

WONCA News

Vol 45 Number 1 : January 2019



www.globalfamilydoctor.com

A HAPPY NEW YEAR TO ALL AND WELCOME TO WONCA 2019

Contents

From the President January 2019	2
From the CEO's desk: Season's greetings, 2019, and Oman	3
Working Party News	5
Mental Health Matters: 2018 wrap up	
Rural Round-up: A PHC model in rural Sri Lanka	
WP on the Environment - A healthy climate for change	
Feature Story	10
"Healing by Numbers" and "Virginity Testing" TEDx talks	
Featured Doctor	11
Dr Tan, Tze 'Lee'	
2019 Conferences	13
Why you should join us at WONCA APR in Kyoto	
WONCA Europe 2019- early bird registration & abstracts close	
WONCA Europe 2019- Dr Jana Bendová answers questions	
Young Doctors' Movements news – January 2019	17
AfriWon renaissance	
Al-Razi Young Doctors' Movement	
Polaris	
The Rajakumar Movement	
Vasco da Gama Movement	
Movimento Waynakay	
ALL CONFERENCES	23
WONCA Conferences 2019 & 2020	
Member Organization Events	

WONCA President
Dr Donald Li (Hong Kong, China)
Email: President@WONCA.net
Twitter @WONCAPresidentLi
Facebook: Donald Li

WONCA Chief Executive Officer
Dr Garth Manning

WONCA World Secretariat
World Organization of Family Doctors
12A-05 Chartered Square Building,
152 North Sathon Road,
Silom, Bangrak, Bangkok 10500, THAILAND
Phone: +66 2 637 9010
Fax: +66 2 637 9011
Email: admin@WONCA.net

President-Elect
Dr Anna Stavdal (Norway)

Immediate Past President
Prof Amanda Howwe (UK)

**Executive Member at Large &
Honorary Treasurer)**
Prof Val Wass UK)

**Executive Member at Large &
WHO Liaison Person**
Dr Viviana Martinez- Bianchi (USA/Argentina)

Executive Member at Large
Dr Pratyush Kumar (India)

Regional President, WONCA Africa
Prof Shabir Moosa (South Africa)

Regional President, WONCA Asia Pacific
Prof Meng-Chih Lee (Taiwan)

Regional President, WONCA East Mediterranean
Prof Jinan Usta (Lebanon)

Regional President, WONCA Europe
Prof Mehmet Urgan (Turkey)

Regional President, WONCA Iberoamericana-CIMF
Adj/Prof Jacqueline Ponzo (Uruguay)

Regional President, WONCA North America
Prof Marvin Reid (Jamaica)

Regional President, WONCA South Asia
Dr Raman Kumar (India)

Young Doctor Representative
Dr Ana Nunes Barata (Portugal)

Editor, WONCA News
Dr Karen M Flegg
Email editor@WONCA.net

From the President January 2019



December might be holiday season for some but not for WONCA! We have been busier than ever.

After the Astana conference, we have continued to liaise

closely with WHO to review our engagement with them, and to develop further collaborations on a range of issues. This will include, of course, implementation of Universal Health Coverage and the need for a strong primary care team, with a family doctor to provide integrated care. There has been significant progress in terms of recognition of the importance of family medicine to achieve the goal of Universal Health Coverage – we will report further as concrete details of collaborations are agreed.

An issue of growing concern and importance is climate change and its potential impact on our patients and communities. Alan Abelsohn, a past chair of the [WONCA Working Party on the Environment](#) and consultant to WHO on environmental issues, participated on our behalf at a high level meeting in WHO headquarters in early November. [You can read his report here.](#)

Separately Alice McGushin was actively representing WONCA at the recent climate change global conference in Katowice, Poland, where she was a panellist.

On the same subject of climate change, by the time you read this update I will have presented at the First Global Forum on Heat and Health, in Hong Kong (17-20 December), where I was a speaker and a moderator of a scientific session. I presented on the important role to be played by family doctors in risk reduction and preparedness.

Family doctors are at the frontline of protecting health – so we need to understand the relationship between environmental change and emerging health risks. We are also one of the most trusted sources of information in communities, so we are in a unique position to communicate and understand the shifting landscape of planetary health risks. We know that increased temperature can create conditions particularly suitable for the spread of malaria, zika virus, dengue, chikungunya, yellow fever and lyme disease. And we know that non-communicable diseases such as cardiovascular diseases, chronic lung diseases, obesity, diabetes and cancer account for three quarters of global mortality –



Photo: Donald Li at the First Global Forum on Heat and Health

and all of these are sensitive to environmental variables including air, water and land pollution, climate change and rising temperatures, and changes in our food systems.

We are indeed fortunate to have a very active Working Party on the Environment, who will keep us alerted to the key issues for our practices and our patients. Indeed, the WP on the Environment has developed training programmes for family doctors on air health – air quality and its impact on respiratory, cardiovascular and other health issues. (As an example of the importance of this issue, it is estimated that men in Dehli are likely to have their lives shortened by 10 years, as a result of air pollution). The air health training programme is currently being piloted in Ghana and Brazil and will be rolled out on a larger scale once funding has been secured.

In mid-December, WONCA participated in a WHO global technical consultation on strengthening national health security, where I had the opportunity to have discussions with WHO's Health Security Lead, Mr Ludy

Suryantoro. We identified numerous areas of potential collaboration and will pursue these early in 2019. I will keep you posted on developments.

In January 2019, Dr Viviana Martinez-Bianchi (our WHO Liaison person), Dr Anna Stavdal (our President-Elect) and I will participate in the WHO's Executive Board meeting. We are currently planning a series of meetings at policy and technical levels, to facilitate even greater collaboration between the world's family doctors and WHO.

As we enter a new year, there are exciting times ahead. I wish you a happy and successful 2019 and I look forward to meeting many of you during the year at numerous WONCA events.

Donald Li
WONCA President.

