5th Vasco da Gama Movement Forum

STRONGER TOGETHER

Charting the course to navigate the future

26-27 January 2018, Porto, Portugal
Bem-vindos ao Porto!

We are proud to welcome you to the 5th Vasco da Gama Movement Forum which will take place in the charming city of Porto, in January 26-27th, 2018!

Our theme is: “Stronger together: charting the course to navigate the future”.

As Family Doctors, we must work together amongst ourselves, with patients and with other professionals. This is the key to provide the best possible care - only by standing together will we be strong enough to chart the course to navigate the future.

We planned a Forum that puts speakers, sessions and activities under one umbrella - inspiring teamwork in the Vasco da Gama Movement network.

For this event we have prepared team building activities, traditional as well as innovative sessions, namely the unconference formats, as well as different suprises!

This Forum has been organized with the Portuguese Association of Family Doctors (APM GF), using a low-cost format and with no involvement of the pharmaceutical industry.

All member of the Host Organizing Committee have believed and have been strongly engaged in this project. This team worked together with passion so that you may enjoy a memorable event!

Ana Nunes Barata
President of the Host Organizing Committee
The Vasco da Gama Movement is the WONCA Europe network for new and future Family Doctors, defined as those in training for Family Medicine/General Practice and in the first five years after qualification as a Family Doctor/General Practitioner.

The Movement began after the first meeting for junior doctors prior to the WONCA Europe conference in Amsterdam in 2004. The ideals were set down in a meeting in January 2005 in Lisbon, the home port of the Portuguese navigator Vasco da Gama. The Movement was formally launched at the WONCA Europe Conference in Kos in 2005.

Successful annual pre-conferences (in the days prior to WONCA conferences) have been held since 2006. From 2014 onwards, the Vasco da Gama Movement also holds a yearly Forum.

This Forum will be the perfect opportunity for you to be infected with the Vasco da Gama Movement virus – beware, it is chronic, and no antidote is yet known!

Host Organising Committee

President: Ana Nunes Barata
Scientific programme: Luís de Pinho-Costa (chair) & Vera Pires da Silva
Social programme: Ana Luís Pereira (chair) & Tiago Castanheiro
Exchange: Nina Monteiro (chair)
Image: Mariana Fidalgo Leite (chair), Beatriz Figueiredo & Sara Teotónio Dinis
Treasurer: Maria João Nobre

Do not hesitate to approach us during the Forum!
COMMITTEES INTERACTIVE MAP

26-27 January 2018, Porto, Portugal

Honorary Committee
Prof. Dr. Adalberto Campos Fernandes President of the Portuguese Ministry of Health
Prof. Dr. Amanda Howe President of WONCA World
Dr. Anna Stavdal President of WONCA Europe
Dr. Miguel Guimarães Chairman of the Portuguese Medical Association
Dr. Rui Nogueira President of APMGF
Dr. Claire Marie Thomas President of the Vasco da Gama Movement

Special Guests
Prof. Dr. Job Metsemakers
Dr. Luís Pisco
Dr. João Sequeira Carlos
Dr. Ana Margarida Cruz
Dr. Catarina Matias

Invited Guests
Secretary of State of the Ministry of Health
General Directorate of Health
President of the Central Administration of the Health System
President of the Directive Council of the Regional Health Administration (ARS) of the North
Executive Director of the Health Centers Group (ACeS) of Eastern Porto
Executive Director of the Health Centers Group (ACeS) of Gaia
Executive Director of the Health Centers Group (ACeS) of Gondomar
Executive Director of the Health Centers Group (ACeS) of Western Porto
Executive Director of the Local Health Unit (ULS) of Matosinhos
Chair of the Portuguese Family Medicine College
Family Medicine Residency Coordinator of the Northern Region
Family Medicine Residency Coordinator of the Center Region
Family Medicine Residency Coordinator of the Lisbon and Tagus Valley Region
Family Medicine Residency Coordinator of the Alentejo Region
Family Medicine Residency Coordinator of the Algarve Region
Family Medicine Residency Coordinator of the Madeira Region
Family Medicine Residency Coordinator of the Azores Region

General information:
Registration will start at 12:30 on Friday, January 26

The registration includes:
Attending all scientific sessions, as well as the opening and closing ceremony; conference bags; Coffee Breaks, Lunch (27th January), Porto d’Honra (26th January).

Badges:
Only participants who are wearing the badge will be admitted in the lecture halls. The cost of replacing a lost or mislaid badge is 30€.

