



EYFDM PRECONFERENCE 2023

INAMI-RIZIV Galilee building, Brussels
6-7 June, 2023

**YOU CAN'T ALWAYS
GET WHAT YOU WANT**

Programme



#eyfdm2023 | www.eyfdm2023.com



“YOU CAN’T ALWAYS GET WHAT YOU WANT”

Should I work in a group practice or alone? How will I ever find a balance between my professional and my personal life? How do I choose between what my patient wants and what scientific and governmental guidelines tell me to do? What to do when doing what’s best for my patient means going against my own moral principles? How to hold up against the rising amount of fake news brought up by my patients? And how do I bring up bad news?

In your practice as well as in your personal life, unfortunately, making choices is almost never easy and even worse ... **“You can’t always get what you want”**

We will explore this main topic through four themes and hope to support young family practitioners in making both small and life-changing decisions:

YOUR BODY, MY CHOICE?

Dynamics and dilemmas in a changing patient-doctor relationship

WALKING THE MEDICAL TIGHTROPE

How to keep the balance between work and life, and what if the balance at work cannot easily be found?

ON BOARD OUR STEWARDSHIP

How to keep on facing the important challenges & dilemmas in ever changing society

THOUGH TALKS

What to do when our patients or our conversations can’t be cured?

PLANNING DAY 1 – TUESDAY 6 JUNE 2023

08:30–09:00 Registration

09:00–10:15 **Opening ceremony + Icebreaker session**

(Auditorium)

10:15–10:45 **Coffee break**

(Foyer)

10:45–11:30 **KEYNOTE: How to become the family doctor you want to be?**
Speaker: Katelijne Baetens

(Auditorium)

In this interactive and creative keynote session, Katelijne Baetens will challenge us to reflect on the path we take in our career as a family doctor. Using exercises from improvisational theater, we will reflect together on our role as family doctor and the person we want to be in our job. Are you ready for some personal reflection in a safe and open EYFDM atmosphere?

Kateljine Baetens is trainer, coach, consultant and speaker on interpersonal skills in healthcare.

She has been teaching communication skills at the Faculty of Medicine of the University of Antwerp since 2004. She worked for 23 years as a general practitioner in two group practices and supervised GPs-in-training and trainers, in general practices and hospitals.

PARALLEL WORKSHOPS

11:35–12:30 **Transgender care**
Speakers: Maxence Paquot, Elisa Gully

(G1 Innvidi)

Who are transgender and intersex people? What are their questions, their approaches, their paths? What discrimination do they face and why? What are the consequences and implications, in terms of human rights, of the current legal/legislative framework? From childhood, we were taught that human beings were either ‚girls‘ or ‚boys‘. In science class we were taught that there are males and females... and that’s it. In reality, is it really that simple? Does science really explain all reality and all possibilities?

We note that the public is largely under-informed or misinformed about the existence and realities of transgender and intersex people. It is therefore essential to implement awareness-raising, information and training activities aimed at professionals in all sectors of society.



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Why a SIG in Women's Health?

(Auditorium Left)

Helena Alonso Valencia, Raïsa Álvarez Paniagua, Yasmin Cordova Rios, Daria Gheorghe, Ana Cristina Franco Spinola, Miriam Rey, Yusianmar Mariani Borrero (SIG Women Health)

As a new SIG from EYFDM, we are interested in women's health, for patients and doctors.

This is more than conditions only related to women, but also how common diseases are diagnosed and managed in female patients. We want to analyze how medicine has had a male-centered perspective and hence understands the female body as a copy from the man's.

Furthermore, we aim to make the gender gap of healthcare professionals more visible, and hopefully help to reduce it. If you want to know more, you can also join us in the workshop in the main WONCA conference or follow us on social media.

Innovations in healthcare: strong together!

(Auditorium Right)

Speaker: Isabelle François

Innovations in healthcare are viewed by some as the holy grail, while others primarily see obstacles and bottlenecks. Innovations are sometimes viewed as being 'cold' and impersonal, but are they?

