

WONCA News

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From the President: End of an Era

[Español](#) [Français](#) [中文](#)

December 2020 marks the end of an era for WONCA – and the beginning of a new era. At the end of the month, Garth Manning will retire as WONCA CEO after more than eight years in post. I have worked with Garth throughout that time and was on the panel which appointed him. Garth's first day in post was the first day of a three-day WONCA Executive meeting, in London, in 2012. He was thrown in at the deep end!



When Garth arrived as CEO he had come from a career as a Wing Commander and family doctor in the UK's Royal Air Force where, latterly, he was responsible for aeromedical evacuation. ([see more in his 2017 featured doctor profile](#)). He then became a consultant in global primary care and family medicine development, both as a team member and international team leader. He combined this with his part-time role as Director for International Development for the UK's RCGP. Luckily for WONCA, he was used to creating calm out of chaos!

When Garth became CEO, WONCA had experienced a number of financially disappointing years: anticipated revenue from sponsorships did not materialize; income from Member Organization (MO) levies was reducing due to the changing nature of family medicine careers (MOs pay a levy only for those in full time employment; not for part time or retired members). It became clear very early in Garth's tenure that he would not allow Executive to continue with the 'aspirational' budgets which had been previously agreed and he insisted on realistic, conservative, budgets being set. The financial concerns were real: in his first two months in post, the WONCA account could not even afford to pay

Garth's salary. After a forensic review of the financial situation, revised budget projections were brought to Executive by the Honorary Treasurer and the CEO. That set the tone for future budget projections and regular revisions, to ensure that Executive was kept completely up to date with how the financial situation was playing out.



Photo: at WONCA Europe Vienna in 2012

We are grateful to Garth for a number of things. Not least, we appreciate his turning our financial situation from one of serious jeopardy into a much more stable and predictable situation. He developed the WONCA accreditation schemes (both for practice accreditation and residency training programme accreditation) which offer countries which do not yet have clear national standards for primary care and family medicine the opportunity to be assessed and accredited by a respected organisation. He worked diligently with Karen Flegg, then Member at Large for Bylaws and Regulations, to review, revise and rewrite many of the dated articles and clauses. He steered the agenda through sometimes fraught Council meetings by offering sage advice and reminding representatives of their responsibilities and previous decisions. He ensured that successive Executives, despite only meeting face to face twice a year, had opportunities to get to know each other better so that the work could be achieved in an atmosphere of mutual respect and understanding.

Garth represented WONCA at many global

and national events and ensured that WONCA's name and values were recognised and acknowledged, in a way it never had been before. He supported successive Presidents and Presidents Elect – myself included – at numerous events, conferences and meetings; ensuring we were well briefed; that we knew who the key people were

in regions or countries we hadn't previously visited, that we knew at least some of the local customs; and that we didn't need to worry about logistics, because he had those well under control.



Photo: WONCA News, July 2017 - At the World Health Assembly with Donald Li, Amanda Howe and Vivi Martinez Bianchi.

One of the things all of the Presidents, Presidents-Elect and Executives appreciated about Garth was his ability to deal with issues diplomatically, listening and facilitating a way through some difficult situations in countries or regions, using his experience and appreciation of different cultures to resolve issues. His earlier career undertaking global primary care consultancy certainly paid off!

On a personal note, I want to acknowledge and thank Garth for his work and his friendship. I have been on every Executive Garth has worked with. I know how much time, energy and determination he has put into making WONCA what it is today. I want to thank him for staying on as CEO after he had indicated his intention to retire – I knew my Presidency would be easier if I was working with someone I had got to know and respect. So, thank you Garth. WONCA and all of us have benefited greatly from your leadership.



Photo: Donald and Garth enjoy time together in Hong Kong

During all this time, Dr Nongluck Suwisith has worked as CAO of WONCA. Nongluck is a really strong supporter of family medicine and an even bigger supporter of WONCA. She has provided administrative continuity for the organisation with her great organisational skills and her friendliness to our members right across the world. To many, Nongluck is the smiling face of the WONCA Secretariat. At conferences all around the world, people would flock to the WONCA stand, making sure that they could meet Nongluck in person, after having many email communications with her about membership or WONCA protocols or other issues. Nongluck has built up a historical knowledge of the organisation which no-one else can claim.

We thank Nongluck for her commitment and her support to all of us.

Photo: In the beginning in 2012, Garth and Nongluck setting up the new secretariat office in Bangkok.



Given that we cannot hold our global WONCA conference this year, we must wait until 2021 to provide the proper farewell to both Garth and Nongluck. We will ensure that they both get a good send-off! And we welcome the new era with Harris as CEO and the Secretariat in Brussels.

Good luck!
Donald Li
President

From the CEO's Desk: Final report Dec 2020



Garth Manning (CEO 2012-2020) writes his final column for WONCA News reflecting on achievements and changes during his CEO time:

After over eight years in post, it's time for my last report as WONCA CEO. COVID-19 has so radically altered our lives during 2020, and it is not the transition and handover that we had envisaged, but all of us – the old WONCA team and the new – have worked tirelessly to ensure as seamless a transition as possible.

Some Thanks

Slightly unusually, I will begin, rather than end, with my thanks, but this is - at least in part - to stress the importance of three ladies who have massively helped and assisted me throughout my entire time as CEO.

First is Dr Nongluck Suwisith, who has been an outstanding Chief Admin Officer for my entire eight years.



Nongluck has been unceasing in her support to the organization, to family medicine and to me personally, and we could not have achieved as much as we have without her

unswerving support. Thank you, Nongluck.

Next is Dr Karen Flegg, WONCA Editor for the past 10 years.

Karen has been a superb editor, producing good copy month after month for *WONCA News* and ensuring that the website is up to date. She has provided huge encouragement to our Member Organizations

(MO), our Working Parties (WP), Special Interest Groups (SIG) and Young Doctor Movements (YDM). We have had many interesting – and sometimes robust – discussions during our times together, but all in a spirit of total mutual respect. Karen is stepping down as editor at the same time as my departure, but she still has a huge amount to offer WONCA and I hope very much that she will return in some capacity in the future.



The final “thank you” is to my long-suffering wife, Monica Burns

Many of you will have met Monica at Councils and conferences over the years and she too has been a stalwart supporter of

family medicine and of WONCA. Monica is a health strategist and health finance expert, though not a medical doctor, but her career has been spent advising countries on health financing and the strong case for developing a PHC/family-medicine-based system to offer the Starfield triad of better outcomes at lower cost and with better patient satisfaction. She



does actually hold honorary Fellowship of the Royal College of GPs in UK for her work on family medicine development, an honour rarely bestowed on non-doctors. Monica has tolerated my long absences whether in Bangkok or further afield, and has always been there to support me in times of stress (yes...there were a few!).

Presidents and Executives



I have been privileged to work under four Presidents and four Executive Committees. Each President inevitably had his or her own management style, but I learned much from each of them and I thank them for their patience and collegiality. As CEO you can spend more time with your President than you do with your partner, so a relaxed and friendly, but professional, relationship makes the job so much easier. So my sincere thanks to Rich Roberts (2010-13); Michael Kidd (2013-16); Amanda Howe (2016-18) seen together in Prague in 2013 and Donald Li (2018-21)

[Past presidents' parting comments from Rich Roberts, Michael Kidd, Amanda Howe](#)
[Current President, Donald Li's comments in "From the President: December 2020"](#)

Each Executive too has operated in a different way, and it takes some adapting to the new ways of a new Executive. This has been one of the drawbacks of a two-year term, as Executive members now have relatively little time to do the forming-storming-norming-performing stages of group dynamic (Tuckman's stages of team development). The

CEO role becomes even more crucial in these circumstances as he is the one person with the institutional memory and knowledge to facilitate Executive's work and decision-making.

Key Achievements

There are many achievements over the eight years of which we are particularly proud. In no particular order:

Finances –

In late 2012 WONCA was in dire straits financially. Sponsorship had virtually dried up, whilst income from membership and conferences was variable (and conference income is, regrettably, falling year on year), and certainly insufficient to make up for the sponsorship deficit. To be frank, income simply did not match expenditure, and so one of my first tasks was to sit with the then-Hon Treasurer, Dr Francine Lemire, to recalibrate the budget for 2013 to make it much more realistic. I – and WONCA – owe a huge debt of thanks to Francine for fully supporting the difficult decisions we had to make, but she and her successors – Donald Li, Job Metsemakers and Val Wass – have continued to be fully supportive and entirely realistic in their budget estimates and projections. Thanks to their support we have been able to show a surplus in every year of my CEO-ship – from 2013 onwards - and even in this exceptional year we are likely to break even or even to show a small surplus.

