

WONCA

EUROPE VdGM
PRECONFERENCE
LONDON 2022

27th - 28th June 2022
Resource for London



Vasco da Gama Movement PRE-CONFERENCE SCIENTIFIC PROGRAMME 2022

DETAILS KEYNOTES, WORKSHOPS AND SPEAKERS

KEYNOTES

Dr Nikita Kanani (Medical Director for Primary Care England)

Dr Vikesh Sharma (London GP and WONCA Europe 5 star Doctor 2021)

Dr Luke Allen (GP and Global Health Consultant)

Dr Terry Kemple (RCGP Representative for Sustainability, Climate Change and Green issues. Past President RCGP 2015-17) ,

Dr Honey Smith (GP in East Sheffield and is a co-chair of the Greener Practice National Leads Group with Tamsin Ellis) ,

Dr Oisin Brady Bates (GP trainee and Vasco de gama lead of Planetary health special interest group)

RCGP JIC - PRE-CONFERENCE HOST ORGANISING COMMITTEE:

Dr Aya Ayoub, Dr Catriona Parker, Dr Alex Caulfield, Dr Sophie Mylan, Dr Emily Brown, Dr Julius Tan, Dr Natascha Glover, Dr Alexandra Shields, Dr Aaron Poppleton, Dr Arnoupe Jhass, Dr Luisa Silva, Dr Timothy Oliver, Dr Serge Engamba, Dr Suneetha Venugopal

WORKSHOPS

21 workshops in total run over 4 sessions. 9 of these workshops will be run by the European Young Doctors Movement (EYFDM) Special Interest Groups (SIGs), remaining 12 will be run by JIC and invited external speakers.

SIG: 'Special Interest Group'

MONDAY 27th JUNE 2022

8.30-9.00	Registration
9.00-9.15	Opening ceremony (Conf Hall) Dr Aya Ayoub (Chair of Royal College of General Practitioners Junior International Committee / Chair of VdGM Preconference); Prof Martin Marshall (Chair of Royal College of General Practitioners); Prof Shlomo Vinker (WONCA Europe President).
9.15-10.15	Debate / Icebreaker session
10.15-10.45	Coffee break
10.45-11.30	Keynote (Conf Hall) - Dr Nikita Kanani + Dr Liam Loftus
11.35-12.30	WORKSHOP SESSION A (3 workshops + 2 SIG workshop + Council Meeting (sem 2)) Workshop A1 (Conf Hall): 'Embracing LGBTQI in Primary Care' Dr Kamilla Kamaruddin Workshop A2 (Sem 2): 'Hostile borders: barriers to migrant healthcare in Europe?' Yusuf Ciftci, Dr Joanna Dobbin, Dr Aqilah Vilcassim Workshop A3 (Sem 3): 'The role of community in health: social prescribing across Europe and beyond' Dr Kate Woolley, Dr Mayita Wyldeck Kelly & Dr Tara Jane Spackman Workshop A4 SIG Workshop A (Sem 4): Planetary Health - Overcoming the barriers to green social prescribing in urban areas Workshop A 5 SIG Workshop (Sem 6): Facing challenges in our Doctor-patient relationships.
12.30-13.30	Lunch (individually)
13.30-14.30	Keynote (Conf Hall) - Dr Vikesh Sharma
14.35-15.30	WORKSHOP SESSION B (4 workshops + 1 SIG workshop + Council Meeting) Workshop B1 (Conf Hall): 'Making sustainable healthcare improvements in resource poor settings.' On-CallAfrica (Ben Margetts and Dr Kerry Greenan) Workshop B2 (Sem 1): 'Perspectives on GP training in the UK and beyond', Dr Sophie Rowlands, Dr Emily Brown Workshop B3 (Sem 3): 'GP training across Europe' VDGM medical education group, Dr Fabian Dupont, Dr Helene Junge, Dr Aaron Poppleton Workshop B4 (Sem 4): 'Pandemic preparedness', Dr Sophie Mylan SIG Workshop B (Sem 6): Lifestyle medicine
15.30-16.00	Coffee break
16.00-16.55	WORKSHOP SESSION C (2 workshops + 3 SIG workshops + Council Meeting) Workshop C1 (Sem 6): 'Mental Health in Healthcare Professionals', Dr Marta Buzewicz Workshop C2 (Sem 1): 'Dreaming up more equal primary care futures - and locating ways to get there', Dr Hannah Cowen SIG Workshop Ca (Sem 3): Emergency medicine SIG Workshop Cc (Conf Hall): Mental health
17.00 - 17.45	Marketplace session (Conf Hall)

