



The Grapevine

Summer 2019



Its high summer and I hope everyone is enjoying their holidays; if you haven't been away yet let's hope the good weather continues.

Our few days in Bratislava at the WONCA Europe conference were very warm (VERY) but EURIPA had an excellent meeting. Our workshops were good, we attended the WONCA Europe Council meeting and a meeting of all the WONCA Europe networks as well as having a joint meeting of the Executive Committee and International Advisory Board. Our booth was busy and there was plenty of information about EURIPA and this year's IX Forum as well as offering a range of interesting food to tempt visitors. At our booth we also promoted the Checklist for supporting and training rural health workers, developed by Rural WONCA. Our first Rural Café also took place and despite technical challenges there was interesting discussion on rural education.

Its time now to focus on our next Rural Health Forum which will take place in November in the Azores when our Annual Meeting will also take place. Its all go!

Jane Randall-Smith

Executive Secretary EURIPA

Contents

	Page
IX EURIPA Rural Health Forum – the Azores	2
My Practice – in Austria	4
The Carosino prize 2019	8
News from EURIPA	12
EJGP - new reviewers required	13
Publications	14
Forthcoming conferences	15
Future publication dates	16



IX EURIPA
Rural Health Fórum
XVIII Jornadas de Medicina
Geral e Familiar dos Açores
Azores, 7-9 November 2019

www.euripaforum2019.eu

As I write this we are approaching mid-August and hopefully everyone is enjoying the summer, wherever they are. As soon as we approach the end of the month and it is September I know that suddenly this year's EURIPA Rural health Forum will seem much closer.

All you need to know about the Forum is on the web site at www.euripaforum2019.eu It will take place at the Hotel Marina Atlantico in Ponta Delgada:



The deadline for the early bird registration and the call for abstracts has now passed and the submitted abstracts are currently being reviewed. The outline programme is on the web site and includes the opportunity for clinical visits. EURIPA's Annual Meeting will take place at the end of the Forum and is open to all its members.

I am told that airline bookings are filling up fast so to get your best choice of travel times do book quickly – its in the middle of the Atlantic!





Young GPs - the rural seeds that needs to grow

Let me tell you about the importance of going to the EURIPA Rural Health Forum in the Azores as a young GP.

Like a little seed, young doctors need to learn as much as possible in order to “grow strong”.

The IX EURIPA Rural Health Forum programme was designed for this purpose: to increase the achievement of scientific autonomy by the young GPs.

It begins with a small internship in the primary healthcare units through a comprehensive Vasco da Gama programme, in the rural context and on the island of S. Miguel (Azores, Portugal).

During the scientific programme there will also be the opportunity for a clinical visit, crucial for those who will not attend the pre-conference.

Regarding practical skills, we have included sessions on how to deal with musculoskeletal complaints, how to take care of leg ulcers and how to provide home and palliative care.

We also bring some innovations! To answer calmly to the question “Is any doctor on board?”, we will show you what is inside an airplane emergency bag. We have also collected some strategies and tools to keep us all updated in this world of new technologies and mass production of knowledge.

And the task is not completed without focusing on our main characteristic as GPs: patient centred medicine.

This meeting is guided by the most essential, most humane, closest and most capable part of medicine: rural medicine. You will taste and feel a less sophisticated, more ancient and more complete way of doing medicine.

You will get in touch and learn beyond boundaries. You can expect to get bigger and better, get your knowledge and skills “fertilized”.

So instead of reasons why you should go, you should ask us why not.

Let's meet at the EURIPA-Azores 2019 Rural Health Forum.

Inês Madanelo

Médica Interna de Medicina Geral e Familiar, UCSP Vouzela
Membro do Conselho Nacional do Médico Interno - Ordem dos Médicos

My Practice

In this edition of the *Grapevine* we focus on a rural practice in Austria, from our new IAB member Oliver Lammel:

I am practicing in Ramsau am Dachstein, a high plateau, situated between the Enns valley in the south and the Dachstein mountain in the north. Ramsau am Dachstein is a 18 km long, 4 km wide plateau at an altitude of 1,000 to 1,300m. The holiday region lies about 400m above the Enns valley and is divided into several districts and presents itself as a typical scattered settlement with lush green meadows, striking mountain peaks, crystal clear mountain streams and fresh air.