As part of the efforts to make WONCA financially much more sustainable, I developed and introduced consultancy services in a variety of areas. This had been one of the recommendations of the 2010 GROW Report (Group to Re-design the Operations of WONCA) and has developed year on year to provide a further income stream for WONCA. Consultancy is reported on more fully below.

Management Accounts continue to be produced each month, and circulated to WONCA Executive, so that all are up to date with our financial situation. In my early days budgets occupied a disproportionately large amount of time at every Executive meeting but, thankfully, as income has improved year on year, budget revisions have tended to be minor revisions only.

Council –

Council is the governing body of WONCA and is a vital part of our governance mechanism. The 2013 Council endorsed the move from a three-year cycle to one of two years, and so we scheduled meetings for 2016, 2018, 2020 and so on. Of course, COVID then hit, causing us to postpone our next meeting to 2021, but the two-year cycle will then resume, with subsequent meetings scheduled for 2023 and 2025.



Photo: Rio Council members 2016

Moving to a two-year cycle undoubtedly improved our governance, but at some cost to the Secretariat. We are a very lean team, with only me and three others running the Secretariat, and Council places a huge strain on the team. By moving to a two-year cycle we barely had time to complete the follow-up from one Council before the next Council loomed on the horizon. Nevertheless, we were pleased with a number of the initiatives which we established, including:

- Introducing voting paddles, to better reflect the number of votes held by each country.
- Projecting all voting issues onto large screens, in English and Spanish, to make clearer to Council members what exactly the vote was about.
- Introducing simultaneous translation of Council proceedings into Spanish.
- Introducing coloured name badges to signify the status of each attendee

We believe that all of these measures have helped to enhance the process of Council, and we have been gratified at how smoothly our three Council meetings (Prague, Rio de Janeiro and Korea) have gone.

Membership –

WONCA started in 1972 with just 18 members. By 2000, this had grown to 66 Member Organizations (MOs), and today we have over 130 MOs in 150 countries and territories. This represents some 550,000 family doctors in every continent. In addition, we benefit from the support of the 34 Academic Department Members and the 10 Organizations in Collaborative Relationship (OCR).

Encouragingly, new applications for membership have continued. Between 2013 and 2016 we welcomed 13 new Full Members (including two mergers and three upgrades from Associate) as well as one Member pro tem, seven Academic Members and one Organization in Collaborative Relationship. Between 2016 and 2018 these were joined by a further four full MOs, and since 2018 we have welcomed a further eight full MOs, one Associate Member and four Academic Members.

Direct Membership has ebbed and flowed a little, but since the introduction of Life Direct Membership (LDM) in 2015 we have been delighted to recognise 270 new [LDMs](#).



Photo: WONCA News, August 2015 - Garth Manning and Michael Kidd with well known Life Direct Members from India, Jyoti and Ramnik Parekh

Diversity -

I can't claim full credit for WONCA's greater diversity, but I'm proud that in my time as CEO we have moved the organization on from one that was rather perceived as an "old boys" network (and white old boys at that) to one where we have much greater diversity in terms of gender, race, colour and sexual orientation.

We now have robust Gender Equity Standards for WONCA. We have celebrated our first woman President (Amanda Howe) with a second (Anna Stavdal) assuming office at the next Council and have seen much greater female representation on Executive and on key WONCA committees and groups.

The establishment of an Organizational Equity Committee (OEC) by the 2010 Cancun Council greatly assisted the process. OEC has achieved a number of objectives so far, including a concise, but really useful, document on Conference Equity Standards. It also composed the WONCA Statement on LGBTQ Health which was endorsed by the 2018 Council. We have had a gay President, and we now have a [Special Interest Group on LGBTQ Health](#), and these are all cause for celebration of the increasing diversity of WONCA.

[WONCA Statement on LGBTQ Health 2018](#)

Young Doctors –

We constantly repeat the mantra, but it is a truism that the young doctors of today are the future of our specialty of family medicine. That said, there have been a number of welcome developments with regard to Young Doctors during my time in office. The first major advance was the introduction of a YDM representative onto the WONCA Executive.

Council endorsed the move in 2013, and Executive set about recruiting this new representative through open competition. After a number of assessment stages, Dr Raman Kumar of India became our first YDM rep, serving from 2014 to 2016. With effect from the 2016 Council, YDM recruitment and election was via the same process as all other WONCA officer positions, with the selection decided by votes of the WONCA Council. Dr

Ana Nunes Barata (Portugal) was elected at the 2016 meeting and re-elected in 2018. But this period also saw the creation of YDM Chapters in Africa (AfriWON); Middle East (Al Razi) and North America (Polaris). This means that each of WONCA's seven regions now has an active YDM movement. The YDMs have also developed an exchange programme for young doctors, which they oversee and manage. This FM360 programme of exchanges has been very popular, though sadly has had to be temporarily halted in 2020 due to COVID-19. [More on the YDM.](#)

Communications -

WONCA is its members, and so an important focus in the past eight years has been to further improve our communications with our members. As well as additional development of the website, and publication of the regular WONCA News 10 or 11 times annually, two new initiatives have greatly boosted our links and interactions.

The first of these has been that, in addition to the monthly *WONCA News*, we have also circulated a weekly e-update, highlighting features in *WONCA News* and also using it to promote events and publications which might have missed the news cycle. The second venture was the launch of an Annual Report. This has given an opportunity for all Executive members, Statutory Committees, WPs, SIGs and YDMs to report on their activities to our members during the reporting period. It has also allowed us to circulate the audited accounts to all members. The [2019-20 Annual Report](#) – our seventh – has recently been completed and can be accessed on our website.

[see all Annual Reports](#)

Photo: WONCA News April 2015 - Michael Kidd with members of the Waynakay Movement for Young Doctors in the Iberoamericana region



We have still not managed to fully embrace and utilise social media to its full advantage, but in the new Secretariat there will be a dedicated Communications Officer and part of her remit will be to engage much more via social media with our members.

Working Parties and Special Interest Groups

WONCA is fortunate indeed to have so many vibrant specialist groups, which act as expert groups advising the President and Executive, and often acting as our representatives at meetings with WHO and others. All members give willingly and freely of their time, and it has been a pleasure and a privilege to work with so many great people.

When I started, WONCA had 10 WPs, and a further group - Indigenous and Minority Groups Health Issues – was added in 2013.

In 2012 we also had just four SIGs and over the years we have added a further 13 groups:

- Adolescent and Young Adult Health
- Conflict and Catastrophe Medicine
- Emergency Medicine
- Emerging Practice Models
- Family Violence

- Genomics
- Health Equity
- LGBTQ Health
- Men's Health
- Non-Communicable Diseases (NCDs)
- Point of Care Testing
- Quaternary Prevention and Overmedicalisation
- Workers' Health

Photo: Garth Manning with some Chairs of WONCA groups and Executive members in Rio in 2016



Sadly, the SIG on Men's Health did not prosper but all other SIGs have thrived and expanded.

Consultancy

As part of the efforts to make WONCA financially much more sustainable, I developed and introduced consultancy services in a variety of areas. This had been one of the recommendations of the 2010 GROW Report and it was hugely assisted by the development, by our WP on Education, of "[WONCA Standards for Postgraduate Family Medicine Education](#)", which were endorsed by Council in 2013. These have formed the basis for providing WONCA accreditation to family medicine residency programmes which meet the standards. Initial requests were primarily from China, but more recently we have also undertaken visits to programmes in Canada, Japan and Bahrain, and we are currently processing a request from a residency programme in USA.

We also started to receive requests to accredit practices, most especially from China. Many countries have developed their own practice accreditation standards and mechanisms but many have not yet progressed to that extent. As China has embarked on PHC reform, a number of practices wanted to be able to benchmark themselves against global standards. Such standards exist for hospitals (the best known perhaps being Joint Commission International [JCI]) but no global standards for family medicine clinics existed.

We thus set about developing broad standards, concentrating on four key areas:

- Practitioners (which refers to the professions providing care and their qualifications)
- Patients (services provided meet the needs, values and beliefs of their patients)
- Provider activity (scheduling of care, patient records, tests and follow up, referrals)
- Premises (accessibility, privacy, accommodation, toilet facilities, equipment)

At its April 2017 meeting, WONCA Executive endorsed the standards developed and a number of practices (predominantly Hong



Kong and China) have successfully undergone accreditation.

Photo above: WONCA News, May 2019 - Garth Manning and Rich Roberts with some of the staff of the Beijing Eaton Medical Centre during an accreditation visit in China.

