

# WONCA Daily

Organisers:



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## 19<sup>th</sup> WONCA Europe Conference

The doors are open...  
for four days of learning  
and sharing!



Today marks the beginning of an adventure that will end in a new context for General Practice/Family Medicine, more diverse, enriched and efficient, hopefully. Until next Saturday, all that is relevant for every general practitioner/family doctor around the world will be discussed in Lisbon. And you will be a privileged witness of such amazing moments. Inside this issue, you can find a good roadmap for this unforgettable journey



João Sequeira Carlos  
(19th WONCA Europe Conference  
Chairman)

*Dear colleagues  
and friends,*

It's an honour and privilege to host in Lisbon the 2014 WONCA Europe Conference. The committees worked hard and enthusiastically to create a unique event, combining its members expertise with Lisbon's sights and traditions. Since the old times of maritime discoveries, Portugal's capital is a symbol of global thinking. Under the motto New Routes for General Practice and Family Medicine (GP/FM), APMGF prepared an outstanding program to explore new trends of our specialty. We want to celebrate the role of each family physician in health systems. APMGF was founded in 1983 and in thirty years has come to be considered one of the most influent factors in the development of Primary Health Care (PHC) in Portugal. In 1994, APMGF organized, in Estoril, a memorable joint meeting between SIMG and WONCA, a few months before the establishment of WONCA Europe. This was a symbolic milestone in our early years and it was definitely an expression of the work that APMGF was doing in international cooperation. Ten years later, in 2004, APMGF helped to create a Junior Doctors Network inside WONCA Europe, later named Vasco da Gama Movement (VdGM). The role of the new generation of family physicians is essential in WONCA Europe development and VdGM's 10th anniversary will have a special place at the Lisbon Conference. Around the world, colleagues are facing unremitting constraints and we cannot look at PHC achievements as a fail-safe guarantee. National Health Systems have to continuously find new models to meet the population's health needs. GP/FM has to lead healthcare innovation, assuming its irreplaceable role connecting doctors and patients with proximity, accessibility and quality. To meet these challenges, the program will cover major issues for GP/FM. We are grateful to all colleagues who have contributed to the 19th WONCA Europe Conference. Your participation is the major element for the success of the event. We are very happy to see, in Lisbon, colleagues from more than 70 countries, representing all WONCA World Regions. We really hope you enjoy the conference, as well as the opportunity to walk around Lisbon. APMGF is delighted to welcome you!

# Publicidade

“New Routes for General Practice and Family Medicine”

# 19th WONCA Europe Conference

2 – 5 July 2014 - Lisbon, Portugal



Foto: Dr. Dave Weiland

## Opening Conference

# Musical conductor Joana Carneiro unveils the secrets of teamwork

The opening conference of the 19th WONCA Europe Conference – WONCA 2014 – will be presented by Joana Carneiro, music director of the Berkeley Symphony and invited maestro of the Gulbenkian Orchestra. Through the eyes of an outsider – nevertheless distinguished by sensibility and intelligence – the musical director will establish a parallel between the teamwork visible in General Practice/Family Medicine and the art of making as orchestra move forward. Acclaimed by international critics, Joana Carneiro has two major aspirations: “bring happiness to people’s lives through music” and “inspire those who work with me to create beauty, at the highest level”

The opening conference of the 19th WONCA Europe Conference – WONCA 2014 – will be presented by Joana Carneiro, music director of the Berkeley Symphony and invited maestro of the Gulbenkian Orchestra. During her presentation, Joana Carneiro will draw a parallel between the teamwork essential to the success of

### Bio

Joana Carneiro was appointed music director of the Berkeley Symphony in 2009, as a successor to Kent Nagano, becoming the third music director of an orchestra which has been in continuous activity for the past 40 years. She is also an invited maestro at the Gulbenkian Orchestra. Born in Lisbon, she studied orchestra conduction at the National Academy. She then finished her master’s degree in orchestra conduction at Northwestern University and underwent doctoral studies at the University of Michigan. The recipient of several prizes and awards, Joana Carneiro was granted the Helen M. Thompson Award, by the League of American Orchestras, in 2010.

