, será cuando también sabremos quién será el sucesor de la Doctora Margaret Chan: ¡esperemos que sus sucesores sean tan apasionados por la Medicina de Familia como ella lo ha sido! Como siempre, os deseo lo mejor y os agradezco vuestro duro trabajo.

Amanda Howe, Presidenta de WONCA  
Traducción: Pere Vilanova, Spanish Society of Family and Community Medicine (semFYC) - Periodismo y comunicación

## De la Présidente - Juin 2017



Depuis mon dernier rapport, il y a eu la Conférence rurale de WONCA à Cairns en Australie, l'Assemblée mondiale de la santé à Genève et la Journée mondiale du médecin de famille. Nous avons également continué le travail du comité directeur en diverses régions, nous avons rencontré quelques nouveaux membres (bienvenue à College of Indonesian Primary Care Physicians dans la famille WONCA!), et nous avons reçu des nouvelles de nombreuses régions où d'incroyables nouveaux développements en médecine familiale prennent place. Dr Viviana Martinez Bianchi, notre membre hors cadre, était la co-animatrice d'un sommet politique majeur sur le sujet important de l'équité en matière de santé, auquel participait également le Professeur Michael Kidd, notre ancien président- bravo Vivi et nous attendons maintenant un rapport de cette réunion, qui devrait sans aucun doute informer la réflexion sur ce point clé de notre travail.

La Conférence rurale a été un bel événement auquel ont assisté des délégués de plus de 30 pays. L'Australie a une forte tradition en ce qui concerne son traitement systématique des défis d'une main-d'œuvre rurale et isolée grâce à des programmes de formation spécifiques et des mécanismes incitatifs. La plupart de la discussion était centrée sur la façon de se garantir un personnel florissant pour ses communautés rurales. Stratégies de sélection, formation appropriée, amélioration du statut et de la reconnaissance, options financières et contrats, soutien professionnel continu et soutien individuel afin de retenir le personnel en pratique rurale, tout ceci représente des moyens de faire face aux défis. Des activités de conférence sur un programme de 6 jours, des débats politiques, des visites de cliniques et des réunions de groupes de travail nous ont bien occupés et beaucoup stimulés. En ce qui me concerne, les points forts ont inclus les visites de deux cliniques -l'une à Horn Island au large de la côte nord-est de l'Australie, et l'autre une communauté aborigène et clinique médicale à Yarrabah près de Cairns. Toutes deux ont mis l'accent sur le besoin de favoriser l'engagement communautaire afin de redresser l'impact du désavantage social et d'améliorer la santé publique. Cela m'a montré une nouvelle fois

l'importance des médecins de famille qui font partie de la communauté tout en étant chirurgiens, obstétriciens ou urgentistes - mais aussi médecins de famille de la communauté.

Ces fonctions élargies peuvent poser des problèmes lorsque les gens n'y sont pas préparés -c'est pourquoi le thème 'commencez tôt et prenez de l'avance' était répété tout au long de la conférence. Il

était donc particulièrement bon d'être présente pour le lancement du mouvement « Les graines rurales de WONCA », première initiative de WONCA mettant en avant les étudiants en médecine et rassemblant déjà les jeunes qui ont un intérêt à la fois pour la médecine familiale éloignée et pour le changement. Sous la direction compétente de Mayara Floss et de Veronika Rasic à la conférence, nous nous réjouissons de pouvoir les aider à mobiliser un intérêt nouveau et de nouveaux membres. Le Professeur Val Wass était également à la conférence et a déjà insisté sur l'importance des étudiants en médecine au cours du programme de l'exercice biennal du groupe de travail de WONCA sur l'éducation. Quant à moi, j'ai parlé à la pré-conférence de l'association internationale des étudiants de médecine à Genève en mai. Ainsi l'accent prononcé sur les mouvements de jeunes médecins devrait aussi s'étendre aux étudiants - travaillons sur cet objectif ensemble! Tous mes remerciements à John Wynn Jones, Bruce Chater et les nombreux membres de WWPRP - aussi bien anciens que nouveaux- qui ont fait de cette conférence un événement magnifique.

A la date de la rédaction de cette colonne, nous n'avons pas encore visité Genève mais l'agenda pour nos recommandations et notre réseautage à l'assemblée internationale pour la santé est prometteur. Ce sera la première fois que Dr Donald Li, notre président élu, et Dr Viviana Martinez Bianchi, agent de liaison de l'OMS pour le comité directeur de WONCA, auront été présents. Nous nous réjouissons de les informer brièvement et de les orienter en cette importante occasion. Je ferai un rapport complet dans ma prochaine colonne, lorsque nous saurons qui succèdera au Dr Margaret Chan. Espérons qu'il/elle sera aussi encourageant/e que Dr Chan l'était pour la médecine familiale! Comme toujours, je vous souhaite bonne chance et vous remercie de tout votre travail.

Amanda Howe, Présidente de WONCA

*Traduit par Josette Liebeck  
Traductrice professionnelle anglais-français  
Accréditation NAATI No 75800*

## From the CEO's desk: Pattaya 17, Seoul 18

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Greetings again from Bangkok. It has been a hectic few weeks with much conference planning activity, so I want to concentrate this month on two of WONCA's forthcoming events.

### WONCA Asia Pacific Conference – November 2017



This year's WONCA Asia Pacific conference will be held in Pattaya, Thailand, from 1st to 4th November. A young doctor (The Rajakumar Movement – TRM) pre-conference will take place on Tuesday 31st October, as will a full meeting of the WONCA Asia Pacific Region (APR) Council. The WONCA World Executive will be meeting in Bangkok on 29th and 30th October, and several members of



Executive will be staying on to attend the Pattaya conference.

As part of the planning process for this event, Professor Meng Chih Lee and Dr Gene Tsoi (President and Vice President of WONCA APR) joined me for a trip to Pattaya on Saturday 6th May to view the facilities and to meet with the Thai Host Organizing Committee, led by Dr Somjit Prueksaritanond, President of the Royal College of Family Physicians of Thailand.

The venue for the conference is the Royal Cliff Resort in Pattaya, situated on a hill and headland between Pattaya and Jomtien beaches, and with fantastic views over the sea. The facilities are excellent, and will be most welcoming for accompanying partners – and for any delegates who want to stay on for a few extra days of holiday. A number of interesting sessions have been planned, looking especially at issues which we would consider as mainstream family medicine, but which sometimes don't always get fully addressed at conferences – issues such as environmental pollution; addiction medicine; alternative therapies and traditional medicine; and health care for vulnerable communities.

A number of keynote speakers have already been confirmed for the conference, including Professor Amanda Howe, Dr Donald Li, Professor Michael Kidd and Dr Ivan Ivanov from the Department of Occupational Health at WHO Headquarters in Geneva. A fuller article on the conference, including details of the website and the facilities, can be found elsewhere in this WONCA News; further details can also be found at the [official conference website](#).

### WONCA World Conference – Seoul, Korea, October 2018

The second conference planning meeting for the 2018 world conference was in Seoul, Korea on 15th and 16th May. I was joined by Dr Bohumil Seifert as we assessed a series of venues for the WONCA Executive and Council meetings, as shortlisted by the Host Organizing Committee (HOC) and Professional Conference Organizers (PCO). At the time of writing we are still considering the various options, taking into account price, value, location, logistics – and a whole lot of other factors besides – but hope to make a final decision soon, based on a more detailed cost analysis.

We also visited and toured the conference venue. COEX (Convention and Exhibition Centre) is a huge convention complex in the Gangnam area of Seoul. It has four floors above ground, with a large number of meeting rooms of various sizes and capacities, and below the complex is what I believe is the world's largest underground shopping mall. It's huge, and very easy to get lost in (as I can attest!!). There are many hotels in the area, from more basic to ultra-luxury, and there is even an air terminal connected to the complex where you can check luggage in for many flights and catch an express bus to the airport, about 1 hour away. Seoul's public transport system is excellent, with a

large network of buses and metro. A pre-loaded T-money card is accepted on all public transport, including taxis, and every metro journey costs less than \$1 (US).

We also had a very productive meeting with key members of the Seoul HOC, who provided a very full briefing on their plans to date. They are trying VERY hard indeed – strongly supported by the Secretariat – to get Dr Jim Yong Kim, President of the World Bank, as the Chief Guest for the opening ceremony. We have been advised by his staff that it is much too early for him to commit so far in advance, but given his Korean origins, and given the many areas of overlap between WONCA and the World Bank in terms of Universal Health Coverage (UHC), Sustainable Development Goals (SDGs) and development of the Primary Health Care Performance Initiative (PHCPI) we live in hope that he can be persuaded to attend.

Other plenary speakers were considered, and a fuller list will appear in due course, but one already confirmed is Dr John Beard, who is Director of the Ageing and Life Course Department at WHO in Geneva, and someone who WONCA has been working closely with for some time. The Scientific Committee is also very keen to get suggestions for workshops from WONCA's Working Parties (WPs) and Special Interest Groups (SIGs), and I will be writing to them shortly to canvas their thoughts. Call for abstracts will be made at the beginning of September 2017, with deadline for submission now 28th February (and not 31st January as website currently states). Early Bird registration is available through to 31st March 2018.

The provisional timetable for October 2018 is:

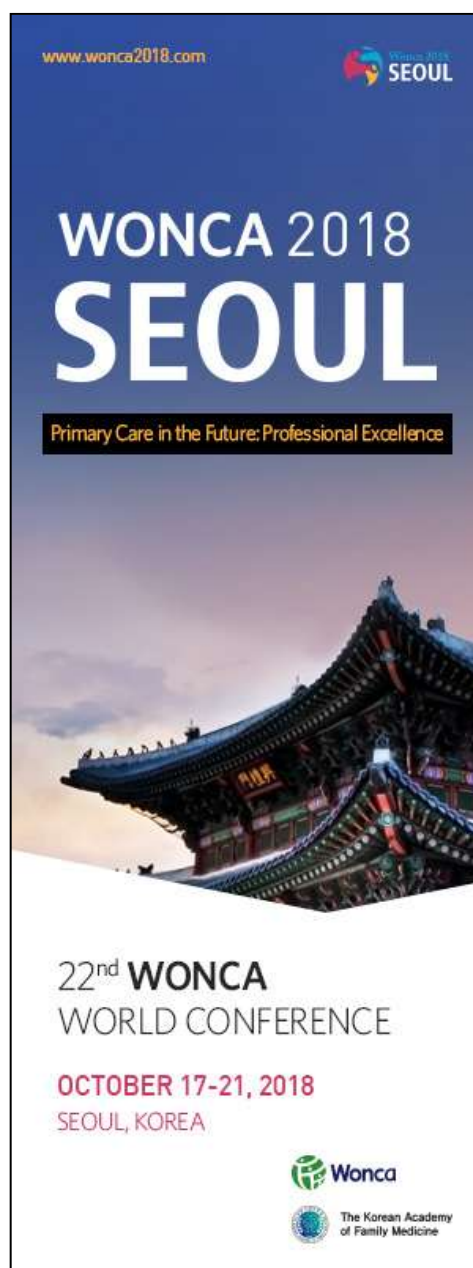
Thursday 11 & Friday 12 : Meeting of WONCA Executive  
Saturday 13 : Meetings of WONCA Regional Councils; & Evening welcome reception for Council delegates  
Sunday 14 to lunchtime Tuesday 16th : WONCA World Council  
Wednesday 17 : WP and SIG meetings (COEX Centre); & Young Doctors' Movements pre-conference  
Thursday 18 : Opening ceremony at 9am; & Full day of workshops /presentations; & Evening welcome reception  
Friday 19 : Full day of plenaries, workshops /presentations, including WONCA Awards and handover of Presidency.  
Saturday 20 : Full day of plenaries, workshops /presentations; & Evening – Gala Dinner  
Sunday 21 : Morning session, followed by closing ceremony; Lunchtime finish.