Accreditation can be defined as: "A self-assessment and external peer assessment process used by health care organisations to accurately assess their level of performance in relation to established standards and to implement ways to continuously improve"

The WONCA standards for both residency programmes and for practices are openly accessible on the WONCA website. It is our hope that many health institutions will use these as a self-assessment tool, and also hope that countries will be encouraged to develop their own standards and accreditation mechanisms using those of WONCA as a template.

[WONCA Global Standards on Practice Accreditation 2017](#)

[WONCA CPD Standards 2016](#)

[WONCA Standards for Postgraduate Family Medicine Education 2013](#)

World Health Organization

Our members consistently tell us that one of the most important functions of WONCA is to advocate for family medicine with WHO and

other international organizations. Our collaboration with WHO has expanded enormously during my time as CEO, assisted hugely by three very able and very dedicated WONCA-WHO Liaisons – Iona Heath; Luisa Pettigrew; and Vivi Martinez Bianchi.

As the collaboration has grown, so too have the challenges of trying to prioritise, as it is

impossible to meet all of WHO's demands and requests. Nevertheless, it has been hugely gratifying to see that WHO has increasingly realised the importance of PHC and family medicine in its goal of achieving Universal Health Coverage (UHC). We were incredibly privileged to welcome Dr Margaret Chan, the then-Director General of WHO, as our Guest of Honour at the world conference in Prague in 2013, and we have been pleased to welcome other WHO colleagues – Hernan Montenegro, Jim Campbell and Shannon Barkley among others – to our councils and conferences in Rio de Janeiro and Seoul.



Photo: WONCA News, February 2019 - WONCA President, Donald Li, and Dr Tedros Adhanom Ghebreyesus, Director General of WHO sign a Memorandum of Understanding on behalf of both organisations

Of course the pinnacle of all of this work was the signing of a Memorandum of Understanding between WONCA and WHO in January 2019, signed by our President, Dr Donald Li, and WHO Director General Dr Tedros Adhanom Ghebreyesus. This has

reinforced the close link between our two organizations and – as we keep reminding WHO – there can never be UHC without PHC.

Farewell

And so, after 8¼ years, my time as WONCA CEO comes to an end. It has been an honour and a privilege to serve, and I have met and worked with so many great people. I look forward to continuing my relationship with WONCA in a new capacity, and also look forward to meeting old friends at future WONCA events.

We now transition to a new Secretariat in Brussels. Let me now record my final thanks



– to Anuta (Bee - on left in photo) and Mint (right), my other two great Secretariat staff. Bee has been with us for many years; Mint for a shorter time, but both have fully supported WONCA especially in the challenging times of a transition.

I am proud to be handing over the organization in a more robust and sustainable financial footing than I received it, and I wish Harris Lygidakis and his new team the very best wishes for the future. I have absolutely no doubt that they will take the organization in new directions, and in ways that I could only dream of, and I will watch the progress with interest and pride.

Until we meet again.

Garth Manning
CEO

Past Presidents' comments as WONCA CEO, Garth Manning finishes

At the end of 2020 Dr Garth Manning retires as WONCA CEO. He has served during the terms of four WONCA presidents, having commenced duties during the term of Rich Roberts, and continuing during the terms of Michael Kidd, Amanda Howe and Donald Li. Here Rich, Michael and Amanda give their thoughts at this time, and Donald's parting messages are included in this month's "From the President" column.

Prof Richard Roberts, WONCA President 2010-2013, responsible for hiring Garth writes:



It is said that the most important responsibility for any governing body is the selection of the organization's chief executive officer (CEO). In 2010, Dr. Alfred Loh announced his intention to retire as the WONCA CEO in 2013. It fell to me as President at that time to lead the search committee that would screen candidates for the Executive Committee (Executive). Over the next 21 months, we reviewed materials submitted by 25 applicants from around the world and interviewed the top 10 candidates by telephone. The entire Executive then met with the four finalists and decided on Dr. Garth Manning as the next CEO. Having become very familiar with the search details and candidates, I knew then that the Executive

made a good choice. During his tenure, Garth has proved to be a better than good choice.

In the years leading to Garth's hiring, WONCA faced growing budget pressures as it intentionally weaned itself off of industry support. While WONCA continued to add new member organizations (MOs), those MOs had limited resources and significant needs. Relying solely on member dues was pushing WONCA ever closer to bankruptcy. Garth took up the challenge and helped Executive implement revenue generating initiatives, such as the accreditation programs for postgraduate training and for practice quality. WONCA has continued to thrive this year, in spite of the COVID-19 pandemic, which has threatened many professional associations.

WONCA has been well served by Garth's leadership skills, quiet diplomacy, experience in international Family Medicine, and extensive network of contacts, especially in the Middle East and Southern Asia regions. WONCA also benefitted greatly from the contributions of his spouse, Monica Burns, an internationally renowned health economist. The world's family doctors are grateful that the WONCA Executive made a good choice almost a decade ago. I am grateful that I got a good friend.



Prof Michael Kidd, WONCA President 2013-2016, writes:

I want to say a huge thank you to Garth for his eight years of service to WONCA, and to global family medicine, as our CEO. The WONCA president and CEO work very closely, and I had the great pleasure of working alongside Garth throughout my three years as WONCA president. Garth came into the CEO role at WONCA with a well established reputation as a global leader in family medicine education and with an extensive network of wonderful family doctor colleagues and friends all around the world. I was impressed by Garth's passion

and dedication for family medicine, his great respect for family doctors and the members of our teams, and his commitment and dedication to WONCA and our contributions to global health. Throughout his WONCA journey, Garth has had his wife Monica by his side, and I acknowledge the many contributions that Monica has made to support WONCA's mission and WONCA's presidents over the past eight years. I wish Garth and Monica every happiness as they transition into the next phase of their lives.



Prof Amanda Howe, WONCA President 2016-2018, writes:

I would personally like to thank Garth for his huge contribution to WONCA during his time as CEO. His many strengths include hard work, an emphasis on delivery, flexibility when new needs and views arrive, and personal and professional consistency of purpose. He was great company, enjoying different challenges and settings, and is good at relating to people from many different backgrounds at all ages and stages of their career. We should also thank Monica Burns

for her input and support for Garth's work, and for WONCA. Enjoy the next stage!



Dr Donald Li, current WONCA President since 2018 writes more in his monthly column.

["From the President" column December 2020](#)

WONCA thanks Garth for his achievements over the past eight years
and
WONCA wishes Garth and his wife Monica all the best for the future.

Editor's pick: Garth Manning as CEO



At the end of this month, Dr Garth Manning retires as WONCA CEO. This collection of photos looks back on his term as CEO 2012-2020.



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Farewell from the WONCA Editor, Dr Karen Flegg



After 103 issues and over 10 ½ years it's time for me to say farewell as your WONCA editor. There is always sadness with a farewell, however this year, I have seen none of my WONCA friends face-to-face, so I can only look forward with excitement, to seeing you again at a WONCA conference, in the future.

It's been an honour to serve WONCA as its Editor, since May 2010, as it allowed me to get to know so many fantastic and amazing colleagues and to learn about family medicine and its variations around the world. I was warned that it was tough to get enough news but I've never found this, which is a tribute to all those colleagues who have sent me their stories, over the last 10 years. I hope I have contributed to the promotion of family medicine worldwide through my efforts.

I would particularly like to thank Garth Manning, who has been my boss and a huge support for me in this role for the past eight years. I acknowledge it's never easy managing colleagues, especially ones with opinions! I think we've made a good team promoting WONCA activities through both WONCA news and the website which I inherited in 2012. I wish Garth well in his new life after WONCA CEO.

I'm also grateful to the translators who have enabled us to translate our presidents' messages in particular, in order to reach a wider audience: José Miguel Bueno and Pere Vilanova have done the Spanish translation on behalf of our Spanish organisation semFYC; Josette Liebeck, a friend of mine, not connected to WONCA who has done the French translation for five years now; and Ella Lee who has translated Donald Li's column into Chinese during his presidency.

In September this year, for my 100th edition of WONCA news, I wrote [a reflection on ten years as Editor](#) which you can read. I've also collated [reports and photos of various WONCA conferences](#) last month.

And there's two new photo collections with this farewell message - thanks for the positive feedback I received about my other recent photo collections... I promise that next conference, I will leave my camera at home!

[Editor's pick: favourite photos](#)

[Editor's pick: WONCA memorabilia](#)

I look forward to the possibility of pursuing other roles in WONCA in future and becoming more active in some of the Working Parties and Special Interest Groups.

