

Young Doctors' Movements news – December 2019



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

*A word from Ana Nunes Barata -
YDM representative on WONCA Executive 2018-2020*

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](#)

With apologies for omitting their news from the September newsletter, this month's featured Young Doctors' Movement is the Waynakay Movement from Latin America. Pictured below are their group from Paraguay.



Region News



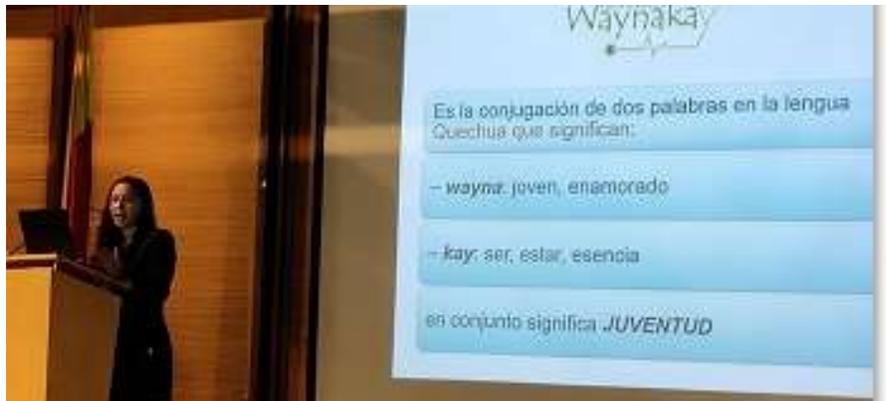
Movimiento Waynakay Iberamericana CIMF region

During the last three months, the Latin American Young Doctors' Movements have had a huge amount of work - usually, all conferences and meetings take place in the second half of the year.

There have been several Waynakay activities as shown by the photos below.



Waynakay Argentina had, for the first time, a massive meeting during the Famfyg conference on September 2019, and there was a preconference, too. (Photo above)



Colombia presented the Waynakay Movement and after that, many young doctors felt summoned to participate. (photo right)

Ameyali Waynakay (Mexico) participated in the Resident National Conference in Mexico, where many YDM delivered their presentations.



Alejandro Saldaña is the Ameyali Waynakay (Mexico) Chair - at the last National Residents Conference in Mexico he talked about the Movement.

On Saturday November 16th, the second YDM meeting took place in Paraguay, where hard work is



underway to maintain active participation.

Photo: Paraguay YDM above.

The FM 360 program has also been rejuvenated in the region. We have a new Exchange team, and now we are regionally coordinated by Elizabeth Portilla from Mexico and Karla Monteiro from Brazil. They are working hard to improve internal communication and have initiated a hosts' update (information that will be shared with the other regions soon).

Finally, we want to express our support and solidarity with nations that are suffering violent events, hoping that peace will come back as soon as possible.

Waynakay Peru below



Gabriela Di Croce
member of Waynakay Chairs Team

Vasco da Gama Movement Europe region

**Moments from the Torino Forum,
September 2019**

<https://www.vdgmforum2019.com/>

The sixth Forum of the Vasco da Gama Movement (VdGM), organised by young doctors, was held in September, in Torino, Italy. It was one of the most outstanding events of the year: rich in high-level scientific activities, including 21 high-quality workshops presented by our members; a fantastic social program; and amazing passion for family medicine, respectful of the planet and the human being. We had around 290 participants from 31 European countries, between them the two well-deserved winners of the VdGM Fund Bursary - Amina Smailova (Kazakhstan) and Nuraiym Turanova (Kyrgyzstan).

A conference exchange was participated in by 17 young family doctors. They observed first-hand the Italian health system and were made welcome by our Italian colleagues. This year the Torino Forum was linked to the EQUIP Summer School, where participants could learn about how to engage in quality improvement. We also held a Council Meeting, giving us a great opportunity to work on relevant issues for the unstoppable growth of our movement and to welcome the many new members.

VdGM Vigo Conference Exchange linked to the EGPRN meeting, October 2019

<https://meeting.egprn.org/news/view/vdgm-conference-exchange>

Four residents from Portugal, Belgium, Malta and the UK were welcomed in Galician practices, prior to the 89th EGPRN meeting in Vigo, Spain. It was a fantastic experience and many young doctors from the north of Spain interested in research, with a passion for our profession were introduced to the VdGM and WONCA.

