

WONCA News

Vol 46 Number 1: January 2020



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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)

Executive Member at Large & Honorary Treasurer)

Prof Val Wass UK)

Executive Member at Large & WHO Liaison Person

Dr Viviana Martinez- Bianchi (USA/Argentina)

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Dr Raman Kumar (India)

Young Doctor Representative

Dr Ana Nunes Barata (Portugal)

Editor, WONCA News

Dr Karen M Flegg
Email editor@WONCA.net

*WONCA wishes all colleagues and members
a very Happy New Year for 2020.*

From the President : January 2020

[Español](#) [Français](#) [中文](#)

The tragedy which unfolded in Australia over the last weeks has brought devastation to a beautiful country. Our condolences were sent to our WONCA family members, the Royal Australian College of General Practitioners (RACGP) and the Australian College of Rural and Remote Medicine (ACRRM).

[See more here](#)

The fires rage on as I write this. The consequences are yet to be fully understood. I am reminded of the recent discussion at our Executive meeting in November 2019, when we endorsed a statement from the [WONCA Working Party on the Environment about the climate emergency](#).

In the Statement on climate emergency, the Working Party reiterated the potential impacts of the climate crisis on population health, through the effects on the supply of clean air, safe drinking water and crop yields, as well as the impacts from extreme weather, heat and cold stress and air pollution. The fires burning across Australia make that emergency very real for many people.

WONCA recognizes that each of us has a responsibility to contribute to reducing the climate emergency in our own environments and more widely. It is increasingly 'mainstream' to talk about climate issues as part of the narrative in community planning and development. That 'normalisation' of the discussion is a good thing but it is not nearly enough.

At my invitation, in February 2019, Professor Sir Andy Haines contributed an ['In my view...'](#) [article](#) to *WONCA News*, urging family doctors to get involved in planetary health. He highlighted the recent publication of the 'Declaration calling for the family doctors of the world to act on planetary health', a result of the collaboration between the WONCA Working Party on the Environment and the Planetary Health Alliance Clinicians for Planetary Health Working Group ([see Declaration](#)).

The joint Declaration highlighted the risks to health of environmental change but,

importantly, it also focused on the opportunities open to family doctors, for intervention to reduce the potential impacts and to tackle the driving forces responsible for negative environmental changes.

Photo: Doctors take a photo break in daytime, outside Malacoota Medical Centre, Victoria, Australia (with permission)



Family doctors are frequently among the first responders to environmental disasters and emergencies. Even more challenging, though, is that it is family doctors who are the clinical professionals left to manage the aftermath of such disasters and emergencies. The 'first in, last out' phrase holds true in this case. The physical and mental health repercussions of environmental disasters live on in communities for many years, affecting successive generations. Successive generations of family doctors continue to provide care and treatment.

Let's not forget the impact of environmental disasters on the family doctors themselves. They are not immune from the risks around them or the effects of environmental disasters. They can, however help to mitigate some of the risks by informing and educating their patients and by contributing to community-based risk reduction programmes.

What I wrote in my column in August 2019 has at least as much resonance today, as the current environment disaster unfolds in Australia and flooding threatens numerous areas of Indonesia ... 'Risk reduction and preparedness, through active community

participation, will help to alleviate concerns and ensure that a range of professionals are resilient to crises, should they arise. Working together, across professions and community groups, and having a plan in place, ensures that action can happen quickly to reduce risks for professionals and the communities in which they work, irrespective of the crisis situation they face’.

The crucial role of family doctors in disaster risk reduction and in disaster preparedness is increasingly being recognised at national and global levels. Training for mitigating the devastating effects of a disaster once it has happened, or for contributing to the prevention of disaster, is limited and, in some countries, non-existent. Yet, disaster preparedness and risk reduction initiatives are key to communities understanding and being informed about the actions they should and should not take in different emergency scenarios.

As this latest environmental disaster carves scars across the beautiful country of Australia,

let us all, as family doctors, respond by engaging more fully in local, national and global initiatives to mitigate environmental risks and challenges. As trusted and respected members of communities, family doctors can improve their knowledge and understanding of environmental risks and can, through their consultations and engagement with community groups, communicate those risks and opportunities for mitigating them.

The occurrence of environmental disasters is escalating. No-one wants to scare individuals or communities. But keeping quiet and hoping that environmental changes are not presenting us with clear and identifiable risks would be wrong. Through small individual actions and in larger policy-making opportunities, family doctors have both an opportunity and a responsibility to speak up for our patients’ health and the risks faced by environmental change.

Donald Li
President

From the CEO’s Desk - January 2020

Welcome to my first column of 2020 and I wish all members a very Happy New Year. It will, of course, be a very busy and interesting year for WONCA, culminating in the World Council and World Conference in Abu Dhabi in November, and with a series of excellent regional events between now and then.