I recommend that everyone has a look at the [conference website](#) and especially at the promotional video of Seoul, which really shows a great city off to its full potential. We will highlight further developments of the program as and when it happens, and would also encourage delegates to add a few days onto their trip to Korea to explore more of its great history and culture.

## World Health Assembly 2017

Along with President Amanda Howe, President-elect Donald Li and WHO Liaison Viviana Martinez Bianchi, I will be representing WONCA at this year's World Health Assembly in Geneva, starting on 22nd May. Copy deadline has meant that a full report will have to wait until July's edition of the news, but we will report then on the various meetings that we participated in during our time in Geneva.

Until next month. Garth Manning. CEO



The poster for the 22nd WONCA World Conference in Seoul, Korea, features a blue background with a traditional Korean building. The text includes the website www.wonca2018.com, the event title 'WONCA 2018 SEOUL', the theme 'Primary Care in the Future: Professional Excellence', the dates 'OCTOBER 17-21, 2018', and the location 'SEOUL, KOREA'. Logos for WONCA and The Korean Academy of Family Medicine are also present.

## World Family Doctor Day 2017 celebrated worldwide

### FULL REPORT

see pages 25-46 of this newsletter



World Family Doctor Day grows and grows in popularity. The theme of depression was taken up with enthusiasm.

**President's message see page 10**

### Theme: Depression:

The WONCA Working Party on Mental Health has worked hard to develop a guide to help you manage the first, crucial consultation with patients who may be depressed, "Depression- an evidence based first consultation" in English, Portuguese, Arabic and Chinese. Prof Chris Dowrick introduces this in his latest WONCA News item [Mental Health Matters](#).



### Featured Region reports

- East Mediterranean region including the Al Razi Young doctors' movement
- WoRSA – WONCA Rural South Asia region
- WONCA Africa region

[Download region reports](#)

### Member Organization Reports

The document attached summarises reports submitted by member organisations around the world. Countries included are: Hong Kong, Caribbean (Jamaica, Bahamas) Turkey, Bangladesh, Venezuela, China, Egypt, Puerto Rico, Ecuador, Pakistan, Australia, Taiwan, USA, Philippines, Thailand, Morocco, Republic of Srpska, Portugal, Indonesia, Jordan, Qatar, Ukraine, India

[Download Member Organization reports](#)

Many activities were also submitted on [Facebook](#)

### Editor's picks

Stamps from China





## Poster from Portugal



## WoRSA video in 11 (now 13 ) languages

<https://youtu.be/yNEjJIXFdIM>



## Qatar video on depression

<https://youtu.be/DMplziomTTw>



## Photo with Angklung musical instruments made from bamboo from Indonesia.



## Bahamas video

<https://www.facebook.com/BAPC>



[All reports online](#)

## President's message for World Family Doctor Day

May 19th is our special day of the year, where we remind ourselves and the rest of the world that our work deserves recognition and celebration.

Many of our member organisations planned ahead, and their events will be on the WONCA website for us all to enjoy and share. I hope you will all be proud of the great work you do for patients, and feel part of our big family doctor community, as we mark the occasion together.

Each year we choose a theme to consider – this year was ‘depression’, which may not seem a very celebratory topic! Three reasons – first, depression, like many other mental health problems, remains a stigmatising condition for many, which may be difficult to talk about and to get help with. Even in the 21st century U.K., I still see patients who neither recognise their symptoms as psychological, nor feel comfortable with my efforts to understand them and the background to their problems. The loss of confidence and negative thinking that is part of a depressive episode leads people to feel they are failing themselves and others – and this makes seeking help and disclosing harder. Gender and culture also influence people’s insight into depression, and can help or hinder our patients - so we all need to make the public aware that depression is an important and common problem, where people deserve help, and that this need is nothing to be ashamed of.

The next reason is that seeking help can be a healing process. Depression is often a consequence of life’s adversities – a natural reaction to chronic stressors, losses, and personal ‘damage’, including childhood traumas. Confiding in someone else who is experienced in helping with psychological problems can aid insight into the causes of depression, and enable people to start a new journey. Research evidence has allowed us to be confident that a combination of constructive

relationships (including with a family doctor), psychological interventions (such as cognitive behavioural techniques), and medications if indicated can together increase people’s long-term resilience and coping strategies, thus making further episodes of depression less likely. So the theme of depression is consistent with hope for the future!

Our third reason to choose this is to mark the issue as important within WONCA. The theme draws attention to the need for us all as family doctors to be effective as communicators and clinicians who can pick up cues, listen with our hearts and minds, ask the right questions, and explain our diagnoses in a way that patients and their families can understand and work with. We are blessed with an active WONCA Working Party on Mental Health (WWPMH), currently chaired by Prof Chris Dowrick, who has done important research into depression. Chris is leading some really great work on resources for our members to help us improve our knowledge and skills for mental health work: you can see these on the WWPMH link on the WONCA website.

We also need to remember that we ourselves can be at risk of depression – quite a high risk, in fact, because of the nature of our work as family doctors, which can lead to psychological exhaustion and stress-related symptoms. So this was another reason to send this message on World Family Doctor Day – take care of yourselves as well as others: ask for help from colleagues, family and friends if needed: do not blame yourself for things that cannot easily be changed; and speak to your own family doctor if the going gets really tough. We can all use a helping hand from time to time – WONCA and its networks are there for you, we thank you so much for the work you do, and wish you well for the next year. Well done!

Amanda Howe  
President

### De la Presidenta : Día Mundial de la Medicina de Familia

El 19 de mayo es nuestro día especial del año, es el día en el que nos recordamos a nosotros mismos y al resto del mundo que nuestro trabajo merece tanto reconocimiento como celebración. Muchas de nuestras

organizaciones miembro lo planean con antelación, y sus eventos aparecen en el sitio web de WONCA para que todos y todas podamos disfrutarlos y compartirlos. Espero que todos y todas os sentís orgullosos y

orgullosas del excelente trabajo que hacéis por vuestros pacientes y que os sentís parte integrante de nuestra gran comunidad de médicos de familia, al mismo tiempo que marcamos este día como una fecha clave en nuestras agendas.

Cada año elegimos un tema a tomar en consideración – este año el tema fue “la depresión”, ¡que, sin duda, no parece un tema que haya que celebrar! Tres motivos clave, el primero es la propia depresión que, como muchas otras enfermedades psicológicas, sigue siendo una dolencia estigmatizada para muchas personas, que es complicada de compartir y que necesita de la busca de ayuda. Incluso en el siglo 21 en el Reino Unido, todavía me encuentro con pacientes que no reconocen sus síntomas como psicológicos ni se sienten confortables cuando me esfuerzo en comprender lo que les pasa y sus problemas de fondo. La pérdida de confianza y el pensamiento negativo son una parte del episodio depresivo que lleva a la gente a sentir que se están fallando a ellos mismos y a los otros – y esto provoca que se busque ayuda y que uno se intente abrir más. El género y la cultura también pueden influenciar la opinión de la gente sobre la depresión y llegar a ayudar o entorpecer a nuestros pacientes – así que todos necesitamos hacer pública nuestra consciencia de que la depresión es un problema importante y común, que la gente necesita ayuda y que esta necesidad no es, para nada, algo de lo que avergonzarse.

Otra razón por la que la depresión es un tema controvertido es porque la propia búsqueda de ayuda puede ser en sí misma un proceso curativo. La depresión es a menudo una consecuencia de las adversidades vitales – una reacción natural al estrés crónico, la pérdida y el daño sufrido de forma personal, incluyendo traumas infantiles. El hecho de confiar en alguien que tenga experiencia en ayudar a superar problemas psicológicos puede ayudar a descubrir las verdaderas causas de la depresión, y permitir a la gente que empiece una nueva etapa. La búsqueda de evidencia nos ha permitido estar seguros de que la combinación de relaciones constructivas (también las que se tienen con el médico de familia), las intervenciones psicológicas (como por ejemplo las técnicas cognitivas conductuales), y la medicación, siempre que sea indicada, pueden hacer crecer la resistencia de la gente a largo plazo y las estrategias de fortalecimiento, y así

hacer los futuros episodios depresivos menos probables. ¡De ese modo el tema de la depresión consiste en tener esperanza en el futuro!

Nuestra tercera razón a la hora de elegir este tema es para destacar que se trata de una problemática importante para WONCA. La depresión pone el foco de atención en nuestra necesidad como médicos de familia de ser efectivos como comunicadores y clínicos que pueden resolver las listas de espera, escuchar con nuestros corazones y mentes, preguntar las preguntas pertinentes y explicar nuestros diagnósticos de forma que los pacientes y sus familias puedan entenderlos y trabajar en ellos. Tenemos la gran suerte de tener un Grupo de Trabajo WONCA en Salud Mental (WONCA Working Party on Mental Health) actualmente dirigido por el Profesor Chris Dowrick, que ha llevado a cabo una importante investigación acerca de la depresión. Chris está llevando a cabo un gran trabajo de búsqueda de recursos para nuestros miembros para ayudarnos a mejorar nuestros conocimientos y habilidades a la hora de tratar la salud mental (puedes consultar este enlace del WWPMH en la web de WONCA). También necesitamos recordar que todos nosotros podemos estar en riesgo de padecer una depresión – en realidad tenemos un riesgo bastante alto dada la naturaleza de nuestro trabajo como médicos y médicas de familia, que puede llevarnos a sentirnos psicológicamente exhaustos y a experimentar síntomas relacionados con el estrés. Así que esta es otra de las razones por las que mandamos este mensaje en el Día de la Medicina de Familia – protegeos a vosotros mismos así como protegéis a los otros: pedid ayuda a vuestros colegas, a la familia y a los amigos si la necesitáis: No os culpéis por aquellas cosas que no pueden cambiarse fácilmente; y hablad con vuestro médico de familia si la situación se convierte en demasiado dura. Todos necesitamos apoyo de vez en cuando – WONCA y sus redes están aquí por ti, te agradecemos muchísimo el trabajo que haces y te deseamos lo mejor para el próximo año. ¡Bien hecho!

