



PRECONFERENCE PROGRAMME 2013

Care for Generations

WONCA WORLD 2013
PRAGUE, 24 - 25 JUNE 2013



Vasco da Gama Movement
www.vdgm.eu



THE COLLEGE OF
FAMILY PHYSICIANS
OF CANADA



LE COLLÈGE DES
MEDECINS DE FAMILLE
DU CANADA



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INTRODUCTION

Dear Preconference Participant,

We are delighted to welcome you to the World Preconference! We feel very grateful for the generous support of all the National Colleges of General Practice (GP) / Family Medicine (FM) and the personal effort that you have made to attend.

The event is organized jointly by the Vasco da Gama Movement, the Rajakumar Movement, the Waynakay Movement and the Spice Route.

The following document is intended to give you an idea of our Movements and what the Preconference entails, as well as to offer an overview to some areas of relevance to this year's theme: *Care for Generations*. Finally, we really do hope that this booklet will start "infecting" you with the very powerful WONCA Virus and will encourage you to establish links with other colleagues from all over the world!

We look forward to meeting you in Prague!



The VdGM Executive Group in Prague, February 2013

Harris Lygidakis, Raquel Gomez Bravo, Catarina Matias, Sara Rigon, Nela Sramkova, Ana Margarida Cruz, Zuzana Vaneckova, Marcus Schmidt, Raluca Zoitanu

PARTNERS INFORMATION

The Vasco da Gama Movement

The name of the great Portuguese explorer, who discovered the sea route towards India almost five hundred years ago, has been employed by the *Vasco da Gama Movement* (VdGM), the working network within WONCA Europe, dedicated to trainees and junior General Practitioners / Family Physicians (GPs/FPs). As they set out for their own exploratory voyage in the discipline of General Practice / Family Medicine (GP/FM) in Europe, the Movement functions as a communication platform and encourages their first steps by providing support and information.

Since its inception in Lisbon in 2005, links have been established with most GP/FM associations to create a European Council of representatives. Each year VdGM hosts an international meeting, known as the '*pre-conference*', which takes place a day prior to the WONCA Europe conference.

The Movement has five working theme groups (*Education & Training, Exchange, Research, Beyond Europe and Image*) that constitute the pillars of its initiatives. These often work in collaboration with their equivalent WONCA Europe special interest networks. Some of the activities of the theme groups include the improvement of the quality of GP/FM training programmes, the establishment of a network for research projects and the promotion of Rural Medicine.

Moreover, the *Junior Researcher Award* has been launched following the movement's continuous effort to promote a new generation of FPs that combine clinical work and research. VdGM also offers the unique opportunity for trainees and juniors to spend two weeks with a GP/FP from another country through the *Hippocrates Exchange Programme*. The most formative exchange experiences are awarded with the *Hippocrates* and *Claudio Carosino Prizes* each year.

Furthermore, our Movement has established the *VdGM Fund*, which was born from the observation of the unbearable inequalities and the on-going economic crisis, which afflict our continent and prevent many colleagues from joining international activities. Thanks to generous donations, VdGM has managed to offer bursaries in support of young and future colleagues.

Our mission is a global one and entails the foundation of a forum for collaboration to improve GP/FM. Through our activities we aim at empowering the future generations of GPs/FPs to lead the development of primary health care at a regional, national and international level.

For more information on VdGM activities, please visit www.vdgm.eu and follow us on:

- Facebook: www.tiny.cc/facebookvdgm
- Twitter: www.twitter.com/#!/vdgmeu
- LinkedIn: www.tiny.cc/invdgm

First-Five Years in Family Practice Canada

Since 2010, the College of Family Physicians of Canada has devoted resources towards addressing the unique needs of family physicians in the early years of practice. Drawing on the experiences of the United Kingdom's First5 movement, the Canadian group has focused on meeting the practice management, mentorship, and networking needs of members.

With a large online presence through Facebook and the College website, the First Five Years in Family Practice group has initiated a strategy to assist family physicians starting out their careers and setting up a practice in Canada.

- Websites: <http://cfpc.ca/firstfiveyears>, http://cfpc.ca/Cinq_premieres_annees
- Email Contacts: firstfiveyearsCanada@cfpc.ca, cinqpremieres@cfpc.ca
- Facebook: <http://www.facebook.com/groups/FirstFiveYearsinPractice.Canada/>

The Rajakumar Movement

The Rajakumar Movement is the Wonca Asia Pacific Working Party for Young and Future Family Doctors which was launched in Hong Kong in 2009. For further information, visit the movement's website: <http://rajakumarmovement.org>

Waynakay Movement

Our group was born in May 19th on 2010 at the WONCA World Conference in Cancún, Mexico. Today there are 12 Iberoamerican countries participating: Argentina, Brasil, Bolivia, Colombia, Cuba, El Salvador, Panamá, Chile, Venezuela, Ecuador, México, República Dominicana. The objective is to make Family Medicine stronger in our countries and promote the continuing medical education, exchange, and research between residents and young Family Physicians. If you want to know more about us go to: www.waynakay.com

The Spice Route Movement

The SPICE ROUTE Movement is the WONCA South Asia Region working group for new and future doctors who have an interest in Family/General Practice. It aims to promote professional development and excellence in this field by creating opportunities for young and future Family/General Practitioners of South Asia.

Its activities include organising seminars and workshops to promote leadership amongst young FP/GP, supporting national and international exchanges in collaboration with the Hippokrates programme, encouraging joint research projects and publications, and engaging with comparative discussions and studies of education and training facilities in the South Asia region.

The SPICE ROUTE Movement was officially inaugurated at the WONCA South Asia/GPAN (General Practitioners Association of Nepal) conference in Kathmandu, Nepal in December 2010. Following this, the SPICE ROUTE Movement held its first pre-conference in Mumbai, India in December 2011 at the occasion of the WONCA South Asia/FFPAI (Federation of Family Physicians' Associations of India) conference held in collaboration with the AFPI (Academy of Family Physicians of India). There

was active participation from approximately 80 new and future Family/General Practitioners from India, Nepal, Pakistan, Sri Lanka and Bangladesh. The second pre-conference will be held on 21st April 2013 in Delhi, India at the occasion of the first Indian National Conference on Family Medicine and Primary Care (FMPC 2013).