TUESDAY 28th JUNE 2022

7:45-8:30	Yoga session, Meeting point: intersection between Yerbury Road and Wedmore Street
9.00-10.00	Keynote (Conf Hall) - Dr Terry Kemple, Dr Honey Smith, Dr Oisín Brady Bates
10.00-10.30	Coffee break
10.30-11.00	Keynote (Conf Hall) - Dr Luke Allen
11.05-12.00	WORKSHOP SESSION D (4 workshops + 2 SIG workshops) Workshop D1 (Conf Hall): Digital wellbeing, Boundaries and breaks, Dr Alex Lai Workshop D2 (Sem 1): Health inequalities and the Trailblazer scheme, Dr Mathew Duke and Dr Rabia Hassam Workshop D3 (Sem 3): Health Inequalities and the Climate Crisis: Problems and Solutions Dr Munro Stewart, Dr Honey Smith Workshop D4 (Sem 4): Best practice in planetary health education, Dr Terry Kemple, Dr Sarah Walpole and Dr Mike Tomson, Dr Suchita Shah SIG Workshop Da (Sem 6): Equally different SIG Workshop Db (Sem 2): Family violence
12.05-12.30	Closing ceremony (Conf Hall)
13.15-16.00	Organised social event 2 (Lunch and tour around Olympic Park)
16.30-20.00	OPENING CEREMONY WONCA - VENUE: EXCEL LONDON

WORKSHOP TITLES, SPEAKERS AND ABSTRACTS

Workshop Session A Room	Title	Speaker	Description/ abstract
Workshop A1 (Conf Hall)	Embracing LGBTQI in Primary Care	Dr Kamilla Kamaruddin	LGBTQI patients suffer from discrimination and stigma on a greater scale from heterosexual, white and cisgender population in the areas of health care. LGBTQI patients often report that accessing health care can be challenging and frustrating. General Practice is often the first point of call for patients to access health care and healthcare professionals will need to be ready and able to welcome, and include LGBTQI patients in a sensitive and comprehensive way. The workshop is an interactive session that seeks to raise awareness about key LGBTQI issues in primary care in the UK and EU. We will discuss the barriers that LGBTQI people face in accessing health care and using the correct language when treating LGBTQI patients. We will listen to concerns that were raised and learn best practice from each other. The willingness to learn and humility from Primary Care can be an enormous support for LGBTQI patients.
Workshop A2 (Sem 2)	Hostile borders: barriers to migrant healthcare in Europe?	Yusuf Ciftci, Dr Joanna Dobbin, Dr Aqilah Vilcassim	This workshop will examine different aspects of migrant health, including: defining migrant health and health inequalities, challenges and barriers to migrant healthcare, impact of COVID, and safe surgeries and beyond.
Workshop A3 (Sem 3)	The role of community in health: social prescribing across Europe and beyond	Dr Kate Woolley, Dr Mayita Wyldeck Kelly & Dr Tara Jane Spackman - social prescribing link workers	Social prescribing aims to address the adverse social circumstances that contribute to, and result from, medical ill health. Social prescribing was formally integrated into UK health policy in 2019. We share this experience and explore the practice's development around the world.
Workshop SIG workshop A4 (Sem 4)	Overcoming the barriers to green social prescribing: promoting nature based health interventions in resource poor areas.	Planetary health SIG Dr Oisin Brady Bates Dr Ben Rusholme	Green social prescribing can be an invaluable means of improving patient health and wellbeing while also fostering positive planetary health perspectives in a community. Time spent in green spaces has proven psychological and physiological health benefits i.e. lower blood pressure and cortisol, decreased stress levels and increased community resilience. However, urban or resource poor areas can have reduced access to green spaces or suitable activities. This workshop will explore the primary barriers to green social prescribing in resource poor areas and discuss potential solutions to these barriers.
Workshop SIG workshop A5 (Sem 6)	Facing challenges in our Doctor-patient relationships. The Balint group as a tool for healthier clinical practice.	Balint group SIG	In our daily practice we face challenging situations. Our minds do get stuck in this difficult patient/ scenario(s) at times. As our environments become each day more demanding we may lack tools to cope with stress in a (more) balanced fashion. In Balint Groups we sit as equals in a circle. We hear what the other wants to share, assisting in the conflict resolution. Taking part in regular Balint Groups allows us to experience ourselves through the experiences of our peers. This workshop is an invitation to experience the Balint Group ways. This is a safe space where we will present a case and will learn from each other. We invite you to take part in this exploration, building tools for a (more) resilient daily practice.