Until we meet again
Karen Flegg

Reflections

[Editor's 10 years and 100 issues story - September 2020](#)

[Editor's pick: reports and photos of WONCA conferences](#)

Other photo collections

[Editor's pick: Garth Manning as CEO](#)

[Editor's pick: photos of individuals](#)

[Editor's pick: photos of groups](#)

Editor's pick: favourite photos

Editor's pick photos are part of my reflection on a decade as WONCA. They are favourites for various reasons - this time I've included a couple where I was caught in front of the camera instead of behind the camera, as well as some I think are great photos, some of WONCA leaders captured off guard, and some friends seen at conferences. All tell a story of the WONCA family.

Karen Flegg, WONCA Editor
[Editor's pick: favourite photos](#)



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Editor's pick: WONCA memorabilia

Editor's pick photos are part of my reflection on a decade as WONCA Editor. It's impossible to encapsulate everything WONCA is about in 20 photos. While this is certainly not a comprehensive selection of photos on what WONCA is about, all tell a story of the WONCA family.

Karen Flegg, WONCA Editor

[Editor's pick: WONCA memorabilia](#)



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Feature Stories

Guest Feature by John Wynn-Jones: Health and Wellbeing



Dr John Wynn-Jones is well known in WONCA circles and immediate past chair of the WONCA Working Party on Rural Practice. During the COVID-19 crisis he has been writing a daily 'Rural Miscellany' email with poems and resource ideas to help and divert us in this difficult time.

As a final item for 2020 we publish our hopes for 2021 - "Health and Wellbeing" - written by John in September.

"Health is a state of complete physical, mental and social well-being and not merely the absence of disease or infirmity". Andrija Štampar, WHO

"To keep the body in good health is a duty... otherwise we shall not be able to keep our mind strong and clear". Buddha

"Let food be thy medicine and medicine be thy food." Hippocrates

"To be stupid, selfish, and have good health are three requirements for happiness, though if stupidity is lacking, all is lost". Gustave Flaubert

"Happiness is good health and a bad memory". Ingrid Bergman

"Money cannot buy health, but I'd settle for a diamond-studded wheelchair." Dorothy Parker

Health and Wellbeing

How many times have we heard our patients grieve over the loss of good health? It is often only as we get older that we realise that all the wealth in the world is of less value without good health. As health professionals, health is our job but sadly we spend the great majority of our time dealing with ill-health.

I found it harder than usual to put this short collection of poems together. There is so much out there about death and disease but health in itself, does not seem to inspire the poets. Perhaps Public Health Departments should employ poets and writers to motivate the population as a whole.

Health is the default that we all wish we had but perhaps don't invest in as we should. As Maya Angelou in her poem "The Health-Food Diner" suggests, much of the health-related poetry laments the things that don't give us good health but tempt us by provoking us to feel somewhat guilty and naughty.

Please enjoy! tantalising.

Jan Kochanowski (1530-1584)

Jan Kochanowski was a Polish Renaissance humanist poet who dominated the culture of Renaissance Poland. Born into the country nobility, Kochanowski studied at the Jagiellonian University in Kraków and later, between 1552 and 1559, at the University of Padua in Italy. On his return to Poland in 1559, he served as a secretary at the royal court in Kraków. He married about 1575 and retired to his family estate at Czarnolas, in central Poland.

Kochanowski's first poems, mostly elegies, were written in Latin, but he soon turned to the vernacular. Since Polish was not fully developed at that time as a language of literary expression, he devised his own poetic syntax and patterns of versification, setting high standards for the centuries to come. He is commonly regarded as the greatest Polish poet before Adam Mickiewicz, and the greatest Slavic poet prior to the 19th century.

I am sure that you will agree with me that the sentiments of "On Health" is just as relevant today 500 years later

On Health

My good and noble health,

Thou matter'st more than wealth.
None know'th thy worth until
Thou fad'st, and we fall ill.

And every man can see,
In stark reality,
And every man will say:
"Tis health I need today".

No better thing we know,
No dearer gem we owe,
For all that we possess:
Pearls, stones of great finesse,
High offices and power
– One may enjoy this hour –
And so the gifts of youth,
And beauty are, in truth,
Good things, but only when
Our health is with us then.
For when the body's weak,
The world around is bleak.
O jewel dear, my home
Awaiteth thee to come;
With thee it shall not perish.
'Tis all for thee to cherish.

Mary Darby Robinson (1757-1800)

Mary Robinson was an English actress, poet, dramatist, novelist, and celebrity figure. She lived in England, in the cities of Bristol and London; she also lived for a time in France and Germany.

She enjoyed poetry from the age of seven and started working, first as a teacher and then as actress, from the age of fourteen. She wrote many plays, poems and novels. She was a celebrity, gossiped about in newspapers, famous for her acting and writing. During her lifetime she was known as "the English Sappho". She earned her nickname "Perdita" for her role as Perdita (heroine of Shakespeare's *The Winter's Tale*) in 1779. She was the first public mistress of King George IV while he was still Prince of Wales.

In the 18th Century women in the theatre had a dubious reputation. Until then boys had played female roles. Mary Robinson was an extremely talented woman but due to the dictates and values of the time her talents were never fully appreciated, and she sadly died in relative poverty. Please stick with the poem, it takes some reading but it's well worthwhile.

Ode to Health

Come, bright-eyed maid,
Pure offspring of the tranquil mind,
Haste, my fev'rish temples bind
With olive wreaths of em'rald hue
Steep'd in morn's ethereal dew,
Where in mild HELVETIA's shade,
Blushing summer round her flings
Warm gales and sunny show'rs that hang
upon her wings.

I'll seek thee in ITALIA's bow'rs,
Where supine on beds of flow'rs
Melody's soul-touching throng
Strike the soft lute or trill the melting song:
Where blithe FANCY, queen of pleasure,
Pours each rich luxuriant treasure.
For thee I'll climb the breezy hill,
While the balmy dews distill
Odours from the budding thorn,
Drop'd from the lust'rous lids of morn;
Who, starting from her shad'wy bed,
Binds her gold fillet round the mountain's
head.

There I'll press from herbs and flow'rs
Juices bless'd with opiate pow'rs,
Whose magic potency can heal
The throb of agonizing pain,
And thro' the purple swelling vein
With subtle influence steal:
Heav'n opes for thee its aromatic store
To bathe each languid gasping pore;
But where, O where, shall cherish'd sorrow
find
The lenient balm to soothe the feeling mind.

O, mem'ry! busy barb'rous foe,
At thy fell touch I wake to woe:
Alas! the flatt'ring dream is o'er,
From thee the bright illusions fly,
Thou bidst the glitt'ring phantoms die,
And hope, and youth, and fancy, charm no
more.

No more for me the tip-toe SPRING
Drops flowrets from her infant wing;
For me in vain the wild thymes bloom
Thro' the forest flings perfume;
In vain I climb th'embroider'd hill
To breathe the clear autumnal air;
In vain I quaff the lucid rill
Since jocund HEALTH delights not there
To greet my heart:—no more I view,
With sparkling eye, the silv'ry dew
Sprinkling May's tears upon the folded rose,
As low it droops its young and blushing head,
Press'd by grey twilight to its mossy bed:
No more I lave amidst the tide,

Or bound along the tufted grove,
Or o'er enamel'd meadows rove,
Where, on Zephyr's pinions, glide
Salubrious airs that waft the nymph repose.

Lightly o'er the yellow heath
Steals thy soft and fragrant breath,
Breath inhal'd from musky flow'rs
Newly bath'd in perfum'd show'rs.
See the rosy-finger'd morn
Opes her bright refulgent eye,
Hills and valleys to adorn,
While from her burning glance the scatter'd
vapours fly.

Soon, ah soon! the painted scene,
The hill's blue top, the valley's green,
Midst clouds of snow, and whirlwinds drear,
Shall cold and comfortless appear:
The howling blast shall strip the plain,
And bid my pensive bosom learn,
Tho' NATURE's face shall smile again,
And, on the glowing breast of Spring
Creation all her gems shall fling,
YOUTH's April morn shall ne'er return.

Then come, Oh quickly come, Hygeian Maid!
Each throbbing pulse, each quiv'ring nerve
pervade.
Flash thy bright fires across my languid eye,
Tint my pale visage with thy roseate die,
Bid my heart's current own a temp'rate glow,
And from its crimson source in tepid channels
flow.