This President's column is available in other languages online

[Español](#)
[Français](#)
[中文](#)



SIXTH
Wonca FAMILY MEDICINE CONGRESS
EAST MEDITERRANEAN
FAMILY MEDICINE: BRIDGING GAPS AND PAVING FUTURE



From the CEO's desk: Season's greetings, 2019, and Oman visit

Greetings to all WONCA members from the WONCA Secretariat in Bangkok. We wish all members a very happy and successful 2019, and we hope to meet as many of you as possible at WONCA events throughout the year.

WONCA Conferences 2019

As usual at the start of each New Year, we look ahead to some really great WONCA conferences. 2019 promises to be a busy year for events – and you can always [find out more on our website](#) - but in the coming 12 months we can look forward to:

- [WONCA Eastern Mediterranean Region conference](#) in Beirut, Lebanon, from 21st to 23rd March. The theme is “Bridge Gaps and Pave the Future” of health care delivery, and details are on the conference website

- [WONCA Iberoamericana-CIMF conference](#) in Tijuana, Mexico from 1st to 4th May.

- [WONCA Asia Pacific Region conference](#) in Kyoto, Japan, from 15th to 18th May. The theme is “Medical generalists – bringing forward a brighter future”. Deadline for paper submission and for Early Bird registration is 15th January and more details are available on the website and in [latest news](#).

- [WONCA Africa Region conference](#) in Kampala, Uganda, from 5th to 8th June. Theme is “People-centred primary care” with more details on the linked conference website and [from Jane Namatovu](#).

- [WONCA Europe Region conference](#) in Bratislava, Slovak Republic, from 26th to 29th June. Theme is “General practice: the human side of medicine”. Deadline for Early Bird

registration is 31st December and more information is on the conference website and in [latest news](#).

- [WONCA Rural Health conference](#) in Albuquerque, New Mexico (USA) from 11th to 15th October. More details can be found on the conference website.

- [WONCA South Asia Region conference](#) in Lahore, Pakistan, from 22nd to 24th November. The theme is “Family care: complete health care”. Deadline for abstract submission is some way off – 15th June – but you can find out more on the linked webpage.

Montegut Scholarships

Linked to WONCA conferences, a number of scholarships are available through the generosity of the American Board of Family Medicine.

The Montegut Global Scholars Program (MGSP) was established by the American Board of Family Medicine Foundation (ABFM-F) in 2010. The MGSP was named in honour of Alain Montegut, MD, a member of the Board of Directors of the ABFM from 2005-10 and WONCA North America Region President from 2007–10.

The MGSP will provide a US \$2,300 scholarship for one (1) family physician selected from each of the seven (7) WONCA regions to attend their respective regional WONCA meetings in 2019. Note that the North America Award is only open to applicants from the Caribbean College of Family Physicians (CCFP).

Deadlines for applications for the 2019 awards are as follows:



- WONCA EMR; WONCA Iberoamericana-CIMF; WONCA Asia Pacific - 15th January
- WONCA Europe – 1st February ([more details here](#))
- WONCA Africa– 19th February
- WONCA North America – 1st July
- WONCA South Asia - 26th August

For further details of eligibility criteria, and how to apply, click on the [link to the WONCA website](#)

Visit to Oman

Finally, in December I had the opportunity to visit Oman for the first time. The beauty of the country and the hospitality of the people was quite remarkable and although this was a first short visit I definitely want to return. In part the visit was to look at facilities for a possible bid from Oman for a regional WONCA conference – and even a world event in due course – and I was massively impressed at the conference centre and the whole infrastructure.



Whilst in Muscat I also had the chance to visit colleagues in the Department of Family Medicine at Sultan Qaboos University. Development of family medicine in Oman has made significant progress, and I enjoyed hearing more from Professor Abdulaziz Al Maherzi, Dr Sana Al Sumti and Dr Asma Al Shaidhani on all their exciting plans for future developments. My thanks to them for the wonderful warmth of their welcome.

Until next month
Garth Manning CEO

Photo: Garth Manning's first visit to Oman

Working Party News

Mental Health Matters: 2018 wrap up

Prof Chris Dowrick, Chair of WONCA Working Party for Mental Health (WWPMH) writes his last news for the year.

Dear colleagues

This will be my last bulletin of 2018. It has been an eventful and highly productive year for our working party.

First of all, congratulations to three members of our working party who have achieved important awards:

- Sonia Roache-Barker (Trinidad & Tobago)



for her prestigious WONCA Fellowship, awarded at the world conference in Seoul.

- Gabby Ivbijaro (UK) for his PhD from Nova University Lisbon, on primary mental health care
- Shimnaz Nazeer (Qatar) for his MBA on National Mental Health Strategy Implementation in Primary Care

Regional News

Eastern Mediterranean: Abdullah al-Khatami (regional vice chair for EMR) reports on substantial activity:

- In Saudi Arabia mental health services continue to develop in PHC centers, involving

frequent training and monthly assessments. There are now 574 PHC clinics providing primary mental health care services across the country. During November, Abdullah and colleagues contributed to Saudi psychiatric and family medicine conferences in Dammam and Taif.

- In Egypt we have contributed to the Training the Trainers (TtT) course for integrating mental health in PHC centers in Cairo 21-30 October 2018, and this month another conference in Cairo.

- In Jordan we contributed to the Family Medicine conference in Aman (7-10 November), introducing the 5-Steps patient interview for providing mental health care in PHC.

Asia-Pacific

- Jill Benson (Australia), Evelyn van Weel-Baumgarten (Netherlands) and Ryuki Kassai (Japan) have successfully completed the second intensive week of TtT in depression for family doctors in Japan.

- Last week we held our first webinar for the Asia-Pacific TtT programme. Next month we will be inviting family doctors across the region to take part in our training programme during the WONCA Asia-Pacific conference in Kyoto (May 2019).

- We are entering a collaboration with the Asia Pacific Economic Cooperation (APEC) Digital Hub for Mental Health, on integration with primary care and community settings. Cindy Lam (Hong Kong) has agreed to lead for us on this exciting new initiative.

Africa

- This month we have been joined by five new members from Nigeria. A warm welcome to each one of you. You will help us to increase our knowledge and influence on the development of primary mental health care across Africa.