For further information:

- www.afpionline.com/Pages/SpiceRouteMovement.aspx
- Facebook page: www.facebook.com/TheSpiceRouteMovement
- Email: Sonia Chery, International Liaison- soniacherygp@gmail.com

PRECONFERENCE

Preconference delegates have the opportunity to have a great insight into what it is like to be a General Practitioner / Family Physician (GP/FP) in an international context, exchange ideas, experiences and visions with colleagues from all over the world.

The preconference enables participants to:

- widen their horizons and perspectives;
- exchange ideas and experiences;
- contribute to the development and improvement of family medicine.

These objectives are in accordance with VdGM's mission statement:

Our mission is to extend our knowledge of GP/FM in a global perspective and to exchange ideas and experiences with the purpose to develop and improve GP/FM at globe and at home.

The Preconference participants will also have the chance to get acquainted with the activities of all the International Movements. The aim is to enhance the enthusiasm of trainees and junior GPs/FPs and encourage them to pursue the goal of a high quality Family Medicine both at their countries and at an international level, embracing the spirit of "*thinking globally, acting locally*".

VdGM Europe Council

The VdGM Europe Council (EC) is the ruling body of VdGM. It holds its meeting in parallel with the Preconference, where it debates ongoing activities and future plans. Only national delegates and invited observers can participate in this meeting.

Registration

There are 120 places available and registration is carried out in a first-come, first-served basis. The registration form for the Preconference and EC meeting can be found on www.wonca2013.com. For further information please contact: preconference2013@vdgm.eu

Registration Fee

You can pay the registration fee (80\$) for either EC meeting or Preconference via bank transfer (for payment related queries please contact: preconference2013@vdgm.eu).

Bank name: Československá obchodní banka

Bank address: Na Příkopě 18, 110 00 Prague 1, Czech Republic

SWIFT/BIC: CEKOCZPP

Account name: GUARANT International spol. s r. o.

Account number: 478533543

IBAN: CZ13 0300 0000 0004 7853 3543

Details of payment: WONCA 2013 / participant's name

SPECIAL EVENTS

Pre-Preconference Dinner

Czech atmosphere, Czech beer, Czech food, but the world pre-Preconference dinner! Come and join us at the unofficial dinner before the preconference opening.

Location: U Banského, Tábořská 49, Prague 4, Sunday, 23rd June, 19:00, <http://goo.gl/maps/Eic7U>

Preconference Dinner

After the first day of the Preconference we will have a dinner together.

Meeting point: dock/point at Dvořák Quay, near to Čechův bridge, (tram 17, bus 133, stop Právnická fakulta), <http://goo.gl/maps/rycPs>

Date & Time: Monday, 24th June, 19:45. **Note:** it is essential to be there on time!

Visit a Czech GP practice

Enjoy a professional exchange with a practicing GP when visiting a GP's medical office. Czech colleagues are already looking forward to welcoming you! For individual visit please contact us at the preconference registration or via email nela.sramkova@gmail.com.

Prague Guided Tour

Do you want to enjoy a beauty of Prague? We offer you a guided tour. If you want to arrange a trip, please contact us at the registration during the preconference and we will set the time and date. Available languages: English, Spanish.

Cost: 100 CZK (4 Euros)/1 person

THE WORLD PRECONFERENCE PROGRAMME

Monday, 24th June 2013

| | | |
|--------------------|--|------------------------------------|
| 09:00-10:00 | Opening <i>(plenary, Lecture Room I., Albertov)</i> | |
| 10:00-11:00 | Working Groups | <i>Europe Council</i> |
| 11:00-11:15 | Coffee Break | |
| 11:15-13:00 | Working Groups | First Aid <i>Europe Council</i> |
| 13:00-14:00 | Lunch | |
| 14:00-16:15 | Working Groups | First Aid <i>Europe Council</i> |
| 16:15-16:30 | Coffee Break | |
| 16:30-17:30 | Visionary Speech Professor Richard Roberts Professor Michael Kidd <i>(plenary, Lecture Room I., Albertov)</i> | |
| 17:30-18:00 | Presentation of the VdGM Theme Groups <i>(plenary, Lecture Room I., Albertov)</i> | |
| 20:00 | Social Event | |

Tuesday, 25th June 2013

| | | |
|-------------|---|----------------|
| 09:00-11:00 | Working Groups | Europe Council |
| 11:00-12:00 | Brunch | |
| 12:00-12:15 | Presentation of the WONCA Working Party on the Environment <i>(plenary, Lecture Room I., Albertov)</i> | |
| 12:15-13:45 | Four parallel workshops <i>(participants will be invited to join one of the following sessions)</i> <ul style="list-style-type: none"> a. International Exchange MODERATED BY SCOTT MACLEAN, ANA NUNES BARATA, SARA RIGON AND RAQUEL GOMEZ-BRAVO b. Rural Medicine MODERATED BY NAOMI HARRIS AND KARINA VILLARROEL c. Global Health MODERATED BY GREG IRVING d. International Curriculum MODERATED BY RAMAN KUMAR, ROBERT BURMAN AND ANA MARGARIDA CRUZ e. Social Media and mHealth Now! MODERATED BY @RALUCAZO AND @LYGIDAKIS | |
| 13:45-14:30 | Coffee Break and VdGM Theme Groups Interaction | |
| 14:30-16:00 | Presentations of the Working Groups <i>(plenary, Lecture Room I., Albertov)</i> | |
| 17:00 | WONCA World Opening Ceremony <i>Prague Congress Centre</i> | |

PRECONFERENCE VISIONARY SPEECH

Professor Richard Roberts

Background

Richard Roberts is Professor and past Chair at the University of Wisconsin in the USA. An attorney and family physician, Dr Roberts provides care to all ages in all settings, including the birthing suite, home, hospice, and hospital. Professor Roberts has more than 150 publications and served as editor for the book, *The Family Doctor's Journey to Quality*. His principal areas of scholarship and research have been clinical practice guidelines, patient safety, and primary care redesign. He is the current President of WONCA, the World Organization of Family Doctors, and is Past President of the American Academy of Family Physicians.

Presentation

A large and growing body of evidence confirms that health systems built on primary care have better outcomes, higher satisfaction, and lower costs. Yet, some question whether Family Medicine will be relevant as health systems career toward increasingly sub-specialized and technologically intense services. The session will demonstrate that Family Medicine's two aims and assets - trusted continuous relationships and comprehensive services - remain more relevant and valuable than ever.



