

## YOUNG DOCTORS' MOVEMENT NEWS

### A WORD FROM ANA NUNES BARATA

#### YDM REPRESENTATIVE ON WONCA EXECUTIVE

The Young Doctors' Movements (YDMs) are WONCA's active network that engages youth and promotes intercultural knowledge exchange that helps to create new ideas, projects and initiatives that contribute for the development of Primary Care at the global level. WONCA's young doctors are defined as in their first five years' of practice as a family doctor OR in training as a family doctor.

Each WONCA region has its own YDM that strives to develop its network and engage with the young doctors from every country it represents. You may find more information about the YDMs here.



### JOIN YOUR REGION'S YOUNG DOCTORS' MOVEMENT!

## WAYNAKAY - LATIN AMERICA

The 2021 cycle of activities officially began in February with the first meeting of the Board of Directors. Present for this meeting were Ana Nunes, Jacqueline Ponzo, and about ten national representatives of the Waynakay's movement.

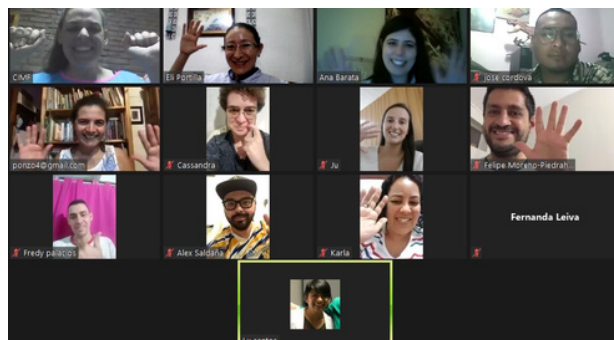
This new year finds us with multiple activities to come, including setting up the next Ibero-American Congress of Family Medicine, which will be 100% virtual, based in the beautiful country of Brazil. Elections for the new Waynakay Board of Directors will be held during this regional event.

We keep on working on the interview cycle "Speaking of Family Medicine", a series of conversations with young family doctors from the Latin American region guided by the journalistic work of Hernán Giacomelli, from Argentina.

This cycle has visited seven countries to date. The interviews are broadcast live on Waynakay Latinoamerica's Facebook Live.

Bearing in mind the enormous difficulties faced by the communities of our America, while responding to the contingency caused by COVID-19, we emphasise the remaining efforts to take care of ourselves.

We hope to meet in person in a not too distant time.



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## VASCO DA GAMA MOVEMENT EUROPE

### BERLIN CONFERENCE AND PRE-CONFERENCE WITH OUR FIRST VIRTUAL EXCHANGE

In December we held our first-ever virtual exchange and VdGM Pre-Conference in the run up to the WONCA Europe Virtual Conference! Both were a great success, with a lot of learning by all the participants, and also by the organisers. The success of the virtual exchange has led to other online exchange events, and we hope that in this way our members can still participate in VdGM in spite of the pandemic.

### EDINBURGH ONLINE EVENT

The VdGM Edinburgh Forum has been postponed to January 2022. In the meantime, however, the fantastic HOC led by Sonia Tsukagoshi, gave us a little taste of what they have in store with a fun-packed 2-hour online event. This included inspiring words from Amanda Howe, Anna Stavdal, Mehmet Ungan and Roger Neighbour. We also had a 'Pub Quiz' and Ceilidh dancing!

### COUNCIL MEETING - NEW BYLAWS, GREAT DISCUSSIONS

Our Council meeting was held a little later than planned - taking place in February rather than during the Pre-Conference. Among other matters, we discussed and voted on our new Bylaws, replacing the previous Constitution after some hard work by our Good Governance Committee. We also voted on and accepted a proposal to extend VdGM membership by a year to try and mitigate the effects of the pandemic. We had some great small group discussions talking about our strategy and vision for the future of VdGM.



VdGM Special Interest Group Equally Different

## TIME TO CELEBRATE WOMEN



Since the XIX century, women have struggled for their rights and inequalities faced. Today we highlighted the importance of fighting for more to conquer more rights and to protect those who depend on women.

1



### Effects of Covid-19 pandemic

In 2020 the health of women was adversely impacted through the reallocation of resources and priorities

- Increased maternal mortality and morbidity,
- Increased adolescent pregnancies
- The increased prevalence of sexually transmitted diseases.
- Many women lost access to modern contraceptives.