Ibero-America

- On a more sombre note, there are concerns in Brazil about the future of community and primary mental health care, following the outcome of their recent presidential election.

International Activities

Physical health care for severe mental illness

- The World Health Organisation has published its new guideline on the management of physical health conditions in adults with severe mental disorders. This is important because much of the excess mortality from severe mental illness is due to physical health conditions. The guideline covers physical health care for people with severe depression as well as psychotic disorders. It will be a valuable resource for family doctors in low and middle income countries, as well as high income countries. Abdullah, Alan Cohen (UK) and I were involved in its production. It follows on from our own guidance documents, produced last year by Alan and Kim Griswold (USA).

> link to the [WHO document](#):

Primary mental health care for disasters.

- We are increasingly aware of disasters, both natural and man-made, and the catastrophic consequences they have for millions of people. As the recent [Lancet Commission on Climate Change](#) reports, pressures from excess heat, flooding, and food insecurity all impair social cohesion, undermining crucial supports for mental health.

- WWPMH is committed to support Donald Li, our new WONCA President, in his initiative to improve the primary care response to disasters. Pramendra Prasad (Nepal), Darien Cipta (Indonesia) and I have produced a briefing document, setting out the scope of a new task group on this crucial topic.

- Please let me know if you would like to help us. WPmentalhealth@wonca.net

I wish you all a peaceful and creative festive season.

Chris Dowrick

Photo - the Working Party meeting in Korea



Rural Round-up: A PHC model in rural Sri Lanka

Community-Oriented Primary Care - a model for Primary Care in a limited resource setting.

Dr Gobith Ratnasingam, a young family doctor and council member of the WONCA Working Party on Rural Practice presents a report of a model for primary care which is being implemented in a rural part of Sri Lanka called "Community-Oriented Primary Care".



Sri Lanka is a low middle income country with more than 70% of the population being rural. Primary care services are delivered by both state and private sectors. The state sector is through Medical Officers of Health (MOH); Divisional Hospitals (DHs); Primary Medical Care Units (PMcUs); and Outpatient Departments (OPDs) of base, general and teaching hospitals. The private sector is through part time and full time general practitioners as well as the OPDs of private hospitals. A Medical Officer of Health delivers community based preventive health services while DHs and PMcUs provide institution-based care.

Despite a fairly good primary care delivery system, the continuously increasing dual disease burden of communicable and non-communicable diseases are a real challenge to the overall health sector. Strengthening primary care with active community involvement is considered to be a cost-effective and a sustainable way to lessen this burden. The World Health Organization states that, practising Family Medicine principles is the best way to overcome this burden.

Now Sri Lankan health authorities have also realised the importance of primary care in controlling the NCD related burden. However, lack of resources is considered as a major challenge especially in rural areas.

The "Community-Oriented Primary Care" (COPC) is an option to improve primary care in low resource settings. COPC is defined as a care practice, providing accessible, comprehensive, coordinated, continuous, and

accountable health care in a defined community. It includes defining the community, conducting a community diagnosis, developing and implementing an intervention, monitoring the impact of intervention and actively involving the community.

Paving the way for this, the Department of Community and Family Medicine, University of Jaffna (DCFM) developed a model of a primary care delivery system in its project area (Nallur Medical Officer of Health), in 2012. This area mainly covers a rural population of 35000 residents, in 8000 families. DCFM implements COPC by coordinating and motivating health care workers and the general public, which is enhanced by a focal point called the Family Health Centre (FHC). The Family Health Centre is located centrally in the project area and other health care institutions are starting to function in collaborative shared care. Health information is kept in paper-based documents and used for evaluating the outcome of the project and conducting research.

Over six years, the FHC has served patients through clinic and home visits, community screening, health educational events and healthy life style activities. At the same time, FHC conducts regular in-service training to primary care doctors and allied health professionals.

Interviews with various stakeholders indicate that the activities of the FHC are effective and highly valued. However, several challenges confront the FHC and must be addressed. Then the model can optimise activities and serve as a model that can be replicated across the country.

Find out more about this model for primary care from the [linked paper](#).

Paper presented with permission of lead author Dr Kumaran.

Working Party on the Environment A healthy climate for change



Alice McGushin (UK) of the WONCA Working Party on the Environment writes on recent activities and events on climate change and health. Alice is pictured on the left with outside the COP24 venue with Rashmi Venkatraman, another health and climate change advocate.

Lancet Countdown report launch

The last five weeks of 2018 were very eventful for health and climate change, starting with the launch of the 2018 report for the “Lancet Countdown: Tracking Progress on Health and Climate Change”. The report tracks 41 indicators across five key domains in health and climate change, continuously strengthening its methods, data and analysis.

[“2018 Lancet Countdown report”](#)

With more heat records being broken around the world in 2018, the health effects of heat was the leading story of the 2018 report. In 2017 as compared to 2000, 157 million more

vulnerable people were exposed to heatwaves, and that’s an increase of 18 million from 2016. Also in 2017, there were 153 billion hours (representing 3.2 billion weeks of work) of labour lost due to heat, which is an increase of 62 billion hours from the year 2000.

I attended the global launch of the 2018 Lancet Countdown report in London. Our WONCA Working Party on the Environment chair, Enrique Barros, as well as Mayara Floss, who are the authors of the briefing for Brazilian policy makers on the “2018 Lancet Countdown”, launched the report and the briefing in Brazil, speaking to media and hosting an event in Porto Alegre.

Katowice Climate Change Conference

In the days following, I made my way to Katowice, Poland, for the 24th Conference of Parties (COP24) of the United Nations Framework Convention on Climate Change (UNFCCC). The COP is the annual meeting of the 197 members of the UNFCCC, where all countries negotiate how we can coordinate global action to mitigate (reduce greenhouse gases, similar to “primary prevention” in medical terms), adapt to (prepare for changes we can’t prevent and worse consequences, like “secondary prevention”) and deal with the loss and damage of climate change (recovering from impacts that couldn’t be avoided by mitigation and adaptation, “tertiary prevention”).