In this session, we will take a detailed look at different technologies – like fibrichck, Kardia Mobile health, Byteflies, Bingli, Bloomup,... – that can be used in day-to-day practice. We also look at these technologies from the viewpoint of the 8 'Caring Technology Principles'.

Greener practice

(DI Rabota)

Speakers: Lucie Blondé, Arne Dambre, Anton Saerens, Marijke Plovie

Why should we as general practitioners worry about our planet getting sicker? What is the role of primary care in planetary health? How do we achieve a greener general practice? How do we adapt to a changing world? These are all questions that we will try to answer in our interactive workshop.

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GP training across Europe

(C7 Obodo)

Speakers: Fabian Dupont, Constanze Dietzsch

Learning during specialty training differs greatly from our medical school experience. Furthermore, workplace-competencies are becoming increasingly complex. Yet, have you ever received compelling, structured teaching on the competencies that you really need to survive (and even flourish) in your future GP position? This workshop focuses on how to improve our learning through competency-based postgraduate GP training. Together with you, we want to discuss the ways in which we learn as GPs. We will share our research on the most important competencies for future GP training. We want to hear from you on how to teach and learn affective competencies during GP training, including well-being and communication skills.

Working together, we hope to better understand how we can move towards meaningful learning that helps us grow into thriving professionals across Europe. Be ready to expand your learning and change GP education as we know it!

How technology is reshaping the life of GPs. What will come next?

(D6 Kresko)

Speaker: Sébastien Deletaille

As a digital health entrepreneur, Sébastien follows innovations that will fundamentally disrupt the role and activities of GPs. The goal of this presentation is to share concrete examples of technology that will reshape healthcare (from ChatGPT to „One minute clinics“ in China). By debating the merits and risks of these innovations, Sébastien hopes to build a consensus on the role played by your new generation of GPs.

The environmental impact of medicines

(G2 Khidesh)

Speaker: Sebastien Cleeren

Medicines are the largest part of the health system’s carbon footprint and a major cause of aquatic environment pollution. Join us to understand how it works and what we can do in our daily practice to reduce the environmental impact of our prescriptions.

Patients’ experiences and expectations of the General Practitioner’s role during bereavement care after losing a loved one

(C1 Mesto)

Speakers: Julie Van Goethem, Marie Verschaevé

In this workshop we will discuss the GP’s role during bereavement care, based on our study who investigated patients’ experiences and expectations of their GP’s role during bereavement care after losing a loved one.

12:30–13:35 **Lunch break**

(Foyer)

13:35–13:45 **Introduction to EYFDM**

(Auditorium)



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13:45–14:45

ROUND TABLE – Family planning

(Auditorium)

Speakers: Daniel Murillo, Els Dufraimont, Rita Vanobberghen, Christian Cerra

This keynote session will include a public debate about the topic of family planning.

We will introduce the topic to gynecologists and general practitioners including themes such as fertility and abortus.

Is the sky the limit or are there still borders to be taken into account?

- *Daniel Murillo* has been a gynecologist in CHU Saint-Pierre in Brussel since 1994. He's head of the MAP department since 2005.
- *Els Dufraimont* works as an obstetrician and gynecologist in Belgium and believes strongly in the connection with us, GPs in the first line.
- After obtaining her PhD as a doctor in 1983, *Rita Vanobberghen* worked for more than 10 years in various third world countries. After returning to Belgium she became a general practitioner in a medical clinic of Medics for the People in Schaerbeek. She has been working for 20 years in a Family Planning center: Groupe Santé Josaphat.
- *Christian Cerra* is a portfolio GP in London with a gynecology background. He currently works in an IVF clinic 3 days a week.

PARALLEL WORKSHOPS

14:50–15:45

Male Contraception in 2023

(C7 Obodo)

Speaker: Daniel Murillo

Contraception has always been seen as a woman's responsibility. Consequently, most forms of contraception have been developed for women. But why? Do men and women don't have equal responsibility in this?

Do you want to learn more about male contraception and accompany and stimulate your patient in this matter? Join us and meet Dr Daniel Murillo, our expert on the subject who regularly guides men wishing to embark this less known path.