Workshop Session B Room	Title	Speaker	Description/ abstract
Workshop B1 (Conf Hall)	Making sustainable healthcare improvements in resource poor settings. (On Call Africa)	Ben Margetts, Dr Kerry Greenan	Healthcare Facilities (HCFs) in rural and resource-poor settings globally often face significant barriers to providing primary care. They are frequently challenged by limited staff, lack of basic infrastructure and equipment needed to deliver services, and shortages of basic diagnostic tools and medications. In Zambia, 46% of rural households still live outside of the target radius of 5km to the nearest HCF, with some as far as 40km away, a distance compounded by poor roads and limited transport. In this workshop, participants will hear from On Call Africa volunteer Dr Kerry Greenan and CEO Ben Margetts about how the organisation works together with the Ministry of Health, rural health facility staff and communities to co-design innovative and cost-effective solutions that address access to and quality of healthcare for such communities. Participants will have the opportunity to explore the complexity of the decision-making process when prioritising use of resources and designing interventions.
Workshop B2 (Sem 1)	Perspectives on GP training in the UK and beyond	Dr Sophie Rowlands, Dr Emily Brown	This workshop will cover GP training in the UK, including curriculum, assessments, viewpoints of a trainer/examiner and trainee, fellowship and out-of-programme opportunities, and will lead on to discussion on how training differs in different European countries.
Workshop B3 (Sem 3)	'GP training across Europe'	VDGM medical education group, Dr Fabian Dupont, Dr Helene Junge, Dr Aaron Poppleton	This workshop focuses on competency-based postgraduate GP training. Together with you we want to identify and shape the competencies we as GPs think are necessary for training.
Workshop B4 (Sem 4)	Pandemic preparedness: preparedness for what and for whom? Lessons from Covid-19 and looking to the future.	Dr Sophie Mylan	To address the threat of emerging infectious diseases, there is a growing focus on preparedness. This concept is often considered to be an amalgamation of policies and approaches to prepare nations for the disruptions associated with crises, prioritising scientific technological solutions to minimise economic disruption. But as we have seen with COVID-19, there are significant limitations with this approach, and the social aspects, or lived realities of the pandemic, can more easily be side-lined. This opens up the question, 'preparedness for what and for whom?' This workshop will provide an opportunity for attendees to consider these very questions, drawing on their personal and clinical ideas and experiences during COVID-19, to provide an opportunity to imagine how we could use our knowledge to shape a future preparedness.
SIG Workshop B (Sem 6)	Lifestyle medicine	SIG	Tackling the pandemic of non-communicable disease one step (count) at a time. The present pandemic of non-communicable disease requires both medicines and non-medicine treatments. This workshop will have an extremely practical focus, giving the delegates opportunities to assess the need for, make recommendations about and support patients through lifestyle changes.