The aim of this conference was to finalise a rulebook for the implementation of the [Paris Agreement](#), set to enter force in 2020. The Paris Agreement 2015, described by former WHO Director-General, Dr Margaret Chan, as the most important public health treaty of the 21st century, was accepted by all 197 members of the UNFCCC. It is an agreement for all countries, low and middle income and high income countries alike, to commit to limiting global warming to well below 2oC by the end of this century, with the ambition of limiting warming to 1.5oC. The difference of 0.5oC may not sound like much, but the recent special report on Global Warming, demonstrates that the differences in consequences are large, with far more people being exposed to the health consequences of climate change, resulting from heatwaves,

vector-borne diseases, droughts and floods, storms and displacement with a warming of 2oC compared with 1.5 oC.

In Katowice, parties negotiated the details of how we would enforce the commitments laid out in the Paris Agreement, including how countries would report on their progress towards their commitments and how they could review and ratchet up their commitments in order to reach our global temperature goals. It took a while, but now most of the elements of the rulebook are in place.



Photo: an approved demonstration on health and climate change inside the COP24 venue organised by the IFMSA.

As a small but enthusiastic group of representatives of the health professionals of the world, our aim was to ensure that the fact that climate change is a health issue is not overlooked in the implementation plans. We put together a [briefing for negotiators](#) to incorporate health in the climate change discussions and plans.

The World Health Organization released its COP24 Special Report on Health and Climate Change in Katowice on December 5. The report comes with a series of recommendations, calling for not only the inclusion of health implications of mitigation and adaptation measures in the design of policies but also the promotion of engagement of the health community as “trusted, connected and committed advocates for climate action.”

[WHO COP24 Special Report on Health and Climate Change](#)

The health community demonstrated its engagement and commitment as health and climate advocates at the Global Climate and Health Summit, which took place in Katowice on December 8. The annual Health Summit serves as a key anchoring event for advancing health-focused action, engagement and collaboration to address climate change and has taken place alongside COP proceedings since COP17 in Durban in 2011. The Summit will also further the Call to Action on Climate

and Health which outlines a set of ten priority policy actions for health leadership to advance ambitious progress towards climate and health goals. WONCA was a partner of this event and I presented some of WONCA's activities through WONCA's Working Party on the Environment. I was part of a line-up of a diverse range of health professionals tackling climate change, including representatives from the Alliance of Nurses for Healthy Environments, the International Federation of Environmental Health, Médecins Sans Frontières, the NCD Alliance,

the World Medical Association and the International Federation of Medical Students' Associations.

We have made some progress towards tackling climate change, but we still have a long way to go to limit warming to the agreed upon 1.5 oC by the end of this century and prepare our health systems for the health consequences of our changing climate. As family doctors, we are on the frontline of the response to these health risks and are well positioned to step up as our communities' advocates for stronger action on health and climate change.

Members of WONCA Working Party on the Environment are working on a memo to the family doctors of the world to act on planetary health, to be distributed to all WONCA members. Given WONCA's members serve over 90% of the world's population, if we advocate effectively on health and climate change, we could have an enormous impact.

[Join our working party](#)

Feature Story

"Healing by Numbers" and "Virginity Testing"

TEDx talks

Raquel Gomez Bravo shares with you two of the official videos of the TEDxUniversityOfLuxembourg that have been organised in the university in October 2018. We had the honour to have among the speakers, Prof Richard Roberts, and Sara Rigon.



- Prof Roberts is well known around the world, he is a past president of WONCA World from the USA. His talk is about "Healing by numbers". He discusses that strategies used in manufacturing are now being applied to healthcare: assembly line production, protocol-driven care, big data. These strategies promise improved population health at lower cost. Yet, linear production models can do great harm in healthcare. This is especially true in primary care where most care is obtained and

where custom solutions must be developed for each patient.

https://youtu.be/tr2sAvKl_qk



- Sara Rigon is an active member of our WONCA Special Interest Group on Family Violence and the Equally Different Group of VdGM . She is speaking about "Virginity Testing" and her experience working with MSF in different parts of the world (Haiti, Iraq, Bangladesh).

<https://youtu.be/7P5p7hGB-Wc>

I hope you enjoyed the talks as much as we did and help us to share it with those who might be interested.



WONCA World Rural Health Conference

Albuquerque, New Mexico, USA

Albuquerque Convention Center

October 12-15, 2019

Featured Doctor

Dr Tan, Tze 'Lee'

Singapore - President College Family Physicians



What work do you do now?

I am a full time family physician, working with my wife and 2 other colleagues in a family practice, in a satellite town, in Singapore. We have been in practice in the town of Choa Chu Kang for 27

years - this is a charming old farming area in Singapore, with many of the families having lived here for generations. What is so empowering has been the deep relationships we developed with our patients over the years. We manage many generations within each family, from infant to the very elderly. Isn't that what family medicine is all about?

I am Adjunct Assistant Professor in family medicine, and teach both undergraduate and postgraduate students from our three medical schools. I feel privileged to be in a position where I am able to contribute to medical education, continuing forward the skills and values passed down to us by our mentors. This is our window of opportunity to capture their hearts and minds during these formative medical years, which will play a part in shaping the course of the evolutionary development of health system.

Your insights as President of the Singapore College of Family Physicians ...

In the past 10 years, I have been actively involved in the activities of the Singapore College of Family Physicians, having served in various positions, currently as president. During this time, I realized that in order to make a difference, we needed to be more involved and hands on. Primary care and family medicine had for years not been as well respected as the other specialties.

In recent years, our Ministry of Health increasingly recognized the essential role of family medicine as we evolved towards a better integrated more community-based healthcare system. Family doctors are now presented with ample opportunities to engage with various stakeholders, to craft solutions that work for everyone. I have found this to be most fulfilling, working for patients and colleagues alike.

In my capacity as President of the college, I represent the college, family physicians and general practitioners on various committees, liaising with government agencies as we work towards primary care transformation and integration for our evolving health care system. We work closely with our Ministry of Health to develop and refine our postgraduate courses in family medicine, such as our graduate diploma, masters and the fellowship programmes. We also work with various agencies on issues like our national electronic health records, appropriate care guides, fee benchmarking and healthcare finance. Our participation has given voice to the primary care community, and we work tirelessly to continue this good work.