INTERACTIVE MAP
All the places mentioned in this booklet have been marked in the interactive map we have prepared for you (see image below). Detailed directions are given in the corresponding sections of this booklet.
### Friday, January 26 ###

<table>
<thead>
<tr>
<th>Time</th>
<th>Venue</th>
<th>Event</th>
</tr>
</thead>
<tbody>
<tr>
<td>12:30</td>
<td>Sala Nobre</td>
<td>Registration &amp; Check in</td>
</tr>
<tr>
<td>14:00</td>
<td>Sala Braga</td>
<td>Opening ceremony, Keynote</td>
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<tr>
<td>15:30</td>
<td>Sala Braga</td>
<td>Workshop: Choosing wisely in the Emergency Room</td>
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<tr>
<td>16:30</td>
<td>Sala Braga</td>
<td>Coffee break</td>
</tr>
<tr>
<td>16:30</td>
<td>Sala Braga</td>
<td>Workshop: Management of the infertile couple</td>
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<tr>
<td>18:00</td>
<td>Sala Braga</td>
<td>Ignite presentations</td>
</tr>
<tr>
<td>19:30</td>
<td>Sala Braga</td>
<td>Porto d’Hónra</td>
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</tbody>
</table>

### Saturday, January 27 ###

<table>
<thead>
<tr>
<th>Time</th>
<th>Venue</th>
<th>Event</th>
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</thead>
<tbody>
<tr>
<td>08:30</td>
<td>Sala Braga</td>
<td>Check in</td>
</tr>
<tr>
<td>09:00</td>
<td>Sala Braga</td>
<td>Oral presentations: Case reports</td>
</tr>
<tr>
<td>09:30</td>
<td>Sala Braga</td>
<td>Workshop: Making Genetics easy - GP consultation survival kit</td>
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<tr>
<td>10:30</td>
<td>Sala Braga</td>
<td>Coffee break</td>
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<tr>
<td>10:50</td>
<td>Sala Braga</td>
<td>Keynote</td>
</tr>
<tr>
<td>12:00</td>
<td>Sala Braga</td>
<td>Lunch</td>
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<tr>
<td>14:00</td>
<td>Sala Braga</td>
<td>Oral presentations: Practice reports</td>
</tr>
<tr>
<td>15:45</td>
<td>Sala Braga</td>
<td>Oral presentations: Poster presentations</td>
</tr>
<tr>
<td>16:45</td>
<td>Sala Braga</td>
<td>Coffee break</td>
</tr>
</tbody>
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Check the Full Programme
Some Notes on the Forum Programme

Keynote Sessions

Friday, 26 January 2018, 14:00-15:20

Stronger Together: Networking Across Borders in Primary Care

Keynote Speaker:
Dr. Anna Stavdal

Saturday, 27 January 2018, 10:50 - 11:50

Stronger Together: Teaming up with Patients

Keynote Speakers:
Prof. Dr. Amanda Howe
Prof. Dr. Helena Canhão

Saturday, 27 January 2018, 17:00 - 18:30

Stronger Together: Teamwork in Healthcare

Keynote Speaker:
Prof. Nadim Habib

Healthy body healthy mind session
This surprise energy boosting activity will be worth waking up early for. Do not miss it! This activity is included in the Forum registration fee.

Ignite presentations
During these sessions, speakers have 5 minutes to present their 20 slides to the audience; slides automatically move forward every 15 seconds.

Special sessions
These sessions follow innovative methods aiming at promoting interaction between the intervenients.

Speed geeking – poster presentations
The audience will be divided into small groups and each group will be assigned a room (out of 3) and an initial station. The facilitators will ring a bell to start proceedings. Presenters will have 5 minutes to share their message. At the end of the 5 minutes, the facilitators will ring the bell again. Each group will then move to the next station/poster (usually to their right) and the timer starts once more for another 5-minute presentation. The session will continue until when every group has attended all the poster presentations within their assigned room/circuit.
At the end, there will be time for the attendees to go back to the posters and discuss them with the presenters, or to visit posters in a different room/circuit.

VdGM community building
This is an open space technology session where anyone with ideas, projects, or special interests will have the opportunity to showcase them and attract others to join them.

Porto d’Honra
Going to Porto and not having a taste of the traditional Port Wine, is equivalent to the Portuguese saying of ‘going to Rome and not having a glimpse of the Pope’. Take your glass, pick a snack, relax, and enjoy the company of old and new VdGM friends.
This activity is going to take place on the 26th, at the end of the day’s sessions and it is included in the Forum registration fee.

Dinner & Farewell Party
The dinner & farewell party are not included in the Forum registration fee; you must register to join. There are still some places left so you’re still not late to sign up! You may do so by accessing your personal profile in the registration platform.