Amanda Howe  
Presidenta

*Traducción: Pere Vilanova, Spanish Society of Family and Community Medicine (semFYC) - Periodismo y comunicación*

## Feature Stories

### Rural Round-up: medical students reflect on the WONCA Rural conference

*Two Australian medical students, Thomas Currie (6th Year Medicine, James Cook*



*University) and William Moorhead (4th Year Medicine, University of Queensland) – ‘Billy’ and ‘Tom’ attended the WONCA World Rural health conference in Cairns in early May. They provide their perspectives on the conference.*

Rural, it’s a word that means something different to everyone.

As budding rural generalists in our final years of study, we looked in anticipation to the 14th WONCA World Rural Health Conference, an incredible four-day intellectual feast, and the first to offer a dedicated student stream. It is a rural health event like no other, poised on the international stage it has facilitated the coming together of the biggest names in rural health as well as students and young doctors beginning their journeys. Over 1,200 delegates from over 38 different countries attended the event, and we felt privileged to have been a part of a healthy contingent of students from several different continents.

Conferences are a time for reflection. To reflect on our goals, interests, practice and aspirations. From the lively, Australiana-themed opening, to an inspiring address on leadership from Prof Amanda Howe, there wasn’t a dull moment. The only complaints to be heard were

that there were too many options to choose from! With over nine breakout sessions occurring concurrently at any one time, it was

an exciting atmosphere, rife with the fear for missing out.

Among the student body however, it was the lineage of ‘student stream’ workshops that took priority, with standout presentations and engaging hands on workshops. An envenomation workshop saw the use of live reptiles, in a three-hour intensive that covered everything from jellyfish to snake bites. The student stream also opened the floor for interactive sessions run by Australian student rural health clubs as well as the National Rural Health Student Network, who provided a direct link for attendees to pass ideas and concerns upward to key policy makers.

*Photo: Tom and snake at workshop*



To that beginning, WONCA launched their new medical student and junior doctor network, Rural Seeds. Launch video can be seen below. It is a fantastic concept that is already shaping-up to be a revolutionary, world-changing program. Under this banner, a student driven ‘Call to Action’ addresses barriers to rural and remote practice from the student perspective. Never has there been a greater, more accessible opportunity for the international community of medical students to make a difference, whether it be in the progress of education, training or co-empowerment of communities at the local level.

Standout messages and inspirational speeches were bountiful. A/Prof Bruce Chater spoke about rural generalists being “Jack of all trades, master of none. But oft times better,

than a master of one". Mayara Floss quoted Lusan Menezes in saying, "Education is like a hug and it does not make any sense to do it alone", while Prof Ian Couper told us that "life's unfair, get used to it" before orchestrating the most interactive display of the social determinants of health that we have ever. Think reality TV-show 'Survivor' among an audience of 1,200 people.

Although collectively we heard from some of the world's great speakers in health, it was the 'hallway' conversations that enhanced the overall individual experiences, enabling the formation of networks likely to last a lifetime. Complementing all of the above were multiple, frequent social events, facilitating the beginning of new friendships, the rekindling of old, and all the while involving medical students, for which we are immensely grateful

to the WONCA Working Party on Rural Health.

So now that the conference is over, we reflect once more on how it has shaped our perceptions on this most rewarding field of rural medicine. Stoking the 'fire in the belly', it has created new friendships and provided actionable items for the global improvement of health. We have observed first-hand the way in which such a conference inspires the next generation to work for the betterment of rural communities.

From Billy and Tom, we say bring on the 15th World Rural Health Conference in New Delhi!... with hope that our future supervisors grant leave for what will build on this world of rural health.



## #ruralwonca - check out gallery & post-event wrap

If you missed this amazing event, now is your opportunity to see our highlights reel!

Thanks to everyone who attended the 14th World Rural Health Conference. It's hard to pick a highlight - there's so many to choose from! So here's some stand out events from the four days of conferencing.

### Life's unfair - get used to it!

Professor Ian Couper had the crowd rolling in the aisles with his passionate keynote presentation about social determinants in practice. His WONCA Survivor game did in fact end in one sole survivor, who had beaten the odds of his country to attend our event.

### Outback Bush Emergencies

Dr Bill Nimo (Vasilios Nimorakiotaki) gave our international audience a chance to get up close and personal with a python, as he spoke about the ways to treat snakebites and other poisonous bites in the Australian outback.

### #ruralseeds sprouting at WONCA

This event was applauded for its student program, which didn't disappoint. The launch

of the #ruralseeds Rural Café was a huge success, rising in popularity in the conference app and of course on Twitter! [Follow Rural Seeds on twitter](#) to see the next event.

### Aussie slang on show

Our opening plenary took off with a bang when Tarun Sen Gupta shared with delegates some common Aussie slang, his two sidekicks offering helpful translations along the way. Again we saw a crowd bent double in laughter, when Tarun removed his suit for a more common Australian outfit – board shorts and a t-shirt!

If you missed out on attending the 14th World Rural Health Conference, but would like to know more about rural health in Australia, visit Rural Medicine Australia for another conference opportunity.

You can also check out our [YouTube Channel](#), [Facebook Page](#) and [Twitter Feed](#) for a behind the scenes look at conference sessions, photo albums, and more.

## WONCA Conferences coming soon

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### WONCA Europe Prague conference coming soon



**June 28 - July 1, 2017, Prague, Czech Republic**

Dear Colleagues,

We are delighted to invite you to the 22nd WONCA Europe Conference that will be held in Prague, Czech Republic from June 28 to July 1, 2017.

**Do not miss the regular registration deadline!**

Select your registration fee, pay before May 25, 2017 and benefit from the regular registration fee.

[REGISTER NOW.](#)

**Scientific Programme**

See the [Programme Overview](#) or [Detailed Scientific Programme](#) on the Conference website.

**Practice Visits**

Practice visits will be held on June 28 at 1:00 p.m. and 3:00 p.m. local time and the duration of the visit is approximately 75 minutes. Participants will be divided into groups of 5 to 7. [More information](#)

**«complexity nr. 2» – «growing together in diversity»**

An interactive art-science project at the WONCA Europe conference 2017 in Prague performed by Swiss artists in the exhibition hall during the conference under the umbrella of the WONCA Special Interest Group on Complexities in Health. [More information](#)

**Conference Evening in the Municipal House**

Visit the jewel of Art Nouveau style architecture!  
Enjoy fine food, dance and music from a live band!

**Visit the Municipal House together with the Conference President**

We are happy to share with you what we are preparing for the next issue of the WONCA Europe 2017 Newsletter.

You can look forward to a special virtual tour of the Municipal House. Bohumil Seifert, President of the Conference, will be your host at this visit. You will walk through all beautiful halls together.



Conference Secretariat

[Website](#)

## Growing together in diversity : art/ science project at WONCA Europe Prague

**Growing together in diversity** is an interactive art- science project which will be performed by Swiss artists, at the coming WONCA Europe conference, in Prague, under the umbrella of the WONCA Special Interest Group on Complexities in Health.

Pictures are more than thoughts and provide a different point of view. That is the inspiration for what the artists intend with their performance. They create a visual art installation on the conference theme driven by aesthetic criteria, enriching the conference participants' intellectual work.

It will be an evolving artwork depending on unpredictable factors, as they are inherent in growth processes. Often fragile and full of surprises.

All attendees are invited to enter into dialogue with the artists and to contribute to the evolution of the installation through their interactions. Within the conference venue we will create a growing social sculpture, an art installation/performance in interaction with the conference attendees.

A fantastic multifaceted conference theme stimulating to deeply reflecting about well-being, disease and illness, doctor-patient relation, family medicine, being human, society as a whole, WONCA and its mission,



globalisation, complexity/complex adaptive systems, life and death, etc.

See our blog [www.art-dialog.com](http://www.art-dialog.com)

Sponsored by  
DC-Bank, CH and SGAIM, CH

Artists (all from Switzerland)  
Bruno Kissling, family doctor, artist  
Esther Quarroz, art therapist, artist  
Andreas Fahrni, photographer

*photo: Bruno Kissling (family doctor and artist) far right and Esther Quarroz (art therapist) at work.*



## WONCA Asia Pacific conference in Pattaya in November 2017



Greetings from WONCA Asia Pacific Region Conference 2017.

It is now only five months until the WONCA Asia Pacific Region Conference will come to Pattaya - from November 1-4, 2017.

The scientific program covers most of the topics related to Family Medicine such as health care systems, social determinants of health, palliative care, tobacco control, infectious diseases and Non-communicable diseases (NCDs). This program also adds in some trendy and outspoken topics including aesthetic medicine, migrant/travel medicine and the OneHealth concept. The Minister of Public Health will deliver the opening speech during the opening ceremony.

There will be many workshops organized at the end of each day such as spiritual medicine, rural health network, family medicine journal and many more.

Participants will have chance to meet up and share their experiences with world renowned speakers from WONCA and other leaders from all over the world.

The social events of the conference are also a 'cannot miss'. A welcome reception will be held at the main poolside of the hotel – you will be relaxed, enjoy the sea breeze and the sunset. Finally, a gala dinner on November 3 will serve a seafood buffet along with extravaganza shows – that will be a truly entertaining night before the last day of our event.

Join us at the upcoming WONCA Asia Pacific Region Conference 2017 in Pattaya, Thailand.

### **Deadlines**

Deadline for early bird registration rate – June 30, 2017

Deadline for abstract submission – June 30, 2017

### **[Website](#)**





## WONCA group and Member Organizations

### Al Razi young doctors' workshop 2017



(Jordan), Suha Yacoub (Palestine), Marwa Mohasseb (Egypt), Suzi Ismael (UAE). Nearly 20 participants

Photo: from left to right: Marwa Mohasseb, Suha Yacoub, Prof Amanda Howe, Mohammad Mahmoud, Nagwa Nashat, and Suzi Ismael

On the sidelines of the WONCA EMR conference that took place on 2-4 of March 2017 in Abu-Dhabi, UAE, the Al Razi Young Doctors' Movement had the honour to present, on the second day, a workshop titled "Social Media and Physicians: A good pair but guidelines for use needed". That was done with the support of the WONCA EMR executive board. It was presented by our young family doctors from different countries of the region, led by Nagwa nashat (Egypt).