Other activities of interest?

I strongly support primary care research in the community. I am active in primary care research and have found the experience most satisfying. It introduced academic rigour into my practice, and this I believe is something that should be nurtured amongst our primary care colleagues. Research should not reside only with our hospital specialist colleagues, we can do it equally well!

I have also been involved in developing capacity in respiratory health in primary care, largely in my involvement with the chronic obstructive pulmonary disease association, Singapore. I am very much involved in the activities of the International Primary Care Respiratory Group (IPCRG), and served until recently as a director. IPCRG are strongly supportive of activities that seek to build capacity in primary care for improving



respiratory health, and also encourage research in primary care respiratory medicine. In Singapore, my team has organised local and regional continuing professional development programmes in respiratory health, and conduct spirometry training, and updates in asthma and COPD diagnosis and management.

I believe as family doctors, we need to be strong advocates for our patients. We need a clear vision about what our patients needs are, and we need to clearly define how we as patient advocates can be equipped to help fulfil these needs. Patient empowerment is the way forward. And we as family doctors are best placed to guide our patients.

And your non medical interests?

I enjoy travelling and discovering new places, and making new friends along the way. I love music and enjoy listening to my wife on her harp. I play the violin and oboe, and enjoy wine, photography, horology and collecting 35mm rangefinder cameras.

Photo shows Lee and his wife on a friendship visit to the Taiwan Association of Family Medicine (TAFM) - welcomed by TAFM president Shinn-Jang Hwang and other well-known colleagues in November 2018.

VI CONGRESO IBEROAMERICANO DE MEDICINA FAMILIAR 2019

Wonca CIMF

TE ESPERAMOS EN 2019

1 a 4 de Mayo

LA MEDICINA FAMILIAR COMO EJE PARA EL ACCESO UNIVERSAL A LA SALUD

XXXI Congreso Nacional de Medicina Familiar
II Conferencia Binacional Baja California - California

TIJUANA - ROSARITO, BAJA CALIFORNIA

MÉXICO FIDEM BAJA CALIFORNIA TIJUANA BAJA CENTER OSET

2019 Conferences



Why you should join us at WONCA APR in Kyoto

Dates: May 15-18, 2019

Venue: Kyoto, Japan

Website: www.c-linkage.co.jp/woncaaprc2019kyoto

Important Dates

[Call for Papers deadline](#) - closes January 15, 2019

[Early Bird Registration](#) - closes January 15, 2019

Kyoto - an attractive destination

The venue of the WONCA Asia Pacific region conference in 2019 is Kyoto, Japan. Kyoto is most well known in Japanese history as being the former Imperial capital of Japan, for more than one thousand years, as well as a major part of the Kyoto-Osaka-Kobe metropolitan area. Kyoto attracts many people due to its natural beauty and cultural heritage. The city offers you endless opportunities to gain meaningful hands-on experience of rich Kyoto culture through Tea Ceremony, sake brewing, kimono wearing, swordsmanship, and more. Japan is renowned for its beauty and the compactness; Kyoto makes for a wonderful strolling.

Kyoto's municipal bus network is extensive. Many tourists join commuters on the public buses, or take tour buses. Kyoto's buses have announcements in English and electronic signs with stops written in the Latin alphabet, so it will be easy and safe for foreigners to move around.

Although Kyoto does not have its own large commercial airport, travellers can get to the city via Kansai International Airport. The Haruka Express, operated by JR West, carries passengers from Kansai Airport to Kyoto Station in 73 minutes. The venue of the conference, Kyoto International Conference Center, can be reached via Kyoto Municipal Subway changing trains at Kyoto Station in about 25 minutes.

[>Kyoto city official travel guide](#)

Don't miss this rare opportunity you can learn as well as enjoy sightseeing at the same time at the best season of the year.

Kindly yours,
Prof Nobutaro Ban
Representing the Japan Primary Care Association
Chair, Organizing Committee, WONCA APR 2019 Japan



WONCA Europe 2019- early bird registration & abstracts close soon

24th WONCA Europe Conference
Dates: June 26 - 29, 2019
Venue: Bratislava, Slovakia

Dear GP/FM colleagues,
We are delighted to invite you to the 24th WONCA Europe Conference that will be held in Bratislava, Slovakia on June 26 - 29, 2019.

Early bird registration deadline ending soon!

Only few days left to register for the Early Registration fee. Register online now for getting lower fee. Reduced 'Early Bird' registration rates **now end on January 6, 2019.**

[>Register now](#)

Submit your abstract today!

Abstract Submission Deadline: January 10, 2019
The Scientific Committee invites and encourages all authors to submit their abstracts for consideration and inclusion in the Scientific Programme.

[>Submit now](#)

Meet the keynote speakers

Read all about the Conference Keynote Speakers. Pictured: Richard Hobbs, Ana Nunes Barata, Barbara Ukropcová, Bohumil Seifert.

Every week we release the name of one of Keynote Speakers.

[>Read now](#)

Programme at a glance

[>Programme at a glance is available](#)



Bratislava highlights

St Martin's Cathedral

A three-nave Gothic church from the 15th century and the former coronation church. A gilded replica of the coronation crown fixed on the top of the cathedral tower at a height of 85 metres and weighing 150 kg reminds of this glorious age.



WONCA Europe 2019- Dr Jana Bendová answers questions

Dr Jana Bendová, member of the Scientific Committee for the coming WONCA Europe conference in Bratislava, answers questions about general practice in the



Slovak Republic. She is a GP and chief expert for general medicine at the Ministry of Health.

Recently, you have become the chief expert for general medicine at the Ministry of Health of the Slovak Republic. Which solutions do you consider as today's most important ones?