Gendersensitive medicine

(Auditorium Left)

Speaker: Els Dufraimont

Studies are showing that research on women's health remains disproportionately focused on the reproductive years – particularly pregnancy. As a result, doctors are treating women with medical knowledge that has been studied mainly on men. This results in lower-quality care for women. Els Dufraimont will show us how to deal with a gender biased healthcare system.

Finding Balance: Practical Tips for Balancing Work and Personal Life in the Medical Field (G2 Khidesh)

Speaker: Jean-Marc Desmet

This workshop will allow participants to share their experiences and learn from one another in terms of time, energy and stress management. Participants will also receive practical resources that they can use to continue developing their work-life balance after the workshop.

We are family doctors – But are we family friendly ? (Auditorium Right)

Speakers: Ana Cristina Franco Spinola, Yusiánmar Mariani, İkbal Hümay Arman, Katarzyna Reczek, Łukasz Reczek, Nick Mamo, Miriam Rey Seoane, Rabee Kazan, Ozden Gokdemir

Family medicine is a complex speciality. We are called to master many aspects of medicine, continually updating our knowledge, and mastering our skills while adapting to different working scenarios. In the meantime, we are starting our families, trying to balance our demanding work lives with our demanding home lives and the growing pressure to be great parents. Harmonizing family life with career is a struggle that many face. As healthcare professionals wellbeing becomes a priority, we need to create environments that are family friendly. Identifying individual needs and discussion them towards a better solution, is crucial.

Embracing diversity in healthcare (D1 Rabota)

Speakers: Hilde Moerman, Anne Debbaut, Patricia Vanoutrive

As GP, we are privileged to hear confessions and share life stories of our patients. In our consultations we witness a multiplicity of cultures and diversity. However, we do not always realize the consequences of it. This workshop will help you understand how a story of a patient impacts our own story as a healthcare professional.

Improving the use of antimicrobials by General Practitioners in Europe: recent data and strategies to limit antibiotic consumption, an interactive workshop (part 1) (D6 Kresko)

Speakers: Philippe Clevenbergh, Ernestina Repetto

In 2019, nearly 5 million deaths have been associated with and 1.3 million deaths have been attributed to Antimicrobial resistance (AMR). One of the major drivers of AMR is inappropriate antimicrobial use where ambulatory care account for most of the consumption. In this workshop, you will learn about the last data in antibiotic consumption and prescription habits in Europe. You will reflect and exchange with your colleagues on opportunities and strategies to curb (your) antimicrobial consumption.

Disclaimer: both parts of the workshop can be followed together or separately

**T****How to deal with alternative medicine: make, break or shake?****(C1 Mesto)***Speakers: Carmen Binst, Norbert Fraeyman*

According to the WHO, alternative medicine refers to a broad set of health care practices that are not part of that country's own tradition or conventional medicine and are not fully integrated into the dominant health-care system. But how to deal with them in our Western practices? Should we draw the line for ourselves or is it give-and-take? Let's discuss together how to find a balance and a way out or in! Let's learn from each other.

Surprise question in palliative care**(G1 Innvidi)***Speaker: Bert Leysen*

Do you want to understand how to identify palliative care patients early? Are you curious how young European GPs think about palliative care? Come to join our workshop about the Surprise Question and discuss some cases. Dr Bert Leysen, a Belgian GP writing a PhD on primary palliative care, will be your host.

15:45–16:15 Coffee break**(Foyer)****PARALLEL WORKSHOPS****16:15–17:10 Making Sense(s) of autism****(Auditorium Left)***Speakers: Alessio Platania, Marta Ruivo, Yusi Mariani, Fabrizio Cossutta
(SIG Equally Different)*

Autistic people can face a variety of healthcare barriers to access appropriate care. The aim of this workshop is to find ways to create a more supportive and inclusive healthcare environment for autistic and neurodivergents. After an introduction to neurodiversity and autism functioning, we will then focus on how sensory processing disorders can hinder the treatment of neurodivergent patients. Participants will be split into small groups with case studies addressing specific needs, followed by group discussion of possible solutions and challenges and ending with a Q&A with an autistic doctor.