Active members were Mohammad Mahmoud

had attended. The participants were subdivided into three groups for brainstorming sessions about types of social media, pros and cons, and how to apply in family practice.

Presenting YDM #some activities was done through presenting #onewordfamilymedicine and #balint0.2 projects. Moreover a tweet chat with the following hashtag (#some\_emr) was released. The tweet chat had started one hour later with the attendance of Ana Barata (YDM representative on WONCA World executive) and Kyle Hoedebecke (Polaris, North America region chair).

Prof Amanda Howe, WONCA President attended the workshop to support us.

Submitted by Mohammad Mahmoud & Nagwa Nashat

**WONCA** FIFTH  
FAMILY MEDICINE  
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1-3  
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## A better health assistance for migrants: family doctors will help us to evaluate the KRISTINA prototype

Family medicine needs to be supported. Now, more than ever, communication technologies will help family doctors to improve their work especially when necessary to overcome linguistic barriers in order to ensure an effective and accurate assistance. The European Funded Project KRISTINA will develop and present a virtual assistant in the field of healthcare that will enable getting over language barriers when dealing with users and, therefore, its priority application will be to attend migrants who are struggling to overcome linguistic barriers. With the first prototype, KRISTINA becomes a conversation partner and during the last XXXVII semFYC National Congress it has been presented to Spanish health professionals. We really appreciated their interest and their support in the development of this European project.

Migration flows are increasing: national and European policies need to be implemented taking into account different perspectives. Family doctors are the main relevant stakeholders to be involved being aware of the innovative technologies to be potentially applied. Among the participants, we met different representatives from World Organization of Family Doctors (WONCA). Reforming health service delivery for universal health coverage is one of the main objective of the World Health Organization and according to the last statistical data 400 million people lack access to essential health services that could be delivered through primary care and globally, up to 40% of all health care spending is wasted through inefficiency. Migrants are mainly affected due to the limited access to the health care system and their difficulties to explain their cultural habits or routines.

The main points stressed during the semFYC National Congress were the following: lack of

preventive care for migrants, cost-effective consequences related to a delayed assistance, obstacles to health care assistance when it is not possible to understand the patient, Technological limitation using digital services, authentication of reliable apps and web sources. These main topics have been discussed during the event together with DrThiago Trindade (Presidente de la Sociedade Brasileira de Medicina de Família e Comunidade, SBMFC), Dr Ana Nunez Barata (Young Doctor Representative on the WONCA World Executive from November 2016 -2018 and member of the executive board of the Portuguese Association of Family Medicine ) and Dr Lehdía Mohamed Dafa (Family Doctor and member of the somamFYC Working Group on Third World Countries).

Family doctors explicitly mentioned their need to ensure a preventive care for all migrants, especially because this aspect is often underestimated by these patients. People coming from different regions and areas out of Europe could refuse the assistance where symptoms are not

evident or when they are not associated to evident illness. On the other hand, from the migrant's perspective, European healthcare systems are complex and sometimes the administrative procedures seem insuperable obstacles. The result is the ineffective or delayed assistance with worsening situations requiring an immediate intervention.

Health professionals taking part to the semFYC national Congress, also stressed the cost-effective consequences related to a delayed assistance. Patients receiving a deferred assistance could receive emergency treatments, which are more expensive and



difficult to obtain within the National Health Systems. It is clear and also demonstrated by statistical data that our health administration is facing a decreasing efficiency: according to the study published by the DG for Economic and Financial Affairs (2015) the expenses made by governments are not directly proportional to the health outcomes among the general population. The initial plan for innovation and exploitation submitted by semFYC within the framework of the KRISTINA project highlighted that the recent migration flows are a key factor to be considered by our governments, due to their influence on the mentioned trends.

Fruitful discussions and concerns have been shared and during the presentation they contributed with fruitful inputs. One of the main concerns is the importance of communicative technologies able to ensure and improve the user experience. Migrants needs to understand the administrative procedures by using their native language. Clear messages, centralized identification of reliable sources and intuitive interaction with graphical user interfaces are the key points to be ensured. Future health systems will be based on interoperability and easy access to health information. The semFYC National Congress has identified these key points to avoid the technological limitation using the health digital services. On the other hand, we should also stress that more and more patients expect to use digital services in the future. The rejection coming from a part of the population is mostly based on the dissatisfaction with the existing services and with the scattering health sources, difficult to find, to interpret and to be identified as reliable information.

More information day will be promoted and organized by semFYC in different health

centers and hospital all over Spain. Family Doctors will help us to evaluate the prototype. Since November 2016 KRISTINA can be effectively considered a virtual agent with a proper voice and aspect. The first prototype has been presented as a human interface able to talk and interact with users but still with limited functionalities. General Practitioners are invited to participate and to take part to our upcoming events promoted through the website of the project [kristina-project.eu](http://kristina-project.eu), providing their feedback and experience. We are going to build a user centric system based on the user's expectations: we believe in a public consultation in order to obtain better results.



If you are interested in joining the KRISTINA User Group, please contact with [kristinaprojecteu@gmail.com](mailto:kristinaprojecteu@gmail.com) or follow the project on our social media channels Twitter, Facebook and LinkedIn.

Research will meet Primary Healthcare expectations!

Follow the project on  
Twitter: <https://twitter.com/projectKRISTINA>  
Facebook: <https://www.facebook.com/projectKRISTINA>  
LinkedIn: <https://www.linkedin.com/groups/12003450>

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**2017**  
**16 - 19**  
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Wonca

[www.lima2017woncacimf.com](http://www.lima2017woncacimf.com)

## Fragmentos de política: Manifiesto nórdico sobre el sobrediagnóstico

### Contexto:

En 2016, el Colegio Noruego de Práctica Generalista publicó un manifiesto acerca del sobrediagnóstico. Más tarde, en el mismo año, la Federación Nórdica de Práctica Generalista (Nordic Federation of General Practice, NFGP) en colaboración con los médicos de familia de Dinamarca, Finlandia, Islandia, Noruega y Suecia se añadieron a los puntos que defendía el manifiesto.

### El mensaje:

#### ¿Qué encontrar que sea útil para nuestros pacientes?

Los recursos y la tecnología de los proveedores de salud ofrecen oportunidades considerables para prevenir y tratar las enfermedades. Pero, cuando se utiliza la actividad médica en exceso o de forma inapropiada, la percepción mental del proceso de diagnóstico puede causar efectos adversos, tanto al paciente como al propio sistema sanitario.

El manifiesto Nórdico define y describe qué es el sobrediagnóstico y relaciona conceptos como la hiperactividad médica, la sobreinvestigación, el sobretratamiento y el cuestionable crecimiento de las diferentes definiciones de enfermedad.

El sobrediagnóstico podría contribuir indirectamente al infradiagnóstico, al utilizar recursos limitados para investigaciones y medicalizaciones excesivas, a expensas de aquellos que necesitan más asistencia. En otras palabras, cuando los médicos con buen criterio tienen que hacer un trabajo excesivamente activo, tienden a reforzar la injusticia social.

### Participación de los médicos de familia

El compromiso de los médicos de familia en la lucha por contener el sobrediagnóstico no es una coincidencia. El trabajo de los médicos de familia se hace muy de cerca con la población – en el nexo entre ciencia y sociedad,

enfermedad y normalidad. Mientras que los médicos de familia deben, por supuesto, tener la voluntad de identificar y tratar la enfermedad en su estado más temprano posible, también observan cómo el crecimiento de la medicalización subraya tendencias problemáticas en la población, entre políticos y la propia comunidad médica. El sobrediagnóstico es una de estas tendencias.

### Desarrollo e implementación

El manifiesto Nórdico empezó como un borrador del Colegio Noruego de Práctica Generalista, presentado durante el Congreso Preventing Overdiagnosis que tuvo lugar en Barcelona en el año 2016 y en el Congreso de WONCA Europa celebrado en Copenhague. El manifiesto recibió una atención considerable, y fue destacado por parte del Profesor Paul Glasziou de la Universidad de Bond, en Australia, que sugirió que continuásemos esforzándonos para que aumentara nuestra consciencia y la de nuestros colegas, los responsables administrativos de sanidad, los políticos y la gente de a pie. Visualiza aquí el video acerca de estos comentarios

### Los Autores

La Federación Nórdica de Médicos Generalistas (NFGP) es un foro para la colaboración entre los médicos nórdicos en Dinamarca, Noruega, Suecia, Finlandia y Islandia. NFGP es propiedad de los cinco Colegios Nórdicos de Médicos Generalistas, y es responsable de la publicación del Periódico Escandinavo de Atención Primaria y de la coordinación de los congresos nórdicos de Medicina de Familia.

Gisle Roksund - Chair NFGP, e-mail: [gisle.roksund@gmail.com](mailto:gisle.roksund@gmail.com)

Johann A Sigurdsson - elected chair, NFGP, e-mail: [johann.a.sigurdsson@ntnu.no](mailto:johann.a.sigurdsson@ntnu.no)

## Featured Doctor

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### Dr Santosh Kumar DHUNGANA Nepal - The Spice Route chair



*Santosh Kumar Dhungana from Nepal is the new chair of The Spice Route- WONCA's young doctors' movement for the South Asia region.*

#### What work do you do?

I am currently working in Bayalpata Hospital, Achham, Nepal. I am currently the medical director. This hospital is located in a very remote area of far west Nepal, where the government health care structure is almost non-existent.

#### What is health care like at your primary care hospital in Nepal?

Due to the remote location and general poverty of the patients, private sector practice is practically nonexistent.

As a hospital supported by the government and philanthropy, we provide free health care to all patients. We provide all outpatient and inpatient care and surgical and dental services. In surgery, we do all emergency obstetric surgeries (caesarean section, ectopic pregnancy) and general surgery (appendectomies, loop colostomies) and orthopaedics (cast application, internal bone fixation with k wires, plates and nails).

The motivation for me to work in this remote hospital has been to work for patients in such locations and serve them to the best of my capacity. Another reason that is closer to my heart is finding ways to make healthcare more affordable to the poorest of patient. This is another cause we are constantly exploring here at this hospital. Finding alternate sustainable healthcare funding (like insurance; lowering actual cost of care; extensively training GPs to provide variety of care; use of more paramedic and intermediate level health care workers by training them constantly on the job; finding alternate sources of hospital income like teaching medical students etc)

Being a GP especially serving in a country like Nepal has given me a lot of satisfaction. The variety of care I can deliver with due consideration of quality and accessibility is rewarding. Besides I get to work on ways to make this model of health care more replicable so that similar low and middle income countries can adopt the model. This is one more pleasure I get on a daily basis.

