



Al-Razi Young Doctors' Movement East Mediterranean Region



Report on recent activities at the EMR Congress held in Kuwait

Workshop title: Family Medicine Challenges

Facilitator: Dr Najwa Nashat, Dr Maysa Alkoumi, and Dr Anwaar Buhamra

Target audience: Emotional Intelligence in communication

Objectives:

- To define emotional intelligence.
- To identify different aspects of emotional intelligence
- To value the positive effect of emotional intelligence in practice
- To highlight modalities to improve Emotional Intelligence.

Summary of session: The session was divided into three parts and all were very interactive with many inputs from the attendees. Dr Najwa Nashat, chair of the Al-Razi movement, facilitated the first part and presented a definition of Emotional Intelligence. Dr Anwaar Buhamra discussed the main aspects of Emotional Intelligence and Dr Maysa Alkoumi challenged the attendees competencies through a facial expression test.

Key messages: One of the pillars of success is to be emotionally intelligent.



Workshop title: Family Medicine Challenges

Facilitator: Dr Najwa Nashat

Target audience: Family medicine physicians, residents and Medical school student

Objectives:

- To discuss challenges in Family Medicine Practice.
- To understand possible root cause for challenges in FP.
- To highlight possible solution to the challenges rose.

Summary of session: The session started with a video greeting and welcoming salute from the chairs of the six young family doctors movement from other WONCA regions. Then president of WONCA, Prof Amanda Howe, the guest of honor for the workshop opened the discussion with a warm word about the beauty of our Family Medicine specialty and the path of challenges and achievements from her personal journey. Dr Najwa Nashat, the chair of Al-Razi movement continued the workshop by dividing the attendees into three groups to discuss challenges in Family Practice and the possible solutions to overcome such challenges from their perspectives.

Key messages: Like any other medical specialty and family doctors face many challenges in their daily practice. Challenges can fall into different categories (administrative, clinical, patient issues, communication, professional development, burnout and more). Challenges in Family Practice need to be addressed and managed.

Submitted by: Dr Anwaar Buhamra Dr Nagwa Nashat