Also of note is the great news that Dr Harris Lygidakis has been appointed to take over from me as CEO. Many of you will know Harris from his many activities in WONCA over many years, most especially as Chair of the Vasco da Gama Movement (Europe young doctors) and as Hon Secretary of WONCA Europe for a number of years. Harris and I have already started discussions about the transfer and he will formally be transitioning into his new role beginning November 2020, working closely with me to ensure continuity. <https://www.globalfamilydoctor.com/News/NewWONCACEO.aspx>

WONCA Publications

This month, at the start of a new year, I wanted to remind everyone about the ever-increasing portfolio of WONCA publications which are available to purchase. The WONCA Family Medicine Series is a collection of books written by world-wide experts and practitioners in collaboration with WONCA

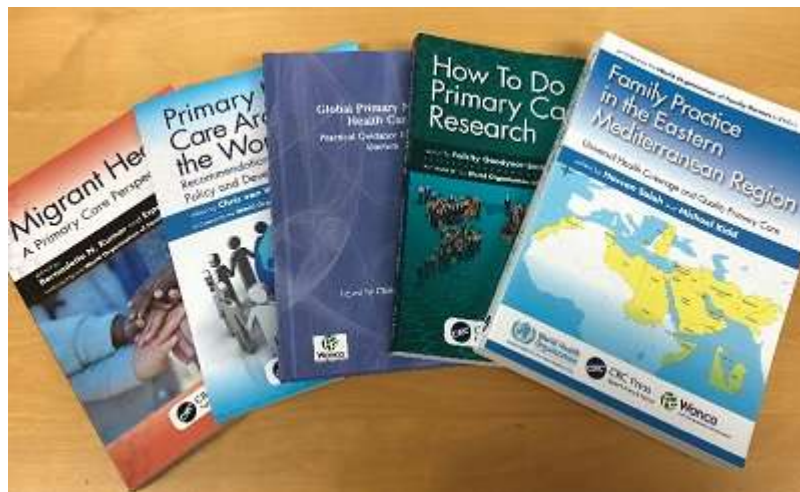
“Global Primary Mental Health Care – Practical Guidance for Family Doctors”.

This is the latest welcome addition to the WONCA family of publications. Edited by Professor Chris Dowrick, Chair of our WP on Mental Health, it brings together a series of papers which the WP has posted on its web page, with some additional chapters. Topics covered include: evidence based first consultation for depression; non-drug interventions for common mental health problems; medically unexplained symptoms; physical health care of people with severe mental illness; migrant mental, health issues; mental health of young people; and managing patients with dementia.

“Migrant Health: A Primary Care Perspective”.

This publication features inputs from a number of key WONCA luminaries including Iona Heath, Maria van den Muijsenbergh, Christos Lionis and Jill Benson. The foreword is written by Dr Anna Stavdal, WONCA’s President Elect, and as she states:

“The western world is facing a surge of immigration right now as large numbers of people are leaving their home countries fleeing from war, famine and prosecution, or just hoping to advance their economic and professional prospects..... This book offers guidance to health practitioners on how best to meet and treat the health needs of migrants, our fellow men, no matter what stage in the often-troubled migration process they may find themselves in”



policy, as promoted by WHO and WONCA, the guide provides evidence of how countries and regions can introduce primary healthcare and family practice to improve their health care infrastructure and delivery. The book is edited by Professors Chris van Weel and Amanda Howe.

“How to do Primary Care Research”

Edited by Professors Felicity Goodyear-Smith and Bob Mash, this publication is a follow-on from their book “*International Perspectives on Primary Care Research*”. As family doctors we have a rich research laboratory all around us – our practice population – and apart from the epidemiologists we are virtually the only ones who can do community-based research. This book offers a really practical guide for those who would like to get more involved in primary care research, taking them step by step through designing, conducting and disseminating research from primary care.

“Primary Health Care around the World: Recommendations for International Policy and Development”.

This book is the first to bring together primary care experiences from around the world, with particular emphasis on non-western regions. Profiling the different countries’ primary health care systems and their implementation of PHC

“Family Practice in the Eastern Mediterranean Region: Universal Health Coverage and Quality Primary Care”

This book, a joint publication from WONCA and WHO, provides an in-depth analysis of the state of family practice in the 22 countries spread over North Africa, the Middle East and Western Asia – ie the WHO Eastern Mediterranean Region (EMR). It shares perspectives and advice from global and regional leaders on how family practice can be introduced and strengthened in high-, middle- and low-income countries. Although focused on EMR there are many valuable lessons for countries from many other regions. Many impressive and authoritative figures contributed to this book, which has been edited by Professor Michel Kidd (WONCA) and Dr Hassan Salah (WHO EMRO).

Garth Manning
CEO



Feature Stories

WONCA President writes to Australian colleagues

WONCA President, Dr Donald Li has written to the Royal Australian College of General Practitioners (RACGP) and the Australian College of Rural and Remote Medicine (ACRRM) to express his sadness and sympathy for colleagues in the wake the current devastation and loss of life in many parts of Australia as a result of fires.

The President, CEO and all of the WONCA Executive are watching with profound sadness as the fires rampage through your gorgeous country. We extend our condolences to our Member Organisation's members, families, friends and patients at such a horrendous disaster. The deaths, and destruction of homes and businesses, must be horrifying to witness.