#### And your involvement with WONCA?

I have been associated with WONCA and its regional bodies from 2012 when I attended the WONCA SAR meeting in Nepal (2012), Bangladesh (2014), Sri Lanka (2016) and WONCA World conference in Brazil (2016). It has been a great learning experience for me. The scope of general practice and the role of the GP has been expanded hugely by the various activities of WONCA on a national level, regional level and global level.

Being chair of The Spice Route, I will be able to take this work to a wider audience and at the same time learn from experiences all over the world. General practice in Nepal encompasses a range of work, not found anywhere else in the world. We as the GP community in Nepal have been able to deliver these services. I would like to take this message across the world and encourage the specialty and specialist of GPs to expand our scope of work and establish ourselves as important pillar of sustainable and affordable health care delivery.

#### What are your interests outside work?

Outside of work my interest is sociology and current events. I enjoy reading fiction and discoursing the societal changes that have brought historic changes in world history.

## Dr Don Manuel MILLAN CATALAN, Zaragoza, SPAIN: Rural Hero (1954 - )



### Biography:

Don Manuel Millán Catalán was born in Maella (Zaragoza, Spain) on March 2, 1954.

He did not start school until the age of 8. Before this he spent long periods living in the mountains in a small farm without running water and without electricity.

Along with his maternal grandfather, his main activity was hunting, living a way of life based on self-sufficiency and bartering. He always comments that in those years he acquired a wealth of survival skills that have never left him, and served him well throughout his life.

He started secondary school at the age of 13, combining this with a job at an ADIDAS factory sewing soccer balls. This activity was very common in the villages of Bajo Aragón at that time providing necessary additional income for families with financial difficulties. He continued to work at ADIDAS to pay for his studies until the age of 19.

In October 1973 he began to work in Zaragoza as a singer in a musical group (South American music, boleros, tuna etc.) that allowed him to live more comfortably and to pay for his medical studies. During summer he sang in the streets of the main cities of Central Europe and he supplemented his income with a little smuggling of appreciated objects such as Bohemian glass and cameras that he resold to professional photographers in Zaragoza.

For his artistic rather than intellectual qualities he was admitted at the Faculty of Medicine of Zaragoza and graduated in 1979. Despite having been offered to stay at the hospital he decided to go to work as a doctor in the rural areas of Guadalajara.

He began work as a rural doctor in Cañizar (Guadalajara) on February 1, 1980 where he stayed until 1986. From 1986 to 2004, he worked as a rural doctor in Mondejar (Guadalajara). In 2004 he moved to Brihuega, where he worked until he retired in November 2015. Rural Hero:

During his 36 years of practice, in addition to his work as a rural doctor, he has put his diverse training as speaker, musician, painter and good cook to the service of the community in numerous events in schools, libraries, town halls, cultural associations, and more.

He has organized numerous concerts to collect funds for NGOs over the years, and has given the proceeds of the sale of his 2,500 music CDs to "ILUMINAFRICA", an NGO that provides free operations to avoid blindness in the Republic of Chad and to a mission of children in MARAYÓ at the Amazon.

He is member of semFYC (Spanish Association of Family Doctors) Rural Medicine group, with which he collaborates actively defending with dedication the proximity of the doctor to the "person" and not only to the "patient".

He is a big advocate of the "Rural Rotation" for primary care doctors in training and he can be considered a pioneer on this field, as he was one of the first rural tutors in Spain in early 2000.

He has a very peculiar means to finance conferences he attends- giving performances in significant venues in order to raise money.

After his retirement in November 2015, he has begun to travel through different countries with his backpack, his guitar and as he says: "with time, with space and with little money" ...

He is looking forward to his next project with AMBALA an NGO that takes care of people without resources in northern Cameroon. In mid-January 2017 he will leave to Cameroon to work as voluntary medical collaborator.

You can download a video of Dr Millán singing live on :

<https://drive.google.com/file/d/0B62CAYbo-A8KTHjdmFLR1Y2XzQ/view>

## WONCA CONFERENCES 2017

June 28 – July 1, 2017	WONCA Europe Region conference	Prague, CZECH REPUBLIC	<a href="http://www.woncaeurope2017.eu">www.woncaeurope2017.eu</a>
August 17-20, 2017	WONCA Africa region conference	Pretoria, SOUTH AFRICA	<a href="http://saafp.org/conferences">saafp.org/conferences</a>
August 17-19, 2017	WONCA Iberoamericana-CIMF region conference	Lima, PERU	<a href="http://lima2017woncacimf.com/">lima2017woncacimf.com/</a>
November 1-4, 2017	WONCA Asia Pacific Region conference	Pattaya City, THAILAND	<a href="http://www.woncaaprc2017-pattaya.com/">www.woncaaprc2017-pattaya.com/</a>
November 25-26, 2017	WONCA South Asia region conference	Kathmandu, NEPAL	<a href="http://www.gpansarwoncaconference.org.np/">www.gpansarwoncaconference.org.np/</a>

## WONCA CONFERENCES 2018

January 27-28, 2018	5 <sup>th</sup> Vasco da Gama forum	Porto, PORTUGAL	<a href="http://vdgm.woncaeurope.org/5vdgmf">vdgm.woncaeurope.org/5vdgmf</a>
March 1-3, 2018	WONCA East Mediterranean region congress	KUWAIT	<a href="http://woncaemr2018.com/">woncaemr2018.com/</a>
April 27-29, 2018	WONCA World Rural health conference	New Delhi, INDIA	<a href="http://www.wrhc2018.com/">www.wrhc2018.com/</a>
May 24-27, 2018	WONCA Europe region conference	Krakow, POLAND	
October 17-21, 2018	WONCA World conference	Seoul, SOUTH KOREA	<a href="http://www.wonca2018.com/">www.wonca2018.com/</a>

WONCA Direct Members enjoy *lower* conference registration fees.

To join WONCA go to: <http://www.globalfamilydoctor.com/AboutWONCA/Membership1.aspx>

## WONCA ENDORSED EVENTS

02 Nov **World Federation for Mental Health**  
 - 05 Nov **congress**  
 2017 New Delhi, India



## MEMBER ORGANIZATION EVENTS

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For more information on Member Organization events go to  
<http://www.globalfamilydoctor.com/Conferences/MemberOrganizationEvents.aspx>

30 Jun **25th FCGP Annual Conference 2017**

- 02 Jul Yanuca Island, Fiji

2017

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27 Jul **RNZCGP Conference for General Practice &**

- 30 Jul **Quality Symposium**

2017 Dunedin, New Zealand

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03 Aug **1st IPCRG South Asian Scientific**

- 05 Aug **Conference**

2017 Colombo, Sri Lanka

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02 Sep **Hong Kong College 40th Anniversary**

- 03 Sep **conference**

2017

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12 Sep **AAFP Family Medicine Experience**

- 16 Sep San Antonio, USA

2017

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12 Oct **RCGP annual primary care conference**

- 14 Oct Liverpool, United Kingdom

2017

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19 Oct **XIX Chilean Family Medicine Annual**

- 21 Oct **Conference**

2017 Valdivia, Chile

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26 Oct **RACGP GP17**

- 28 Oct Sydney, Australia

2017

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02 Nov **EURIPA Rural Health Forum**

- 04 Nov Crete, Greece

2017

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02 Nov **7th EURIPA Rural Health forum**

- 04 Nov 7th EURIPA Rural Health forum

2017

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08 Nov **Family Medicine Forum / Forum en**

- 11 Nov **médecine familiale**

2017 Montreal, Canada

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## WORLD FAMILY DOCTOR DAY 2017

### WONCA Region activity reports

### WONCA East Mediterranean region

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Mohammed Tarawneh, WONCA East Mediterranean Region President reports that the WONCA EMR created one poster in three languages (English, Arabic and French) - thanks to Dr Nagwa Nashat her efforts for this creative work.

The WHO EMRO regional director Dr Mahmoud Fikri sent a long message to WONCA EMR on the occasion of FDD. The full message is over one page in length. Dr Fikri says “ *It is with great pleasure that the World Health Organization (WHO) joins the World Organization of Family Doctors (WONCA) and Member States in celebrating World Family Doctor Day. I would like to take the opportunity to underscore the importance of family practice programs for delivering quality primary health care and accelerating progress towards universal health coverage in the WHO Eastern Mediterranean Region.*”

### EMR AL Razi young doctors’ activities

Also Nagwa Nashat Hegazy, Chair of the Al-Razi EMR Young Doctors’ movement, reports the following:

- Multi-central family physicians awareness campaigns toward depression screening in Egypt, Palestine, Iraq and Kuwait.
- Multi-central community awareness campaigns toward helping people with depression in Egypt, Palestine, Iraq and Kuwait.

- Creation of a video for young physicians explaining why they are proud to be family physicians and it is going to be released on 18th of May 2017

<https://www.youtube.com/watch?v=ssVyRMCZGRs&feature=youtu.be>

## Al Razi members from Kuwait

These colleagues undertook community awareness on depression activities



## Al Razi Palestine

Activities included:

Physician awareness through a scientific day:

Number of attendance : 25  
general practioners and nurses

Time and place : 19/5/2017 -  
Betlahim - Palestine

Activity - present an oral  
presentation about ( depression  
- lets talk )

-present a case about how we approach in family medicine

Community awareness through:

- interview on radio

-sharing al razi video for this year with media

- writing a report in newspapers about family medicine and the  
scope in Palestine

*Photos: physician awareness sessions Palestine*



### WoRSA - WONCA South Asia Rural

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Today on the occasion of WORLD Family Doctor Day, We are launching our new project HAPPY(Health Advice & Promotion, Disease Prevention among Youth).

This projects aims to raise health awareness, promote healthy lifestyle, sensitise public on important health issues and provide expert health advise to people in need.

We have put together a series of 11 videos in different languages on depression to create awareness among common public. Aim was to create awareness among local public about depression by their own local doctors who speaks their language. This most probably will have far bigger impact as context of the talk was local and public could relate to it.

We have covered 11 languages English, Hindi, Pashto, Indonesian, Bangla, Japanese, Marathi, Spanish, Nepali, Bengali and Luganda; 8 countries India, Bangladesh ,Nepal, Japan, Uganda,, Mexico, Indonesia and also Afghanistan where they don't have family Medicine as a speciality.

[English video](#) Please do share and subscribe to our [youtube channel](#).

You may send us your video, stories and pictures to us. Its simple, Record a video in a landscape format of 2-5 minutes duration with clear audio in your local language on any important health topic and send it to the email below.

Please feel free to use our hashtag #proHAPPY while sharing it on social media.