I believe that an important priority consists in strengthening primary health care in Slovakia, in line with WHO and WONCA recommendations. For years, general medicine in Slovakia has been sidelined and its position in the healthcare system even deteriorated. We currently face not only a lack of general practitioners (a shortage of over 500 GPs) but also their adverse age structure (the average age is 56 years and more than 21% of GPs are over 65 years). On the other hand, we cannot expect an improvement of this situation in the short term. The fact is that general medicine is very unattractive to medical graduates and the interest in entering a residential program is even declining. Therefore, radical steps need to be taken – to broaden the competencies of general practitioners, to improve the financing of general medicine and thus to make our specialty more attractive to current as well as future GPs.

The theme of the 24th WONCA Europe conference is "General Practice: the Human Side of Medicine" How will eHealth help in general medicine humanisation – and will it help?

The eHealth project in Slovakia has been in preparation for 10 years and it started as of 1 January 2018. At the beginning, healthcare providers have had to tackle many technical, implementation and financial problems... After 10 months of eHealth, we can say that it has begun to bring benefits in the form of electronic prescriptions that no longer need to be printed. General practitioners issue the most prescriptions from among all specialties, so they welcome this positive change very much. At the same time, electronic prescriptions contribute to patient safety.

You have not resigned from your GP job in a rural area of western Slovakia. What impulses does everyday practice provide for solving the "big" problems of general medicine?

I am convinced that, it is extremely important to have constant contact with practice and not just solve problems from the table. On the contrary, the everyday reality and the problems I encounter in my general practice motivate me a lot to act and to do everything possible to make the planned positive changes happen.

A general practitioner is at the beginning of patient care, a specialist at the very end. And, in your opinion, practical medicine is in the shadow. How can it come back to the place that it belongs to?

... These barriers are artificial, diagnostic barriers and also treatment barriers. I would like to explain this with an example – general practitioners in Slovakia cannot order the very basic examination for diabetes mellitus management – namely glycosylated haemoglobin. At the same time, GPs cannot provide the necessary care because they cannot prescribe anti-diabetic medications. This also goes for other chronic diseases, such as the ischemic heart disease, bronchial asthma, COPD... My vision is to gradually move general medicine in Slovakia from the shadow to the bright sunlight, to approach to the standard of countries such as Denmark or the Netherlands, where general medicine is really the cornerstone of the health system and where general practitioners and their teams can solve more than 90% of patients´

concerns.

What does the human side of medicine mean to you personally?

To me, a general practitioner is not only a doctor, but also a psychologist, a social worker, and sometimes even a “priest” for his “sheep” – when he patiently listens to their “confessions” and it makes them feel relieved. After that, he does not have to issue either any prescriptions or any referral letters. Patients value their general practitioners not only because medication prescription but also for their advice – what to eat, how to exercise or how to stop smoking, or for example, for a suggestion to take a few days off.

The relationship of general practitioners with their patients evolves over the years as they

go with them through their serious and less serious illnesses, their divorces, their grieving over their relative’s deaths, as well as the cheerful moments of their lives. These all brings them closer together. Let us understand that our patients are not only “collections of diseases” but human beings. They do not only have their bodies but also their souls.

Conference Secretariat
GUARANT International spol. s r.o.
Na Pankraci 17, 140 21 Prague 4, Czech Republic
Phone: +420 284 001 444
Fax: +420 284 001 448
E-mail: wonca2019@guarant.cz

24TH WONCA EUROPE CONFERENCE

 Bratislava, Slovakia
June 26-29, 2019



We wish you a Merry Christmas and Happy New Year 2019

The Slovak Society of General Practice is very pleased and honoured to host the 24th WONCA Europe Conference in the beautiful city of Bratislava on June 26-29, 2019.



Young Doctors' Movements news – January 2019



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

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



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

This issue's feature picture shows members from all regions in Korea 2018



AfriWon renaissance

Africa region

AfriWon Renaissance has a new Chair, a young vibrant family physician, Dr Kwame Ayisi-Boateng. He has taken over from Dr. Joy Mugambi at the just concluded WONCA Seoul World Conference. Dr Ayisi-Boeteng's term will run from November 2018 to November 2020. He is from Ghana and served AfriWon Renaissance as secretary in the previous term. In the next newsletter, he will share his agenda and unveil his new executive committee.



AfriWon welcomes you all to Uganda for two young doctors' events. We do welcome all very young family doctors as well as those who are young at heart. Your inputs to the two sessions will be greatly valued.

- 2nd Preconference Exchange theme; "Palliative Care and Patient-Centered Care". This will be in the form of a trip to a Hospice in Kampala on the 5th June 2019.
- 3rd Preconference theme; "Mentoring the Young Family Physician – a leader in Primary Healthcare" on the 5th June 2019 at 9am. The day's activities will be crowned with a networking social event in the lovely city of Kampala. Come ready to enjoy. Look out for updates in our various social media platforms. For more information on the conference, visit the website <http://www.woncafrica2019.com/> Call for abstracts and workshops is on till December 31st 2018.



We can be contacted through our social media accounts as follows:

- Telegram: https://t.me/joinchat/D_MXKT72jH_Jf09YkE7mYQ
- Twitter: @theRealAfriWon
- Facebook: <https://www.facebook.com/groups/afriwon>
- Email: afriwon@wonca.net ; afriwon@gmail.com.

Al-Razi Young Doctors' Movement

East Mediterranean Region

The Al-Razi movement was able to attend WONCA 2018 in Seoul and the participants were; Nagwa Nashat Hegazy (AL-Razi YDM immediate past chair), Mohamed Mahmoud (Jordan) and Reina Alameddine, (Lebanon). They were able to participate in the YDM pre-conference and Nagwa had presented Al-Razi YDM activities since 2016. Also presenting the movement took place through the main conference with three workshops in collaboration with the other movements led by Ana Barata.



Finally through the YDM booth with other movements presenting the movement activities.

According to our bylaws, Al Razi, has a new chair. Dr Marwa Mohasseb was named by-elections after Dr Nagwa Nashat. Marwa has been a part of Al Razi since its launch in 2013, as Egypt national liaison. She is a lecturer of family medicine at Menoufia University in Egypt. She is also a member of the Egyptian Family Medicine Association.



With her team, she aims at improving the scope of family medicine in our region, promoting the concept of teamwork, leadership, and effective communication. And also, looking forward to increasing the awareness and the existence of family practice among the young leaders of the future.