Professor Michael Kidd

Background

Michael Kidd is a family doctor, primary care researcher and medical educator, and the incoming president of the World Organization of Family Doctors (WONCA). He is a past president of the Royal Australian College of General Practitioners and is the executive dean of the Faculty of Health Sciences at Flinders University in Australia. He is the author/editor of several books including *First Do No Harm: being a resilient doctor in the 21st century* and the new edition of the *WONCA Guidebook on The Contribution of Family Medicine to Improving Health Systems*

Presentation

This presentation will examine how family medicine is changing in the 21st century, in response to new expectations, new models of care and new technologies. And it will examine the ways that family doctors can develop the resilience needed to allow us to adapt to change and continue to provide high quality primary care to our individual patients and our communities as our discipline evolves



CARE FOR GENERATIONS

Family Medicine is the most unique of all the medical disciplines. We are in the privileged position to observe the birth of a new person, the hopes, the dreams and the pride of his/her parents; we follow his/her path into the journey of life, and we are there to see his/her problems as a child, an adolescent, an adult and an older person. We feel and share the joy and the pain of the youngsters and the elderly. We take into account the special needs and expectations of each age group, dealing with a wide range of issues, from those of the reproductive years to those regarding mental health, always endeavouring to apply a holistic approach when providing care.

We have also the privilege to be at the core of the healthcare. However, we often play the role of the middlemen among individuals, communities and the healthcare system. This often drags us into the centre of the turmoil; we witness how the economic crisis afflict our patients, how the lack of health literacy may have massive domino effects, how the violence, the poverty or dementia can annihilate a life, and how the administration and the healthcare silos hinder communication.

Nonetheless, we are also in the remarkable position to celebrate the breeze of revolution that is brewing in healthcare. The leaps and bounds of digital and mobile health, the big data, the improvement and the wide availability of cheap communication means, the advances in genetics and, even more importantly, the reposition of the patients at the centre of healthcare are bound to transform Primary Care and, consequently, the care for generations that we provide.

In this context of blended emotions of concern and hope, a new generation of trainees and Junior GPs/FPs from various parts of the world are getting together in the WONCA World Preconference in Prague in order to exchange experiences, whether they are negative or positive, convey their own points of view and broaden their horizons, while learning from other countries, cultures and contexts. But above all, they are meeting to feel inspired!

Harris Lygidakis
Vasco da Gama Movement Chair

SUGGESTED TOPICS AND READING

- Family Medicine Needs a Generation of Dreamers
<http://www.stfm.org/fmhub/fm2006/May/Joseph363.pdf>
- Patient age influences perceptions about health care communication
<http://www.ncbi.nlm.nih.gov/pubmed/19184691>
- Family medicine trainees still value continuity of care
<http://www.ncbi.nlm.nih.gov/pubmed/14710330>

Please think about this, as this will form the discussion during the preconference workshops!

Other resources: <http://www.globalfamilydoctor.com/Resources/JournalsOfInterest.aspx>

- References from Australian Family Physician (full free online access)
 - WORKPLACE - April 2013 Vol 42 (4) 161-256
<http://www.racgp.org.au/afp/2013/april/>
 - THE ELDERLY - December 2012 Vol 41 (12) 913-1008
<http://www.racgp.org.au/afp/2012/december/>
 - REPRODUCTIVE HEALTH - October 2012 Vol 41 (10) 641-736
<http://www.racgp.org.au/afp/2012/october/>
 - THE FIRST THREE MONTHS - May 2012 Vol 41 (5) 257-352
<http://www.racgp.org.au/afp/2012/may/>
 - BONES - March 2012 Vol 41 (3) 81-160
<http://www.racgp.org.au/afp/2012/march/>
 - VIOLENCE - November 2011 Vol 40 (11) 841-936
<http://www.racgp.org.au/afp/2011/november/>
 - CHILD DEVELOPMENT - September 11 Vol 40 (9) 649-744
<http://www.racgp.org.au/afp/2011/september/>
 - MENTAL HEALTH - June 2011 Vol 40 (6) 353-466
<http://www.racgp.org.au/afp/2011/june/>
 - MENOPAUSE - May 2011 Vol 40 (5) 257-352
<http://www.racgp.org.au/afp/2011/may/>
 - DISABILITY - April 2011 Vol 40 (4) 177-256
<http://www.racgp.org.au/afp/2011/april/>
 - ADOLESCENT HEALTH - March 2011 Vol 40 (3) 81-176
<http://www.racgp.org.au/afp/2011/march/>
 - CHILDHOOD EMERGENCIES - May 2010 Vol 39 (5) 257-352
<http://www.racgp.org.au/afp/2010/may/>

PARALLEL WORKSHOPS

On Tuesday, 25th June, 5 parallel workshops will be held. All participants will be able to choose one of their interest and join it regardless of the working group in which he/she has been appointed to.

Parallel Workshop 1: International Exchange

MODERATED BY SCOTT MACLEAN, ANA NUNES BARATA, SARA RIGON AND RAQUEL GOMEZ-BRAVO

This workshop aims to develop partnerships for international exchange for General Practitioners and Family Physicians as visitors and hosts. Participants will have the opportunity to learn about the Vasco da Gama Movement's Hippokrates Exchange Program, and meet other physicians who are interested in international exchange. There will also be opportunities to reflect and discuss the benefit of international exchange through facilitated discussion. Participants will also have the opportunity to reflect on the benefit of international exchanges and its relevance to professional development with this year winners of the Hippokrates Exchange and Carosino Prizes.

Through facilitated discussion, the benefits of mobility and exchange among GPs will be demonstrated in order to provide a broader perspective to the concepts of Family Medicine on a personal and professional level. Through collaboration among Junior GP Associations around the world, exchange programs have the potential to reduce inequalities and improve standards in training and primary care provision worldwide.

Parallel Workshop 2: Rural Medicine - A Tale of Two Countries

MODERATED BY NAOMI HARRIS AND KARINA VILLARROEL

Journey through rural medicine as it is practiced in Chile and Australia. How are the healthcare systems structured? What are the differences between urban and rural practice? Are trainees and new family doctors supported? And why rural medicine is such a rewarding vocation. Also learn about the Fellowship of Rural General Practice that is offered in Australia; currently the only qualification of its type worldwide.

