



The Grapevine

Winter 2015/2016

Happy New Year!

This edition of the *Grapevine* looks forward to what 2016 will bring for EURIPA but we begin by looking back at 2015. It was a busy year for EURIPA as it started with the international WONCA Rural Health conference in Dubrovnik and since the last edition of *Grapevine* EURIPA has participated in the WONCA Europe conference in Istanbul, where we also held our AGM and elected the new Executive Committee.

On behalf of EURIPA's Executive Committee and the International Advisory Board I would like to wish everyone best wishes for a happy, healthy and successful 2016.

Jane Randall-Smith

Executive Secretary EURIPA

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After the Wonca Europe 2015 Conference in Istanbul, October 22-25, 2015 – the organiser’s perspective

It has been always a privilege to host any WONCA Europe activity or meeting for both the host country and organizing committee. As the president of WONCA 2015 İstanbul Conference, I was the lucky one. At the beginning of the almost 5 year journey, I was young, brave, enthusiastic and naive (Picture 1). As the time went by, work schedule for WONCA Conference changed from once a week to every day. Skype meetings, phone calls, e-mail; they all needed a special skill to manage. Every detail, various requests, different needs should be handled carefully, rigorously and in time. But succeeding a high quality conference both scientifically and socially was the most important concern for all of us. That was the time which had driven me a little crazy (Picture 2).

On the other hand we had a lot of fun during this journey. We get closer with friends from Turkey and all around the World. We found out the richness and creativity of family medicine society as well as their willingness to help and participate. We recognized the value of our organization and its networks and special interest groups. But at most we had a chance to test our creativeness.

At the end, we have hosted 3800 friends from different countries; almost thirty percent of them being young doctors. Although it was a European conference, among the 79 countries people have participated from, 40 of those were non-European. 190 young doctors participated in VdGM Conference. İstanbul conference was the first time all young leaders of WONCA got together.

1692 abstract were presented; 13 courses, 121 workshops, 8 panels, 30 symposiums, 10 conferences and 18 BRITE sessions took place. Program was run with 19 parallel sessions.

There were some of the things which were new for WONCA Europe conferences.

HostPro-IST 2015 was a chance for “family physicians who stays young” to investigate health care system in Turkey and visit different places of host country before the conference.

Grand sessions were invented to give a chance to audience to hear more about the experts’ opinions and experiences on hot and important topics.

Vice versa **BRITEs** were planned to give a chance to practicing GPs to speak and share their opinion and experiences with the audience and get feedback.

Opening Panel was another “first time” experience which was just before the opening ceremony.

It was hard times in Turkey, as well as the whole Europe and unfortunately it still is.

Warfare, violence and migration; occurring as a result of each other was the atmosphere of 2015 conference. But it did not stop our willingness to make this conference real and did not stop family physicians to participate.

Epilogue;

Now I am settled down. Sometimes I remember those days in quietness and peace as it is after a hurricane and grateful to all people who gave me this chance of being in a great organization. (Picture 3)

It is our Scandinavian colleagues’ time to take the stage now (Picture 4). I can imagine what they will go through. We wish them a good luck and energy.

Hope to see you all in Copenhagen and Marseille.

Dilek Guldal

Picture 1 – It started like a fairy tale



Picture 2



Picture 3



Picture 4



And, from EURIPA:

The 20th annual WONCA EUROPE Congress in Istanbul has taken place during challenging times for EURIPA. The too early departure of Janko Kersnik and the change in the EURIPA presidency only a few months before the Istanbul conference demanded additional efforts of all members to represent EURIPA on the Congress. This Congress introduced some novelties, one of which was a symposium. After the resignation of Jose Lopez Abuin the Theme and the Title of the EURIPA symposium was changed to: "Poverty: A Treat And Challenge For Rural General Practice".

Christos Lionis, Jane Randall Smith, Jean Pierre Jaquet and Ferdinando Petrazzoulli actively participated in the Symposium. In addition to this Symposium, EURIPA presented its past activities as well as its future plans during the Grand Session which was dedicated to all WONCA EUROPE Networks. The recording of the Symposium can be viewed at <https://www.youtube.com/watch?v=tuN6zhpavc8>.