Due to its exceptional geography of a relatively flat terrain at a high elevation, the Ramsau plateau has developed as a major centre for cross-country skiing. Also several ski jumps were erected in the region. In addition, Ramsau hosts the valley station of the cable car leading up to the Dachstein glacier. On top of the Dachstein, there is a year-round resort for alpine skiing and snowboarding.



About 2500 habitants live permanently in this area and about 400 people have select Ramsau as a secondary home. There exist about 6000 guestbeds in hotels and farmhouses. The main income comes from tourism and farming.

I came to live in this region when I started my medical training at the hospital in Schladming. After finishing the rotations for becoming a GP, there was no possibility to get my own practice right away. Out patient care is mostly provided by self-employed physicians running their own surgeries. Only a third of them have signed a contract with social health insurances. Insured patients consult contract physicians about 6.8 times a year on average. In contrast to many other

European countries, there is no obligation to enrol with a specific physician or to consult them prior to accessing specialised treatment in the outpatient or inpatient sector. That means: General practitioners have no gate-keeping function.



Due to the fact that I couldn't get a contract at that time I decided to undergo the specialization for becoming a physician. This took further 5 years in hospital. I got married and we now have 3 children. Life doesn't always turn out as planned – it sometimes turns out even better and so after finishing the training I got a contract for Ramsau am Dachstein – and now I can live my life's dream.



Nine years ago, I started my own single handed practice. At the beginning we were four people working together, two assistants and a nurse. At the moment we are expanding. From the beginning of October we are going to be two GPs, a junior doctor in training, a nurse and 5 assistants - most of them part-time. Social service is provided by the local community. At the moment many things are changing due to the shortage of GPs. There are no compulsory weekend services and night shifts any more and patients have to book an appointment by phone, similar to NHS24, in OOH situations. This policy was introduced in April this year and we will see what the future brings.



Our local hospital (Schladming) will be closed within the next years, so the next hospital will be about 60km to drive. There is an emergency service with helicopters and ambulance cars. In the surgery we have an emergency room for stabilising patients.



We provide the normal range of family medicine, including minor surgery. We also take part of several DMPs (Diabetes, COPD, Kidney failure). Due to the special rural and mountainous region I am allowed to be the pharmacist as well. That means we have about 1300 different drugs in our stock, a very responsible task. I sometimes go out by ski to do home visits and provide the necessary medication to the patients.



Last winter a big avalanche reached the village and thank God nobody has been injured. The good thing was that the avalanche came down during the night and went through a restaurant. Three hours before there were plenty of people inside. This was a big challenge.



Since three years we are working together with the medical university Graz and Salzburg to arouse interest in general practise. We implemented a program called „Future of rural medicine“. Together with five GPs in my neighbourhood we perform special trainings for medical students. They live together for 4 weeks, get skicards and an Ecar for free. We hope that we can fascinate the next generation becoming GPs.



The Carosino Prize 2019

Each year the Vasco da Gama Movement offers a prize for the best completed Hippocrates Exchange in a rural practice in memory of Dr Claudio Carosino, a rural doctor in Italy who died in 2010 by the hands of a patient.

Claudio was also a tutor and mentor engaged in rural medicine and the Exchange is in recognition of his contribution to education and rural medicine.

This year's winner is Giulia Schiavi and she writes below about her exchange to the Orkney Islands off the north coast of Scotland:

I am Giulia Schiavi and I am a third year resident of the school for GPs in Reggio Emilia, Italy. In January 2018 I asked to participate to a Hippocrates Exchange with the Vasco da Gama Movement. Since the year before I managed to participate to an Exchange in Rennes, France, this time I asked to make this experience in the UK. At first, the organization offered me an Exchange in Glasgow, but I wanted some more rural and small village where to spend the 2 weeks programme, and finally they asked me if I wanted to go on Orkney. Actually, I have to say that when I read the name of these islands, I did not know where they were! I come from the Northern part of Italy and, even if I travelled quite a lot in Europe, I had never visited Orkneys. So I looked on the internet and, as soon as I saw where they were, I immediately answered that I would be pleased to stay there for a couple of weeks with dr. Holly Tyson, so me and my husband booked a flight for the beginning of August 2018 from Milan to Kirkwall.