Parallel Workshop 3: Getting Started in Global Health

MODERATED BY GREG IRVING, ROBIN RAMSEY, JESSICA WASTON AND CLAIRE THOMAS

How do you actually go about “doing” global health? This workshop brings together a group of family doctors with expertise in medical education, policy, volunteering and careers. The workshop will focus on integrating global health into the daily work of the family doctor and highlight some of the opportunities that exist beyond the consulting room.

The series of short talks will include:

- Integrating global health into the GP curriculum and training
- A GP inside the WHO

- Thinking global acting local
- Careers opportunities in global health

There will be plenty of opportunity for delegates to debate and discuss those issues important to them.

Parallel Workshop 4: International Curriculum

MODERATED BY RAMAN KUMAR, ROBERT BURMAN AND ANA MARGARIDA CRUZ

Parallel Workshop 5: Social Media and mHealth Now!

MODERATED BY @RALUCAZO AND @LYGIDAKIS

The use of social media within the facilitation of primary care at a local and international level has become standard and its impact is increasing. General Practitioners / Family Physicians and their patients follow this trend as well, although at different pace in various countries around the world. Social Media can be used by GPs/FPs to strengthen organizations, their practice or how to use it as a tool to be easily and conveniently updated with medical and non-medical information. In this workshop we give an overview of practical uses of social media in primary care combined with practical examples. This workshop will also focus on mHealth in Primary Care – the use of mobile devices and applications in providing care.

You are welcome to follow our Twitter feed (@vdgmeu) and let us know about your experiences by tweeting your questions using the #wonca2013 hashtag.

WORKSHOP: FIRST AID - SAVE LIFE

Daily work of any general practitioner (GP) includes all parts of medicine. Emergent cases, which involve immediate proper care without mistakes, represent just only a small part of our work. Our experience will never be therefore enough. However, it happens and our failure in life saving situations could have the fatal results.

It is very problematic to retain our professional skills without any practical training and drill.

Our team will prepare the model situations – emergency scenarios, that GPs can meet in their everyday work and have to resolve with limited equipment, time and background. After finishing scenario the participants will get reasons of right way of treating and management of these situations in short discussion with experienced EM doctor/GP and, if it will be possible, they can see the video record shows the “ideal” way of solving this situation. If there will be time, place and manpower, we can offer to participants possibility to try different skills on mannequins (airway management, CPR).

We can meet the patients who need an emergency care in our surgery, waiting room, in the street or at home unexpectedly. Using drill in scenarios, model situations is very effective and verified way of education, particularly for situations, when we work under pressure.

Daniel Kvapil, Jana Seblova

WONCA ENVIRONMENTAL WORKING GROUP

A presentation of the group will be held on Tuesday 25th June at 12pm in our Preconference. Here's the invitation from Professors Blashki and Abelsohn:

All doctors and medical students our most welcome to join us for the Environmental Working Group to be held Meeting 1-4pm Tuesday June 2013 in the Corinthia Towers Hotel in Prague. What could be more important for health than protecting the very life support systems on which health depends- clean air, fresh water, food security and a safe climate- and it is our up and coming generation of doctors who will be especially important for protecting the health of future generations.

Our agenda includes discussion about our aims and plans, our collaborations with other arms of WONCA and external organizations. We will also be talking about our exciting new book from our Working Group- "Family Doctors in the Field - Stories from environmental Family Doctors from across the Globe" which members will be invited to contribute to... so hope to see you there!

Grant Blashki and Alan Abelsohn

Incoming and current chairs of the Environmental Working Group

THE VdGM BOOTH IN THE WONCA WORLD CONFERENCE

Does the *Vasco da Gama Movement* feeling end with the preconference? No! Meet, chat, network and find friends at our VdGM booth, which will be located inside the conference hall (booth number 6 at WONCA Village, see image below). There will be memorabilia available at the booth (T-shirts, umbrellas, badges and pens). In addition to that, you can expect small surprise!



VdGM EVENTS DURING THE WONCA WORLD CONFERENCE

All junior doctors, GP/FP trainees and students are also invited to attend VdGM sessions that take place throughout the main conference. We look forward to meeting you there!

Wednesday, 26th June 2013

| TIME | ROOM | MEETING |
|---------------|-------------------------------|---|
| 10:30 – 12:00 | Club E, 1 st floor | The importance of using Social Media in Rural Medicine |
| 14:00 – 15:00 | Club C | Future capacity for expert generalist care: A critical view of European training |
| 14:00 – 15:00 | Meeting Hall V | Leading and managing in your practice |
| 15:30 – 17:00 | NORTH HALL 2nd floor | Training for family physicians: time to go global? A collaborative workshop of VdGM with EURACT |

Thursday, 27th June 2013

| | | |
|---------------|-----------------|--|
| 10:30 – 12:00 | Club B | Writing for publication: A joint VdGM, EGPRN, EJGP workshop |
| 10:30 – 12:00 | Meeting Hall IV | The Hippokrates Exchange Programme: Everybody on board the VdGM raises the anchor! |
| 10:30 – 12:00 | Meeting Hall IV | The VdGM Hippokrates Exchange Programme: a Spanish and Italian perspective |
| 14:00 – 15:00 | Club E | Shifting perspectives in healthcare: Becoming partners with patients |
| 15:30 – 17:00 | Meeting Hall I | Linking generations in general practice research – The Vasco da Gama Movement Junior Researcher Award 2013 |
| 15:30 – 17:00 | Club A | Gender Violence: A new approach |
| 15:30 – 17:00 | Club E | The Vasco da Gama Movement World Cafe for early stage researchers in general practice and family medicine |

Friday, 28th June 2013

| TIME | ROOM | MEETING |
|---------------|----------------|---|
| 10:30 – 12:00 | Club D | Young family physicians/general practitioners – global initiative |
| 14:00 – 15:00 | Club B | The RCGP First 5 initiative – supporting new GP's in their first 5 years |
| 15:30 – 17:00 | Meeting Hall I | The good, the bad and the ugly of healthcare reform: Achieving universal healthcare coverage in a cold economic climate |
| 15:30 – 17:00 | Panorama Hall | General Practice training across European borders |
| 15:30 – 17:00 | Terrace 2 | Mini-Hippokrates experience in Croatia |

Saturday, 29th June 2013

| | | |
|---------------|---------------|--|
| 10:30 – 12:00 | Small theatre | Social media and mHealth now! Applications in primary care |
| 12:00 – 13:00 | Forum Hall | Closing ceremony – JRA award, Carosino prize |



Presenting the Junior Researcher Award Winners during the Conference

The Junior Researcher Award aims to promote a generation of junior GP/FM doctors who include research skills with patient care as a life time career. This award honors outstanding research proposals and researchers' careers who are GP/FM trainees or junior GP/FM with up to 5 years working experience after graduation.