EURIPA also held two workshops: "Modernizing Our Rural Practice: From Old Patterns Towards The Future" – Oleg Kravtchenko, Tanja Pekez-Pavlisko, Ferdinando Petrazzoulli, Jean-Pierre Jaguet - and "Tips on Managing Students in Your Rural Practice" which was headed by Christos Lionis. As a co-author we miss Janko Kersnik.

David Schmitz, as a representative of the Wonca Working Party on Rural Practice held a workshop: "Rural Proofing for Health Policy: Use of a Rural Lens – an update from the WONCA Working Party on Rural Practice".

EURIPA members were also very active on a number of other workshops during the Congress as well as in acquiring new contacts and upholding the old ones.

The EURIPA booth had a lot of visits and there was a raffle to promote the 6th EURIPA Rural Health Forum in Marseille in 2016.

As some members of the EURIPA's Executive Committee and IAB were not able to attend due to their tight schedules, those present carried out many activities to represent EURIPA and the next Forum in Marseille, which was presented in a plenary session.

During the Congress, the EURIPA AGM was held and Tanja Pekez-Pavlisko was elected as the new President of EURIPA, Oleg V. Kravtchenko remains vice-chair. Newly elected members are David Halata, Veronika Rasic (as a representative of VdG) and Josep Vidal-Alaball who was also elected as treasurer. Members of the executive Board thanked Raquel Gomez Bravo on her great contribution to EURIPA.

The WONCA Europe Council meeting was also held before the Congress at which Tanja Pekez-Pavlisko once again mentioned dissatisfaction of EURIPA members on the fact that EURIPA does not have a representative in the Executive.

The traditional Rural Dinner was held in a cozy restaurant in the heart of Istanbul; with thanks to Nick Randall-Smith for his excellent recommendation and organization.

Last but not least, we would like to thank Prof. Dr. Dilek Guldal on the excellent organisation of the Congress.

Tanja Pekez-Pavlisko

EURIPA's new Executive Committee

At the 2015 AGM, which was held in Istanbul, new members to the EURIPA Executive Committee were elected and the new officers appointed. The new committee is below:

President	Tanja Pekez Pavlisko (Croatia)
Vice President	Oleg Kravtchenko (Norway)
Past President	John Wynn-Jones (UK)
Treasurer	Josep Vidal Alaball (Spain)
Representing the International Advisory Board	
	Jean Pierre Jacquet (France)
Representing 3 core WONCA networks:	
EGPRN	Ferdinando Petrazzuoli (Italy)
EQuIP	Zsuzsanna Farkas Pall (Romania)
EURACT	Vacancy
Representing VdGM	Veronika Rasic (Croatia)
From the membership	Peter Berggren (Sweden) Gunta Ticmane (Latvia) David Halata (Czech Republic) Vacancy
Executive Secretary	Jane Randall-Smith

At the AGM discussions were started on the legal status of EURIPA and the forward work programme for 2016 and going forward. Working groups were set up and will continue to meet in early 2016. The International Advisory Board (IAB) will be involved in the work programme and Jean Pierre Jacquet, chair of the IAB will be in touch with members. The outcomes will be circulated through the mailing list.

If you would like any more information please contact the Executive Secretary (jane@montgomery-powys.co.uk).

Reports from EURIPA members

Chronic Morbidity - recognition for EURIPA researcher

During this year EURIPA has undertaken a piece of work focussing on Chronic Morbidity and the problems encountered by general practitioners in rural areas. Initially a small working group was set up and a questionnaire developed. The initial outcomes were presented in a workshop at the WONCA World Rural Health conference in Dubrovnik.

Full analysis of the data collected then took place and the project was written up. The project was very much a partnership project. Supervision was by Jean Pierre Jacquet, who is now chair of the International Advisory Board, and his student Jean Baptiste Kern led on the project and submitted it for his thesis. The photograph show Jean Baptiste receiving his award. Jean Baptiste is in the centre and Jean Pierre Jacquet is on the right hand side of the photograph



Other partners included Donata Kurpass, Dominik Marciniak, Candan Kendir, Dilek Guldal and Jane Randall-Smith. All the partners, from France, Poland Turkey and the UK, worked as a team so it was a real EURIPA effort!

The abstract of the thesis can be down loaded [here](#). The full report will be available shortly.

Our new Executive Committee Member, representing the Casco da Gama Movement, Veronika Rasic, writes about a new initiative using social media for rural doctors.

