

Young Doctors' Movements news – May 2020



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

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Region News

The Rajakumar Movement


Asia Pacific region



In line with our objectives to exchange ideas, perspectives and best practice in Family Medicine, the Rajakumar Movement has launched three programs: Entrepreneurship skills for young doctors; Journal and Research; and Case Discussion and Management.

Weekly on-line sessions on various concepts in entrepreneurship were conducted by Mayur Vibhuti, Erfen Suwangto, and Siti Shuhaizam. There were 11 participants who were asked to formulate and modify business plans based on the entrepreneurship on-line sessions. For the journal and research program, the young doctors discussed possible collaboration for research that is essential to the practice of Family Medicine in Asia Pacific region. For the case discussion and management program, Loretta Chan spearheaded the three case discussions that were interesting and challenging. Relevant cases were likewise discussed on the effects of climate change, disaster medicine and COVID-19 response in line with cultural differences and various health systems.



 Erfen Gustiawan Suwangto
Admin • Yesterday at 10:40 PM • 🌐

First session of emotional well-being session for young doctors. If you want to join in, please contact erfen_gs@yahoo.co.id. We will meet each Sunday night at 8 p.m Jakarta time.



As with the other young doctors in the world, most of the Rajakumar Movement young doctors are also front liners in COVID-19 pandemic. Frequent catching-up, sharing of experiences, and providing emotional support to one another are being conducted via social media. To provide further emotional support, an on-line session on emotional well-being and stress management was launched on April 19, 2020 by Erfen Suwangto, with at least 13 young doctors participating in the first on-line session.

Although the WONCA Asia Pacific Regional Conference in Auckland has been postponed due to COVID-19, the Rajakumar Movement is still hopeful for young doctors to meet on November 5 – 7, 2020 in Auckland; as the TRM, together with TRM New Zealand representative, Katelyn Costello, has prepared pre-conference sessions on indigenous health, young family doctors as emerging leaders in global health, and a wellness workshop for young doctors.

The Rajakumar Movement wish to express sincerest gratitude to all he doctors, especially young doctors in Asia Pacific region, and health care workers who are tirelessly working during these tough times. The Rajakumar Movement likewise would like to remind everyone to stay healthy and keep safe.

Erfen G. Suwangto, Chair TRM and Mel Anthony E Acuavera, Secretary TRM

The Spice Route Movement South Asia region



New Council appointed

Sankha Randenikumara was appointed the Spice Route Chair in 2019, but there were some practical difficulties in appointing the rest of our council. Finally, with the appointment of office bearers in all the countries in the region, a new council was selected in the month of March.

- Regional Secretary: Zainab Anjarwala (Pakistan)
- FM 360 Regional Coordinator: Jyotika Gupta (India)
- Editor/Image Coordinator: Rupak Bhandarai (Nepal)
- ASPIRE Regional Representative: Kinley Bhuti (Bhutan)



Zainab



Jyotika



Rupak



Kinley

New office bearers appointed for the Spice Route Pakistan

The Spice Route Pakistan appointed their new office bearers in January. The Chair Elect Zainab Anjarwala was confirmed as the new Chair. Dur-e Nishat and Noor e Sahar have been appointed as National Secretary and FM360 National Coordinator respectively.

Creating an online data base of the Spice Route members

The Spice Route adopted a common google membership form which will be used by all countries in the region, creating an online data base of the Spice Route members. It has been decided to enter all the existing information to the same data base which would be extremely useful in future activities.

MRCGP [INT] South Asia Scholarships for WONCA Abu Dhabi

The Spice Route has advertised the above scholarships enabling the young South Asian family doctors to attend the WONCA World Conference 2020 in Abu Dhabi. Applicants should possess an approved abstract submitted for the above conference. They can send their CVs along with a motivational letter to the Spice Route National Chair of the country. Deadline is 15 May 2020.