Polaris

North America region



Season's Greetings from the Polaris Team!

The fall was such a busy time for us- the highlight being WONCA Seoul!

At WONCA Seoul we worked on developing a strategic plan for the next year, watch out for the following;

- A fully functional Polaris Website
- A video series of Docs in Practice from across the region
- More opportunities for FM360 exchanges in the North American regions

WONCA World 2018, Seoul, South Korea:

The conference began with the Young Doctors Movement (YDM) Pre-Conference, which provided an opportunity to meet other young doctors from around the world and learn about the activities of other YDMs. After the sessions, many of the YDM group members ventured to the Gyeongbokgung Palace for beautiful views of the mountains around Seoul and a wonderful introduction to Joseon architecture. The night continued with Korean barbecue, drinks, and conversation to top off an excellent prequel to the conference and build friendships that lasted through the next few nights of dinners and karaoke with an appropriately timed rendition of Gangnam Style (the conference was in the Gangnam district of Seoul). Thursday morning, the conference proper began with a drum performance and the reading of the Seoul Declaration.



The conference continued with a Polaris board meeting to set goals and objectives for the next year, followed by many wonderful conference sessions on Health Equity, primary care evaluation, aging, emergency medicine, and women's health. There were several excellent poster sessions, one of which featured an FM360 evaluation presentation which will be travelling to several other conferences this year. The conference was an amazing opportunity to network with other family docs and trainees from around the world and learn about the diversity of health systems in which our colleagues practice. We hope to see you there next time!

We are grateful to have ongoing excellent support from the Canadian College of Family Physicians, the American Academy of Family Physicians, and the Caribbean College.

We are actively looking for hosts for FM360 in the North American Region, if you are interested, please contact us at woncapolaris@gmail.com

Have a safe and happy holiday!

The Rajakumar Movement



Asia Pacific region

The Rajakumar Movement conducted a workshop on October 19, 2018 during the WONCA World conference in Seoul, South Korea. A brief introduction, summary of activities and future plans of the Rajakumar Movement and the different young doctors' movement across the Asia Pacific Region were discussed by the newly elected chair, Dr Erfen Suwangto. The workshop was moderated by the immediate past chair of The Rajakumar Movement, Dr Shin Yoshida.

Dr Seo Young Kang (South Korea), Dr Daisuke Kato (Japan), and Dr Mel Anthony Acuavera (Philippines); young doctors from the local organisations in the Asia Pacific region shared their respective countries' educational environments, common career pathway and their learning

community. A small group discussion was conducted on the following topics:

1. Career pathways for family doctors:

There are many career options for family doctors. While majority are still engaged in clinical practice, most are into education and research. Public health and community work is still a top priority among family doctors, and even some dwell into politics and are engaged in administrative work in the government.

2. Educational Environment- the strengths and challenges of medical education in China, Hong Kong, Japan and South Korea.

Possible solutions on promoting family medicine specialty among medical students were also discussed.



Overall, the workshop was insightful regarding the different medical education and family medicine training in the Asia Pacific Region from the perspective of the young doctors.

Vasco da Gama Movement

Europe region

Greetings from VdGM: The European Young family Doctors Movement.



This autumn we have been busy representing young doctors at all the European Network Meetings and the WONCA World Conference, through the presence of our Liaisons, Council Members, Special Interest Groups and members of our hard working Executive Committee. Our President, Dr Claire Marie Thomas was honoured to be invited to give the closing remarks at EUROPREV's recent 2nd Forum on Prevention and Primary Care. Our strong presence at these events is a reflection of the respect and weight afforded to the voice of Young doctors in our region and how much progress has been made in building our relationships with the European Networks.

We finished off 2018 with a very successful Executive Board meeting in London, UK, where we reflected on the past year and laid down our plans for the year ahead. 2019 will see both the 14th VdGM Preconference ahead of WONCA Europe in Bratislava and the 6th VdGM Forum in Torino so there is much to be done!

In January our Council will vote on the location of the 7th VdGM Forum in 2020/21. We have two very exciting proposals from Turkey and UK to chose from, the videos of which can be seen here:

- Turkey - <https://drive.google.com/file/d/18EPA5ahoE037BfNquQfAdR-tKBT4djfK/view>
- UK - <https://vimeo.com/305371107>

In early 2019 we will be seeking nominations for the 2nd Fons Sips Award and the 3rd Being Young Staying Young Award, recognizing outstanding achievement and contributions to VdGM of a Young Doctor and Senior Colleague respectively. The Fons Sips Award will be announced at WONCA Europe Bratislava and the Being Young Staying Young Award during the Forum in Torino.

Several pieces of work that have been underway for the past year or more will come to fruition in 2019 including our new Policy, Events and Ethical Fundraising Guidelines; helping us ensure continuity, professionalism and organizational memory for the future of the Movement. We will also be releasing our response statement to the WHO Astana Declaration.

At the Council Meeting in Bratislava we will be electing a new VDGM WONCA Europe Liaison, who will act as our voice on the WONCA Europe Board. Applications will open in the New Year.

We have an exciting schedule planned for the Preconference, including a keynote from Anna Stavdal, WONCA World Incoming President and WONCA Europe Outgoing President, spotlight sessions with our SIGs and the WONCA Europe Networks and several interactive workshops.



During the main WONCA Europe conference we will hold our popular Young Doctors Market Place as well as our Exchange and Research awards workshops. Applications for the Hippokrates and Carosino Exchange awards are open now and applications for the Junior Research Award and the VdGM Fund Bursaries will open in the New Year.

We are looking forward to a very exciting 2019 and hope you will join us in Bratislava and Torino! Happy Holidays!