View from the
aeroplane

As soon as I arrived there I loved the place, people are very nice and warm hearted and dr. Tyson has been a great teacher for me. Let me tell you about the life on these islands...Orkney are a group of about 70 islands, but just 20 are inhabited. Mainland is the biggest one and the main city is Kirkwall that is a 9.000 inhabitant village with an hospital and some GP practices. The weather usually in quite "rainy", but I was so lucky I still can not believe it, we had warm and sunny sky during all of our staying (I brought the Sun in my luggage from Italy!) and

the sea is quite cold for us, Mediterranean people! Orkneys are rich of history and nature, there are prehistoric sites all over the islands, one of my favourite is the Ring of Brodgar. You can walk through paths almost in every part of the islands; and buses will stop to give you a ride or you can also hitch hike. All this beautiful history is surrounded by an incredible Nature, there are flocks of sheep everywhere and on North Ronaldsay there is a unique breed of sheep that comes directly from prehistory and there is one of the best bird observatory in Europe.

Ring of Brodgar



Dr. Holly Tyson is a young but very experienced GP that runs, with some colleagues, the Heilendi Practice. This practice has to take care of a part of patients on Mainland and of all patients that live on Shapinsay and on North Ronaldsay. This for me was the most amazing part of my experience. You have to know that Shapinsay is a small island just in front of Mainland, there are about 300 inhabitants and lots of sheep and fields, a castle and a small inn. Twice a week a GP from the Heilendi Practice goes on Shapinsay to visit patients: we went there by ferry in the morning and stayed there till about 3.30 PM. We had lunch in the GP office, that is in the same building of the school and we also managed to have a small walk on the island because we had some spare time. For me this was an incredible experience because here in Italy patients are used to visit the GP whenever they want, while on Shapinsay there is not such an opportunity, but they did not complain and they were very calm and peaceful.



Another incredible way of being a GP is how it is on North Ronaldsay, this is the northern most island of the archipelago, it takes 20 minutes by plane to reach it from Mainland and I manage to visit it with my husband during our staying on Orkneys. There are only 70 people living there and the GP goes there just twice a month; we have to say that on North Ronaldsay, as on every Orneys island, lives a Professional Nurse that takes care of emergencies and of the whole population. If there is an emergency there is a 24/7 helicopter that can fly also during the night and can carry patients to Kirkwall Hospital, but also to Glasgow or Aberdeen Hospitals. In any case I believe that you must be a very good GP or nurse to manage some medical situation in such remote islands!



Giulia on North Ronaldsay

This was the most peculiar part of my experience, but also being a GP in Kirkwall, where there is also an hospital, is quite challenging. I was impressed by the organisation of the Practice and by patients' attitude to diseases. In the Practice there are 3 to 5 doctors that work every day. Most of GPs work on scheduled appointments, a part from one that takes care of emergencies and urgent house calls. In Italy is quite different since everyone has his own GP and usually he is the one that always takes care of you, so it would be impossible to have such an organisation. Honestly I really appreciated this organization because when you have an urgent house call, it changes all the plans of the day and you have to re-arrange all the appointments.

During my stay we also had a couple of house calls, once we visited a man with an obsessive compulsive disorder, he did not manage to exit from his house, he was feeling quite good with medications but he still did not manage to get out from the house. The thing that impressed me most was the opportunities that are available in UK from the government for house care. Here in Italy, in my region, there are professional nurses that take care for patients at home, and we also have workers who deliver food every day, but there is a shortage of other health professionals. For example, in this case there was a psycho-social worker that went everyday for at least 30 minutes to visit this man. In Italy there are not such opportunities.

I was also surprised by the presence of some diseases that I did not expect to find in such a remote and not polluted place. I saw a case of severe asthma in a young person and I was very impressed because here in Italy asthma is related to plant allergies and pollution and usually people feel better when they go to the seaside, but in this case, the sea did not help and dr. Tyson told me that there are some theories about shellfish antigens and genetic clusters that can explain so many asthma cases in such an isolated place.