General Practice/Family Medicine and the art of making as orchestra move forward: “General Practice/Family Medicine is the product of many health areas, skills and capacities, binding them into one medical specialty, much in the same way as a musical conductor integrates several instruments. In that sense, both the general practitioner/family doctor and the musical conductor act upon the whole, never losing sight of the each individual part, in detail”.

The major advantage of teamwork “is the possibility of creating beauty with other human beings, regardless of where we come from and who we are”. The major challenge, on the hand, “has to do with the fact that a team involves many individuals, each one of them with different ideas, which forces us to find a common language in order to convey the beauty we want to share”.

Joana Carneiro conducted an orchestra for the first time at the age of 18. Three years later, she would kick start her international career, grabbing the opportunity to study at Northwestern.

It is important to underline that before she dedicated herself solely to music, Joana Carneiro actually studied Medicine. The musical conductor recalls those days has happy ones, stating: “exact sciences offered me the method and the modus operandi that I still use today to face and absorb a musical score”.

The decision to dedicate herself to music was a natural step: “after conducting an orchestra for the first time, I realized that this was not only a dream, that it was something that could become reality and bring me a lot of joy”.

During the opening conference of the 19th WONCA Europe Conference, Joana Carneiro will conduct the Lisbon Metropolitan Orchestra. Between 5h30 p.m. and 7h00 p.m., beauty and talent – interlaced in a teamwork setting where everybody discards individual expression in favor of collective results –, will be showcased through carefully selected classical masterpieces.

Music and Medicine. Two worlds apart that can and will be brought together at the 19th WONCA Europe Conference.

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Opening Ceremony

## Meeting between Medicine, Art and Culture

“The doctor that only understands Medicine, doesn’t even understand Medicine!”. This celebrated phrase, by the Portuguese doctor, professor, researcher and painter Abel Salazar (1889 – 1946), synthesizes an important concept, which enlightens us about the fact that Medicine is much more than just an array of clinical techniques. That is why a crossing between physical sciences, social/human sciences and art will be at the center of the opening ceremony of the 19th WONCA Europe Conference

**A**bsolutely innovative. That is how we can define the opening ceremony of the 19th WONCA Europe Conference. The session will combine knowledge, music, circus and performing arts, in an unprecedented moment. Today, from 17h30 p.m. onwards, doctors and artists will share the stage, in an attempt to prove that a combination of knowledge, intuition, sensibility and human judgment is as important to Medicine as a strong scientific foundation. Take a sit and get ready to be surprised ...

First of all, with António Santos (aka Staticman), a performer that stamped his name in the Guinness Book of Records, nine years ago, when he became “a

living statue” in a traditional boulevard of Barcelona (Las Ramblas). After 1987, the streets and squares of the world, the international trade shows and convention centers became his home away from home. His performance is based on Pranayama (breathing techniques), meditation and plastic construction and re-construction. “Within the contained and silent force of my quietness simmers, at every moment, the cry for freedom of real individuals”, says the artist. After the stunning immobility of António Santos (whose world record stands at 15 hours, 2 minutes and 55 seconds), the audience will enjoy the strength and flexibility brought forward by the aerial dancers TJ Brothers. Forming

one body through interlaced, flexible and perilous movements, the TJ Brothers defy gravity, with a unique and bold body language.

These two high performance athletes, whose bodies are sculpted by the acrobatics they perform in mid air, are bonded by a common passion: flying without limits, recreating the boundaries of possible and impossible motion, offering instants of rare beauty.

Music will be present throughout the entire ceremony. With the accordion, played by the family doctor Alexandra Fernandes – member of scientific committee of the 19th WONCA Europe Conference – and with the performance of the Lisbon Metropolitan Or-

chestra, conducted by Joana Carneiro. Through the interpretation of classical works, Joana Carneiro will disclose the secrets of teamwork. Something that Peter Drucker, distinguished and influential thinker of the contemporary corporate world has considered an underlying factor for the success of an orchestra.

