

VdGM Fund - VdGM Forum Porto

2018 Edition

Monika Kalesinskaite – winner report

On January 25th – 26th I was lucky to be chosen as one of VdGM Fund Bursary winners to attend the 5th VdGM Forum held in Porto, Portugal. The motto of Forum - “Stronger together: charting the course to navigate the future” – proved to be the highline of both keynote lectures and workshops that were organized throughout the 2 days.



I was very surprised to find out that Forum programme was anything but traditional – the most of scientific programme’s activities were offered in an attractive workshop format, which were held in parallel sessions. I had to cope with one huge problem – how to attend every discussion and workshop I wanted, happening at the same time!

The topics of programme seemed appealing and up-to-date, providing an overview of the most important health challenges facing world today – I gained an insight into how they have changed over the time, the likely determinants of such changes and future projections. I was really lucky to meet young doctors from different countries, which helped me to be guided through different methods of hospital organisation and provisions of medical care. I simply cannot pass on mentioning the most favourite sessions I attended:

- „A bomb exploded. Are you ready to help?” workshop, facilitated by Rabee Kaza, which was a combination of theory and skill training. I found it useful to be reminded of triage and how to manage the chaos situations, as I believe that Mass Casualty Incidents might be one of the new focal points in Europe, so GPs should know how the assistance area should be organised and managed.
- Keynote lecture by Salome Azevedo, platform manager from Patient Innovation, which is an online platform that was created to connect creative patients and caregivers worldwide, so they could collaborate on health-related problems and develop solutions together. What I realized during the lecture, was how little I knew of the innovation and online platforms activities, that made me think how useful I could in the collaborations, or helping to solve the problems, too.
- And the last, but not least – workshop, held by Christiano M.Figueiredo, called “Providing primary care to multicultural communities - the challenge of overcoming health inequalities in migrant populations” which gave a great opportunity to discuss the consequences of globalization - a growing vulnerable migrant population and refugees, which have diverse epidemiological profiles and endemicity of disease, with my colleague-doctors and trainees, who had very different experiences and backgrounds. I am happy that the workshop turned into a separate discussion group of Facebook platform, connecting like-minded doctors and helping us share our ideas and opinions on the topic after the Forum too.

I feel very honoured having been picked as one of VdGM Fund Bursary winners, and I would like to sincerely thank to the organization members and committee that I had a chance to be a part of this event.

Hopefully, it is just a start of a beautiful friendship towards making a change in primary care all together, and just one of many events, organized by VdGM, I will attend!