The Rural Family Medicine Café – International Collaboration via Social Media

A few months ago Mayara Floss, a medical student from Brazil, came forward with the idea of initiating an informal online meeting – the Rural Family Medicine Café. The first Rural Medicine Café was held in October with the help of Sarah and Roger Strasser, Amber Wheatley and myself. The purpose of this Café is to bring together people interested in rural medicine and provide an opportunity for them to discuss different topics, issues and ideas relevant to rural health. As the café is broadcast online via Google hangouts and later available for viewing on YouTube it provides a valuable opportunity to share information with a wide audience.

In the three Rural Cafés that have been held so far we have discussed the state of rural health in different countries, how to involve medical students in rural practice, outcomes from WONCA conferences, the use of social media, inequity and more. Our guests have been from Brazil, Canada, British Virgin Islands, India, Australia, Portugal, Spain, Egypt, Croatia, and we look forward to gaining insights from many more countries.

Many students and junior doctors who may be considering (or find themselves) working in a rural area do not know where to start looking for information about this career option. The Café acts as a place to find answers and ask questions as well as making rural medicine more visible. It also provides a way to reduce potential feelings of isolation as often rural practitioners work in solo practices and may not have many opportunities to meet with colleagues. Through our discussions we have found that rural practitioners everywhere face many of the same problems. Anyone can actively participate in the Café, either as a guest on the Google hangout, or by joining the discussion on Twitter and Facebook.



You can join the next Café or follow us at the links below:

Facebook: <https://www.facebook.com/familymedicinecafe/?fref=ts>

Twitter: #ruralcafe

Veronika Rasic
Beyond Europe Liaison at Vasco da Gama Movement
Member of EURIPA Executive

EURIPA's new Executive Committee member, Jose Vidal Alaball, is interested in the application of new technologies in rural practice and he participated in a workshop on this in Istanbul:

Teledermatology - Wonca Europe 2015

Teledermatology is an increasingly common activity in the Spanish primary care as Dr Josep Vidal-Alaball explained at the WONCA Europe Conference held in Istanbul. He exposed his experience using this tool in a primary care team in rural Catalonia.

Telemedicine is a tool that has proven effective and efficient improving patient access to health services, said Dr. Vidal- Alaball. Furthermore as has been demonstrated in the Catalonian Central Region, it serves to reduce waiting lists (Vidal-Alaball, J. et al., 2014. Assessing the impact of teledermatology in reducing the waiting list in the region of Bages (2009-2012). Aten Primaria, pp.9-10.).

In rural areas teledermatology is especially interesting because it avoids long journeys for users to the hospital. Dr. Vidal-Alaball explained that some patients were suspicious about teledermatology at the beginning, but now they have seen their advantages of the system and they are often asking themselves to the doctors to send a photo to the dermatologist to avoid travelling to the local hospital.

During the discussion that followed the presentation of Dr. Vidal-Alaball attendees were interested in the details of the teledermatology program. They asked for issues around the confidentiality of the images and the legal aspects of telemedicine. Dr. Vidal-Alaball explained that the confidentiality of the images is guaranteed at all times because they are embedded in the electronic patient clinical notes and do not travel over the network at any time. It is the dermatologist who enters medical history, review the images, makes a diagnosis and proposes treatment.

Looking forward to 2016

In 2015 EURIPA participated in the 13th WONCA World Rural Health Conference in Dubrovnik in April and as a result did not hold an event of its own. However, plans are now well advanced for the EURIPA 6th Rural Health Forum which will take place in September 2016:



The theme of the 6th Forum is: *"Being a young rural doctor"*

Planning is now well underway and the Organising Committee, Scientific Committee and International Advisory Board are established and meeting regularly. Jean Pierre Jacquet is Chair of the organising Committee. You can have a look at the web site at <http://www.euripaforum2016.eu/>

Abstract submission will open on March 1st 2016 and the deadline for Abstract submission is **1st May 2016**

The Forum was promoted in Istanbul on our booth where we had a brilliant banner (you can see half of it below!); Jean Pierre Jacquet is on the right of the picture:



We are fortunate to be hosted in the Faculty of Medicine Timone at Aix and Marseille Université and their invitation can be found [here](#).