In the midst of this complex setting, the work of motion graphic designer Pedro Rodrigo Costa has the strength to stand out. His talent thrived with recent technological developments in the area of graphic design and he makes good use of film, video, animation techniques and other dynamic visual resources, to produce elaborate and sophisticated presentations.

“During the Pre-conference and the main Conference, I would mostly like to meet new colleagues, from other countries and learn more about other healthcare systems. The hope is that I can bring back those experiences to my country and help to implement good practices in my own national healthcare system”

**Jacek Bujko**  
(Poland)

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### Theory of Optimising Professional Life

## Learn how to reinvent your career...

While they come from different generations and work in different social and cultural contexts, most family doctors experience a need to reinvent their careers over time. Today, at 3h30 p.m, Lesley Piko, Karen Flegg (both from Australia), Amanda Howe (United Kingdom) and Carlos Canhota (Portugal), will bring together an international group of family doctors in a workshop focused on the Theory of Optimising Professional Life, with the objective of reflecting on their careers, share lessons learned and explore how individuals adapt when faced with new challenges.

More specifically, this workshop is based on a research made in the context of a PhD thesis, which investigated how Australian general practitioners manage their careers and participate in the delivery of primary healthcare to patients. Interviews and 2.255 survey responses were used to develop a new career theory specifically for doctors: the Theory of Optimising Professional Life. In the course of this workshop, participants will have the opportunity to get acquainted with this new tool, which will help them to make changes in the way they manage their careers.

Led by three facilitators, the session includes a panel of family doctors and round-table discussions designed to get doctors from different generations and nationalities to reflect upon their career-path and identify good strategies for change or adjustments.

According to the authors, the Theory of Optimising Professional Life, focused on resolving problems and integrating work and life events, is an important tool that will guide doctors in the task of developing their own long-term careers and help to ensure they are well prepared and trained to keep up with evolving models of medical practice.

### Movies can promote clinical empathy

## From emotions to attitudes, through reflection

Empathy becomes real when we are capable of understanding someone else's feelings. Can empathy be taught? Is it possible to establish a learning process for empathy? Emotions are a critical factor in this process, has it will be demonstrated by Pablo Blasco, Marcelo Levites and Marco Aurélio Janaudis, from the Brazilian Society of Family Medicine (SOBRAMFA), in a workshop that will take place today, beginning at 3h30 p.m, about the use of movies in the promotion of clinical empathy.

In the words of the authors, “emotions play a specific role in learning attitudes and behavior. Although technical knowledge and skills can be acquired through training, it is impossible to refine attitudes, acquire virtues and incorporate values without reflection”.

Learning through art and literature stimulates a reflective attitude and cinema is also

capable of portraying faithfully the meaning of “empathy”. Movies provide a narrative model, framed in emotions and images that are also grounded in the everyday universe. “They offer a quick and direct teaching scenario, in which specific scenes point out important issues and emotions are presented in accessible ways”.

Fostering reflection is the main goal in the cinematic teaching set. The purpose is not to show trainees how to incorporate a particular attitude, but rather to promote their reflection. As stated by the authors of this workshop – who developed a teaching methodology based around cinematography for the past 15 years – “reflection is the necessary bridge to move from emotions to behavior”. Summarizing, this workshop has a main purpose: to help family doctors understand cinema teaching methodology, with special

emphasis on the movie clip variation and the development of faculty programs.

Thanks to the experience of the workshop presenters, the session should trigger an

interactive discussion with all participants, so they can better understand how movies help in promoting empathy between doctor and patient.



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RESTORE Project

# Workshop addresses communication in cross-cultural primary care consultations

Support communication in cross-cultural primary care consultations, help in the guideline implementation process and assist in the development of training initiatives for healthcare professionals, across Europe, related to cross-cultural communication, are the objectives of the workshop that will take place on July 2, at 3h30 p.m., a session devised by Christopher Dowrick (University of Liverpool –

UK), Christos Lionis, (University of Crete – Greece) and Maria van den Muijsenbergh (Department of Primary and Community Care –Radboud University Medical Center – Netherlands).