O HEALTH, celestial Nymph! without thy aid
Creation sickens in oblivions shade:
Along the drear and solitary gloom
We steal on thorny footsteps to the tomb;
Youth, age, wealth, poverty alike agree
To live is anguish, when depriv'd of Thee.
To THEE indulgent Heav'n benignly gave
The touch to heal, the extacy to save.
The balmy incense of thy fost'ring breath
Wafts the wan victim from the fangs of Death,
Robs the grim Tyrant of his trembling prize,
Cheers the faint soul, and lifts it to the skies.

Let not the gentle rose thy bounty drest
To meet the rising sun with od'rous breast,
Which glow'd with artless tints at noon-tide
hour,
And shed soft tears upon each drooping
flower,
With with'ring anguish mourn the parting Day,
Shrink to the Earth, and sorrowing fade away.

Robert Burns (1759-1796)

Robert Burns known familiarly as Rabbie Burns, the National Bard, Bard of Ayrshire and the Ploughman Poet and various other names and epithets, was a Scottish poet and lyricist. He is widely regarded as the national poet of Scotland and is celebrated worldwide. He is the best known of the poets who have written in the Scots language, although much of his writing is in English and a light Scots dialect, accessible to an audience beyond Scotland.

He is regarded as a pioneer of the Romantic movement, and after his death he became a great source of inspiration to the founders of both liberalism and socialism, and a cultural icon in Scotland and among the Scottish diaspora around the world. Celebration of his life and work became almost a national charismatic cult during the 19th and 20th centuries, and his influence has long been strong on Scottish literature. In 2009 he was chosen as the greatest Scot by the Scottish public in a vote run by Scottish television.

So often around the world, toasts wish good health and in this poem, he toasts the of his fair love. Please listen to the poem via the link to hear the Lowland Scots Dialect spoken.

Here's to thy health



Here's to my health my Bonnie Lass by Robert Burns

<https://youtu.be/0P3Dm02OM5I>

Here's to thy health, my bonie lass,
Gude nicht and joy be wi' thee;
I'll come nae mair to thy bower-door,
To tell thee that I lo'e thee.
O dinna think, my pretty pink,
But I can live without thee:
I vow and swear I dinna care,
How lang ye look about ye.

Thou'rt aye sae free informing me,
Thou hast nae mind to marry;
I'll be as free informing thee,

Nae time hae I to tarry:
I ken thy frien's try ilka means
Frae wedlock to delay thee;
Depending on some higher chance,
But fortune may betray thee.

I ken they scorn my low estate,
But that does never grieve me;
For I'm as free as any he;
Sma' siller will relieve me.
I'll count my health my greatest wealth,
Sae lang as I'll enjoy it;
I'll fear nae scant, I'll bode nae want,
As lang's I get employment.

But far off fowls hae feathers fair,
And, aye until ye try them,
Tho' they seem fair, still have a care;
They may prove waur than I am.
But at twal' at night, when the moon shines
bright,
My dear, I'll come and see thee;
For the man that loves his mistress weel,
Nae travel makes him weary.

Edward Thomas 1878-1917

Philip Edward Thomas was a British poet, essayist, and novelist. He is commonly considered a war poet, although few of his poems deal directly with his war experiences, and his career in poetry only came after he had already been a successful writer and literary critic.

In 1915, he enlisted in the British Army to fight in the First World War and was killed in action during the Battle of Arras in 1917, soon after he arrived in France.

In his biography of Thomas, Mathew Hollis writes of Thomas' deep depressive illness "Thomas had been plagued by depression from before his university days at Oxford. There, he fought to shake it out of himself. He tried drink and opium, took up rowing and rowdiness, but could not hold the bleak moods back. When the dark thoughts overran him, he told himself that he valued life too much to take it away or that he was too sedentary to go through with ending it; but in recent years he had become harder to console. In advertising his sorrows, as he put it, he had punished his family, decimated his friends and broken down his self-respect"

Edward Thomas developed a deep friendship with Robert Frost while Frost was living in England. It was Frost who directed him towards poetry.

In this poem, we find him battling with this

depression? He dreams of achieving good health but can he still achieve his heart's desire. "However many hills I climbed over; Peace would still be farther".

Health

Four miles at a leap, over the dark hollow
land,
To the frosted steep of the down and its
junipers black,
Travels my eye with equal ease and delight:
And scarce could my body leap four yards.

This is the best and the worst of it -
Never to know,
Yet to imagine gloriously, pure health.

To-day, had I suddenly health,
I could not satisfy the desire of my heart
Unless health abated it,
So beautiful is the air in its softness and
clearness, while
Spring
Promises all and fails in nothing as yet;
And what blue and what white is I never knew
Before I saw this sky blessing the land.

For had I health I could not ride or run or fly
So far or so rapidly over the land
As I desire: I should reach Wiltshire tired;
I should have changed my mind before I could
be in Wales.
I could not love; I could not command love.
beauty would still be far off
However many hills I climbed over;
Peace would still be farther.
Maybe I should not count it anything
To leap these four miles with the eye;
And either I should not be filled almost to
bursting with desire,
Or with my power desire would still keep pace.

Yet I am not satisfied
Even with knowing I never could be satisfied.
With health and all the power that lies
In maiden beauty, poet and warrior,
In Caesar, Shakespeare, Alcibiades,
Mazeppa, Leonardo, Michelangelo,
In any maiden whose smile is lovelier
Than sunlight upon dew,
I could not be as the wagtail running up and
down
The warm tiles of the roof slope, twittering
Happily and sweetly as if the sun itself
Extracted the song
As the hand makes sparks from the fur of a
cat:

I could not be as the sun.
Nor should I be content to be
As little as the bird or as mighty as the sun.
For the bird knows not the sun,
And the sun regards not the bird.
But I am almost proud to love both bird and
sun,
Though scarce this Spring could my body leap
four yards.

I don't have a video but this short film tells you something about his life: [In Memoriam - Edward Thomas](#)

Maya Angelou (1928 – 2014)

Maya Angelou was an American poet, memoirist, and civil rights activist. She published seven autobiographies, three books of essays, several books of poetry, and is credited with a list of plays, movies, and television shows spanning over 50 years. She received dozens of awards and more than 50 honorary degrees. Oh how we crave what is not good for us!

The Health-Food Diner

No sprouted wheat and soya shoots
And Brussels in a cake,
Carrot straw and spinach raw,
(Today, I need a steak).

Not thick brown rice and rice pilaw
Or mushrooms creamed on toast,
Turnips mashed and parsnips hashed,
(I'm dreaming of a roast).

Health-food folks around the world
Are thinned by anxious zeal,
They look for help in seafood kelp
(I count on breaded veal).

No smoking signs, raw mustard greens,
Zucchini by the ton,
Uncooked kale and bodies frail
Are sure to make me run

to

Loins of pork and chicken thighs
And standing rib, so prime,
Pork chops brown and fresh ground round
(I crave them all the time).

Irish stews and boiled corned beef
and hot dogs by the scores,
or any place that saves a space

For smoking carnivores.

Listen to The Health Food Diner - Maya



Angelou
<https://youtu.be/IO20AGf41H4>

John Thorkild Ellison

I can't find out much about John Thorkild Ellison. On his Facebook page he wrote "I must be a total freak. I write poetry and I hate Facebook." He was born in Melksham, Wiltshire (England) and he lives in Haltwhistle, Northumberland. He clearly wants to remain mysterious and enigmatic but I was captivated by his wonderful poetry. I came across this short description of him from someone else who was trying to find out more about him "I came across the poetry of one John Thorkild Ellison and find myself enchanted. In The Failed Mystic, Ellison expresses his frustration that he cannot "freeze Eternity into one single Moment. He is desperate for transcendence and would like to say that he hears Jesus knocking at his door but says his experience is instead fumbling about in the darkness."

Poetry Can Damage Your Health

The day my doctor died of smoking
I bought myself a fat cigar -
I realised he must be joking,
His funeral was so bizarre:

A dwarf in multi-coloured clothing
Sang louder than the parish choir
And though my heart was full of loathing
I leapt upon the funeral pyre.

I'd often longed for such a roasting
And knew it was my friend's desire,
I shouted out 'We'll all be toasting
In Hell's incandescent fire! '

Don't be discouraged by this story,
Smoking cigarettes is fine,
Inhale them on your days of glory

And drink your fill of rich, red wine!!

Mike Dailey

Michael Daley was born in Boston, is a graduate of the University of Massachusetts. In 1976 he was the founding editor of Empty Bowl press in Port Townsend. His first collection of poetry in 1983, *The Straits*, as described as “Superb, elegant poetically and fresh with the Northwest world.” He has received several awards, but his favourite was a Fulbright teacher exchange that allowed him and his family to spend a year living in Hungary.