I

In terms of looking forward in rural health care there is also an important rural event in Scotland next Spring:

Rethinking Remote

On May 23rd-24th next year, the Scottish Highlands will be hosting an international conference focussed on innovative solutions to problems in remote healthcare. As well as GPs and medical educators with a remote and rural background, delegates will include people from the oil and gas industry, the military, search and rescue services, and other providers of healthcare in remote environments.

The themes of the conference will be education, supporting remote healthcare workers, the development and evaluation of new technologies, and community involvement. Please see the [attached flyer](#).

For further information please get in touch with Prof. Phil Wilson (p.wilson@abdn.ac.uk), Director of the Centre for Rural Health in Inverness through the web site at: www.isrh2016.org

If you are thinking of travelling further there is also a Rural & Remote Conference in Quebec, Canada.

The **24th Annual Rural and Remote Medicine course** of the Society of Rural Physicians of Canada will take place from May 5th – 7th 2016.

More information is available at: <http://www.srpc.ca/rr2016/index.html>

www.woncarural.org

This web site is the WONCA Working Party on Rural Practice's resource page. Here you will be able to access and submit rural grey literature and through the online portal discuss these resources with your peers.

The aim of the interactive resource "is to help realise health for all rural people around the world"

The WONCA working party consists of up to 20 members with at least two representatives from each of the world's regions: Europe, Asia, Africa, North America, South America, Australasia/Pacific.

My practice

David Halata, our new Executive Committee member, writes from the Czech Republic:

I work as an independent contractor providing practice health care in rural practice in community Hošťálková with the population of 2.500 inhabitants, situated in the east of the Czech Republic, located into the middle of Wallachian highlands. The time of transfer to the nearest rapid hospital is 20 minutes by car but in winter (with snow cover on roads) is definitely longer. A great number of patient's habitations is spread around the hills with worse accessibility. 2.100 patients are registered with my practice. Together with me in the village works a paediatrician and also a dentist.

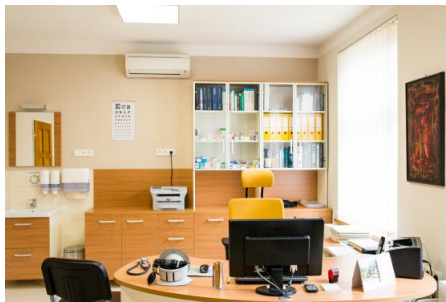


I continue in my father's work, who was also a family doctor for 43 years in our village.

In my practice I work in the primary healthcare team with two practice nurses. Working hours are 30 hours a week. After opening hours follows visiting service of patients at home and then administration activity in the doctor's office. In addition to that, on average we treat 40-50 patients daily. In out-of working hours is medical care centrally ensured by emergency medical service, but nevertheless the rural GP provides this care service to his patients too. Provided medical care is covered by health insurance companies on the base of self contractor.

Documentation of patients is kept in electronic version. Our practice is equipped with ecg, 24-hour blood pressure monitoring, point of care testing CRP, HbA1c (glycated hemoglobin), INR (prothrombin time) and ABI (ancl e brachial index) measurement system. We provide dispensation to patients with hypertension, dyslipidemia and diabetes mellitus type 2 with peroral antidiabetics (prescription of insulin is not in a competence of GP in Czech Republic). Furthermore we provide all blood counts and re-bandages of injures. With regard to worse accessibility of special care, we also provide small surgery, solution of the basic oftal and ORL cases and last but not least, emergency care (Advance Life Support).

All in all, work of a rural GP is strongly connected with the community in which he has lived. On one side, it is time consuming, but on the other side, more comprehensive, demanding a good knowledge of environmental problems with the influence on patients' health and trying to find the most effective solutions with respect to living beings and environment. Let alone the fact, that rural GP is often pressed under special circumstances to work on the edge of his professional competences.



Publications

Our Journal

If you are involved in research or training initiatives in rural health we would welcome a contribution to the **International Electronic Journal of Rural and Remote Health Research Education Practice and Policy**.

The Journal contains a European section and we would like to encourage EURIPA members to contribute to the Journal. Original research is always welcomed but there is also the opportunity to send in letters, project reports or personal perspectives.

There is support available to help you get published – new authors are actively encouraged!