Unreliable communication due to language or cultural differences has a negative impact on cross-cultural primary care. Migrant communities are particularly sensitive to this problem and communicating with a doctor might become an ar-

duous task, because of such linguistic and cultural barriers. Although recommended, professional interpreters and cultural mediators' services are rarely used and despite the large number of directives and training initiatives already developed to deal with this type of situations, their implementation is still quite uncoordinated. “We need effective strategies to bridge this translational gap”, state the authors of this workshop, whose

objective is to improve communication in cross-cultural primary care consultations using the example of the RESTORE Project, an EU FP7-funded study.

This research project related to the health of migrant populations in Europe, with a significant focus on cross-cultural consultations, has gathered data from five primary care sites in Austria, England, Greece, Ireland and Netherlands.



“It is a pleasure to meet with all the colleagues, because in fact we are all friends, regardless of nationality. In WONCA and in VdGM, we have no boundaries. I hope to enjoy the Pre-conference and the main Conference, taking good advantage of everything I learn and of everybody from around the world that has come to Lisbon”  
*David Bottaro*  
(Spain)

Health checks

## Benefits and harms under scrutiny

What are the benefits and harms of health checks? The workshop scheduled for today, at 3h30 p.m., brought forward by John Brodersen, Bruno Heleno, Mie Hestbech, Jakob Fraes Rasmussen, Juha Liira and Helena Liira, invites participants to read the recently published Cochrane review about general health checks and scrutinize the paper, using the method of critical appraisal. The authors believe that family doctors “often experience difficulties in keeping up-to-date, and at times feel they reach the outer boundaries of their knowledge. The practice of medicine in which the busy physician finds, assesses, and implements methods of diagnosis and treatment on the basis of the best available current research and clinical exper-

tise, and combines this with the needs and preferences of the patient, is termed evidence-based medicine. By learning

and practising the principles of evidence-based medicine, GPs will have a tool to assist life-long learning in practice”.



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Keynote Lectures:

## Margaret McCartney points out benefits and harms of screening programmes

Author of “The Patient Paradox”, Margaret McCartney is a GP in Scotland (Glasgow) and a die-hard supporter of the notion that sexed up medicine is bad for people’s health. A regular contributor to the British Medical Journal and the lay media (she is well-known for her participation in Radio 4’s Inside Health program), Margaret McCartney is going to present tomorrow, at 10h30 a.m., a singular and controversial lecture. Suffice to say that this Scottish doctor believes patients must have real autonomy to deny screenings and that, sometimes, social justice can do more to prolong people’s lives than the use of preventive medicines



Politicians seem to have the idea that the best prevention medicine is available through pharmacological therapies, “when it’s really about social inequalities, education, and fair public health law”, says Margaret McCartney. “Statins really can’t compete with social justice for making people’s lives longer and better”. On the other hand, “doctors have accepted the responsibility for public health at an individual level, and in turns, indivi-

duals are stigmatised for their lack of responsibility over their «poor health». I think this is the wrong way about. There is definitely a place for good preventative medicine, but it is wrong to think that GPs doing risk factor management can replace a fair society”.

Author of “The Patient Paradox, why sexed up medicine is bad for your health”, this general practitioner claims that “when we make decisions about our health based on overselling, un-

fair claims, bias, conflicts of interest, or incomplete information, we are not going to be making the most informed choice. All medical interventions come with risks and benefits. Unfortunately, profit-making enterprises frequently minimise the risks and hype up the benefits”.

The champion of «intelligent preventive medicine» stresses: “there are many NHS tests, like the «health checks» being offered that are not evidence based. Most others have

a mixture of benefit and risk. If we really wanted to make a difference to people’s lifespan there are very effective ways to do it, without screening – it seems illogical to me that in the UK we offer non-evidence based screening, but seem to be having massive opposition to plain cigarette packaging or minimum alcohol pricing”.