Improving the use of antimicrobials by General Practitioners in Europe: involving the patients: tips in communication and behavioral interventions: an interactive workshop (part 2)**(D6 Kresko)***Speakers: Philippe Clevenbergh, Ernestina Repetto*

In 2019, nearly 5 million deaths have been associated with and 1.3 million deaths have been attributed to Antimicrobial resistance (AMR). One of the major drivers of AMR is inappropriate antimicrobial use where ambulatory care accounts for most of the consumption. We set up an interactive workshop with a Q & A driven session supported by the latest evidence where you will learn about the importance of involving patients in their antibiotic prescriptions.

Disclaimer: both parts of the workshop can be followed together or separately

Finding Balance: Practical Tips for Balancing Work and Personal Life in the Medical Field (G2 Khidesh)

Speaker: Jean-Marc Desmet

This workshop will allow participants to share their experiences and learn from one another in terms of time, energy and stress management. Participants will also receive practical resources that they can use to continue developing their work-life balance after the workshop.

How to improve our patient-doctor relationship: A Balint Workshop (C7 Obodo)

Speakers: Ana Cristina Franco Spinola, Monique Aubart, Michele Parea, Genco Görgu

Balint Groups are experiential moments for mutual learning on our patient-doctor relationships. It is a unique opportunity to get to know yourself better, and your experience as a doctor with your patient(s), through others. Join us in our circle of greater understanding of our practice as family doctors.

Surprise question in palliative care (G1 Invidi)

Speaker: Bert Leysen

Do you want to understand how to identify palliative care patients early? Are you curious how young European GPs think about palliative care? Come to join our workshop about the Surprise Question and discuss some cases. Dr Bert Leysen, a Belgian GP writing a PhD on primary palliative care, will be your host.

MBI (mindfulness based intervention) in palliative care (C1 Mesto)

Speaker: Olivier Bernard

In this seminar, we will link the two revolutions that are palliative care and mindfulness and show the place that mindfulness-based interventions (MBI) can take in the field of palliative care, for the benefit of the patient, the general practitioner and their relationship

Though Talks – What to do when our patients or our conversations can't be cured (D1 Rabota)

Speaker: Fleur Helewaut

„What to say? What to do?“ In this workshop we explore the skills and attitudes that can help us navigate compassionately through difficult situations such as bringing bad news, supporting our patients when cure is no longer an option, feeling overwhelmed ourselves,...



PLANNING DAY 2 – WEDNESDAY 7 JUNE 2023

PARALLEL WORKSHOPS

09:00–09:55 **Positive health and goal-oriented care in general practice** (Auditorium Left)
Speakers: Fien De Laet, Annelies Lonnée

As doctors, we are trained to find causes of problems and to treat illnesses. However, there might not always be a cause and solution for a patient's problem. Positive health chooses a different perspective and focuses on the people themselves, on their resilience and on what it is that makes their lives meaningful, instead of on their illnesses or problems. It can be used as a communication tool during consultations, to broaden your perspective on patients and to search together with the patient for a patient oriented approach.

Mindful practice

(G1 Invidi)

Speaker: Joosje Molenaar

With the next patient already waiting for you, you listen to the list of physical complaints of the patient in front of you, trying to decide what to address first. Your attention is drawn to an alert in the patient's file, which makes your mind wander to the difficult case from this morning for which you still need to make some decisions. At the same time the phone rings; a colleague has a question about a patient you referred. After the consultation you realize that you actually had been needing to pee all morning.

Does that sound familiar?

In medicine there are often multiple external triggers competing for our attention simultaneously.

In that circus of triggers, we often lose awareness of where our attention goes and we especially tend to discard the triggers that arise from within ourselves.

In this workshop you get a taste of the power of attention; for the quality of our consultations, as well as for our own well-being!

Wellbeing Warm-up

(G2 Khidesh)

Speakers: Jessica Bakker, Alessio Platania, Ana Cristina Franco Spinola, Jolanta Mekarska, Lukasz Reczek, Nadia Toumi (SIG Wellbeing)

This will be a gentle workshop consisting of general well-being advice, yoga and meditation.