VdGM presence at the EURIPA Forum in Azores, October 2019

<https://www.euripaforum2019.eu>

VdGM was invited to observe the EURIPA Executive Committee meeting, an opportunity to further development our collaboration. Elena Klusova (VdGM Events Officer) and Vasilios Stoukas (VdGM image team member) represented us there. The VdGM virus keeps spreading throughout all WONCA's networks!

VdGM collaboration with EUROPREV, November 2019

<https://europrev.woncaeurope.org/event/2019-european-forum-prevention-and-primary-care>

We are very honoured that EUROPREV invited young doctors from Europe, to become the official delegates of their countries and join the EUROPREV Council. During the EUROPREV Forum both the VdGM president Katarzyna Nessler and our liaison person to EUROPREV, Emmily Schaubroeck were keynote speakers, talking about burnout prevention and whether prevention in every consultation is leading to overtreatment. The VdGM liaison person attended the EUROPREV Council and social activity to strengthen the bridges between both WONCA subgroups.

Next Events

We are already getting ready for our preconference to be held before WONCA EUROPE in Berlin, June 2020.

Katarzyna Nessler VdGM president



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Polaris
North America region



Autumn in North America has been a busy time for Polaris. We joined the American Academy of Family for their Global Health Summit in Albuquerque New Mexico where we hosted our 2019 preconference entitled “Health Equity Across Borders”

Dr William Ventres from Little Rock Arkansas delivered a stimulating keynote on his personal journey with global health and what he believes are some of the best ways to achieve health equity. Bill has extensive work experience in global health. With experience in Thailand, Venezuela and in El Salvador. In 2016 he was a scholar in global health ethics at the Brocher Foundation in Geneva, Switzerland and then served as a visiting professor at the Nelson Mandela university in Port Elizabeth, South Africa. Dr Ventres shared his experiences and gave his “recipe for health equity” which starts at home by providing excellent primary care and advocating for our patients right within our own borders.



The preconference then moved on to discussing health equity and the impact it has on patient care and the general health of society. Discussions were diverse but all Polaris members in attendance agreed that it is crucial to advocate for our patients, eliminate systemic barriers on the micro and macro levels, and include education on health equity in all medical schools and residency programs. Out of these discussions we developed the “Polaris Statement on Health Equity” which is a series of principles that Polaris believes all young physicians should fulfill in within their practices. The full statement can be found on woncapolaris.org.

Our annual business meeting was this fall where we welcomed three new faces from the USA; Dr Margarete Ezinwa, Dr Steffano Mottl, and Mr Brett Lewis. We bid adieu to Dr Megan Guffey, Dr Lauren Bull, and Dr Kiera Hays; Polaris is very grateful for these three women’s strong leadership over the past three years and the tremendous value they brought with them to our executive.

Please watch online for or “Docs in Practice” series which highlights the diversity of careers in family medicine! New episodes are coming to Facebook and Instagram soon!



Cheyenne Vetter - chair

The Spice Route Movement South Asia region



WONCA South Asia Regional Conference 2019, Lahore, Pakistan

The above was held from 22nd to 24th of November 2019 at Avari Hotel Lahore. The Spice Route organized the YDM Pre-conference under the theme of 'The Spice Route; future of WONCA SAR' and the session was well attended by both young and 'young at heart' family doctors. It became a fresh experience for many Pakistani young family doctors and trainees who have never been in an international conference. The keynote address was delivered by Dr Donald Li, President WONCA. Dr Raman Kumar, President WONCA SAR has sent a video message as he could not attend due to unavoidable reasons. The pre-conference programme was admired by many for its consistency.

Photo: Zakiur, Ana, Sankha.



Some of the highlights of the programme were, Panel discussion on YDM activities with WONCA which was also participated in by Dr Ana Barata, WONCA YDM Representative, presentation of research evidence for 'Characteristics of working situations of young Family doctors in SAR' by the Spice Route Chair, a interesting Storytelling session by the young doctors of the regional countries, the Skills lab and the session on career opportunities for young family doctors.

The Spice Route also had a fruitful meeting on the second day which enabled many young doctors who participated to express their ideas and ask questions to quench their thirst for knowing about the YDM.



Photo: visiting a PHC centre with president elect Anna Stavdal.

As a whole, YDM activities at WONCA SAR 2019 was a success and it would have an impact on progress of the Spice Route Pakistan.

New office bearers appointed for the Spice Route India

The Spice Route India appointed their new office bearers in October. New Chair is Dr Serin Kuriakose, National Secretary Dr Jyotika Gupta and FM360 National Coordinator Dr P Kailas. We wish them all the success and thank the outgoing chair Dr Idris Shariff and the office bearers for the service granted.

Sankha Randenikumara, chair