Contact us:

E-mail: [pratyush410@yahoo.co.in](mailto:pratyush410@yahoo.co.in)  
[worsacares@gmail.com](mailto:worsacares@gmail.com)

Twitter: [@drpratyush](https://twitter.com/drpratyush) [@worsacares](https://twitter.com/worsacares)



Best Wishes to everyone .. Happy World Family Doctor Day!!

### WONCA Africa region

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The celebration of Family Doctor day in the Africa Region was unprecedented this year 2017.

The sensitization commenced immediately after May 19th 2016 with events put together to mark the important day. We agreed across the entire region to create more awareness by organising Free Medical Out Reach to the underprivileged such as Prison inmates, old peoples' homes, taxi drivers, long distance truck drivers, internally displaced persons (IDPs). We held free health talks, lectures, health walks, world press conferences, TV and radio shows and CME events.

The above plans were surpassed !! For example, there are 36 states in Nigeria and 20 of them celebrated the WFDD with pomp and pleasanry. Most of the photos are from Nigeria.

From Ghana, Kenya, Uganda, South Africa, etc, it was celebrations galore.

These activities have created a lot of awareness for family doctors, increased public knowledge and drew attention to the politicians and policy makers.



**SOCIETY OF FAMILY PHYSICIANS OF NIGERIA (SOFPPN) RIVERS STATE ZONE**

In conjunction with

**ASSOCIATION OF GENERAL AND PRIVATE MEDICAL PRACTITIONERS OF NIGERIA (AGPMPN)**

**THEME: DEPRESSION: LET'S TALK**

19th, MAY 2017 **9AM** Ministry of Justice, Rivers State



## WORLD FAMILY DOCTOR DAY 2017

### Member Organization reports<sup>1</sup>

#### Hong Kong

##### Hong Kong College of Family Physicians -HKCFP



HKCFP's 10 episodes of TV programme, 'My Family Doctor 2017', produced by Radio Television Hong Kong, in collaboration with the Primary Care Office, Department of Health, has been broadcast since 13 March 2017.

We have a video clip to tell the public about World Family Doctor Day on 19 May, and the role of family doctor for the community and family. During the weeks of World Family Doctors Day, the video clip will be showing in the MTR stations, buses, and some of the outdoor screens in the famous areas in Hong Kong. *Photo shows HK's famous TV artist Mr Wong Hei, and our*



*College's Past President, Dr Stephen Foo.*

The video clip with English subtitle is available [here](https://youtu.be/7YxeE5fYfAw)

A series of three episodes of live radio programmes is arranged on three consecutive Fridays, on 5, 12, and 19 May 2017, with the theme of the "Past, Present and Future of Hong Kong College of Family Physicians", to celebrate the 40th Anniversary of HKCFP and promote the concept of Family Medicine. The programme on 19 May 2017, which is on WFDD, will have Prof Donald Li (in photo below on FDD), President Elect of WONCA, and Dr Angus Chan, President of HKCFP, as our speakers. The programme can be accessed by public to review at



<http://www.rthk.hk/radio/radio1/programme/healthpedia>

Other activities are:

To celebrate our 40th anniversary this year, we have series of 'Four Seasons Health Talks' to the public. An interview article with HKCFP representatives Will be published in the local Newspaper "Headline Daily" on 19 May. Our close partner, Primary Care Office of Department of Health (PCO), will also have activities to promote WFDD. Primary Care Office of Department of Health has a 'Thank You Doc!' Campaign, to collect photos from public to show their gratitude to their family doctor.

#### Caribbean

##### Caribbean College Of Family Physicians- Jamaica Chapter

Every three years members of the Caribbean College of Family Physicians (CCFP) are recertified by the College and awarded appropriate certificates of achievement based on their amassing a minimum of one hundred and fifty (150) credits over that period of time.

<sup>1</sup> In order of receipt

On May 7, 2017 one such ceremony was held by the Jamaica Chapter of CCFP at the Talk of the Town, Pegasus Hotel, New Kingston in Jamaica with the keynote Guest Speaker being Professor Allyn Walsh, past Chair of the WONCA Working Party on Education. (see photo) Family doctors (27 of them) were given awards.



Dr Walsh was also able to share in an online discussion with members of CCFP outside of Jamaica where burning issues of accreditation ,re-certification and specialization of family physicians in the Caribbean region were discussed.

Following this, a one day Conference was held in commemoration of World Family Doctor Day, albeit prematurely. It was well attended . In keeping with this year's theme "Depression-let's talk", articles have been submitted to the Health Section of the Jamaica *Daily Gleaner* on the theme by the WFDD Committee. These are for publication on Wednesday, May 17, 2017.



## Caribbean College Of Family Physicians Bahamas Chapter

<https://www.facebook.com/BAPCP/videos/1183044031840726/>

## Turkey

### Turkish Association of Family Physicians – TAHUD

Here is an important action on TV by TAHUD both for World Family doctor day and also the Commemoration of Ataturk, Youth and Sports Day. All executive board members of TAHUD went to Samsun where the freedom of Turkey was started in 1919, by Ataturk, and the TAHUD president, Esra, and Vasco da Gama Secretary, Berk, with many other family doctors were on TV to mention the day. That has a double importance for Turkish Family Doctors as celebrating both in 19th of May.



## Bangladesh

### Bangladesh Academy of Family Physicians

The Bangladesh Academy of Family Physicians has celebrated the World Family Doctors Day 2017. In 1914 we observed the day for the first time in Bangladesh. The Board of Governors of the



Academy has chalked out one program outside Dhaka and second program at its head office inside Dhaka.

On 19 May 2017, Friday & weekly holiday a program was arranged in Narayanganj, the 'Cotton City' of Bangladesh, 30 km from the Capital City. Bangladesh Academy of Family Physicians and the Family Physicians of Narayanganj jointly observed the day. A rally was organized [Figure 1]. At the discussion meeting the City Mayor Dr Salina Hyat Ivy was the Chief Guest while the Academy President & WONCA South Asia president Prof Kanu Bala was the Special Guest. Prof Md. Nurul Islam, Ex-Vice President of WONCA MESAR presided over the meeting [Figure 2]. Prof Ainul Islam Choudhury, Prof Hafizur Rahman, Dr Md. Abdul Quayum, Dr Shahnewaz Chowdhury, Dr N. M. Abdal and others talked at the meeting. We prepared a flair for this purpose (pictured).



Photo: Members of the BAFP are attending a rally

Second phase of the programme will be organized on 26 May 2017, Last Friday of the month. There will be a rally at 8.00 am sharp. Not only the members and doctors, rather family members of the doctors and other enthusiastic local people will join and enjoy the rally. We are making local people aware about the FDD-2017, people are very much curious and they are asking us about the significance of the day. At the end of the rally we shall enjoy breakfast together. The Academy will organize a discussion on WFDD at 9.00 am. We shall talk about the WFDD. Prof Kanu Bala will deliver a lecture on 'Management of Depression in Family Practice'.



## Venezuela

### Sociedad Venezolana de Medicina Familiar

La sociedad venezolana de Medicina Familiar Capítulo Falcón con base a las indicaciones de WONCA para la celebración de nuestro día mundial este próximo 19 de mayo, donde nos invita reflexionar sobre el problema de la DEPRESIÓN.



Cómo hacer cuando la  
**DEPRESIÓN** se  
convierte en el rostro  
de un país

Día Mundial del Médico Familiar  
SOVEMEFA Capítulo Falcón  
Postgrado de Medicina Familiar UNEFM

Hemos decidido abordar este tema que trasciende las fronteras y que hoy sin duda es de gran impacto en el país, ya que producto de un ambiente de polarización política, la sociedad vive en constante incertidumbre, y en los últimos años hemos experimentado una crisis económica que ha llegado al límite de ser decretada por algunos sectores como

crisis humanitaria , con el índice de inflación más alto del mundo, desabastecimiento de distintos rubro alimenticios, falta de medicamentos en más de un 65% y un sistema de salud fragmentado e insuficiente.

De allí que, la sociedad venezolana a diario se ve en la imperiosa necesidad de sopesar entre la compra de medicamento o la satisfacción de necesidades básicas como la alimentación, un alarmante éxodo de pobladores a distintos países del mundo sobre todo gente joven altamente calificada, familias fragmentadas, así como el aumento del índice delictivo que le quita la vida a una parte importante de la población. Por otro lado, la posibilidad de recreación distracción o cualquier actividad que ayude a la salud mental de los venezolanos es casi imposible producto de una economía crítica.

Lo anteriormente expuesto son algunas de las características que definen la condición de vida de gran parte de los venezolanos, sin embargo también se ha expresado que pese a esto somos uno de los países más felices del mundo quizás sea por una capacidad innata de Resiliencia.



En este sentido pretendemos desarrollar el tema de la depresión a través de estrategias a seguir para mejorar la salud mental fortaleciendo esta capacidad. Para esto contamos con la invitación de destacados expertos en la materia, propiciando un diálogo participativo con los médicos familiares de la región así como con los residentes del postgrado de medicina familiar de la Universidad Nacional Experimental Francisco de Miranda de Coro Estado Falcón.

Sin duda la atención primaria debe fortalecer su capacidad de atención a este problema, que alcanza cifras alarmantes que repercuten en nuestra cotidianidad. Anhelamos que nuestros agremiados disfruten una actividad que nos haga crecer en lo clínico, pero al mismo momento en ese carácter humanístico que nos identifica.

Un gran abrazo en la distancia a todos los colegas en nuestro día

*The Venezuelan Society of Family Medicine Capítulo Falcon marked World Family Doctor Day reflecting on the problem of DEPRESSION.*

*This is a particularly important subject taking into account the current economic and humanitarian crisis the country is facing. Every day, people in Venezuela have to make extremely difficult decisions, such as weighing between buying medication they need or buying food. Furthermore, families are getting fragmented either due to the emigration of highly qualified young people or because of murder due to the alarming increase of crime rate.*

*Attempting to promote an activity that would cater to the mental health of people in Venezuela is nearly impossible due to the current economic restrictions. Yet, despite this dreadful setting, it is said that people in Venezuela are one of the happiest in the world – this is perhaps because of their innate capacity for RESILIENCE.*

*Therefore, we intend to develop the theme of depression and share strategies to improve mental health and strengthening mental well being. For this purpose, we have invited experts in this field and promoted a discussion with family doctors of the region that also included family medicine residents from the postgraduate course of the Universidad Nacional Experimental Francisco de Miranda de*



Coro Estado Falcón.