We also realise that you, as family doctors, will be faced with the aftermath of this crisis, dealing with the consequences to families affected by the disaster. For some, their lives are completely uprooted. The rebuilding process will be long and hard. The trauma will stay with some for many years to come, and family doctors will bear the biggest responsibility for treating those patients. Some of those who are suffering loss and destruction are family doctors themselves.

We, as the WONCA family, extend our sympathy to all of you and our hopes for a safe resolution.
Sincerely,
Donald Li

RACGP President, Dr Harry Nespolon has sent his thanks to our President, Donald Li and also said "What is happening in Australia with the bushfires is truly apocalyptic. What is worse is that this is likely to continue for another two months unless there is some decent rain." Dr Nespolon has written to the members of his own College, the RACGP, with [practical measures to support GPs in fire-affected communities.](#)



New WONCA CEO announced

Dear colleagues

The WONCA Executive Committee is delighted to announce the appointment of Dr Harris Lygidakis as the new Chief Executive Officer (CEO), succeeding Dr Garth Manning.

Harris holds a medical degree from the University of Bologna and obtained a postgraduate diploma on alcohol-related pathologies from the University of Florence. He qualified as a family doctor in the Region of Emilia-Romagna in 2010, where he worked as a locum until 2016.



During that period, he also co-founded two digital health startup companies, and received coaching from the regional business incubator.

In 2009, he joined the WONCA regional network for trainees and junior family doctors, the Vasco da Gama Movement, where he was elected to the position of Chair in 2012 and acted as the network's observer to the Executive Board of WONCA Europe. He co-led the establishment of its first regional conference and built strong links with other networks and member organizations. Between 2015 and 2019 he acted as the Honorary Secretary of WONCA Europe, where he co-developed the new communication strategy, assisted in lobbying for family medicine, and supported the regional conference committee.

Presently he is completing the last year of his PhD at the Department of Behavioural and Cognitive Sciences of the University of Luxembourg, participating in the development of an integrated mobile-health and community-health-worker program in nine areas in Rwanda.

Harris will be transitioning into his new role beginning November 2020 and will work closely with Dr Manning to ensure continuity.

We wish him every success.

Dr Donald Li
WONCA President

Europe region

EGPRN involved in Frailty and Falls project

The European General Practice Research Network (EGPRN), a network of WONCA Europe, is proud to announce its involvement in an ERASMUS+ (is the European Commission programme to support education, training, youth and sport in Europe) project on innovative training for technology-based frailty and falls management with the project "Fall-in-Age"

[Project website](#)

The "Fall-in-Age" project is a strategic partnership for advanced education between four partners: Universidade de Lisboa, Lisbon, Portugal; Instituto de Biomecanica de Valencia, Spain; Istituto Nazionale di Riposo e Cura per Anziani INRCA of Ancona, Italy; and the EGPRN.

The "Fall-in-Age" project aims to develop and implement an online open course for students, specialists and professionals in the area of community healthcare and geriatrics. The course focuses on the application of biomechanical technologies for the assessment and treatment of frailty, and the

reduction of the number of falls in elderly people.

A first draft of the course will be available in the beginning of 2020. A final version is expected to be released at the end of 2020. Over the two years of the project, several dissemination events and workshops related to frailty and falls management, will be held in Portugal, Spain, and Italy and in EGPRN meetings.

Challenges & Motivation

According to the WHO, prevention strategies to be adopted by health systems should be aimed at the identification of risk factors. Since, one in three older adults suffers at least one fall per year, falls are one of the main geriatric syndromes and the second world cause of accidental or unintentional death. A fall also implies deterioration in the autonomy of the elderly, decreasing their quality of life and that of their social environment, thus, increasing their frailty.

Objectives

The aim of this project is the development and implementation of an online free access course to provide students, specialists and healthcare professionals with a valuable and meaningful training on the available biomechanical technologies to assess frailty and the risk of falls in elderly people, which ultimately can contribute to reduce the number of falls in this population.

The project is planned for two years and the tasks are developed under a framework of three intellectual outputs:

- O1. Curriculum of the “Fall-In-Age” course;
- O2. Pilot Course integrated on the e-learning platform;
- O3. Final version of the online course in English, Portuguese, Spanish and Italian.

Expected Results

The project hopes to enrich medical students and health professionals’ knowledge on the optimisation of the assessment processes of frailty and the risk of falls of elderly people. This will allow them to acquire the expected knowledge on the use of cutting-edge biomechanical technologies for improving their skills and subsequently the care they will provide to patients.

Additionally, promoting a web-based open access online course complements work-

based learning and apprenticeship-type training and will contribute to better standardisation and qualifications of target users. This will provide new employment opportunities for them.

Finally, the project is expected to have an impact on indirect target users, namely patients and policy makers. Patients will benefit from more experienced and well-informed clinical staff, who will be able to deliver a better care, thus improving patient independence and quality of life. The knowledge and the use of the suitable biomechanical technologies will reduce inappropriate care and unnecessary costs for the healthcare systems.

The course will be officially presented during the 90th EGPRN conference in Goteborg (Sweden) coming from 7-10 May 2020 and at the WONCA Europe conference in Berlin (Germany) coming from 24-27 June 2020.