I have included this because health doesn't necessarily mean that you are free of any diseases but one can be living with serious disease and at the same time remaining healthy with a positive mental attitude.

The Truth

It's true that I have cancer
Not true that it has me
For I choose to live my life
As full as it can be
It's true they did some cutting
To get the cancer out
But I'm still fighting cancer
And it is quite a bout
It's true that I'll do chemo

And chemo makes you sick
While chemo kills the cancer
That's not what makes me tick
For me, it's love of family
My daughter and my wife
And I'll have a brand new grandchild
And that – to me – is life
Each moment that I'm living
My love for them grows strong
And loving equals living
That's what keeps me going on
So it's true that I have cancer
Not true that it has me
And like a wise man said once
The truth shall set you free.

A song to watch: Bee Gees - Stayin' Alive
https://youtu.be/l_izvAbhExY



WONCA and WHO News

President's reminder about the '30 by 2030' campaign

[中文](#)

As we come to the end of 2020 we are all more aware than ever just how important it is to have access to a comprehensive, continuous primary care system. The commitment of nations across the globe during the Astana Declaration in 2018 may have lost some resonance over the last year, as nations struggled to contend with a previously unknown coronavirus. But the onset of COVID-19 should alert us even more to the need for sustainable funding and resources for integrating primary care into the wider health systems. It is no longer feasible or acceptable

for primary care to receive such significantly lower funding both by governments and development partners. Nor is this the time to undo the improvements which have been made towards integration of primary care services, away from the vertical programmes of the past which further disintegrated struggling health systems.

The '30 by 2030' campaign calls for development partners explicitly to assign 30% of their health funds towards building and improving primary care systems, to deliver integrated, comprehensive primary care services by 2030. By doing this, countries will

have a far greater chance of achieving Universal Health Coverage, which is our global goal. In addition to the call to development partners, the 30by2030 campaign recommends analysis and awareness of the long-term impact of continued vertical programmes on health systems.

I urge those of you who are working with development partners - as an adviser, consultant, recipient of a grant or in a Ministry of Health which is seeking funds – please ensure that you and your colleagues are aware of the 30 by 2030 campaign and adhere to the principles of providing comprehensive, continuous primary care to everyone everywhere.

We have ten more years to achieve the ambitious goal of 30 by 2030. Let us use every bit of influence and energy we can to make it happen.

References

References to the campaign are included in the recent Bulletin of the World Health Organisation, Volume 98, Number 11, November 2020.

[Universal health coverage and primary health care: the 30 by 2030 campaign](#)

De Maeseneer J, Li D, Palsdottir B, Mash B, et al
Bull World Health Organ 2020;98:812–814

[Strengthening our resolve for primary health care](#)

Tedros Adhanom Ghebreyesus
Bull World Health Organ 2020;98:726–726A

Rethinking European Health Systems Priorities, - family medicine represented!



Dr Anna Stavdal, WONCA President-elect, recently represented family medicine at the WHO Pan-European Commission.

After a short period of shock and disbelief when the pandemic hit, awareness of the seriousness of the situation kicked in among health care workers, politicians and populations in general.

One thing became very clear: we were not prepared for this.

The threats following the pandemic come on top of already existing pressures on health and social care systems. The COVID-19 crisis works as an magnifying glass, and makes it very clear that prevention, responsiveness and efficiency are key concepts for health systems resilience.

In July, the invitation to participate in the WHO Pan European Commission landed in my inbox. The newly appointed WHO Europe regional director, Hans Kluge, explained what he wanted the commission to achieve:

Our goal is to position health at the top of the political agenda within the Sustainable Development Goals, and to strengthen the resilience of health and social care systems in the 53 Member States of the WHO European Region.

The Commission was launched end of August, with the attention and support from the WHO Director General Dr Tedros. It will deliver its report to the WHO Regional Committee next September, and will give recommendations on investments and reforms to improve the resilience of health and social care systems. A tall order!

The Commission is chaired by former Italian prime minister, Mario Monti, and consists of 17 people from a wide range of professional backgrounds - economists, social scientists, Public Health experts and more - and one practising health care worker, representing family medicine!

The work is organised into five working groups, with the support of a scientific advisory board provided by the WHO secretariat.

Thematically, the working groups are tasked with Political and Societal Resilience; Technology and

Innovation; International Governance for Health; One Health; and Health, Sustainable Development, and the Economy. I am a member of three groups. Two advocacy groups are appointed as well, to ensure that two overarching aspects are taken into consideration in the final recommendations - firstly, future Generations; and secondly, the group which I chair, Gender.

This is a European based commission, but we are dealing with a global pandemic, which doesn't respect national or regional borders. Expectations from WHO HQ are that the outcome of this Commission would prove to be of value globally.

It is a huge achievement that family medicine is represented on the Commission, as the only clinical specialty. It is recognition of the importance of primary care and the highly trained generalist as a member of the multidisciplinary team.

In order to impact the outcomes of this commission, I need to draw on experience and input from the family medicine community. I will be highly appreciative of input from members of the WONCA family.

[find out more](#)

Working Party News

Mental Health Bulletin from Chris Dowrick



Professor Christopher Dowrick, chair of the WONCA Working Party on Mental Health writes:

Dear colleagues,

I trust you are all staying well, despite the resurgence of the pandemic in many parts of the world. The results of the turbulent US elections remind us that change is possible. As Jill Benson told us during our recent webinar: *"We need to stay hopeful, because we know that hopelessness is more infectious than COVID-19"*.

International activities

Our second **WONCA webinar on mental health** took place on 25 October. My thanks to Juan Mendive, Weng Chin, Kim Griswold, Alan Cohen and Jill Benson for creating and delivering such a high quality event; and to Pere Vilanova Estrada for his excellent

technological support. Many of you will have seen the webinar already, but if you would like to catch it again:

- You can find the full webinar on [You Tube](#)



- And the presentation slides are attached [here](#).

Our advocacy project is now complete, and has been a great success. For me, it has been one of the (rare) joys of 2020. We tested a virtual educational programme to equip 12 motivated family doctors who wish to advance the integration of behavioural health care into routine primary care practice. I have submitted our report to WONCA Executive, and will be pleased to share it with you once it has been approved.

- Meanwhile, here is a comment from one of our participants. Darien Cipta: "It is very

encouraging to know fellows from different countries and background yet with same vision. The collegiality is invaluable and among the best part of this program, which is preserved even after the formal program ended.”

Thank you to everyone who has responded to Alfredo de Oliveira Neto’s call to create a music and mental health group. Lots of wonderful ideas are emerging, including proposals for a virtual concert.

We are also collaborating with colleagues from the WONCA SIG on Migrant Care to develop a manifesto for action on migrant mental health. Watch this space!

Regional activities

Asia-Pacific

- Sally Liu continues to organise valuable mental health training programmes for family doctors in China (pictured). During October she trained 60 family doctors from Guangdong province and 30 senior family doctors from Shenzhen community, in our core competencies guidance. You can see attached a photograph from one of these sessions.



- Linh Ngyuen is translating two of our guidance documents - on core competencies and on non-drug interventions - into Vietnamese, with financial support from WWPMH.

Caribbean

- Aldyth Buckland took part in a major conference on planetary health, organised by

the Caribbean College Of Family Physicians and Jamaica Veterinary Medical Association. You can see a link to it [here](#):

Eastern Mediterranean

- Abdullah al-Khatami’s 5-Steps Approach continues to be widely supported. He has kindly provided a set of slides on this approach, which are [attached](#).

Europe

- Next month the WONCA Europe conference will take place, virtually. Christos Lionis, Juan Mendive, Henk Parmentier and I will present a seminar on Primary Mental Health Care in Europe: Opportunities and Challenges. I hope many of you will be able to take part.

Ibero-America

- Leandro Wenceslau is the author with Francisco Ortega of “Urban mental health and the moral economies of suffering in a ‘broken city’: Reinventing depression among urban residents in Rio de Janeiro” – a key chapter within the collection “Urban transformations and public health in the emerging city” edited by Michael Keith and Andreza Aruska de Souza Santos. Leandro recently presented the results of his ethnographic research. You can see a link [here](#).

Survey

Here once again is the survey on family doctors’ views on the management of major depressive disorder (MDD) in primary care. It is part of an education and training initiative

that WONCA is leading, together with Pfizer. > [Survey link](#)

Thank you to everyone who completed it in October. We are now looking for further responses, especially from family doctors in Asia, Africa, Middle East and Latin America.