*We are sure that Primary Care must strengthen its capacity to cater to this problem, as it reaches alarming figures and has a direct impact in our daily lives. We hope that we are able to provide our members with an activity that not only promotes the development of the clinical competences, but at the same time strengthens the humanitarian traits that make us up as healthcare professionals.*

## China

### Chinese Medical Association Society of General Practice

The "5.19 World Family Doctor Day" academic conference and celebration were successfully held on May 18th, 2017. The conference was held by the School of General Practice Capital Medical University, General Practice Branch Beijing Medical Association and the General Medical Branch Chinese Medical Association. The theme of this year's event was "team development, tempered forward". More than 400 people participated in the event. They were from three medical universities and colleges and from more than 40 general hospitals and community health service centers in Beijing.

The event includes two parts: academic reports and cultural activities. The topic of this year's academic reports includes medical reform and family medicine, depression in general practice and the management of COPD and asthma in general practice.

Professor Li Zhanjiang, the vice Dean of Beijing An Ding Hospital Affiliated to Capital Medical University, gave the report entitled "Depression in General Practice", which promoted the theme of this year's "5.19 World Family Doctor Day" – depression. His report will make more family doctors and general practitioners pay attention to this important health problem in community.

Self-directed skit, chorus and dance were performed during the cultural activities. The performance was all given by GP staffs and students. The performance put the event atmosphere into a climax.

It is hoped that through the theme of this year's celebration, it will allow more and more people to share the joy of "World Family Doctor's Day", explore the further development of general practice, establish interaction and communication, strengthen the understanding and cooperation, and promote the development of general practice in China.

### Cross Straits Medical Association

World Family Doctor Day activity was held with the theme of "I have a date with my family doctor", hosted by Shanghai Medical



Association, the Society of General Practice Shanghai Medical Association and Shanghai Center for Health Promotion, and organized by Putuo District Changfeng Community Healthcare Center.

The purpose was to present the professional work of the family doctor, highlighting the important role of family doctor in the healthcare system; acknowledging the professionalism and commitments to community health services; carrying forward the spirit of addressing and guarding health at the grass root level; promoting the construction of appropriate health culture; and building a harmonious and beautiful environment for community health service.

The activities integrated academic, artistic, popular science and humanities. After the residents' performance of fitness dance, the activity officially commenced .

Prof Donald Li, WONCA president elect delivered a video message - he believed that the high standard of practice of Shanghai family doctors could provide the reference point for national primary care, and hoped that the GPs could demonstrate their practice experience through the WONCA platform.

*Photo: Charity Clinics in Weifang Community Health Center*



The Society of General Practice Shanghai Medical Association issued a souvenir first day (stamp) cover on the theme of "family doctor". Dr Jiang Sunfang, Chairwoman of the Society of General Practice Shanghai Medical Association, Professor Zhu Shanzhu, the Member-at-large WONCA Asia Pacific region council and chair of Cross Straits Medical Exchange General Practice Association and Professor Xu Jianguang, Chair of the Shanghai Medical Association posted the souvenir letter to the Family Doctors in Shanghai, WONCA, and the members of the Society of General Practice.

Other activities:

- family doctor Zhou Ting demonstrated on-site first aid for community residents
- a poetry with music performance on the topic of family doctor.
- 19 parallel sessions were held and included popular science lectures, academic fora, continuing education, medical consultations, and on-site signing service by family doctors, walking, bone densitometry, and blood pressure.
- Prof Shanzhu Zhu, gave a lecture on "College - Hospital - Community cooperation, enhancing the ability of GPs".



These activities will play an important role in publicizing and promoting the general practitioner and the hierarchical medical system in Shanghai.

## Egypt

### Egyptian Family Medicine association (EFMA)

A scientific day was conducted with A WHO representative, Head of the primary health sector in the ministry of health & population and specialized federation in health system improvement NGO.

It had many lectures.



It had started with welcoming the attendances and congratulating the family physicians for their day by Prof Taghreed (pictured). Egypt's Family Health Model, Bridging the Gap to Good Practice session was the first session by Dr Magdy Bakr (WHO rep) followed by the Experience in integration of Mental health in PHC by Dr Mona Elnaka (Head of PHC sector in MOHP). A special session about depression in family practice & how to fight it's stigma was presented by Dr Nagwa Nashat.



Finally the New social health insurance law session was done by Prof Wagida Anwar.(Head of SFHSII). Final closure & debriefing was done by Prof Taghreed Farahat (EFMA chair) Nagwa Nashat (Al razi chair) speaking at right.



## Puerto Rico

Nuestro trabajo merece "reconocimiento y celebración", de acuerdo; pero también es una muy buena oportunidad para mencionar que somos parte de un equipo, muchas veces invisible, que hace posible ese trabajo...

Salir a cambiar el mundo desde nuestros lugares y nuestras circunstancias propias, haciendo lo mejor que podemos, MEDICINA INTEGRAL para personas y familias...

Con mucho orgullo:  
Feliz día del Médico Familiar colegas!



## Ecuador

### Pakistan

#### College of Family Medicine Pakistan

The College celebrated "World Family Doctor Day" on 14<sup>th</sup> May 2017. The program was very well attended by eminent professors and faculty of the College and the members of the college. The College awarded the *Excellence in Family Medicine* to Dr Ross Masood, Dr Aziz Khan Tank for their dedication and life time services for Family medicine. Prof Riaz Qureshi, who was awarded *Excellence in Family Medicine* last year, personally received his award this year. The "Friend of Family Medicine" awards were also presented.



Dr Shehla Naseem (pictured) the Secretary General of the College welcomed all participants and remarked that the day's attendance made her feel proud to be amongst the eminent constellation of

such prominent Professors, academia and family physicians. She thanked her colleagues and seniors for voluntarily supporting the college and its educational programs.

A motivational talk on education was given by Prof Samad Shera. He elaborated the importance of education and the teachers, and how this relationship affects the capacity and stature of the students. His address was followed by a keynote lecture on *Depression* by Prof Iqbal Afridi in keeping with the theme for World Family Doctor Day. His lecture was thought provoking and extremely relevant to our lives.

Prof Zaman Shaikh the program director of “fighting diabetes”, the certificate course for management of diabetes, launched yet another certificate program on “Endocrine disorders & metabolic bone disease”. He also gave precious tips to family Physicians and attending doctors for managing diabetes in Ramadan.



Prof Riaz Qureshi in his talk underlined the importance of CME for family physicians.

Certificates were awarded to people successfully attending and completing the 11<sup>th</sup> Revision Course, and people who successfully passed the second certificate course of fighting diabetes. Dr Mohammad Safdar from Multan stood first, Dr Shaista Qamar secured second position and Dr Sadaf Badiuzzaman secured the third position in the diabetes course. The position holders received their shields and certificates from Prof Abdul Samad Shera and Prof Mohammad Zaman Shaikh.

The acting chairman of College of Family Medicine Pakistan, Dr Mohammad Ameen Kharadi presented the vote of thanks.

## Australia

### Royal Australian College of General Practitioners

General practitioners are at the forefront of quality primary healthcare delivery for all Australians. GPs are experts in prevention, diagnosis and systematic management of complex medical conditions including depression.

In recognition of the important work carried out by GPs nationwide in particular related to depression, the RACGP is again celebrating [World Family Doctor Day](#) on Friday 19 May.

Join the RACGP celebrations on social media and in your practice to help us raise awareness of the important work you and your colleagues do in diagnosing depression.

The RACGP is asking GPs to share a photo of themselves holding up a statistic about depression on Twitter and Facebook with the hashtag #LetsTalk and #WFDD2017. All GPs can get involved:

- Display the RACGP World Family Doctor Day poster in your practice for all your patients to see (download below).
- Use the #LetsTalk poster to highlight the role you play as a GP in treating depression (download below). Upload your pictures to Twitter and Facebook using the hashtag #WFDD2017 and / or #LetsTalk. You can also tag the RACGP in your tweets by mentioning our handle [@RACGP](#).



## Taiwan

### Chinese Taipei (Taiwan) Association of Family Medicine (TAFM)



For more information on Taiwan's activities [see feature in WONCA News May 2017](#)

On May 14, The Taiwan Association of Family Medicine held a Family Doctor Day function, presided over by WONCA Asia Pacific region president, Professor Meng-Chih Lee (pictured) at Mayor's Residence Art Salon in Taipei City.

The program included a mini-concert performed by our colleagues, awarding of outstanding family doctors as well as winners of the solicited tributes paying to family doctors. There has over one hundred fellow members and audience members to mark our celebration.



We also had an outdoor tea break and three booths for health education for people.

## USA

### American Academy of Family Physicians (AAFP)

To celebrate all AAFP members on this day, the AAFP will recognize the day and connect with WONCA's suggested theme of depression. Promotional activities:

**Our World Family Doctor Day videos – [all videos](#)**

Doug Henley CEO AAFP greetings.

<http://www.aafp.org/patient-care/global-health/wfdd-videos/wfdd-10.html>



**Web Page-** The web page includes a selected group of AAFP resources on mental health and depression that family physicians can use when caring for their patients.

**Email-**The email will wish them a Happy World Family Doctor Day and will highlight the theme (depression). The email will link to the new landing page where the depression resources will be included.

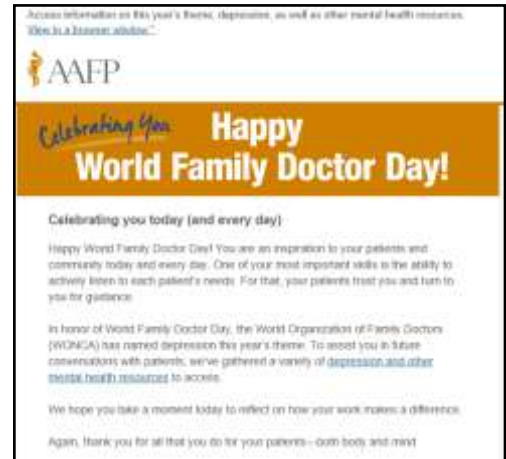
**Social Media-** Messages will be posted on the AAFP's Twitter and Facebook accounts. The posts will link to the campaign web page. <http://www.aafp.org/patient-care/public-health/depression-mental-health.html>

## Facebook Post

*Happy World Family Doctor Day! In honor of this day, the World Organization of Family Doctors (WONCA) has named depression this year's theme. To assist you in future conversations with patients, we've gathered a variety of depression and other mental health resources to access: Take a moment today to reflect on how your work makes a difference. The AAFP thanks you for all that you do for your patients—both body and mind.*

## Twitter Posts

- Happy World Family Doctor Day! Take a moment today to reflect on how your work makes a difference.
- Happy World Family Doctor Day! We thank you for all that you do for your patients—both body and mind.



## Philippines

### Philippine Academy of Family Physicians (PAFP)

#### World Family Doctors day 2017 .... moving forward and embracing family-focused care

The Philippine Academy of Family Physicians (PAFP) advocate wellness through its project Kalusugan ng Pamilya mo, aalagaan ko ( We care for the health of your family). During the World Family Doctor's Day celebration, the following were launched: Family health booklet on wellness disseminated to the various families and the partnership with the FitFil movement on fitness program.