The EGPRN “Fall-in-Age Project” team
Shlomo Vinker,
Thomas Frese,
Ferdinando Petrazzuoli,
Miguel-Angel Muñoz Pérez



Working Parties

WONCA Rural's Outstanding Service Award to John Wynn-Jones

The WONCA Working Party on Rural Practice Award for Outstanding Service to Rural Practice was presented to Dr John Wynn-Jones at the 16th WONCA World Rural Health Conference, Albuquerque October 2019.

The WONCA Working Party on Rural Practice Award for Outstanding Service to Rural Practice is given to working rural family doctors who have made an exceptional contribution to rural health on both a global and local perspective.

This award recognises a clinician's exemplary service to their rural communities, to their professional colleagues and to the next generation of doctors.

Recipients are champions for those who they work with and role models for those who follow them. The WONCA Working Party on Rural Practice wishes to acknowledge rural family doctors who make a difference.

John Wynn Jones is one of these doctors.

Dr John Wynn-Jones was a practicing rural GP in Wales for over 30 years. He trained at Guy's Hospital London 1969-75 and, after finishing his GP training, returned to his native Wales to work in a rural practice in Montgomery on the Welsh borders.

With his wonderful wife Jacqui, the beautiful countryside surrounding Montgomery became their home and their work environment, presenting the best aspects and the inevitable challenges faced by a rural community. To quote Jacqui: "John, as he always will, launched into practice life with enormous enthusiasm enjoying the challenges of careering through the countryside in varying weather conditions and finding out what living and working in a mainly farming community meant."

He soon became aware that the rural GPs lacked any significant support or on-going continuing education. He and a few colleagues formed a local medical society,

which provided educational and support for general practitioners and their staff. He also established an annual national conference for rural GPs which will celebrate its 30th anniversary next year.

As a result of these experiences, he took a year's sabbatical in 1997 to investigate rural practice around the world and founded the UK Institute of Rural Health. In the same year he was instrumental in creating the European Rural and Isolated Practitioner's Association (EURIPA) and remained its president until 2012. Under his presidency the network grew



in stature and influence and represents rural practitioners across the continent. It is now recognized as one of the key networks in WONCA Europe.

In the UK he has held many posts and roles over the years including the

position of Medical Advisor to the BBC's Archers (for 15 years), the longest running radio soap in the world. In 2017 he received the President's International Medal of the Royal College of General Practitioners (RCGP).

John was one of the founding members of the WONCA Working Party on Rural Practice (RuralWONCA) and took over as chair in Prague (2013) from Professor Ian Couper. He has been directly involved in organizing many of RuralWONCA's annual World Rural Health Conferences, especially as chair of the Scientific Committee for the 2003 Conference in Santiago de Compostela.

His passion for rural practice remains unabated and says that, despite the success,

we have much more to do to reduce rural inequalities and improve global rural health outcomes. He has worked tirelessly to engage with younger doctors and medical students around the world to promote rural practice through initiatives such as Rural Seeds. His great sadness is that those who really need to engage with global rural health family are the ones who are unable to travel to the annual WONCA World Rural Conferences. Throughout the world, health professionals and rural and isolated communities in low and middle income lack a prominent voice and as

a result often remain invisible to policy makers and academic institutions.

He is married to Jacqui who worked as a Health Visitor (Public Health Nurse) with a special interest in and responsibility for breast feeding. They have three children (William, Owain and Rosa) and two grandchildren (Henry and Clemmie). This award is also recognition of a family that understood and supported the cause which enabled John to empower and achieve so much for so many.

17th WONCA World Rural Health Conference 2020
Dhaka, Bangladesh

15th - 18th April 2020

Achieving Rural Universal Health coverage through community approach.

Online Registration & Abstract Submission is going on.

Super Early Bird Registration extended till January 19, 2020.

Early Bird Registration & Abstract Submission extended till January 31, 2020.

www.wrhc2020.com wrhc2020@gmail.com

Welcome to Beautiful Bangladesh.

WONCA Rural South Asia
Positive health for all rural people

Young Doctors' news

Rural Seeds 2019 annual summary

Veronica Rasic writes about the activities of the Young Doctors and medical students involved in the WONCA Working Party on Rural Practice.

1. Contribution to the Rural Medical Education Guidebook

At the beginning of 2019 Rural Seeds completed two articles for the new edition of the Rural Medical Education Guidebook: "Rural Seeds - Innovation and Rural Healthcare" and "Mentor-Mentee Program: Mentoring in Areas without Established Rural Training Pathways". We appreciate the opportunity to contribute and hope to continue the conversation around access to rural medical education.

2. Rural Cafe held at multiple WONCA events

Throughout 2019 we continued to hold the Rural Family Medicine Cafe at conferences: [WONCA Europe in Bratislava, Slovakia](#), [WONCA Rural Health Conference in Albuquerque, USA](#), EURIPA Forum in the Azores

Due to changes on Google Hangouts and YouTube we have tried to find new platforms for holding these meetings. At present we hope to start using Zoom as an alternative with funding support from WONCA Rural.