Sankha Randenikumara
The Spice Route Chair

Movimento Waynakay Iberamericana CIMF region



The beginning of 2020 found us in full swing of organising the activities that were to take place within the now postponed "Ibero-Americana Summit of Family Medicine", in Puerto Rico. Until the beginning of March, the YDM meetings aimed at meeting the members of the Movement, and the happy incorporation of a new country to the team, Puerto Rico itself.

But circumstances changed rapidly because of COVID19. And the energy changed suddenly, anxiety invaded us. The concern for the health of colleagues on the other side of the world grew, at the same time as the uncertainty of knowing when it would be our time to face it.

Today, Waynakay young doctors are united despite distance, supporting each other much of the time. Several members of the Movement have joined the CIMF ad hoc COVID19 working group in order to develop local tools that allow us to organise the large volume of information that arrives minute by minute to guide our work.

We have also participated in different virtual meetings, webinars and other similar encounters. We are working hard spreading messages, reaching all people with the greatest possible inclusion, on how to care. To do this, we have started a campaign to translate the message #stayathome into native Latin American languages and we will shortly do a publication on this. Pictured are at left. María Belén Giménez Reyes (Paraguay) and Cassandra Renault Pisco (Brazil). We remain active, with ups and downs in our energies, but above all, supporting the urgent need to take good care of ourselves and also take care of our own people and the entire community.



We believe that primary health care needs to stay strong, today, more than ever. But all things considered, we must demand that we be cared for in a comprehensive way, just as we believe that we must care for our peoples.

We deeply regret the lives of colleagues who have been lost due to this contingency. We strongly support all the health workers who are doing their best, so that we can get out of this together.

We embrace, at a distance, the daily efforts made all over the world.
#quedateencasa #staysafe

Gabriela Di Croce - member of Waynakay Chairs Team

Vasco da Gama Movement Europe region



VdGM has been actively engaging with our members across the continent in order to share the experiences amidst the COVID19 outbreak. Some great, uniting initiatives have emerged during this stressful time – strengthening the VdGM community inside out as ever. Here are a few most notable ones:

- The network has set up a **Whatsapp online communication group** for representatives from each national network in order to facilitate the sharing of best practices and experiences. It serves as a platform to receive and share the rapidly incoming pieces of information regarding epidemiology, testing, treatment tactics, practice reorganisation and much more. It also is a place to cheer and support peers and colleagues in this difficult time.
- **Newsletter** – VdGM has launched a Newsletter. The first issues were focused on the ongoing global pandemic and related issues, however in the future the VdGM executive board as well as supporting team have ambitious plans in expanding this source of communication with its members and partners. Thank you to our image officer Kristina and webmaster Luis!

[Issue 2 – Wellbeing](#)

[Issue 1 – COVID-19 Outbreak](#)

- **“Tales in the time of COVID”** – a project initiated by VdGM Events’ Officer Elena Klusova is set to collect series of articles, which will “bring together a small number of beautiful, tender, hopeful and sad human stories, written by health professionals from all countries...”. The series will be shared and published on main VdGM communication outlets and will allow readers to learn about the lessons learned professionally, as well as personally, by the junior family physicians working in the field and fighting against the outbreak. If you have a story to share, please contact: ele.k@hotmail.es
- **Wellbeing sessions** - VdGM with the help of partners and experts in the field have been organising three weekly, free, open-access sessions in order to address the wellbeing of young and future family medicine doctors amidst the pandemic. This includes one meditation-based session and two reflection sessions. They focus on sharing, learning how to cope with increased stress and workload, improving mental health and positivity during this difficult time. If you want to join in – follow VdGM social media announcements for the links. We are grateful to Nick, Sonia and Claire for this initiative.

VdGM has also taken a decision to postpone the annual Pre-Conference which was set to occur before 2020 WONCA Europe conference, in Berlin. The Pre-Conference will be now moved to December and will occur before the European Conference of Family Doctors. For further details, news and information regarding further developments of the Pre-Conference , please refer to our website : <https://vdgm.woncaeurope.org/> or contact us at info@vdgm.eu

Keep being strong, stay healthy, we are all in this together

Katarzyna Nessler, VdGM President
On behalf of the VdGM Executive Team