Workshop Session C Room	Title	Speaker	Description/ abstract
Workshop C1 (Sem 6)	Sources of psychological stress and support in the NHS workplace and what we might be able to do about it.	Dr Marta Buzewicz	<p>The first part of this workshop will involve a presentation of research findings from two recently published studies investigating stress, anxiety and depression in general practitioners and junior hospital doctors, including during the covid pandemic.</p> <p>The results will be summarised with regard to potential workplace stressors and helpful or mitigating factors, along with our findings about particular issues which may affect doctors' ability to seek help for resulting burn-out or mental health issues and possible solutions for this.</p> <p>Participants will then be asked to work in small groups aiming to identify what they consider particularly difficult or supportive about their current work situations in light of these findings, and what they think may need to be done to improve dysfunctional workplace situations within the NHS in general. The small group findings will be shared in a large group setting.</p>
Workshop C2 (Sem 1)	Dreaming up more equal primary care futures - and locating ways to get there	Dr Hannah Cowen	<p>Whilst numbers of women going into primary care have increased over the years, there are still many classed, gendered, and ethnic hierarchies within healthcare systems across staffing structures and between medical specialities. In my work I have illustrated how these inequalities amongst staff can translate into inequalities experienced in patient care.</p> <p>In this workshop I will briefly share my findings before working with you to think about how we could do, and structure, healthcare differently. We will think about where inequalities exist, and what we would need to change within our systems to mitigate inequalities experienced by both staff and patients in primary care.</p> <p>Finally, we will then reflect on how these different ways of doing medicine don't only come about by making big structural changes, but can come about through everyday practice. We will think about how our seemingly banal everyday actions matter, and how we can reflect on these actions in order to exercise a kind of banal, everyday form of activism in daily practice.</p>
SIG Workshop Ca (Sem 3)	Emergency Medicine	SIG	<p>GPs in PC consultation, ERs, Out-of-hours primary care (OOH-PC) centres and rural areas have the challenge of everyday emergencies and, quite often, the uncertainty of how to manage them. We'll use the gaming modality to role play some clinical situations which can present a challenge for a GP in his practice.</p>
SIG Workshop Cc (Conf Hall)	Mental health	SIG	<p>Implementing Telemental Health in Primary Care Settings.</p> <p>Background: Implementing telemedicine in primary care settings will help expand the provision of mental health services.</p> <p>Aim: Conduct a needs assessment and write an action plan</p> <p>Method: We will divide into groups for the needs assessment and come together to write an action plan.</p>

Workshop Session D Room	Title	Speaker	Description/ abstract
Workshop D1 (Conf Hall)	Digital wellbeing, Boundaries and breaks	Dr Alex Lai, Dr Nirja Joshi	<p>Our work wellbeing matters as we spend over half our lives working or at work. The WorkWell Doctors have been supporting doctors throughout the pandemic and believe wellbeing shouldn't just be something you focus on at home – wellbeing has to be prioritised at work.</p> <p>Technology is essential for our everyday working lives but it can affect our mental, physical, social and emotional health. This workshop will focus on how to create healthy boundaries between yourself, your devices and your work. Dr Alex Lai and Dr Nirja Joshi, will help you consider your relationship with technology and walk you through the repercussions of 'too much tech', before covering some helpful tips and techniques to ensure you consider the best ways to boundary your work, make the most of your breaks and live a happier, healthier life!</p>
Workshop D2 (Sem 1)	Health inequalities and Trailblazer health inequalities fellowship	Dr Mathew Duke Dr Rabia Hassam	<p>Introduction to the trailblazer fellowship and how new qualified GPs can help make a difference regarding health inequalities.</p> <p>Participants will learn about working in areas with health inequalities and how they can develop similar projects.</p>
Workshop D3 (Sem 3)	Health Inequalities and the Climate Crisis: Problems and Solutions	Dr Munro Stewart Dr Honey Smith	<p>This workshop, led by Dr Munro Stewart and Dr Honey Smith, will explore the relationship between two paramount and interlinked problems - health inequalities and the climate crisis. We will examine the disproportionate burden that the climate crisis places on poorer communities, explore the role of doctors in building resilient communities and focus on solutions that both reduce health inequalities and benefit the planet.</p>
Workshop D4 (Sem 4)	Best practice in planetary health education	Dr Terry Kemple Dr Sarah Walpole, Dr Mike Tomson. Dr Suchita Shah	<p>This workshop will generate ideas and understanding of best practice in planetary health education in family medicine globally. Participants will consider what opportunities and barriers when implementing planetary health education, and identify what they want to achieve in their professional work. By accessing a network of colleagues and tools, participants will be empowered to make changes in their own institutions to improve the health of their patients and the planet.</p>
SIG Workshop Da (Sem 6)	Equally different	SIG	<p>The covid-19 pandemic has greatly affected physicians' well-being as well as increased their burnout risk. This workshop focuses on informing General Practitioners about the phenomenon and providing useful tools and strategies to achieve professional fulfilment rather than just mitigate burnout.</p>
SIG Workshop Db (Sem 2)	Family violence	SIG	<p>Family violence is very prevalent worldwide and negatively impacts the health and mental wellbeing of those affected. Addressing family violence presents unique challenges for doctors. A valuable insight into family violence and possible approaches are the first step towards early detection.</p>