3. Rural Seeds Website

With support from our Brazilian colleagues we have created a [new website](#).

This interactive platform allows people to find out more about Rural Seeds and rural health, what we do and how they can engage with us.

4. WONCA Rural Conference Albuquerque

A number of students and young doctors participated and presented their work at the conference.



5. Rural Videos project

In 2019 Rural Seeds have launched four videos about Rural Health:

- [Pesticides](#)
- [Francesca Alta - Pocket](#)
- [Planetary Health](#)
- [Who is and what a Rural Family Doctor does](#)

6. Rural Health Success Stories

In 2019 the project Rural Health Success Stories have uploaded three new stories. We encourage people to continue submitting more stories as involvement is crucial for the development and continuity of the project.

Areas for future development

1. Call to Action Update
2. Mentor-Mentee 2.0
3. Rural Medicine and Climate Change
4. Exploring how RS can help increase the profile of rural medicine in medical school/early career in different global regions
5. Engaging with rural communities for sustainable healthcare solutions

Featured Doctors

A/Prof Alan Bruce CHATER - Australia

Chair WONCA Working Party on Rural Practice



Bruce took over as Chair of the WONCA Working Party on Rural Practice (WWPRP) after many years as its secretary, in October 2019.

I am a starter of things and was the founding convenor of the Rural Doctors Associations of Queensland and Australia, involved in setting up the Australian College of Rural and Remote Medicine (ACRRM), later its President; was founding chair of the National Rural health Alliance, was first chair of the Queensland State-Wide Rural and Remote Clinical Network; and the first head of a Department of Rural and Remote Medicine – at the University of Queensland. I sit on the Australian Independent Hospital Pricing Authority. I have been secretary of the WWPRP from its inauguration until taking over as President in October 2019.

What work do you do now?

I run a rural hospital and own and run a private clinic in the small rural town of Theodore. Theodore lies 600km (about a day's drive) from the state capital Brisbane and about 220km from the nearest large hospital with a CT. My friends to the west say I am on the urban fringe!

I delivered babies for 38 years and did abdominal surgery for 30 years. With a long term doctor (our first registrar), two registrars, an intern and two medical students we run a comprehensive procedural integrated practice that covers emergencies and hospital inpatients through to chronic disease. We have Point of Care testing, other clinical investigations, and our own ultrasound and x-ray. Like the two family doctor brothers that founded the Mayo clinic we believe in being the one stop shop that will solve our patients complex presentations. We are not afraid of knowing our patients well and enjoy how their life stories inform us in adding humanity into this decision making

Other interesting things you have done?

I'm a generalist and love dabbling in lots of things both at work and home, exploring interesting places and meeting interesting people when travelling rather than just seeing the sights. I love seeing and experiencing where other rural doctors work.

What do you hope to achieve as WWPRP chair?

I want to see rural areas recognised for what they are – wonderful places to live and work.

Having said that I am fully aware of the challenges, especially in less well developed countries wrt the living conditions, family and children's educational opportunities. We need rural generalist family doctors able to work for part of their careers in a professionally and personally fulfilling way in these settings. The pathway to rural practice can be very vulnerable and I want to strengthen and improve it so that it has no unnecessary blocks and leaks. I want to see this happen for especially our colleagues in Low and Middle income Countries (LMIC) and our young doctors through our young doctor group Rural Seeds.

Our top priorities at present, as voted by our Council of 60 from all around the world are:

- Rural training pathways/pipelines - key elements and issues
- Learning in Rural settings
- Supporting young health professionals
- Rural workforce
- Engaging communities
- Migration, population dynamics and rural health
- Rural effects of climate change
- High performing rural teams
- Fit for Purpose Rural Workforce design –

getting the balance right
-Digital health AI and telehealth
-Low resource environments
-Remote - Low and middle income countries
-Family Medicine – Role in Rural
-Rural Generalist Family Care - primary care or broader
-E-establishing Family Medicine in Low and Middle income countries

Your interests at work and privately?

My lovely wife Anne and I have four fantastic sons who are now adult and chasing their own dreams.

I love to relax around our pool in the country quiet.

I love spending time with our grandchildren.

Our practice is an exemplar of what can be done in a rural town and I love working there and sharing my experience with the young doctors. They too teach me and keep me honest in my practice.

I love making a visible difference to lives of the people I know by name.

I love to get out on our local river with others – be it on our jet ski or our son's boat and enjoy water skiing and snow skiing.

I love walking in the countryside.

As one of our registrars once said "We are very lucky to be the live in fly out country service" – able to serve a community but also take on a state, national and international role

Asst Prof Nena KOPČAVAR GUČEK - Slovenia

Co-convenor SIG Family

Nena is the new co-convenor of the WONCA Special Interest Group on Family Violence (SIGFV).

What work do you do now?

I am employed as a full time family practitioner in the Community Health Care Center of Ljubljana in Slovenia, of which I am also the spokesperson.