The three winners of the Junior Researcher Award 2013 are:

- Nikki van Dessel (Netherlands) for her proposal "Prognosis and perpetuating factors of Medically Unexplained Physical Symptoms (MUPS): a prospective cohort study"
- Joao Sarmiento (Portugal) for his proposal "Clinical Information Integration Project"
- Pavel Vychytil (Czech Republic) for his proposal "Compliance and non-compliance with GP/specialty training requirements"

All champions will be invited to present their project during a special workshop, which is scheduled on **Friday 28th June at 3:30 pm**. Senior GPs and experts are invited to join this workshop and help the three champions in developing their project.

Presenting the Hippokrates and Carosino Prizes during the Conference

The Vasco da Gama Movement is pleased to announce that the winners of this year's Hippokrates Exchange and Carosino Prizes for the best completed exchange and the best completed exchange in a rural area are:

- Clara Vilavella Lizana (Hippokrates Exchange Prize)
- Marine Parmentier (Carosino Prize)

The winners will take part in the "Linking generations in general practice research – The Vasco da Gama Movement Junior Researcher Award 2013" (Thursday, 27th June).

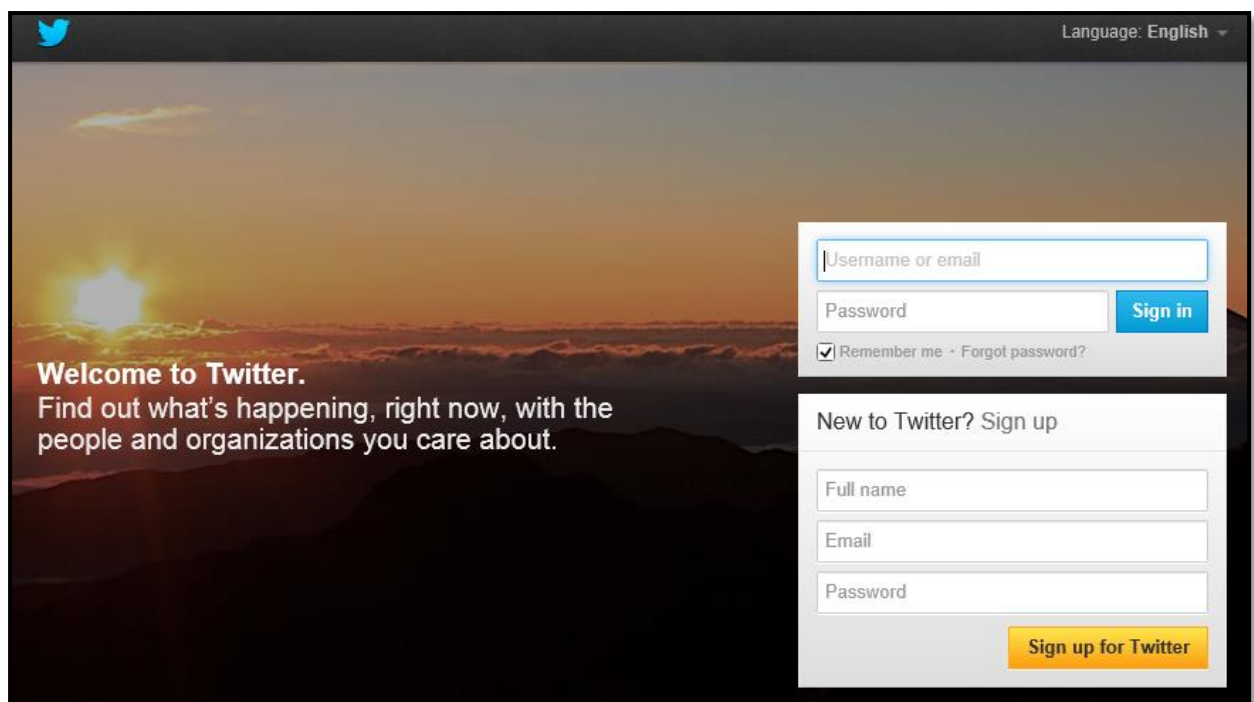
A QUICK 'N' DIRTY GUIDE TO USING TWITTER DURING WONCA WORLD 2013

Twitter is an easy and fun way to comment on the WONCA World Conference and Preconference! You will be able to make observations and give feedback on presentations in real time or suggest a workshop to your friends and colleagues and much more!

In this social network, users post 140-character updates of what is going on in their lives along with links to things they consider to be interesting or useful to their followers. People use Twitter in many ways; some as a newsfeed by following prominent people or networks, some as a pseudo-chatroom and some as a microblog for updating people about the work they are doing and their personal lives.

First register!

To create an account just head to www.twitter.com and register with your email address; the procedure will require 5 minutes barely.

A screenshot of the Twitter homepage from 2013. The background is a sunset over mountains. On the left, it says "Welcome to Twitter. Find out what's happening, right now, with the people and organizations you care about." On the right, there are two forms. The top form is for logging in, with fields for "Username or email" and "Password", a "Sign in" button, and a checkbox for "Remember me" with a link for "Forgot password?". The bottom form is for signing up, with fields for "Full name", "Email", and "Password", and a yellow "Sign up for Twitter" button. The Twitter logo is in the top left corner, and "Language: English" is in the top right corner.