Photo: school initiative

The PAFP also supported the School programs environmental sanitation projects, conducted lay fora on Family wellness, nutrition and safe water and sanitation. Dr Eva Irene Maglonzo, the president (picture in jogging attire) also started partnerships with various local government units.



## Thailand

### General Practitioners/Family Physicians Association, Thailand

The General Practitioners/Family Physicians Association, Thailand and the Royal College of Family Physician of Thailand hosted a seminar to celebrate World Family Doctor Day under the topic “Family doctors and the revolution of Thai Health System”, with 150 physicians joining in this activity. (pictured)



In this seminar, Dr Rutchadaporn Seela, outstanding family physician, with an award of excellence in 2015, shared her inspiration and experience from the work in the rural North East Community of Thailand. A representative from the Ministry of Public Health of Thailand has also joined in this seminar together with Director of the General Practitioners/Family Physician of Thailand and Vice President of the Royal College of Family Physician of Thailand. As the Ministry of Public Health is moving ahead implementing primary care cluster across the country, the roles of family doctors and their team in Thailand is prominent as the back bone of Thai Health Care system.

The seminar was concluded—the means of practice is the key factor for success “Family doctors use their heart to understand and heal the soul of their patients.”

The General Practitioners/Family Physicians Association, Thailand and the Royal College of Family Physician of Thailand had also developed a World Family Doctor Day poster/backdrop specifically for this event. The poster express the mission to collaborate with the ministry of public health to strengthen the network of family doctors and primary care practice in order to provide services and improve health of all population in Thailand. The



ultimate goal is to improve the quality of life of people across their life span.



Moreover, to celebrate World Family Doctor Day, the Society of Family Physicians of Thailand's group of young family physicians, had an invitation to collaborate and invited family doctors to share their story of inspiration and memory towards their work via social media –Facebook, with #Thaifamily doctor. More than 50 stories were shared via social media during this time of celebration.

Also, a logo to celebrate the love to family doctors has been developed and people were encouraged to post it as a profile photo and share in social media.

## Morocco

### National Collective of Moroccan General Practitioners

In Morocco they engaged in family physical awareness and distributed white flowers to family doctors.



Photos: groups in Rabat



## Republic of Srpska

### Association of Family Doctors Republika Srpska

#### *There Is No Health Without Mental Health*

In the Republik of Srpska, the commemoration World Family Doctor Day was held in Zvornik town . Under the motto there is “No health without mental health”, we highlighted the importance of this disease - both the medical and social aspects. At the symposium, which we organised, we presented new guidelines for treatment and indicated the role of a family medicine doctor. Also, we developed a questionnaire for mass screening of the population.





Photo: Goran Birčaković, President of Family Medicine Department, Zvornik and Draško Kuprešak, president of Association of Family Doctors In Republika Srpska



## Portugal

### Portuguese Association of General Practitioners

In Portugal, World Family Doctor Day 2017 was celebrated under the motto “Winning against a Sedentary Lifestyle. Goodbye Depression!”. In over 75 different locations throughout the country, several hundred family doctors and Family Medicine residents developed a series of activities either inside their health services/units or in a community context.



These awareness activities included such endeavours as popular communal games, fitness, Yoga, Cross-fit and Tai-chi classes, painting workshops for children, celebration walks, conferences on topics like a balanced diet or the adequate level of exercise for several types of chronic patients and age groups and many others.

In addition, the Portuguese Association of General and Family Medicine (APMGF) organized an

official commemorative program in the island of Madeira, meeting with regional health authorities, visiting local health centres and joining some of the health professionals that took to the streets to explain to the population the importance of avoiding a sedentary lifestyle and the risks associated with the development of depression.

The media coverage of WFDD in Portugal was excellent. One national TV channel broadcast a story based on the daily routine of family doctors, after spending the previous 24 hours following two colleagues. A vast number of interviews were given by APMGF's representatives for national/regional newspapers and radios and the president of APMGF, Rui Nogueira, was the star guest of a widely viewed TV program in Madeira, where he had the opportunity to identify the most relevant challenges for family doctors today.



## Indonesia

### The Association of Indonesia Family Physicians, West Java Region

*"Let's talk in the group of Angklung Music"*

Angklung is an Asian musical instrument made from bamboo pieces that are assembled into a unit. One unit of angklung will issue one tone when vibrated. To play one song takes some rhythmic tones. Thus one song will require some angklung with several different tones rhythmically. To ring some of these angklung tones it takes some people like a music concert group.

Family Doctor Clinic Mitra Sehati in Cinunuk, Kabupaten Bandung, West Java - Indonesia, invited patient with hypertension and diabetes to follow angklung music group held every once a week. On the World Family Doctors Day we practiced for the Ramadan social event performance at this June.

Playing angklung in a music group is a fun entertainment, they can also improve the ability to focus, train memory, increase confidence and patience. Therefore it is expected that the patient's health can be improved both physically and psychologically as well as improving togetherness with each other. This activity is one of the supporters of our holistic healthcare services as a family doctors.



## Jordan

### Jordan Society of Family Doctors



## Qatar

### Primary Health Care Corporation (PHCC)

PHCC celebrated in order to highlight the important role and contribution of family doctors in health care systems around the world. Activities included:



- holding lectures under the theme of this year "Depression" in schools collaborating with Family

- medicine program, they talked about how the family physicians in health centers can help and support or if required make a referral to a psychologist.

- Published unique messages related to family medicine in different online social networks (Twitter, Facebook and Instagram) over a week.

- Media Coverage in English and Arabic.

- Interviews (television and radio) talked about the responsibilities of family doctors and how we can help a person suffering from depression

- PHCC celebrated in Hayat Plaza Mall on May 18-20, 2017 with a health awareness campaign with FM program as well as the Rashid Family participation (PHCC cartoon characters that represent a typical modern and cultured Qatari family portrays the day-to-day a healthy life style) – photo below

- Family Medicine Residents Program celebrated a scientific research day (pictured below), the residents and faculty presented 10 proposals with two of them about depression; the evaluation committees from PHCC research section selected the best proposal and made an award.

- The main purpose of the participation in World Doctor Day is to highlight the role of Family Medicine Doctors, whose medical specialty is devoted to comprehensive health care for people of all ages

- To raise awareness among the community about the aims of Family Medicine, which is to provide personal, comprehensive and continuing care for the individual in the context of the family and the community.

- To inform the community that Family Doctors are the first step into everyone's health. The importance of their role is based on prevention and health promotion, since family doctors deliver a range of acute, chronic and preventive medical care services.



• Family Doctor Day is also a chance to celebrate the progresses being made in family medicine and the special contributions of family doctors all over the world.



## YouTube Video

•English:

<https://www.youtube.com/watch?v=DMplziomTTw&feature=youtu.be>

•Arabic:

[https://www.youtube.com/watch?v=XGT\\_eSr7glA&feature=youtu.be](https://www.youtube.com/watch?v=XGT_eSr7glA&feature=youtu.be)

## Ukraine

### The Ukrainian Family Medicine Association (UFMA)

On May 18-19, 2017, the P Shupyk National Medical Academy of Postgraduate Education and the International NGO "International Association for Health of Society" held the second Scientific conference with international participation "Family Medicine current issues and its developing perspectives (in the World Family Doctor Day framework)".

A lot of representatives of the Verkhovna Rada (Parliament) of Ukraine, the Ministry of Health of Ukraine, scientists and researchers from Ukrainian Medical Universities and the NAMS Research Institutes and about 600 practical specialists from all over the country took part at the conference. The main purpose of the conference was to continue a constructive dialogue between family doctors, academics and researchers on the current state and prospects of family medicine further development in Ukraine, concerning doctors' continuous trainings, and the role of the general practitioner/ family physician in infectious and non-infectious disease prevention, and the professional associations participation in Primary Health Care, developing as the Ukrainian Health Care System foundation.



Professor Yuriy Voronenko, the NAMS of Ukraine Academician, the P Shupyk NMAPE Rector, opened the conference. He noted the need to continue the annual conference tradition, which began in 2016; and he emphasized the role of the the Institute of Family Medicine as the main coordinator of developing Primary Health Care in Ukraine.

*Photo: young scientists from Institute of family medicine*

Iryna Sysoyenko, from the Verkhovna Rada (Parliament) of Ukraine highlighted the significant achievements and collaboration.



Prof Oleksandr Volosovets, noted that Ukrainian Family Medicine was developing gradually despite the difficult socio-economic situation in the country, and he added that the joint work of general practitioners /family physicians and pediatricians and other medical professionals can be successful in the development of the Ukrainian medicine.

Prof Larysa Matyukha, the President of the Ukrainian Association for Family Medicine, in her welcoming remarks noted the evidence base of Primary Health Care based on Family Medicine.

Prof Oleg Shekera, the P Shupyk NMAPE the Institute of Family Medicine Director, emphasized in his speech the importance of the Law of Ukraine "On Primary Health Care Based on Family Medicine" and the President of Ukraine Decree "On the Family Medicine Day" to raise Family Medicine prestige in Ukraine and to provide a worthy level of salaries for all health professionals in Ukraine.

## India

### Family Physicians' Association

The FPA Vadodara organised free health check up camp at four places on 19<sup>th</sup> May, 2017. Camp comprised:

- Free consultation by Family Physician (MBBS)
- Random blood sugar check up,
- BP Monitoring,
- BMD check up



- Urine albumin level and
- ECG (if needed)

There was also coverage on radio TV and in print eg (picture) Talk show of Family Doctors on local Daily News paper with the headline “ Family Doctors are friend, philosopher & Guide” & “Main Pillar of Health System”



## World Family Doctor day – 19 May

This year's theme for World Family Doctor Day is *“A family doctor for every family”*

That got us thinking about the special and sometimes lifelong relationships family doctors have with their patients.

So to mark the day, we thought we'd ask patients what they appreciated about their family doctor. Here's what they had to say...

I like my GP because she treats me like I am me.

I like my GP because she really listens and understands.

I like my GP because she's been attending to my health needs since 2009.

It's reassuring to know that I consult the same person when it comes to my health needs.

I like my GP because he's been our family doctor since before I was born.

He knows our family, he's compassionate, understanding... and he's a silver fox.

Her eyes light up when she sees me and she makes me feel like I am the only person in the world who needs her.

I appreciate my doctor because he is professional; he listens to me and is compassionate.

I appreciate my partner's GP as he gets him to do all the things I've been nagging him to do for his health.

I like my GP for lots of reasons, but one of the key ones is that I always walk out of his office knowing more than when I walked in.

New Zealand Royal New Zealand College of GPs.