I am also a faculty member of the Department of Family Medicine, University of Ljubljana, currently as Assistant Professor. For years I have been involved in undergraduate and postgraduate teaching, as a teacher and as a mentor and have been a member of research groups at my clinic and at the department. Since 2005, I have been one of the supervising doctors with the Medical Chamber of Slovenia. I am an Aviation Medical Examiner.

Other interesting things you have done?

Violence

Family violence and workplace violence in the healthcare environment occupy a lot of my time and interest. Since 2017, I have chaired the interdisciplinary committee for preventing violence at the Medical Chamber of Slovenia.

Linked to the topic of violence, I am very interested in communication, motivational skills, alcohol addiction, prevention and have been involved in several research projects and educational activities

in those fields.

I was appointed as the Slovenian delegate to UEMO in 2004 to 2017, and was Vice President from 2010 to 2014. From 2010 to 2017 I served as a liaison officer between WONCA, UEMO and European Forum of Primary Care. I have been a member of the board of Slovenian Family Medicine Association since 2005 and am currently on the board of Alzheimer Slovenia.

I am a reviewer for the Slovenian Science Citation Index journal- Slovenian Journal of



Public Health (since 2012) and for the European Journal of Family Medicine (since 2013).

What is general practice like in your country?

In Slovenia, as in many other countries, we have a shortage of family doctors. On one side, we are valued very much by patients, but there are organisational and financial challenges. Family medicine in Slovenia has experienced remarkable advances in professional, education and research aspects in the past years. We are hoping to decrease the exhausting administrative burden and to have more time for our patients in the future. We believe that positive changes in this direction would attract more colleagues into

the domain of family medicine, which has never ceased to astonish and attract me.

Your interests at work and privately?

Professionally, I very much enjoy teaching, supporting young colleagues and organising educational events. Communicating with patients, even if so challenging, is still in the centre of my interest, and I am learning, every day. From every patient.

I enjoy volunteer work, and served time as president of the Inner Wheel Club in Ljubljana.

In my spare time, I love to cook, and I find gardening and physical activities most relaxing. I cherish sharing time with my family. Family to me is the highest value.

Resources



Goodfellow GEMS - final 2019 items

Gems are chosen by the Goodfellow Unit director, Dr Bruce Arroll, to be either practice changing or practice maintaining. The information is educational and not clinical advice. ©The Goodfellow Unit, Auckland.

Final 2019 items have now been added.

[Pregnancy and antibiotics](#)

[Extreme care needed with sodium valproate and pregnancy and women of childbearing potential](#)

[Daily iron may help women with anaemia and fatigue](#)

[Topical and oral treatment can work for fungal nail infections](#)

[Bath emollient additives probably not effective for childhood eczema](#)

[Gout in NZ: more allopurinol and fewer NSAIDs](#)

[Saline injections may be helpful for tennis elbow](#)

[The truth about antidepressants](#)

WONCA Global Primary Mental Health Care book published

Dear colleagues

Our WONCA book on Global Primary Mental Health Care has been published:

Global Primary Mental Health Care: Practical Guidance for Family Doctors, 1st Edition (Paperback) - Routledge

This book provides up-to-date, practical information for family doctors on how to assess and manage important mental health problems presenting in primary care settings. Patients frequently present with mental health problems in primary care settings...

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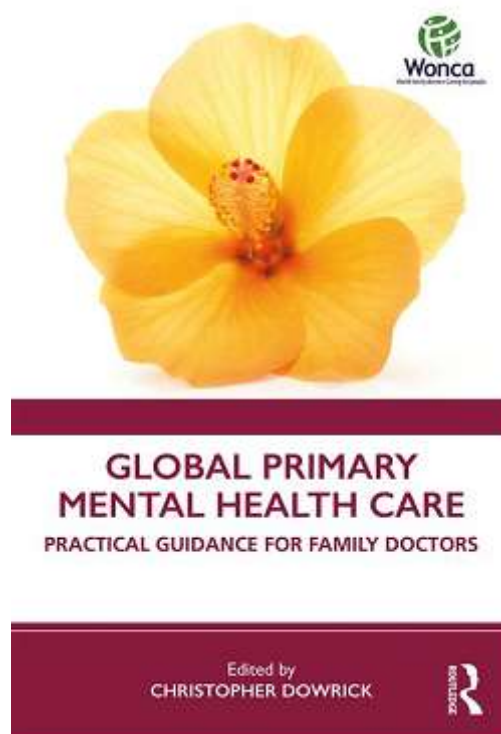
1. Core competencies of family doctors in primary mental health care
Christopher Dowrick and Cindy Lam
2. Depression - an evidence-based first consultation
Bruce Arroll, Weng Chin, Fiona Moir, Vicki Mount and Christopher Dowrick
3. Non-drug interventions for common mental health problems
Weng Yee Chin
4. Medically unexplained symptoms
Tim olde Hartman, Christopher Dowrick, Cindy Lam, Sandra Fortes, David Clarke and Jinan Usta
5. Physical health care of people with severe mental illness
Alan Cohen and Kim Griswold
6. Migrant mental health care
Maria van den Muijsenbergh
7. Mental health of young people
Jane Roberts and Christopher Dowrick
8. Frailty and Multimorbidity
Christos Lionis and Marientina Gotsis
9. Dementia
Ferdinando Petrazzuoli, Christos Lionis and Venetia Young

Order your copies, and spread the word!!