Meanwhile, the problem with so many screening tests (like the mammography, for example), “is the pro-

duction of over diagnosis – diagnosing cancer and being treated for it even though it would never naturally have come to attention or needed treatment. If we were more honest about the pros and cons, I suspect many people would opt out – and this would prevent over diagnosis”, asserts Margaret McCartney. All of this and much more is what we should be able to hear tomorrow, at 10h30 a.m., during the keynote lecture entitled “Making patients better”.

Michael Kidd

## “Evidence based medicine comes from our encounters with patients”

In his keynote lecture, the President of WONCA World is not only going to discuss the topic of innovation in General Practice/Family Medicine, but he will also look at “the changes which are happening and having an impact on the quality and safety of the care that we provide and on the way we deliver our care, as family doctors, to our patients and our communities”.

Regarding the role of case reports in the 21st century, Michael Kidd underlines that “Medi-

cine has always been based on the cases that we see; we gain experience as family doctors through the patients that we encounter throughout our careers, from the very first moment we started as medical students, right to the end of our career”.

In recent years, Michael Kidd has established a new journal, called Journal of Medical Case Reports. In the context of that publication, he works closely with family doctors and people from other disciplines, from

right around the world. His ambition is to understand “how we can gather and centralize the information from case reports, in order to determine what new knowledge we can uncover. As part of developing the journal, we have also developed a database of cases. So, if people are interested in doing research in a particular area and want to find out if there are any documented cases, they can go the database and search for such cases”.





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# 19th WONCA Europe Conference

2 – 5 July 2014 - Lisbon, Portugal



WONCA Europe 2014... in a good mood

## Congress diner will show you a proper “arraial”



The participants of the 19th WONCA Europe Conference will have the opportunity to dine with the sound and rhythm of traditional folk music and dancing, typical of the Lisbon summer festivities, known as “arraiais”. What you will see is a little of the color, magic and joy of the city during the hottest months of the year.

The dinner is scheduled for Friday, July 4, at 08h00 p.m., at Pátio da Galé, located in Praça do Comércio, one of the major squares of the city and a characteristic example of the reconstruction made after the earthquake that destroyed the city in 1755. In this idyllic scenery, close to the riverside and to the heart of the city, the 19th WONCA Europe Conference will receive the delegates with unsurpassable Portuguese hospitality. Besides the delicious food and traditional deserts, the participants will be able to witness the performance of a marching ensemble, a kind of entertainment dancing group that has its origins in medieval times and that has spread to every major popular district of the city.

Prepare yourself for an artistic performance of great beauty and enthusiasm. We recommend an informal dress code and invite you to get to Pátio da Galé using one of the city’s charming trams.