2



### Economic impact

8/10 of the unemployed during the COVID19 pandemic are women.

Before the pandemic women were doing three times as much unpaid care and domestic work as men.

Globally, women represent 57% of those aged 70 years and 62% of those above 80.

With less live income and lower pensions they have fewer possibilities to access care for themselves.

3



### Health impact

Up 70% of the health workforce are women -> front-line health workers as nurses, midwives, and community health workers.

1 in 3 women experience violence during their lifetime but the gender-based violence increased exponentially during 2020 as many women were forced to lockdown with their abusers at the same time that support services access was disrupted.

4



### Framework for equality

ONU Policy Brief - 3 principles

- To include women and women's organizations at the heart of the covid-19 response;
- To transform the inequities of unpaid care work into a new, inclusive care economy that works for everyone
- To design socio-economic plans with an intentional focus on the lives and future of women and girls.



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## VDGM-WAYNAKAY EXCHANGE!

On the 14th of March we held a joint virtual exchange with Waynakay. This was a very fruitful day, exploring the health systems in different parts of the world. We would like to thank WONCA for supporting this endeavour, especially Harris Lygidakis. We plan to have exchanges with other YDMs in the near future too!

## INTERNATIONAL WOMENS' DAY

In conjunction with the Family Violence (FV) and Equally Different (ED) SIGs, we marked International Womens' Day.



## THE RAJAKUMAR MOVEMENT ASIA PACIFIC

During the COVID-19 Pademic, the Rajakumar Movement has maintained its activities through online sessions.

1. Leadership, Entrepreneurship & Emotional Wellbeing, by Dr Erfen Et Al.
2. Basic Medical Research ( Myanmar Primary Care Research Unit, Resident Organization of Philippine's Academy of Family Physicians.
3. Alternative Career for Young Doctors (with YDM Global).

Special thanks to Wong Ping Foo (Chair Elect) Mel Acuavera (Secretary) MYA WIN HNIT (Researcher Coordinator).



## YOUNG DOCTORS' MOVEMENT NEWS

### THE SPICE ROUTE SOUTH ASIA REGION

#### YDM WEBINARS

The WONCA Young Doctor Movement hold regular webinar sessions every other month and the Spice Route Movement made active contributions in organizing these webinars. Also Dr. Serin Kuriakose (the Spice Route Chair India) contributed in the first webinar. The recent webinar on **“Lifestyle Medicine: A leap towards a healthy life”** was hosted by the Spice Route and AfriWon on 28th March 2021.

#### MODULE ON LEADERSHIP SKILLS

Dr Kinley Bhuti (ASPIRE programme representative/Chair Spice Route Bhutan) designed a module with series of presentations on **“Leadership Skills.”**

These presentations were informative, also reflected the qualities of a true leader and presented in regular council monthly.

#### THE SPICE ROUTE WEBSITE

The Spice Route designed a website by the name of [woncaspiceroute.org](http://woncaspiceroute.org) and was launched in April 2021.

#### COMMEMORATION OF IMPORTANT DAYS

The Spice Route commemorated some important days by circulating social media messages or videos benefiting the general public as well as family doctors. Some of the important messages circulated were, **International Day of Education** on 24th January by Bangladesh, **International Women's Day** on 8th March by Bhutan, **International Day of Happiness** on 20th March by India and **World Water Day** on 22nd March by Nepal.

#### THE SPICE ROUTE COUNCIL MEETINGS & CPD ACTIVITIES

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. Also 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.



Date: Sunday, 28th March 2021  
Time: From 13:00 - 14:30 GMT



Register: <http://www.wonca.net/ydm-webinar-03>



Zainab. M. Anjarwala, Secretary - The Spice Route

# YOUNG DOCTORS' MOVEMENT NEWS

## AL RAZI EAST MEDITERRANEAN

Since December 2020 to March 2021, Al Razi team held four meetings on monthly basis to discuss and plan future projects. The new chair (Anas Almohtaseb) and the representatives of Saudi Arabia (Adel Yasky), Lebanon (Reina Alameddine), Palestine (Beesan Maraqa), Jordan (Dana Al-Daghlise), Oman (Mohammed Al Ghafri) and Kuwait (Ahmad Fakhreddine) almost regularly attended these meetings.