[See ordering details](#)

Best wishes to you all

Chris Dowrick
Chair of WONCA Working Party on Mental Health



Conference News

WONCA Rural Bangladesh 2020 extends deadlines

John Wynn-Jones, Immediate Past Chair of the WONCA Working Party on Rural Practice encourages support for the coming WONCA World Rural Health conference in Bangladesh, from April 15-18, 2020.

Time is marching on and we need your help. The Bangladesh conference is only four months away and we want it to be a resounding success. Our conferences attract delegates from around the world but I have always been saddened by the fact that the people who really need to attend and network at conferences are those who cannot afford to do so. The obvious solution was to take the conference to them, rather than expect them to come to the conferences.

So we need your support for the Bangladesh conference and I am asking you for your help to make this conference relevant and impactful. **Deadlines for abstract submission and early bird registration are still open.**

We need your ideas, suggestions and effort to run relevant rural workshops. We need to cover workforce issues but also inequalities, defining rurality, infectious & non-communicable diseases, new models of care or rural case studies/stories.

If you need help, please either contact me john@johnwj.com, or conference organiser Zakiur Rahman bangladesh.spiceroute@gmail.com

This is real rural healthcare and we need your help and support. See you there.
John

[Conference website](#)

Make WONCA APR conference in NZ your 2020 resolution

Now that 2020 is underway, it's only a few months until the WONCA APR Conference lands in Auckland, New Zealand.

If you're looking for a new experience this year, WONCA could be just the ticket. Be inspired and reinvigorate your career at this four-day conference where you will have the chance to connect with your peers from different parts of the globe, learn about innovations that can improve your practise, and engage in hearty discussions about equity and the future of general practice.

If travel is also on your list of resolutions for 2020, you can tick that off at the same time! Extend your visit to New Zealand and explore our fascinating country. This small island nation at the bottom of the world is brimming

with breath-taking scenery, rich cultural practices, adventurous pursuits, world-famous wine, and of course, warm and friendly Kiwis



(the people, not the small bird or fruit!).

Get your 2020 goals locked in and register now for WONCA NZ (23 – 26 April, Auckland).

[Register now](#)



Meet Ian Couper - keynote speaker

<https://youtu.be/igkfqjaeNAs>

We are excited to have Professor Ian Couper on board as one of our keynote speakers at WONCA this April.

Hailing from South Africa, Ian is Director of the Ukwanda Centre for Rural Health, Stellenbosch University, and has a wealth of experience in rural and remote medicine. Ahead of the conference, we had a chat with Ian about his keynote address and his plans for his time in New Zealand.

What are you most looking forward to about speaking at the WONCA Asia Pacific Conference in New Zealand next year?

It will be 25 years ago that I was last in New Zealand, having spent a few days on the North Island in 1995. Thus, I look forward to being back in your beautiful country. At the conference, I look forward to stimulating discussions and to sharing ideas with participants and fellow speakers.

Could you please tell us what you will be speaking about at the conference?

I plan to unpack the idea of collaboration – we like to use the word a lot, but what does it really mean? How do we collaborate? What are the issues that we need to consider when we talk about collaboration? I will suggest that one key issue is powered. Another issue is the system in which work. Both of these need to be addressed

What are you hoping delegates will take away from your presentation?

Some insights into the way they function in teams, and one practical action they can implement to make a difference.

What are the challenges that face the rural health sector in Africa? Do you see any parallels with New Zealand's rural health sector?

Access to care is THE rural health issue – this is the basis for inequity. Human resource shortages are key to the access challenge. Collaborating in teams can make a difference to that, as it can in any context.

What else are you planning to do while you're in NZ?

I am participating in the annual Rural Health Research Day before the conference. After the conference, my wife and I will be visiting the South Island, because we have never been there before.

[Read about our other fantastic keynote speakers](#)

wonca Asia Pacific Regional Conference 2020

AOTEA CENTRE
Auckland, New Zealand
23 - 26 APRIL 2020

Celebrate general practice with
GPs from around the world

REGISTER NOW

The Royal New Zealand College of General Practitioners RURAL 100% PURE NEW ZEALAND A

WONCA Europe Conference Berlin abstracts close January 31, 2020



Dear GP/FM colleagues,

Do not miss the 25th WONCA Europe Conference that will be held in Berlin, Germany on June 24 - 27, 2020.

Abstract Submission Deadline: January 31, 2020

Only few days left to submit your abstract and be part of the WONCA Europe 2020 Conference scientific programme. Don't miss this opportunity!