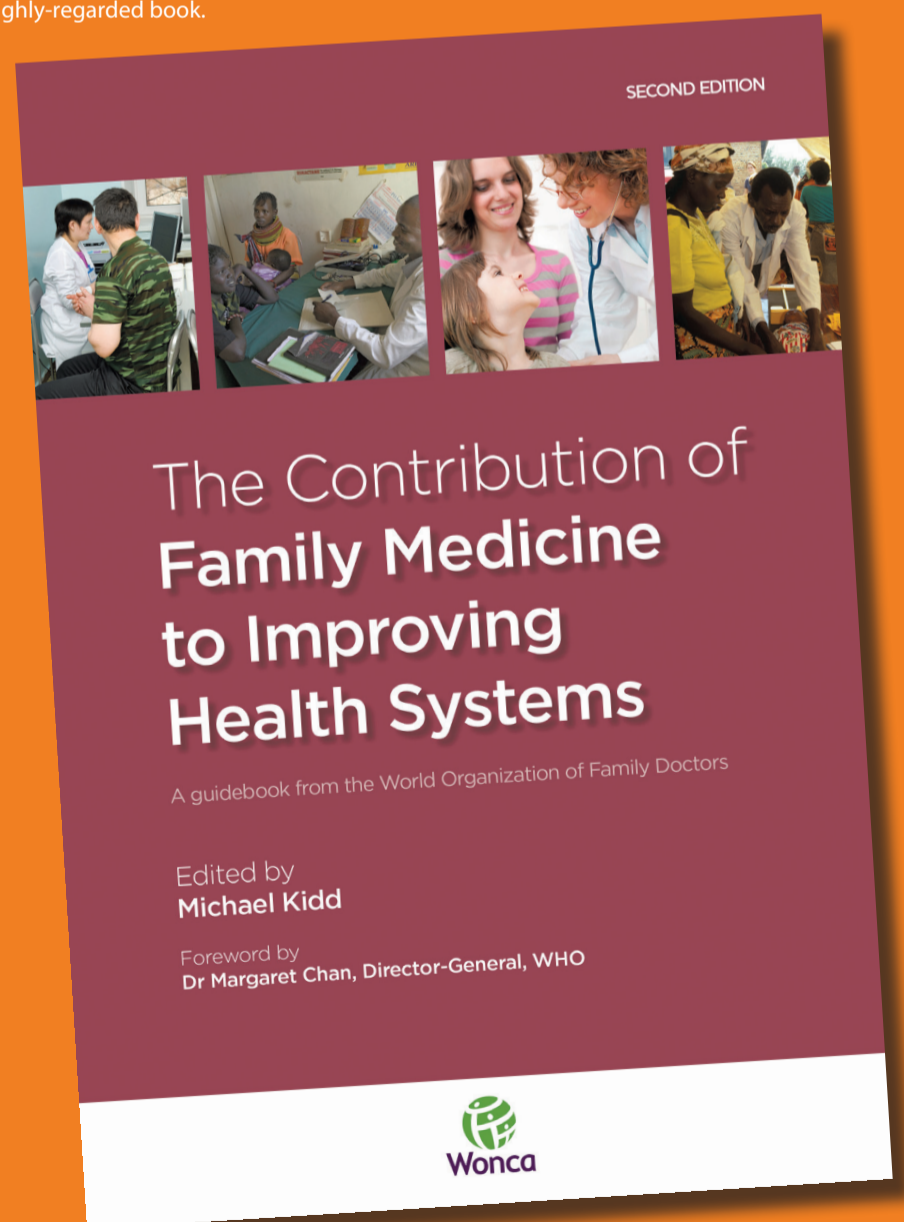
“The Contribution of Family Medicine to Improving Health Systems”

## Michael Kidd will be signing copies of his book tomorrow

Michael Kidd’s book signing will be held at the Wisepress stand from 11-11.30am, on Thursday (July, 3). “The Contribution of Family Medicine to Improving Health Systems: A guidebook from the World Organization of Family Doctors” (2nd edition) reveals ways in which family medicine can help countries throughout the world maintain and improve health and well-being by developing a more productive, coordinated and cost-effective approach to health care.

It provides practical, inspirational reading for healthcare managers, policy makers and shapers, and public health academics and professionals who will benefit greatly from implementing the flexible, local level options presented.

Be at the Wisepress stand, from 11-11.30am, tomorrow, to get your signed copy of this highly-regarded book.



“New Routes for General Practice and Family Medicine”

## 19th WONCA Europe Conference 2 – 5 July 2014 - Lisbon, Portugal



The organization of the 19th WONCA Europe Conference has prepared a special program that allows delegates to visit a family health unit in the Lisbon area. Family health units are the new primary care practice groups created by a healthcare reform that began in 2005. The visits will take place on the 3rd and the 4th of July, with groups of ten people for each visit (pre-registration is required) and a total of six health units to visit. These means that at least 120 delegates will enjoy the opportunity to know a little more about the way healthcare is delivered in the primary care setting, in Portugal. The units involved in this program are in proximity to the congress center, so the visits will not disturb the normal routine of the delegates. The departures for the visits will be made from the congress center and the expected time of arrival at the family health units is 5h45 p.m.. The delegates will have the opportunity to see the facilities and talk with the local health professionals. At the end of the visit, an informal session of questions and answers is planned.