[Link to our holiday greeting:](#)

Dr Claire Marie Thomas | President

Movimento Waynakay



Iberamericana CIMF region



Felipe Vieira our new FM360's coordinator: After years dedicated to young doctors movement in ibero-america, Dr Rosario Caballet from Argentina, finished the period of work in this second half of 2018, inviting Dr Felipe Souza Vieira from Brazil to begin as the new region coordinator of exchange. In a reality with social paradox and facing new political scenarios for the next decade, Latin America is a very intense and dense network for Exchanges Programs possibilities in FM360. A large number of residents and young GP's look for the countries in the continent to have a different experience in the clinical observational research ground. In the words of the new coordinator: "It's a very happy moment in this beginning of my

career and expectations as a family GP and a regional leader. We have a lot to grow, Rosario's legacy of work must continue – she did a great job and united Latin America, creating a strong organization and local leaderships for the Exchange Program here;" - said the new Coordinator. "Our main objective is to give to voice to all the health systems of Latin America. Understand more about our own culture and suffering. Lighting our abilities and skills and facing our fear. Gather more data to produce a consistent material about the exchanges perceptions and knowledge achieved. We can be a vibrant vanguard in the Young Doctors Movement. That's the kind of energy we hope to produce to work in the next few years."

Words from Korea: Dr Francisco Javier Molina Silva from Mexico shares his experience: The participation I had in the World Council of WONCA and in the WONCA World Conference Seoul 2018 was a great experience, as it allowed me to be a representative of Waynakay in the session of the Executive Committee of the Ibero-American Confederation of Family Medicine, as well as being a teller on the part of CIMF in the elections of the World Council for the WONCA World executive Members at Large and President elect. On the other hand, I participated as a representative of Waynakay in the Pre-Congress of Young doctors in addition to the opportunity to meet other young

doctors from all the world and share experiences, points of view and create professional ties and friendship.

News from Argentina: In October the Congress of the Argentine Federation of Family Medicine in the province of San Juan was held. We had our Pre Congress of young doctors and residents, with activities to introduce the movement to young doctors. We had the presence for that activity, of Dra Virginia Cardozo, representative Waynakay cone south. After this date the movement went through an important period of growth, with the incorporation of several partners to it. The continuity of the research work "census of residences 2018" and by unanimous decision will continue with it, with the collaboration of participants from all over the country.



News from Paraguay: In the framework of the VII Paraguayan Congress of Family Medicine, the Waynakay Paraguay Pre-Congress Conference was held, an event in



which the movement was presented to new residents, and featured prominent speakers. Jacqueline Ponzo developed a talk about "Lines of Research in Family Medicine" with those present and Thomas Meoño spoke about "Leadership in Family Medicine", and the theme of "Diabetes: a new epidemic" was discussed with Andrés Giménez, a young doctor member of Waynakay. Go ahead Waynakay Paraguay!

News from Uruguay: The Congress of family medicine (8th Congress of Family Medicine of the Southern Cone) and 4th Congress of Family and Community Nursing took place in Uruguay this 18, 19 and 20 November. The pre-congress was organized by Arpmefycu on Saturday, the 17th. We did a day of integration and games in the morning, we had lunch together and in the afternoon we discussed in subgroups about the strengths and weaknesses of our training, threats and opportunities of our insertion work and the concerns we have as a group. Then Virginia Cardozo shared with us information about the history and goals of Arpmefycu and Waynakay and also contributed María Belén Giménez from Paraguay and Fernanda Leiva from Argentina. We closed with the visit of the new president of CIMF and the Executive Committee together with the president of SUMEFAC who greeted and congratulated us for the meeting. There were over 40 participants.



News from Brazil: Waynakay present in the First Regional Congress of Southeast of Brazil, which are the provinces of Rio de Janeiro, Sao Paulo, Espirito Santo and Minas Gerais. On October 11, the Wky movement was presented in a conversation with the resident doctors of Family and Community Medicine.

WONCA CONFERENCES

WONCA Conferences 2019

March 21-23, 2019	WONCA East Mediterranean region conference	Beirut, LEBANON	woncaemr2019.com
May 1-4, 2019	Congreso Iberoamericano de Medicina Familiar	Tijuana, MEXICO	http://cimfwonca.org/eventos/proximos-regionales/
May 15-18, 2019	WONCA Asia Pacific region conference	Kyoto, JAPAN	www.c-linkage.co.jp/woncaaprc2019kyoto
June 5-8, 2019	WONCA Africa region conference	Kampala, UGANDA	www.woncafrica2019.com
June 26-29 2019	WONCA Europe region conference	Bratislava, SLOVAK REPUBLIC	www.woncaeuropa2019.com
October 11-15, 2019	WONCA World Rural Health conference	Albuquerque USA	www.ruralhealthweb.org/wrhc
November 22-24, 2019	WONCA South Asia region conference	Lahore, PAKISTAN	www.globalfamilydoctor.com/SAR19

WONCA Conferences 2020

April 21-22, 2020	VIII Cumbre Iberoamericana de Medicina Familiar	San Juan, PUERTO RICO	Save the dates.
May 28-31, 2020	WONCA Asia Pacific region conference	Auckland, NEW ZEALAND	www.conference.co.nz/wonca20
June 24-27, 2020	WONCA Europe region conference	Berlin, GERMANY	www.woncaeuropa2020.org
November 26-29, 2020	WONCA World conference	Abu Dhabi, UAE	Save the dates

Member Organization Events 2019

09 May **88th EGPRN Meeting**

- 12 May Tampere, Finland

2019

09 May **39th semFYC conference**

- 11 May Malaga, Spain

2019

26 Jul **RNZCGP Conference for General Practice**

- 28 Jul **and Quality Symposium**

2019 Dunedin, New Zealand

24 Sep **AAFP Family Medicine Experience**

- 28 Sep Philadelphia, USA

2019

29 Sep **European Forum for Primary Care**

- 01 Oct **conference**

2019 Nanterre, Paris, France

17 Oct **EGPRN meeting**

- 20 Oct Vigo, Spain

2019

23 Oct **Rural Medicine Australia 2019**

- 26 Oct Gold Coast, Queensland, Australia

2019

24 Oct **RCGP annual primary care conference**

- 26 Oct Liverpool, United Kingdom

2019

24 Oct **RACGP GP19**

- 26 Oct Adelaide, Australia

2019

30 Oct **Family Medicine Forum / Forum en**

- 02 Nov **médecine familiale**

2019 Vancouver, Canada

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