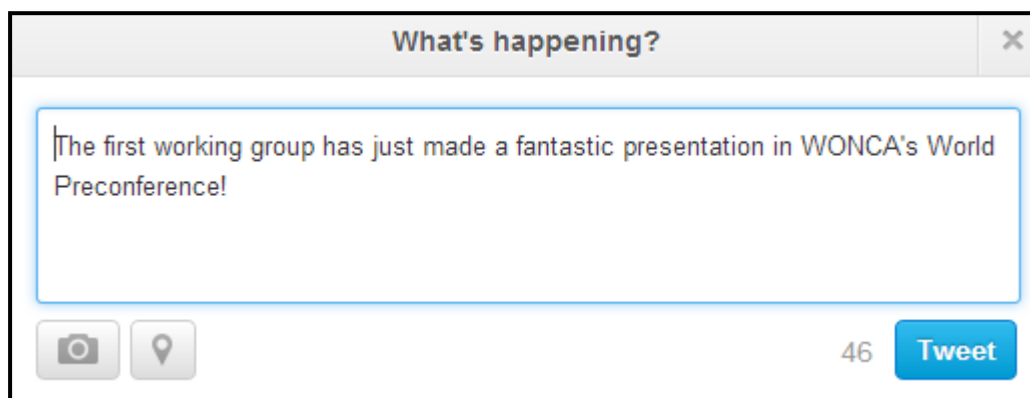
And then tweet!

You can post tweets easily using your browser of your computer, mobile phone and tablet. You can also use dedicated applications, which enrich the experience, such as [TweetDeck](#) or [Metrotwit](#). There is even a wide range of applications on all mobile phones (iPhones, Androids, Blackberries and Windows Phones included, such as the official app of [Twitter](#), [Tweetbot](#), and the visually beautiful [Flipboard](#)).

Nowadays, most of the smartphones and tablets include some sort of integration as well.



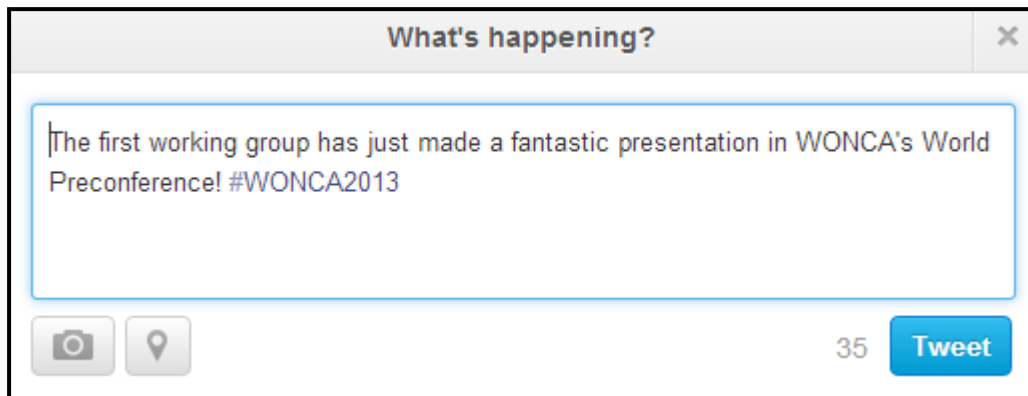
So log in and start tweeting!



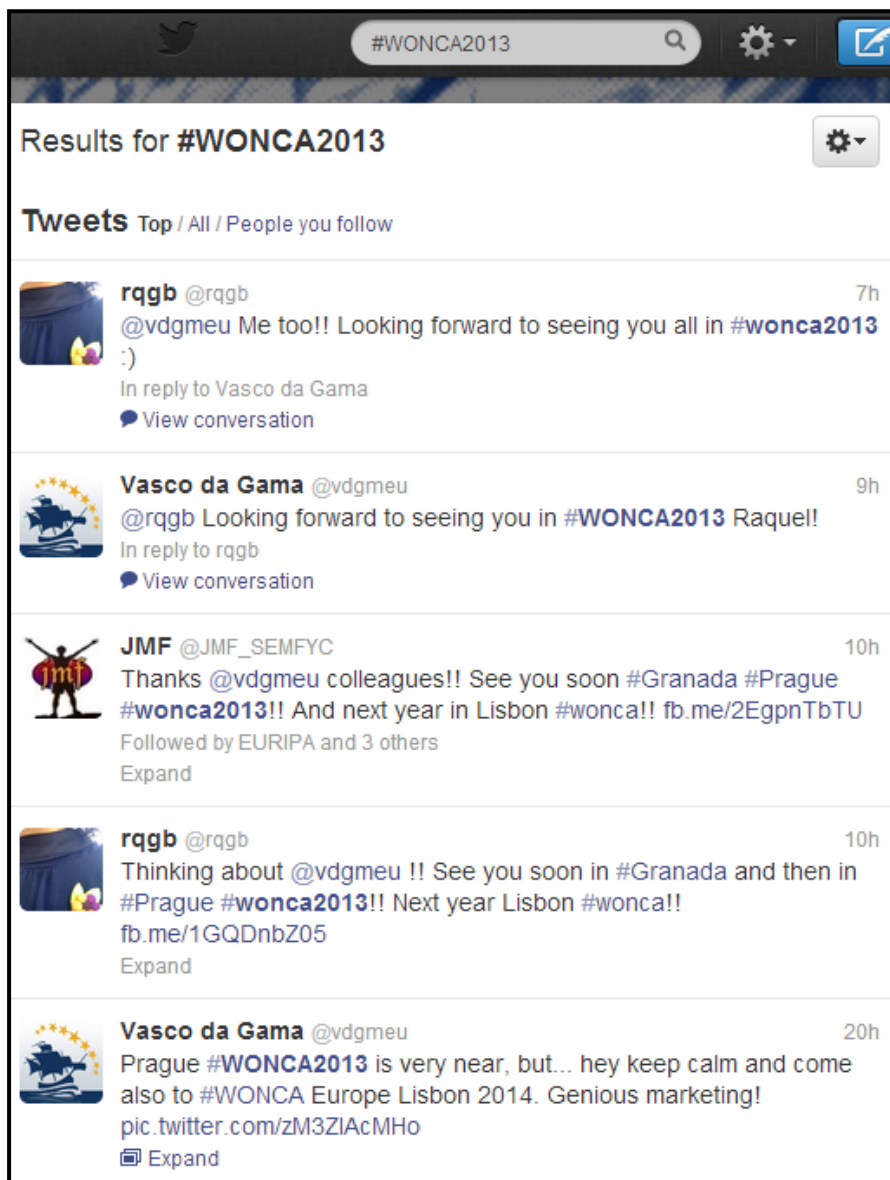
Channel your tweets!