Portuguese primary care reform under the spotlight

# Delegates of the 19th WONCA Europe Conference get acquainted with family health units

Running workshop on how to prescribe exercise

## Ready?

On July 4 (Friday), the 19th WONCA Europe Conference will offer you the opportunity to take part in a very motivating and different workshop. The Running workshop on how to prescribe exercise is, in fact, a 5 km morning run through Lisbon. Start the day off with a unique workshop, discovering some of Lisbon's most emblematic sites, whilst learning how to assist your patients in starting their own discovery tour of physical activity. Exercise promotion is a part of our daily activities as a Family Doctor/GP, and it is important to know how to prescribe specific activities for the patient in front of us. So, there are plenty of good reasons to enroll in the workshop and help your patients to become fit and less vulnerable to diseases. The workshop starts at 7:30 am, between the famous 25th of April Bridge and Belem, by the riverside and the meeting point will be the Lisbon Congress Centre. You should be aware that the run will advance over a soft asphalt surface (urban running track) and cobblestones and that the number of participants is limited. Acting as trainers/facilitators during this workshop will be two Portuguese family doctors that have a personal history closely associ-

ated with sports and physical activities. Cecilia Shinn played for the Portuguese national basketball team for 13 years. She

is also a triathlon athlete, a sport in which she distinguished herself as Amateur World Vice-Champion (long distance), in 2012.

Rizério Salgado is an ex-triathlon athlete, a regular middle and long distance runner and walker.



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## 19th WONCA Europe Conference 2 – 5 July 2014 - Lisbon, Portugal



### Lisbon Stories

# Belém district... looking out to the wide open sea

The quaint historic Belém district is home to museums, parks, cafes and other intriguing sights of discovery. If the meandering streets of Belem district are not enough to make one lose track of time, the attractions with rich histories will certainly entertain visitors, who may only be delighted to be lost in time

A significant era in Portugal's history was its golden age of discoveries, during early 15th century, when Manuel I had come into power. The golden age was entwined with the flourishing of Belém Lisbon district, whose location at the River Tagus was the sending off point for many discovery journeys of land beyond the oceans. As celebration of those fruitful voyages, grand monuments were constructed with unparalleled zeal. Fine examples of the Manueline zest and architectural style include the “Mosteiro dos Jerónimos” (Jeronimos Monastery) and “Torre de Belém” (Tower of Belem).

The Jeronimos Monastery is one of the most spectacular of the city's many monuments. It was built at the beginning of the 16th century, although it was not actually completed for 50 years. The monastery features an extraordinary level of decoration, with detailed stone carvings squeezed in virtually everywhere on

its palatial façade, while inside you will find walls adorned with many colourful frescoes, a dramatic vaulted ceiling and beautiful ornamented stone columns.

The Belém Tower (or Tower of St. Vincent) is a fortified tower located nearby the Jeronimos Monastery. It is a UNESCO World Heritage Site because of the significant role it played during the era of the Portuguese maritime discoveries. The tower was commissioned by King John II, to be part of a defensive system at the mouth of the Tagus river and a ceremonial gateway to Lisbon.

The tower was built in the early 16th century and is a prominent example of the Portuguese Manueline style, but it also incorporates hints of other architectural styles.

Nearby the Tower, the “Padrão dos Descobrimentos” or Monument to the Discoveries, was built in honor of Henry the Navigator, who was instrumental in the success of the

Portuguese explorations during the fifteenth century, a period now known as the Age of Discoveries.

The Age of Discoveries started in 1415 with the capture of the North African city of Ceuta and reached a peak at the turn of the sixteenth century, when Vasco da Gama discovered a shorter route to India and Pedro Álvares Cabral discovered Brazil. The creation of trade posts and colonies on the new trade routes led to a Portuguese empire, that spanned three continents, bringing wealth to Portugal and Lisbon in particular.

The Monument to the Discoveries was originally built for the 1940 World Exhibition. It celebrated the achievements of explorers during the Age of Discoveries and the creation of Portugal's empire. The original monument was only built as a temporary structure and it was demolished a couple of years later. Therefore, the monument we see today is an exact replica of the original one. It was built in 1960 on the occasion of the 500th anniversary of Henry the Navigator's death. Henry the Navigator was a driving force behind the overseas exploration and he financed many of the expeditions.