### Participation in YDM leads Webinars:

- **Anas** in the first webinar “Silver Linings: Lessons Learned from the Pandemic”, Jordan experience (29 Nov 2020).
- **Reina** (Lebanon) in the 2nd webinar “Alternative Career for Young Doctors”, Health policy career (24 Jan 2021).
- **Hella Al Othman** (Saudi Arabia) in the 3rd webinar “Lifestyle Medicine”, Reducing stress (28 Mar 2021).

### LOCAL TEAMS ACTIVITIES

#### OMAN

- Participants in Oman Family Medicine Society meeting; two young doctors elected in the board.
- Forming local team: Mohammed AL Ghafri (rep), Hamed AL Qanobi, Anas AL Kimyani , Issa AL Busaidi , Ahmed AL Kharousi, and Yaqoob AL Luwahi.
- Bi-weekly educational quiz to improve medical knowledge of GPs and family physicians in Oman.

#### JORDAN

- Team: Dana Daghlise (rep),Mahmmoud Al-Soqor, Ehab Jarar, Haneen Taher, and Enas Ammar.



- Three meetings since Dec 2020 to set goals and projects for the next year.
- Application form to recruit new family doctors
- [Awareness video about COVID-19 home isolation, Dec 2020.](#)
- [Video about COVID-19 vaccines in Jordan, Jan 2021.](#)

#### LEBANON

- Team: Reina Alameddine (rep), Mohamad Ali Jardaly, Mohamad Ramadan, Theodora Bou Saba, Rana Jarrah, and Rim Taleb.
- Members engaged in advocacy groups to push for a “zeroCOVID” strategy in the country.

#### SAUDI ARABIA

- Current Team: Adel Yaski (rep), Sultan Al Howti, Mohmmmed Al Yosef, Ghadah Al Rajhi, Renad Al Ghefely, and Hella Al Othman.
- New Members recruitment to formulate the new team by May 2021.

#### PALESTINE

- Gathering up: to gather young family doctors from the West Bank and Gaza.
- Create a list of young Al-Razi family doctors in Palestine.
- Active team members: Beesan Maraqa (rep), Salam Khashan (Gaza focal point), Tasneem Yahia, Layali Qaddoim, Kholoud Ayesh, and Tariq Deres.
- First online workshop, discussing COVID-19 truth and worries, to be organized in 24 April 2021.

# YOUNG DOCTORS' MOVEMENT NEWS



## POLARIS- NORTH AMERICA

### COVID, EQUITY AND NCDS

Family Medicine Early Career Physicians, Residents and Medical Students, have been immersed in the response to COVID, caring for our patients, caring for our colleagues and caring for our communities as well as looking to the future. To this end Polaris has supported the Caribbean College of Family Physicians in establishing a BALINT group and webinar. We have also been active planning the Global Health Summit for the American Academy of Family Physicians (AAFP) and we have been chosen to be founding members in the inaugural Global Equity Task Force of the AAFP, and on the Border Health Initiative.

Global injustice and systemic racism are reaching headlines in the USA and Polaris has been active in the movement to address inequalities which undermine the health of our patients and providers. Dr. Shawnecca Burke writes an excellent piece addressing a resident's role in addressing racism (see our newsletter).

We have also hosted a Webinar series on the Ethics of Global Health hosting panels of speakers discussing the Ethics of Short Term Mission Trips and another on Global Partnerships.

People suffering from Non-communicable disease have been hit hardest by the COVID pandemic and our members have focused on local as well as global efforts to address the underlying factors through Lifestyle Medicine and partnering with the American College of Lifestyle Medicine.

### THANK YOU TO DR. CHEYANNE VETTER

At our last executive meeting Dr. Vetter stepped down from her role as Chair. We will be sad to see her go, and we offer our heartfelt thanks for all that she has contributed. She has assisted in the establishment of Family Medicine 360 – a global exchange program for trainees from all over the world to come to North America for a four week elective, she has established a firm constitutional foundation and structure for Polaris, and she has been active in strengthening international networks for new family doctors. We wish her the best in her future endeavors.