With my best wishes to you all,

Chris

WICC news – ICPC-3 launch on December 15, 2020

The completely modernised International Classification for Primary Care (ICPC) will be launched on December 15 and be available without cost, online at www.icpc-3.info, and includes supporting information and training material.

Several reasons contributed to the development of the newest version of ICPC, the ICPC-3:

- General practitioners worldwide register diagnoses in their patient files using the ICPC-1 or ICPC-2. Both classifications are outdated and needed revision to keep up with the latest developments in Primary Health Care practice.
- New needs have arisen: the need to focus on regions and countries, the need to be able to code themes around prevention, the need to record the functioning of patients, and the

need to be able to make a better distinction between symptoms and illnesses.

- New technological requirements to be able to compare and exchange information between systems, classifications and medical terminologies, a so-called “interoperability”.

The ICPC-3 meets all of these needs and requirements. The newest version ICPC-3 designed by the ICPC-3 Consortium in collaboration with the WONCA International Classification Committee (WICC) is now ready and made available on the ICPC-3 website, as of December 15th!

Learn about, use and participate in ICPC-3, the portal to all of Health Care!

For further information: info@icpc-3.info

www.icpc-3.info

Announcements

World Heart Federation publishes new position paper on digital health

A message from the World Heart Federation

Dear Friends

As we look back on 2020 we can observe that, in less than one year, we have transitioned into a new era of healthcare delivery, supported by telemedicine, mHealth, big data and artificial intelligence solutions. Digital health is no longer an abstract concept but a lifeline for people living with non-communicable diseases (NCDs) and for the overstretched workforce that cares for them amid the COVID-19 pandemic.

Among NCDs, circulatory diseases such as heart disease, stroke, diabetes and chronic kidney disease (CKD) remain the leading causes of mortality and disability globally. Changing this sobering reality - as well as contributing to achieving target 3.4 of the Sustainable Development Goals - will require leveraging digital health tools to prevent, diagnose and manage cardiovascular and other circulatory diseases.

The new WHF position paper – [The Case for](#)

[the Digital Transformation of Circulatory Health](#)

– explores how digital innovation can improve healthcare for people with circulatory diseases and supports policymakers to leverage technology through five recommendations:

1. Investing in end users: building the digital capacity of the health workforce.
2. Serving end users: building the digital literacy of patients, their families and communities.
3. Protecting end users: establishing regulations and protocols for patient privacy & safety.
4. Ensuring sustainable financing mechanisms for digital health: establishing infrastructure and prioritizing funding.
5. Supporting research on digital health: setting priorities that address digital health inequalities.

Finally, watch this [video testimonial](#) from Argentinian cardiologist and WHF Emerging Leader Lucrecia Burgos to find out how telemedicine transformed the way she both gives and receives care in a time of adversity

Conference News



Latest on Europe's December 16 - 19, 2020, Virtual Conference

European Conference of Family Doctors - DEGAM Annual Congress 2020

Dear colleagues,

Thank you for your registrations, there are almost 1,500 participants registered.

We are happy to have received so many confirmations of participation and new registrations after our switch to a virtual conference. Making up the programme was a challenge with a lot of uncertainties for all sides. But as Family Doctors we are used to manage such situations. Now the programme is on the website. There might be some minor changes within the next few weeks but now we all can plan our time slots. Since we want to offer very good technical support, we cannot organize more than five sessions in parallel, so a considerable number of presentations could not be included in live programme. Your advantage is: you have a broad offer of live formats but you can watch all these presentations also later and you have access to a very extended virtual library. We invite you to use all these formats in order to get new information and to get connected, you can write messages to others of virtual library and you can offer and organise own workshops or sessions outside the congress platform using the contacts of this library which is open until end of January.

We are happy that all originally invited plenary speakers have confirmed their participation in the new format. Beyond that, we have two plenaries on the topic of Covid 19: What does this mean for patients with other conditions and how did primary care manage this challenge in different countries? What does this mean for our core values? Have a look at our updated information about [keynote speakers!](#)

Even more information will be added there, soon. Our opening will be a mixture of political and introductory short speeches, a very small music programme, some movements for all attendants and speech of and discussion with Amanda Howe, past President of WONCA world about patient safety. After that, we will have speech and discussion with Hans Kluge, head of WHO Europe and WONCA Europe open meeting.

Thanks to our highly active Pre-conference team of young doctors there will be also a virtual Pre-conference and on Thursday a conference evening for young doctors. Here is more information about their [programme](#).

Additionally, there will be a virtual exhibition which you can visit and where you can get into contact

with exhibitors, especially from WONCA subgroups and further congresses.

Take the chance to strengthen ourselves as well as our profession by participating in this very exciting congress of Family Medicine.

Looking forward to see you online!

Erika Baum and Christoph Heintze

[Registration information](#)
[Programme](#)

Introduction from Dutch College about WONCA Europe 2021 Amsterdam



Dear Colleagues

I would like to introduce myself by means of this email and immediately take the opportunity to inform you about the WONCA Europe Conference 2021, in Amsterdam.

My name is Wendy Borneman, and as of June 1, 2020, I was appointed as President of the Dutch College of General Practitioners (NHG), succeeding Rob Dijkstra.

I work as a general practitioner in a small village in the south of the Netherlands.

For the past four years I was a board member of the Dutch Association of General Practitioners (LHV).

In that capacity, I have hosted the Dutch reception during WONCA Europe conferences, in recent years together with Rob. Some of you may have already met me there. I was also part of the Dutch delegation to UEMO during that time.

In the past, I worked in business and IT, as I was originally trained as a computer science engineer, before going into medicine.

Currently, we are redesigning WONCA Europe 2021 Amsterdam as we will not be able to organise a fully physical conference in Amsterdam. Yet, we really would like to achieve the best conference experience possible in these uncertain COVID-19 times. As soon as we have a format to share, we will inform you all. We might as well ask for your collaboration and input on this.



I would like to introduce to you my colleagues Dorien Zwart, President of the WONCA Europe Conference 2021, and Jako Burgers, Chair of the Scientific Committee of the WONCA Europe Conference 2021.

Dorien works as a general practitioner in De Bilt, a small town in the middle of the Netherlands. Besides her clinical work, she is an academic involved in education and research at the University Medical Center (UMC) Utrecht. Her research focuses on quality and safety in general practice, specifically concerning care transitions, medication safety and diagnostic safety during acute care telephonic triage. Presently, Dorien chairs the department of general practice of the UMC Utrecht.

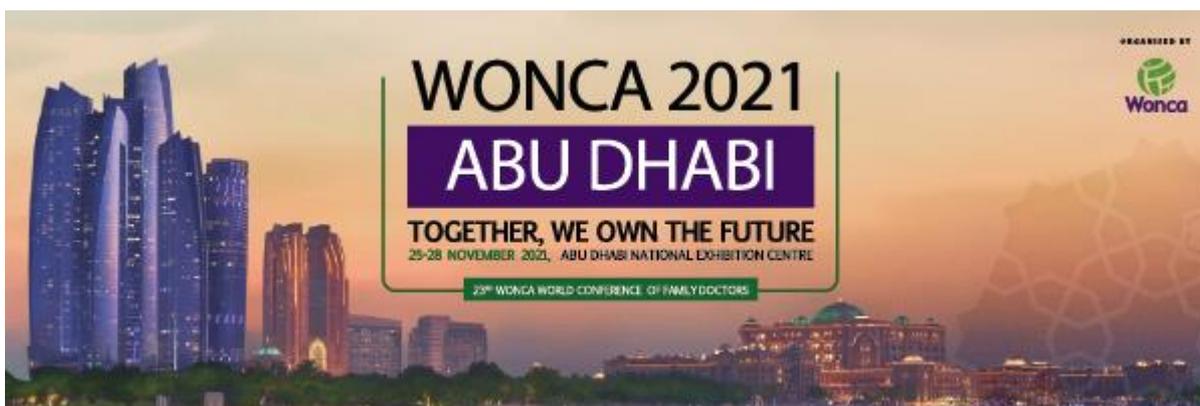


You might already know Jako, who took the initiative for organising the conference in the Netherlands. He owns a general practice in Gorinchem, a small town south from Utrecht, holds a chair on 'Promoting Personalised Care in Clinical Practice Guidelines' at the Department of Family Medicine of Maastricht University, and is advisor of the board of the Dutch College of GPs.



We hope to meet you in 2021, either in person or virtually!
Kind regards, also on behalf of Dorien Zwart and Jako Burgers,

Wendy Borneman



WONCA CONFERENCES

WONCA Direct Members enjoy *lower* conference registration fees.