But wait, how are others going to know that I'm talking about the WONCA World conference? It's actually very simple and involves only the use of a special label: the **hashtag**. By using it, you can label tweets so that other users can see tweets on the same topic. Hashtags contain no spaces or punctuation and begin with the '#' symbol. Many times at events like conferences or concerts, the organizers will tell attendees to add a particular hash tag to their tweets to gather opinions about the event and unite people at the same event.

So there's the fun part: you can post your own comments on the preconference and conference placing our special hashtag after each message: **#wonca2013**



Now other people will know that your message is about the WONCA World conference.



In fact, the hashtag has automatically been converted into a link and clicking on it will take you to a page with all the tweets tagged with this label from all users (i.e. not only from those you follow).

Do you prefer a better way to track and monitor all WONCA 2013 tweets? Just go to [oneQube](#) and use SmartStream (a guide [can be found here](#) by Marie Ennis O'Connor).

That's it! Don't forget you can tweet anything notable, your own ideas, opinions and point of views regarding the conference. Your participation will be really important!

Vasco da Gama Movement's official account is [@VdGMeu](#). Just click on the 'Follow' button to add it among the people you follow: this way, any updates posted will be shown on your stream.

As a final remark, remember what [Howard J. Luks said](#) on Social Media being centrifugal, not centripetal: *"Our actions, or endeavors, are centrifugal in nature. Our efforts extend from the center, which is us, and are meant for a global audience thirsty for healthcare knowledge, to learn from our experience, and to have a better understanding of their healthcare related issue."*

Geeky Tip

Head to Symplur.com to monitor the activity of our hashtag: <http://www.simplur.com/healthcare-hashtags/wonca2013/>

References

1. Twitter Guide Book – How To, Tips and Instructions by Mashable.
<http://mashable.com/guidebook/twitter/>
2. O'Connor ME. How To Use SmartStream For HealthCare Tweet Chats.
<http://healthworkscollective.com/marie-ennis-oconnor/100541/how-use-smartstream-your-healthcare-tweet-chat>
3. Luks HJ. Healthcare and Social Media: Centrifugal versus Centripetal Drivers.
<http://www.howardluksmid.com/orthopedic-social-media/healthcare-and-social-media-goals/>

GENERAL INFORMATION ON PRAGUE

Accommodation

Many VdGM Members stay at **Hotel ILF**, which provides affordable accommodation just 3 underground stops from the Congress Centre, <http://www.hotel-ilf.cz/?item=294&>.

Address: Budějovická 15/743, Prague 4, underground station "Budějovická", line C (red line), telephone: +420 261 092 370, reservations: rezervace@hotel-ilf.cz.

You can reach the hotel from the airport by bus (to the station Dejvická) and then by underground (line A + C, change station Muzeum).

Other accommodation:

- Low budget accommodation: www.booking.com, www.hostely-praha.cz
- Hotels accommodation: www.hotel.cz

Travelling

1. Airport

The Vaclav Havel airport is located 30 - 45 minutes by car from the centre of Prague. There is a good connection between the airport and city centre by public transport buses (line 100, 119, 179, AE) or taxis.

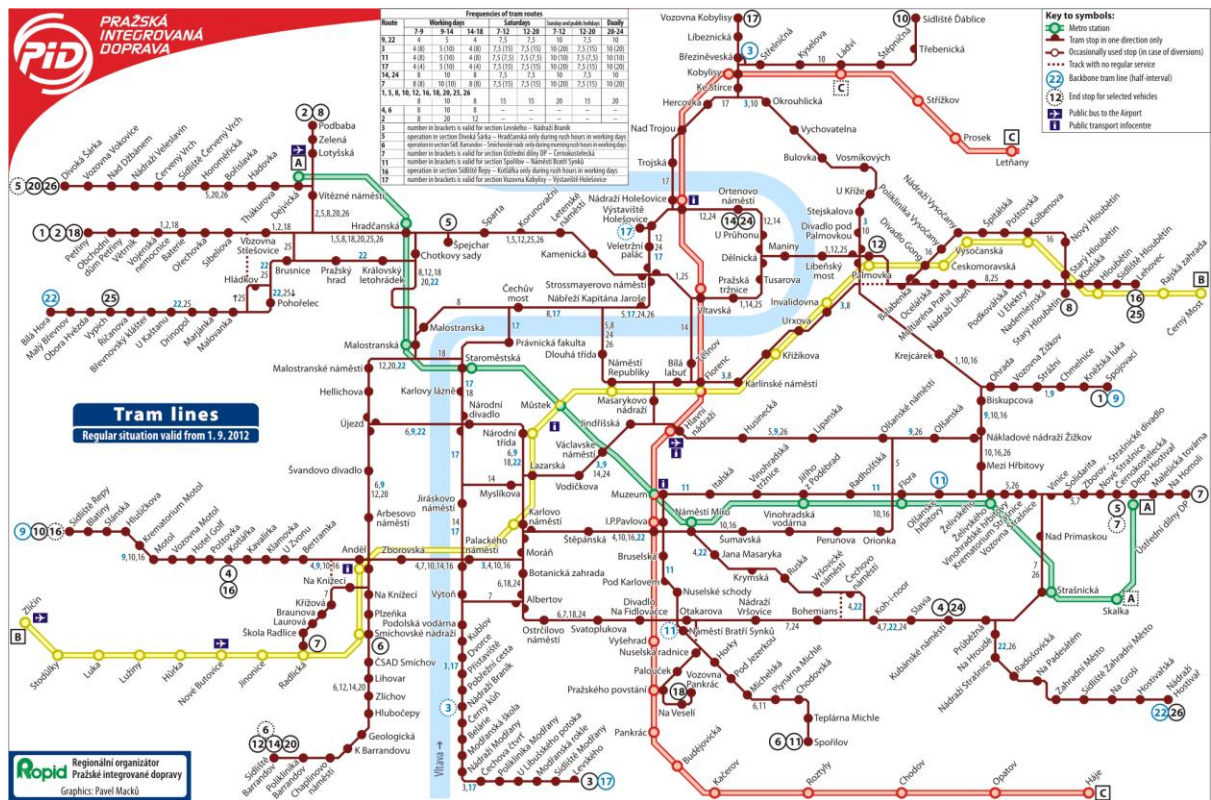
You should buy a ticket before travelling, these can be found at the arrival hall, at ticket machines or at the newsagents. If you use public transport more than a few times a day, definitely go for one of short-term passes (unlimited travel within ticket validity).