The official dinner and farewell party will take place at the beautiful restaurant by the ocean, BH Foz on Saturday, 27 from 20:15, onwards.

We suggest two main itineraries to reach the restaurant from the venue with public transportation.
Option 1

1. Walk to the Pólo Universitário metro station and take metro line D (yellow), direction Santo Ovídio.
2. Exit the metro at the São Bento stop (7 stops, approximately 12 minutes).
3. Leave the metro station and take bus number 500, direction Matosinhos (Mercado).
4. Leave the bus at the Praia de Gondarém stop (20 stops, approximately 30 minutes).
5. The restaurant is 100 meters ahead (see map below).

Option 2

1. Walk to the Pólo Universitário metro station and take metro line D (yellow), direction Santo Ovídio.
2. Exit the metro at the Marquês stop (3 stops, approximately 5 minutes).
3. Leave the metro station and take bus number 203, direction Castelo do Queijo.
4. Leave the bus at the Crasto stop (27 stops, approximately 30 minutes).
5. The restaurant is 300 meters towards the ocean (see map below).

How to return to the city centre

Bus 500 (direction Praça da Liberdade) runs every 30 minutes until 23:30. Bus 203 does not run during the night. The last metro departs at 01:00 from each end of each line.

Night bus 1M (direction Avenida dos Aliados) stops at Praia de Gondarém (sidewalk opposite the restaurant) hourly from 00:30 to 05:30.

Public transportation fares

The journey between the Forum venue and BH Foz requires a Z2 ticket. Recharge (or buy) your Andante transportation ticket at the Pólo Universitário metro station. You should validate your Andante card at the metro station (before entering the metro) and upon entering the bus.

You may want to buy your return ticket at Pólo Universitário as there are no ticket machines by the restaurant.

A taxi ride from the venue to the restaurant should take about 20 minutes and cost between 12 to 15€.
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PRE-FORUM ACTIVITIES

These activities are not included in the Forum’s registration fees. There are still a few places left, so you may still sign up by accessing your personal profile in the registration platform.

Porto Exit Games
Please be at Praça Guilherme Gomes Fernandes, 53 at 08:40 or 10:40 (if you signed up for the 09:00 or 11:00 options, respectively). The closest metro station is Aliados (line D, yellow). The activity is m from the metro station (see map below). No special clothing required.

Porto Tour
Comfortable shoes are advised for this activity. The meeting point for the Porto Tour will be at the front of the Sé do Porto (Terreiro da Sé, 4050-573 Porto). Please arrive at 09:30.

REACHING PORTO

By air
The Francisco Sá Carneiro airport is in the city of Maia, in the outskirts of Porto. The most convenient way to reach Porto is by metro. Line E directly connects the airport to the city centre (stops Casa da Música, Trindade, and Bolhão) in less than 30 minutes. You may find the metro network map here. Alternatively, one can also reach the city centre through public buses (lines 601, 602, 604 and 3M), taxi or using a private shuttle. You may find the bus network map here.

By train
International trains arrive daily to the Campanhã train station, in the East area of Porto. The Campanhã train station is connected to the city centre by metro (lines A, B, C, E, and F; stops Casa da Música, Trindade, and Bolhão). You may find the metro network map here.

From Lisboa to Porto
Lisboa is located about 300 km South of Porto; these two cities are connected by plane, train, and bus. TAP and Ryanair have several daily connections. CP offers connections every 1 to 2 hours from 6 am to 10 pm. Rede Expressos offers direct buses from Lisboa to Porto, including two night buses.

You can comfortably explore the centre of Porto on foot. The easiest way to travel around the city is by metro. You must purchase and validate your ticket before boarding (you do not need to do so when getting out). The yellow vertical band on every ticket selling machine will help you decide which type of ticket to purchase (Z2, Z3, Z4, etc.), depending on the distance and zones crossed during your trip. Daily tickets are also available. The metro runs every day from 6 am to 1 am. You may find the metro network map here.

Buses are available throughout the city and reach areas not served by the metro. You may either buy your ticket from the driver upon entering the vehicle or at any metro station. You may find the bus daily net-work map here. Night buses run between midnight and 6 am.

Tips: a Z2 ticket will be sufficient to travel around the city. Z2 and Z3 tickets are valid for one hour; during this period you may hop on and hop off any metro or bus at your convenience. Tickets purchased from bus drivers are more expensive and only valid for the current journey, meaning you will have to purchase another ticket if boarding another vehicle.