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

WONCA Virtual Conferences 2020

December 16-19, 2020	WONCA Europe region conference	Virtual from Berlin, GERMANY	http://www.familydoctorseurope2020.org
Ongoing now until February 2021	WONCA Rural Health conference continued	Virtual only	Join Here: https://Zoom.Us/J/97990026863 Passcode: WONCARural
See page 27	Remote and Rural Institute Series		

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
November 25-28, 2021	WONCA World conference	Abu Dhabi, UAE	www.wonca2021.com
April 9-12, 2022	WONCA Asia Pacific region conference	Yangon, Myanmar	Save the dates!
June 1-4, 2022	WONCA Europe region conference	London, UK	www.woncaeurope2022.org
2023 dates to be confirmed	WONCA World conference	Sydney, AUSTRALIA	www.racgp.org.au/wonca-2022/home

WONCA World conference Abu Dhabi, now 2021

Online Registration Open (Early Bird) July 5, 2020
 Abstract Submissions Open (Oral/Poster) July 5, 2020
 Submission Close (Workshops/Symposia) January 10, 2021
 Author Notifications (Workshops/Symposia) March 7, 2021
 Online Accommodation Open March 18, 2021
 World Council November 21-23, 2021
 World Conference November 25-28, 2021

➤ [website](#)

Member Organization Events

Note: most are virtual

17 Dec
- 19 Dec
2020
**European Conference for Family Doctors
and DEGAM Annual Congress**
virtual

11 Feb
- 12 Feb
2021
**RCGP: A Fresh Approach To General
Practice**
Online Conference, United Kingdom

24 Feb
- 27 Feb
2021
Rural Medicine Australia
Hunter Valley, NSW, Australia

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



Young Doctors' Movements news – December 2020

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



Movimiento Waynakay Iberamericana CIMF region



This year was unusual. The consecutive events associated with the COVID 19 pandemic contingency have devastated our region in the same way as the rest of the world.

Even so, young family doctors in Latin America continue to advance despite the difficulties and exhaustion caused by the heavy workload. Thus, today we can share with you that 2020 was a year of union between colleagues and friends beyond distances. We have managed to work on recommendations and publications on care in times of COVID. We have had great participation of young doctors in regional virtual events of family medicine. We are currently about to launch, through our social networks, a series of interviews about the experiences of family doctors from many countries in the region. We will also happily participate in the YDM global webinar series.

We hope that 2021 will find us present at our Ibero-American regional congress in Brazil. See you soon!

Gabriela Di Croce



Vasco da Gama Movement Europe region

The Vasco da Gama Movement is a community that learns from and supports each other. We are willing to adapt to new situations, to always improve our work as an organisation and as family doctors. During the COVID Pandemic we have continued to do just that!



2020 VdGM Exchange Award Winners:

Hippocrates Prize:

Radhika Khanna, UK shadowing Raluca Zoitanu, Romania.

Carosino Prize:

Emilie Couchman, UK, shadowing Herman Van Enter, The Netherlands.

We look forward to hearing about their experiences at an event in the near future!

Executive Group Elections

A successful election was held online last September with the participation of most of our Council Members with support from Independent Observers, and the Good Governance Committee, as well as the Outgoing Executive.

A big thank you to:

Vera Pires da Silva, Nina Monteiro, Kristina Zioteliene, Elena Klusova, Berk Geroğlu and Claire Marie Thomas, our Outgoing Executive Officers

Joining Katarzyna Nessler (President), Julien Artigny (Policy Officer), Sonia Tsukagoshi (VdGM Liaison to WONCA Europe) and Nick Mamo (now President-elect) will be:

Kerry Greenan (Secretary),

Nadia Toumi (Treasurer),

Marta Kurdziewic (Awards and fundraising Officer),

Alessio Platania (Event Officer), Rocío García-Gutiérrez Gómez (Exchange Officer)

Christian Rechtenwald (Image Officer).

We are certain that our new team will continue and strengthen the great work of their predecessors!

Looking to the future

VdGM continues innovating and adapting to the challenges of the pandemic. In October, our Wellbeing SIG successfully ran an online Yoga session for the CardioPrevent 2020 Virtual Congress, organised by the Portuguese Foundation of Cardiology.

Nick Mamo (President-elect)

The Spice Route Movement South Asia region



The Spice Route Council Meetings



The Country leads of the Spice Route Council regularly meets virtually via Skype every first Sunday of the month to discuss and plan the future activities.

Appointment of Treasurer in the Spice Route Regional Council

Dr Anik Biswas from Bangladesh was appointed as the Treasurer for the Spice Route Regional Council.



Dr. Anik Biswas



Dr. Wangdi Norbu



Dr. Sonam Choki

New office bearers appointed for the Spice Route Bhutan

The Spice Route Bhutan appointed their new office bearers in August. Kinley Bhuti continues to be the Chair, however Dr. Sonam Choki and Dr. Wangdi Norbu have been appointed as National Secretary and FM360 National Coordinator respectively.

Commemoration of Important Days

The Spice Route initiated a fresh project of identifying some important days and celebrating them as regional activities from last June. Such commemorations are in the form of either circulating social media messages or videos benefiting the general public or conducting virtual sessions for family doctors. Zoom sessions and WONCA Webinar were conducted on days like International Youth Day on 12th August, World Mental Health Day on 10th October, World Diabetes Day on 14th November and World AIDS Day on 6th December, hosted by India, Nepal, Pakistan and Sri Lanka respectively.

Regular CPD Activities

A virtual platform of regular CPD activities for young doctors of their respective countries have been organized by Sri Lanka, India and Pakistan by the name of GPs' Café , Spice Route Classroom and The Lounge, respectively.

Zainab. M. Anjarwala,
Secretary - The Spice Route

Al Razi Movement East Mediterranean region



Dr Marwa Mohasseb had completed her term of service for the past two years as the chair of the Al Razi YDM (from Nov 2018 to Nov 2020) and Dr Anas Almohtaseb, the chair elect, has started as the new chair of the group for the next term.

Dr Anas (pictured) is a family medicine specialist (Jordanian Board in Family Medicine – 2014) and health economist (MSc Health Economics - University of York – 2017), working at the Ministry of Health and the High Health Council in Jordan. He was the liaison officer of Jordan, in the Al Razi YDM for the past two years and the supervisor of the Al Razi online Journal Club. He actively participated in all movement activities including preparing and attending Al Razi workshops in the regional Wonca East Mediterranean Region (EMR) conference, in Lebanon in March, 2019.



New members have joined the Al Razi YDM Council over the last year as representative for their member organization countries, namely:

- Dr Beesan Maraqa from Palestine,
- Dr Ahmad Fakhreddine from Kuwait,
- Dr Mohammed Al Ghafri from Oman,
- Dr Dana Al-Daghlise from Jordan.

Meanwhile, Dr Nagwa Nashat, the founder and the first chair of the Al Razi group, has been nominated and selected by WONCA EMR as the WONCA EMR Five-Star doctor for 2019 and 2020. Al Razi YDM group thanks its previous leaders and members for their great efforts in establishing and leading the group over the past years, hoping success for the new team in the next term.

The Rajakumar Movement Asia Pacific region



Dear Colleagues

Allow me to announce the new elected executive members of The Rajakumar Movement (Young Doctors' Movement in Asia Pacific Region). They will commence office at the next WONCA World council meeting.

The Rajakumar Movement election was held on 3rd October 2020 with 56% voter turn out.

The Rajakumar Movement Election Committee announces that the following were elected to Executive Committee positions:

- Chair-elect - Dr Ping Foo Wong (Academy of Family Physicians of Malaysia; The Malaysian Family Medicine Specialists' Association)
- Vice Chair (Asia) -elect- Dr Zhaohui Du (General Medical Branch of Chinese Medical Association)
- Vice Chair (Oceania/Pacific) -elect - Dr Phoebe Holdenson Kimura (Royal Australian College of General Practitioners)
- Secretary-elect - Dr Mel Anthony Acuavera (Philippine Academy of Family Physicians)
- Treasurer-elect - Dr Pingsun Chang (Chinese Taipei Association of Family Medicine)
- Image Lead-elect - Dr Basmon Manomaipiboon (The General Practitioners/Family Physicians Association of Thailand)
- FM 360-elect - Dr Suthiwat Khumngoen (The General Practitioners/Family Physicians Association of Thailand)
- ASPIRE-elect - Dr Wee Sian Woon (Royal Australian College of General Practitioners)

On behalf of The Rajakumar Movement Election Committee,

Erfen G. Suwangto, chair Rajakumar Movement