- *24 hour pass: 110 CZK / 4.30 EUR*
- *3 day pass (72 hours): 310 CZK / 12.20 EUR*

Please note, that all registered participants for WONCA will receive free public transport ticket on Tuesday, 25th (received on-site at the WONCA registration desk and will be valid within the dates of the conference, not the preconference).

For more traveling Information see: www.dpp.cz/en/ or www.idos.cz

2. Public transport



3. Taxi service

In the city centre, taxis are easy to take from the street but we strongly recommend you use hotel taxis or to call a taxi by phone through the radio taxi service. For your ride from the street, please take a taxi from the "Fair Place".

We recommend you use following taxi companies:

- Profi Taxi: +420 261 314 151 or +420 844 700 800
- AAA Taxi: +420 222 333 222 or +420 221 102 211

To the Preconference Center

- **Location:** Purkyňův ústav, 1st Faculty of Medicine, Charles University, Albertov 4, Prague 2
- Tram station "Albertov", line 6, 7, 18, 24 and then 5 minutes walk. <http://goo.gl/maps/U4bsf>
- Transport from Hotel ILF: metro line C to the station Pražského povstání and then tram 18 to the station Albertov (tram direction "Petřiny").

The registration starts at 8:30 am.

To the WONCA Conference Venue

- **Location:** Prague Congress Center, Třída 5. května 65, Prague 4, 140 21
- Metro station Vyšehrad, line C (red line) <http://www.wonca2013.com/en/welcome>

If you need any help in Prague: +42 0 724 561 718 (Nela), +42 0 777 037 894 (Zuzana)



PRECONFERENCE WONCA EUROPE 2014

Lisbon, 1st-2nd July 2014

First information about events during the preconference:

VdGM Preconference participants have the opportunity to:

1. Meet trainees and juniors GPs/FPs from other WONCA regions;
2. Become acquainted with several national profiles and be able to compare different primary care systems at various levels: health systems organization, status of GP/FM and vocational training programs;
3. Discuss and elaborate visions for the future of GP/FM, considering:
 - Improvement of practice, quality, teaching and research of GP/FM in all countries.
 - Development of GP/FM to meet the needs of patients in increasingly complex and diverse contexts, characterized by raising demands and afflicted by inequalities and an ageing population.
 - Working conditions corresponding to the needs of the upcoming generation of GPs/FPs.
4. Understand the importance of international peer networks and be able to define aims for such networks on a national and international level.
5. Celebrate VdGM's 10th anniversary!

Accommodation

Accommodation for participants is suggested since June in the 19th WONCA Europe Conference website: <http://woncaeurope2014.org/>

Preconference Center and Conference Venue

Location: Lisbon Congress Centre, Pç. das Indústrias, 1300-307 Lisboa



We look forward to welcoming you to the VdGM Pre-Conference in Lisboa!

FEEDBACK FORM

Dear Preconference participant,

You have just taken part in a Vasco da Gama Movement experience. We hope you enjoyed it and that you also learned new things, shared ideas and of course established new friendships.

To improve future VdGM events, we would like your opinion on the Preconference. Please take 5 minutes to fill out this evaluation form!

1. What country are you from? _____
2. How old are you? _____
3. You are ☐ male ☐ female
4. Group number during preconference: _____
5. How did you find out about the preconference?
 - ☐ National junior GP association in your country
 - ☐ National GP association in your country
 - ☐ From a friend or colleague
 - ☐ Website of Vasco da Gama Movement
 - ☐ Social Network (Facebook, Twitter, LinkedIn) of Vasco da Gama Movement
 - ☐ WONCA 2013 conference website
 - ☐ Invitation sent by VdGM after WONCA registration
 - ☐ Other: _____
6. What is your overall satisfaction of the preconference?

| | | | | | | | | | |
|-----------------------------|---|---|---|---|--------------------------|---|---|---|----|
| 1 | 2 | 3 | 4 | 5 | 6 | 7 | 8 | 9 | 10 |
| <i>Not satisfied at all</i> | | | | | <i>Totally satisfied</i> | | | | |
7. There was enough time to exchange opinions and views with colleagues from other countries during Preconference.
 - ☐ I totally agree
 - ☐ I agree
 - ☐ I do not agree
 - ☐ I do not agree at all
8. In my group an overview of different countries was made.
 - ☐ I totally agree
 - ☐ I agree
 - ☐ I do not agree
 - ☐ I do not agree at all
9. In my group all countries had the possibility to express themselves.
 - ☐ I totally agree
 - ☐ I agree
 - ☐ I do not agree
 - ☐ I do not agree at all

10. The facilitators of my group chose the theme we presented at the end.
- ☐ I totally agree
 - ☐ I agree
 - ☐ I do not agree
 - ☐ I do not agree at all
11. I knew about EURACT before participating in this Preconference.
- ☐ I totally agree
 - ☐ I agree
 - ☐ I do not agree
 - ☐ I do not agree at all
12. I was a bit nervous about going to the WONCA Conference as a junior.
- ☐ I totally agree
 - ☐ I agree
 - ☐ I do not agree
 - ☐ I do not agree at all
13. The Preconference prepared me for the main conference.
- ☐ I totally agree
 - ☐ I agree
 - ☐ I do not agree
 - ☐ I do not agree at all
14. The topics treated during Preconference were interesting.
- ☐ I totally agree
 - ☐ I agree
 - ☐ I do not agree
 - ☐ I do not agree at all
15. This Preconference taught me to use new things at a national level.
- ☐ I totally agree
 - ☐ I agree
 - ☐ I do not agree
 - ☐ I do not agree at all
16. This Preconference taught me new things to use at an individual level.
- ☐ I totally agree
 - ☐ I agree
 - ☐ I do not agree
 - ☐ I do not agree at all
17. What were the 2 most positive aspects of this Preconference?
- 1. _____
 - 2. _____
18. What were the 2 areas where the preconference could be most improved?
- 1. _____
 - 2. _____

19. What is the message you take home thanks to your participation in the VdGM pre conference?

20. Do you have any ideas or comments about how to plan future VdGM events or about VdGM itself?

*Please print this evaluation and give it to us at the conference or send it by mail to info@vdmg.eu.
Thank you very much!*



Vasco da Gama Movement



www.vdgm.eu



www.tiny.cc/facebookvdgm



[@vdgmeu](https://twitter.com/vdgmeu)



www.tiny.cc/invdgm