Forms of presentations

- State of the art session
- Workshop
- WONCA Symposium
- Oral: Workshop report from the practice
- Oral: Science Slam
- Oral: Lecture
- Oral: 1 Slide – 5 minutes lecture
- Case presentation by young doctors
- Poster: Poster on paper + ePoster; and ePoster only

[Submit now](#)

Programme at a Glance

Programme at a glance is available on the Conference website

[View now](#)



Gendarmenmarkt

The Gendarmenmarkt is one of the most stunning squares in the city, located close to Friedrichstraße, Berlin's exclusive shopping street in the central Mitte district. Three of the most impressive examples of architecture in the capital city are to be found here: the Concert House designed by Schinkel and the German and French Cathedrals (the Deutscher Dom and the Französischer Dom).

Bursary Winners for Abu Dhabi

Ana Nunes Barata, Young Doctors' representative on WONCA Executive writes:

The next WONCA World conference is rapidly approaching!

During this event, colleagues will have the opportunity to meet doctors from all over the world and to exchange ideas and learn from new points of view. Looking forward to a strong young doctor participation it is important to find ways to encourage their participation. The young doctors movements have already established the Global Fund, however, unfortunately, the available donations are still not enough to provide support to the young doctors. We would like to remind colleagues of this resource and would encourage all to please donate to the global fund, so that it is possible to provide support to other young doctors.

The host organising committee has offered 30 bursaries for young doctors, which were distributed among the seven young doctor's regions after a careful selection process. We thank all young doctors for their engagement and strong participation!

Here is the list of the 30 winners:

Husni Abdalla (Kenya)	Wee Sian Woon (Australia)
Moyosore Makinde (Nigeria)	Kashmir Mae (Philippines)
Bola Fatusin (Nigeria)	Kinley Bhuti (Bhutan)
Kate Adomakoah Kontor (Ghana)	Serin Kuriakose (India)
Nana Kofi Edu Affare (Ghana)	Nadia Feroz (Pakistan)
Jessie Mbama (Malawi)	Rupak Bhandari (Nepal)
Ahmed Gharib (Egypt)	Gleydi Lucila Santos Ramirez (Peru)
Marwa Mohasseb (Egypt)	Maria Belen Gimenez Reyes (Paraguay)
Adel Fouad Yasky (KSA)	Mariano Granero (Argentina)
Molly Whalen Brown (Canada)	Yasmin Cordova Rios (Peru)
Chelsea McGuire (USA)	Tania Marisol Peña Arriaga (Mexico)
Craig Bryan (Jamaica)	Emanuela Mercore Hutanu (Romania)
Maung Mya (Myanmar)	Maria Joao Nobre (Portugal)
Fitriana (Indonesia)	Marina Jotić Ivanović (Bosnia & Herzegovina)
Mel Acuavera (Philippines)	Max Haag (Luxembourg)

Congratulations to the winners!

[More about the conference](#)



WONCA CONFERENCES

WONCA Conferences 2020

April 15-18, 2020	World Rural Health Conference	Dhaka, BANGLADESH	Save the dates
April 23-26, 2020	WONCA Asia Pacific region conference	Auckland, NEW ZEALAND	www.woncanz2020.com/
April 27 – May 2, 2020	VIII Cumbre Iberoamericana y Congreso Mesoamericana de Medicina Familiar	San Juan, PUERTO RICO	http://cimfwonca.org/eventos/proximos-regionales/
June 24-27, 2020	WONCA Europe region conference	Berlin, GERMANY	www.woncaeurope2020.org
November 26-29, 2020	WONCA World conference	Abu Dhabi, UAE	http://wonca2020.com

WONCA Direct Members enjoy *lower* conference registration fees.

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

WONCA Conferences 2021 and 2022

July 7-10 2021	WONCA Europe region conference	Amsterdam, NETHERLANDS	https://woncaeurope2021.org/
August 5-7, 2021	World Rural Health conference	Kampala, UGANDA	Save the dates
October 20-23 2022	WONCA World conference	Sydney, AUSTRALIA	www.woncanz2020.com/

VIII Cumbre Iberoamericana de Medicina Familiar

CIMF/WONCA

El Impacto Económico y Social de los Especialistas de Medicina de Familia y Comunidad en los Sistemas de Salud



II Congreso Sub - Regional Mesoamericano CIMF

63th CONGRESO ANUAL

ACADEMIA DE MÉDICOS DE FAMILIA DE PUERTO RICO

ABRIL 2020

SAN JUAN, PUERTO RICO

27 de Abril al 02 de Mayo 2020



Academia de Médicos de Familia de Puerto Rico



Member Organization Events

19 Feb - 22 Feb 2020	4th International Primary Health Care Conference Doha, Qatar
07 May - 10 May 2020	90th EGPRN Meeting Gothenburg, Sweden
26 Aug - 29 Aug 2020	23rd Family Medicine Scientific Conference Bangsar, Kuala Lumpur
01 Oct - 03 Oct 2020	RCGP annual primary care conference Glasgow, United Kingdom
13 Oct - 17 Oct 2020	AAFP Family Medicine Experience Chicago, USA
15 Oct - 17 Oct 2020	RACGP GP20 Perth, Australia
04 Nov - 07 Nov 2020	Family Medicine Forum / Forum en médecine familiale Winnipeg, Canada
20 Nov - 24 Nov 2020	North American Primary Care Research Group (NAPCRG) annual conference San Francisco USA

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