Taxis (beige or black with two green stripes vehicles) are widely available throughout the city. You may call a taxi from Táxis Invicta (+351 225076400). Uber and Cabify are suitable alternatives.
THE VENUE

The 5th Vasco da Gama Movement Forum will take place in the Northern section of the Portuguese Medical Association (Secção Regional do Norte da Ordem dos Médicos). It is located at Rua Delfim Maia 405, 4200-256 Porto, in the Paranhos district of Porto, in the North of the city.

How to reach the forum venue

Metro
The D (yellow) line stop Pólo Universitário is located within 700 meters (8 minutes) of the venue. This line connects the venue directly to the city centre (stops Trindade, Aliados, and São Bento) in approximately 15 minutes. You may find the metro network map here.

You may enter the venue by the white gate on the left. This is the view when coming from the metro station Pólo Universitário. When coming from the bus stop, you will be coming from the garden at the back of the picture.

Finding your way in the venue

Entrada principal: main entrance.
Secretariado: check in desk.
Salão Nobre: opening & closing ceremonies and keynote addresses, parallel sessions, and poster speed geeking.
Sala Braga, Sala Bragança / Vila Real / Viana do Castelo, Mediateca: parallel sessions.
Galeria: coffee breaks and lunch.
Jardim: Garden

The room Sala de Conferências is in a separate building. Just follow the on-site signs. That room will host parallel sessions.
SOCIAL RESPONSIBILITY

As the Host Organizing Committee of the 5th Vasco da Gama Forum we believe that it is important to tend to the spirit of sharing and caring for the most vulnerable. In this event, we are calling out to all the participants to please bring a piece of clothing with them that they would like to offer to charity. Please choose clothes that are in good condition and that can be of good use for those who need them. We will collect all clothing items at the registration and then we will offer them to charity. We will be very grateful for your help.

SCIENTIFIC SPONSORSHIP

Ordem dos Médicos - Portuguese Medical Association

SPONSORS & PARTNERS

TAP Portugal is the official carrier of the 5th Vasco da Gama Movement Forum. TAP Portugal offered you discounted prices when travelling to the Forum.

Wellness Solutions will kindly offer us a healthy body healthy mind session you will not want to miss!

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ACKNOWLEDGMENTS

Abstract Reviewers
The Host Organizing Committee would like to thank all the colleagues who graciously contributed to the abstract review process:

Dr. Ana Margarida Cruz (Portugal)
Dr. André Nguyen Van Nhieu (France)
Dr. Berk Geroğlu (Turkey)
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Dr. Candan Kendir (Turkey & France)
Dr. Chloe Delacour (France)
Dr. Christofer Patrick Reichel (Austria)
Dr. Elvira Ensink (Netherlands)
Dr. Enrique Alvarez (Spain)
Dr. Harris Lygidakis (Greece, Italy & Luxembourg)
Dr. Ivana Babić (Croatia)
Dr. Joana Gomes (Portugal & Sweden)
Prof. Dr. Job Metsemakers (Netherlands)
Dr. Katarzyna Nessler (Poland)
Prof. Dr. Liliana Laranjo (Portugal, United Kingdom & Australia)
Dr. Lucia Kukuckova (Slovakia)
Dr. Ludmila Resutiková (Slovakia)
Dr. Luis Monteiro (Portugal)
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Dr. Patrick O’Donnell (Ireland)
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Dr. Raquel Gomez Bravo (Spain & Luxembourg)
Dr. Rosy Tsopra (France)
Dr. Simone Cernesi (Italy)
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Dr. Tom Axelrod (Israel)
Ulrik Kirk (Denmark)
Dr. Yusinamar Mariani (Venezuela, Portugal & United Kingdom)

CONTACTS

Email: forum@vdgm.eu (general enquiries) | apmgf@leading.pt (secretariat)

Facebook: event | Vasco da Gama Movement page | Vasco da Gama Movement discussion group

Twitter: #5vdgmf is the official hashtag of the 5th Vasco da Gama Movement Forum. Please use it to tag your conversations about the Forum on social media.

In case you need any help during the Forum, do not hesitate to approach any of the Host Organizing Committee members.

You will also be able to reach us via the official #5VdGMf WhatsApp group (if you are not able to join, please email us).

Thank you!
This event will be preceded by a Vasco da Gama Movement Pre-Conference, on May 23-24th, 2018. Do not miss this chance to meet again the friends you will make in Porto!

6th Vasco da Gama Movement Forum
The upcoming Forum will take place in Torino, Northern Italy, in September 2019. More information will be revealed at the 5th Forum closing ceremony!
Enjoy the 5th Vasco da Gama Movement Forum!