Recent publications

Below are some recent publications from across Europe in the international Electronic Journal of Rural and Remote Health Research, Education, Practice and Policy (<http://www.rrh.org.au/euro/defaultnew.aspof>) that may be of interest to other rural practitioners:

Scotland's GP Rural Fellowship: an initiative that has impacted on rural recruitment and retention

Author(s) : MacVicar R, Clarke G, Hogg DR

<http://www.rrh.org.au/articles/showarticleeuro.asp?ArticleID=3550>

Strengthening training in rural practice in Germany: new approach for undergraduate medical curriculum towards sustaining rural health care

Author(s) : Holst J, Normann O, Herrmann M.

<http://www.rrh.org.au/articles/showarticleeuro.asp?ArticleID=3563>

Monitoring interhospital transfers in Western Greece during 2003-2011: its role in health policy

Author(s) : Alexopoulos EC, Kalyva A, Merikoulias G, Niakas D.

<http://www.rrh.org.au/articles/showarticleeuro.asp?ArticleID=3228>

Recruitment of doctors to work in 'our hinterland': first results from the Swansea Graduate Entry Programme in Medicine

Author(s) : Edwards SL, Sergio Da Silva AL, Rapport FL, McKimm J, Williams R.

<http://www.rrh.org.au/articles/showarticleeuro.asp?ArticleID=3187>

And from further afield:

'A decade of Rural Clinical School research: a PubMed review'

As part of the Australian Rural Clinical Training & Support program researchers are making valuable contributions to rural health research. This study reports a benchmark of research strengths and highlights areas that should be strengthened.

<http://www.rrh.org.au/articles/showarticlenew.asp?ArticleID=3353>

Forthcoming Events

Below is a selection of events for 2015 that may be of interest to EURIPA members. Please send in your events for future editions of *Grapevine* so that we can make this section more comprehensive. Please send to the editor at jane@montgomery-powys.co.uk

Rural FM Café

Last week's Rural FM café is online at: <https://www.youtube.com/watch?v=OkmKk2H3fdM> .

The next rural café will be about Leadership on 13th February at 16:00 at UTC-2

You can check it on facebook: <https://www.facebook.com/events/1970001843225141/>

10th Congres de la Medecine Generale France

31st March to 2nd April 2016 at the Palais des Congres, Paris

More information can be found at: www.congresmg.fr

14th International Primary Care Diabetes Europe Conference

To be held on the 29-30 April 2016 in Barcelona, Spain.

The scientific programme and other information about the conference is available on www.2016pcdeconference.org.

Rethinking Remote, Inverness Scotland

Innovative Solutions in Remote Health Care

Date: 23rd – 24th May 2016

Abstract submission deadline is **29th January 2016**

More information at: www.isrh2016.org

WONCA Europe Congress, Copenhagen, 2016

"Family Doctors with heads and hearts"

Date: 15-18 June, 2016

Guidelines for abstract submission are available on the web site and the deadlines are:

Abstract submission deadline: **5th February 2016**

Web: <http://woncaeurope2016.com/>

6th EURIPA Rural Health Forum, Marseille, France

Being a young rural practitioner

Date: 23rd – 25th September 2016

Abstract submission opens on March 1st 2016

Deadline for Abstract submission is **1st May 2016**

More information is available on the web site at <http://www.euripaforum2016.eu/>

And more

21st WONCA World conference, Rio de Janeiro

Family Medicine Now, more than ever!

Date: 2nd – 5th November 2016, Rio de Janeiro , Brazil

Deadline for abstract submission: **February 01, 2016**

More information at: www.wonca2016.com

14th WONCA World Rural Health conference

A World of Rural health

30 April - 2 May 2017, Cairns, Australia

More information coming soon

Future Contributions to *Grapevine*

The next issue of the *Grapevine* will be Spring 2016 and notification of the deadline for contributions will be circulated on the mailing list and announced at the web site.

If you are interested in contributing to the next edition of *Grapevine* please get in touch with the Executive Secretary, Jane Randall-Smith at Jane@montgomery-powys.co.uk . Please think about what you do in your practice and if you would like to contribute to the clinical case section, or send us a piece about your practice, tell us about research you are doing or have published, an event that is being held in your country please do get in touch.

Grapevine is YOUR Newsletter and we always welcome new contributors.

A HAPPY
NEW YEAR

..... Happy New Year .. Bonne Année .. Blwyddyn
Newydd Dda .. Yeni Yiliniz Kutlu Olsun .. Sretna Nova
Godina .. Laimīgu Jauno Gadum .. Feliz Año Nuevo ..
Boldog új évet

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