The fifty meter (171ft) tall monument, sha-

ped like a ship's prow, stands at the marina in Belém, the starting point for many of Portugal's explorers. This is where in 1497 Vasco da Gama embarked on his voyage to India. In 1493, a storm forced Christopher Columbus to anchor here, on his way back to Spain after his discovery of the Americas. The monument shows more than thirty statues of people who played an important role in the discoveries. Leading the way is Henry the Navigator, who is shown standing on the bow holding a model of a caravel. Behind him are King Afonso V - who supported the exploration and colonization of Africa - and the explorers Vasco da Gama (who found a direct route to India), Pedro Álvares Cabral (discoverer of Brazil) and Fernão de Magalhães (the first explorer to circumnavigate the world). They are followed by navigators, writers, missionaries, a mathematician, a map maker and other figures from the era of the discoveries. At the foot of the Monument to the Discoveries is a giant marble wind rose. A map of the world at the center of the wind rose charts the Portuguese explorations. The map shows the most important dates in the history of the discoveries and ships mark the locations where Portuguese explorers first set foot on land.



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## VdGM Pre-conference

# 10 years of history, many more to grow

The Vasco da Gama Movement (VdGM) Pre-conference started yesterday with an undisputed feeling of renovation and growth, in a time when the movement celebrates its ten years of existence. Several of the key figures in the birth of the movement, like the Dutch doctor Fons Sips, as well as the president of WONCA Europe, Job Metsemakers, and the President of WONCA World, Michael Kidd, were present in this historical occasion

It was in fact the Australian family doctor that leads WONCA World that said one of the most memorable sentences during the opening ceremony of the Pre-Conference: “this organization continues to regenerate itself, which is just wonderful!”. Michael Kidd also mentioned the fact that the VdGM has been working closely with young colleagues from other parts of the world, a collaboration effort that has resulted in an historic achievement: all the WONCA Regions now have an interest group of trainees and young family doctors. For Job Metsemakers, president of WONCA Europe, it was very important to see «new blood» in the audience: “it is very important to every organization to have new and

young members, who are energetic and that want to build upon what is already a reality”.

The president of the VdGM, Harris Lygidakis, described the importance of the Pre-Conference: “the VdGM Pre-conference is very important for many reasons, but specially to welcome the newcomers, those who have never been in contact with the WONCA Family before. Here, we try our best to guide you and to introduce you to all the activities that lie ahead”.

In his visionary speech, João Sequeira Carlos (chairman of the 19th WONCA Europe Conference and one of the first presidents of the VdGM) recalled the VdGM mission, established in 2009: “the VdGM mission is to extend the knowled-

ge of GP/FM in a European perspective and to exchange ideas and experiences with the purpose to develop and improve GP/FM in Europe and at home”. Several years after leaving the leadership of the VdGM, João Sequeira Carlos still carries the major values of the movement: “I’m already a senior doctor and I might have grey hair, but I think I’m still a part of the VdGM, and that shows in the way I think and practice medicine”.

**New generation of family doctors discusses challenges in a changing society**

The construction and discussion of visions for the future is one of the main aims of the VdGM Pre-conference. This year, the work

group sessions focused on practice improvement, quality, teaching and research, the development of the specialty in order to meet the needs of the patients (in an increasingly complex society), the present working conditions of the new generation of family doctors and, finally, the issues associated with exchange programs and opportunities.

It is important to remember that today there will be a VdGM plenary session, (at 3h30 p.m.), where the conclusions from all the work groups will be presented. These conclusions will also form the basis of a statement document, where the major strategic ideas of the movement for the future of General Practice/Family Medicine will

be summarized.

The Pre-conference is now clearly marked by enthusiasm, mostly due to the tenth anniversary of the movement. A celebration of the work done so far and of the future paths chosen by the young European family doctors.

Besides the Photo Exposition, already present at the Lisbon Congress Center, the VdGM is planning to commemorate its 10th anniversary with the launching of a book, today, at 01h00 p.m., baptized with the suggestive title: “10 years sailing, much more to discover”.

Also today, after the VdGM Europe Council meeting, a new Executive Group will be selected to guide the movement during the next three years.