The Wellbeing SIG offers you an experience with useful relaxation techniques for everyday use in your busy life as a doctor. We recommend you to come in comfortable clothes and to bring a yoga mat/towel if possible, but these are not required.

Let's begin our second day of the Preconference in a positive way, together!
Everyone is welcome.



What do GPs need to know about migrant health? (Auditorium Right)
A 'pan-European' forum of early career GPs' views, experiences and training ideas

Speakers: Felicity Knights, Joanna Dobbin, Kerry Grenan (SIG Migrant care)

Migration creates several challenges for access and delivery of safe and equitable healthcare. Family medicine (FM/GP) can be the first point of access for holistic healthcare provision, sign-posting and advocacy. FM/GP training often pays limited attention to migrant health. This workshop will allow GPs to share their views and experiences of migrant health from across Europe, identifying which training areas (competencies) are most relevant to FM/GP through a 'learning needs analysis'.

Unplanned healthcare 24/7 (D1 + D6)
Speaker: Chris Vandermullen

Planning unplanned healthcare is a skill we need to use more often nowadays. This workshop is an invitation to reflect and uncover perspectives and ideas on unplanned primary care 24/7. This all in response to an expected care infarction leading to more inappropriate use of emergency services and Emergency Department crowding.

Shared decision making across Europe: a workshop on perspectives, challenges and solutions (C7 Obodo)
Speakers: Pieter Van Bostraeten, Lien Mertens, Jasmien Jaeken

Paternalism is over! Patients want and need to be involved in decision making. Easy to say, less easy to do. Many barriers exist that make it difficult for general practitioners to actually perform shared decision making. Join us at an interactive workshop on shared decision making, where we will explore your individual barriers and look for practical solutions to overcome them. Through engaging discussions, we will collaborate to find applicable strategies for addressing your personal obstacles. Together, let's shift from paternalism to a collaborative approach, involving patients in making decisions about their health. Don't miss this opportunity to enhance your practice and contribute to revolutionizing healthcare!

09:55–10:25 **Coffee break** (Foyer)

10:25–11:10 **KEYNOTE: Medical Fake News: a losing battle?** (Auditorium)
Speaker: Dirk Devroey

How much of an active attitude should a GP take against the abundance of medical misinformation that exists nowadays?

Professor Dirk Devroey, GP and dean of the Faculty of Medicine and Pharmacy (VUB) has taught "Critical Thinking on Alternative Medicine" to his students for many years. He will discuss with us the widespread conspiracy theories during the COVID19 pandemic and what we can learn about our role as health promoter for the future.



11:15–12:00

KEYNOTE: Intercultural sensitivity in palliative care
Speaker: Hakki Demirkapu

(Auditorium)

In this Keynote session, Dr Hakki Demirkapu will give a lecture about „Intercultural sensitivity in palliative care“. He will give insights concerning topics such as the role of family and religion, palliative sedation and euthanasia among Muslims and how to deal with other sensitivities of populations.

Dr Hakki Demirkapu is a general practitioner, a tutor for GPs in training and coordinating/advising physician in cultural sensitive nursing home Saphir in Brussels. He graduated from Vrije Universiteit Brussel (VUB). In 2017, he started a PhD about advance care planning among ethnic minorities in Belgium at the Department of Family Medicine and Chronic Care at VUB.

12:05–12:30

Closing ceremony

(Auditorium)

14:00–16:00

EYFDM unofficial Council meeting

(C1 + C7)



The EYFDM PRECONFERENCE 2023, Brussels, Belgium, 6–7 June, 2023 has been accredited by the European Accreditation Council for Continuing Medical Education (EACCME®) with 6 European CME credits (ECMEC®s). Each medical specialist should claim only those hours of credit that he/she actually spent in the educational activity.

The members of the Host Organizing Committee do not have any potential conflict of interest. There individual declarations can be found: <https://www.eyfdm2023.com/coi>