I have also to tell you about Orkneys people: they are just lovely and so hospitable. Me and my husband, we stayed in a room in a house in Kirkwall owned by a couple, their children worked on mainland Scotland and they rent some rooms of their house. They were very kind to us, they accompanied us at the airport and they gave us all the information we needed about the islands. I was also impressed by patients: I had never met such patient and calm people as I saw in Kirkwall. Here in Italy most of people want everything immediately, they demand urgent visits and if there is not such a possibility they get angry and complain about the health care system. On Orkneys we visited a lady with a suspect case of Multiple Sclerosis, and she did not complain when dr. Tyson said to her that it will take some time to see the specialist because neurologists come on the island only sometimes and it will take even longer to have a MRI because such exams are done only in mainland Scotland and it would take some time to organise the journey and the visits in hospital. After this visit I really realized how patients can be, they are not all in a hurry and impulsive.

I hope that you liked my small report about this incredible experience and I want to encourage you to become a HOST for an Hippokrates Exchange, because I am sure that some of you that are part of EURIPA live and work in such wonderful places! I think that if you could host some GP resident they will go home richer in experince than when they arrived, in life we learn something everyday, above all from other people and from colleagues.

Because of this Exchange, I won the Carosino Prize dedicated to a GP that 9 years ago was killed by a patient during a house call in his village, Busseto that is about 30 kilometres from Parma, where I live. I had never met him but all the GPs that knew him, said that he was a very good and expert doctor that spent his life for his patients.

When I will become a GP, I would love to work in a small village because people seem to be more calm and life seems to be still slow; I hope I will find people like the ones I met on Orkneys so that it will be easier to communicate and to take care of them, and finally I will join you in the EURIPA family!



The Vasco da Gama Movement and EURIPA o Exchange in a rural practice each year. The de published but is likely to follow previous time scales. Anyone interested should go to

<https://vdgm.woncaeurope.org/content/exchange-awards>

and

<https://vdgm.woncaeurope.org/sites/vdgm/files/documents/Exchange%20awards%202018%20%281%29.pdf>

News from EURIPA

EURIPA representatives were in attendance at the 24th WONCA Europe Council meeting in Bratislava at the end of June and the new WONCA Europe Executive Board is as follows:

President - Prof Mehmet Ugan
President Elect - Shlomo Vinker
Hon. Treasurer - Josep M. Vilaseca
Hon. Secretary - Eva Hummers
EURACT representative -Adam Windak
EGPRN representative - Thomas Frese
EQUIP representative - Zalika Klemenc-Ketiš
VdGM representative -Sonia Tsukagoshi

During the conference EURIPA held two workshops:

Traditional vs. school medicine in rural locations - "friends with benefits", part 3
Oleg Kravtchenko and Berit Hansen

Medical and social support for patients with mental and neurodegenerative disorders in rural areas (843)

Pawel Zuk, Donata Kurpas, Jose Augusto Simoes, Victoria Tkachenko, Ferdinando Petrazzuol, Cristina Barbu, Jean-Pierre Jacquet, Beata Blahova, Jane Randall-Smith



EURIPA members were also involved in other rural workshops and oral communications; please get in touch if you would like more information.

EURIPA also presented the work done by Rural WONCA on behalf of WHO: A Checklist for implementing rural pathways to train and support health workers in low and middle income countries. There is more information at: <https://www.globalfamilydoctor.com/News/RuralRound-upLandmarkGlobalRuralFramework.aspx>

Position paper

In the June edition of its bulletin UEMO has published EURIPA's position paper on frailty in the population in rural and remote areas.

The position paper explains why rural areas have an increasing elderly and frail population across rural Europe, and sets out the challenges facing them as well as for the people providing their care.

EURIPA urges to all relevant authorities and policy makers to

- 1/ Organise the rural primary care unit, to be able to address frailty and prevent, as far as is possible, frailty in its local population
- 2/ Organise social and public resources to be able to address frailty.
- 3/ Providing resources in terms of human, organisation, devices and financial support to all the social and health care local stakeholders.

You can find the full position paper on EURIPA's web site at

<https://euripa.woncaeurope.org/sites/euripa/files/documents/Position%20paper%20on%20Frailty%20%20final%202019.pdf>

UEMO's news bulletins are on its web site at <http://www.uemo.eu/media-library/> The June bulletin is not yet available.

Also on the UEMO web site is the announcement of the **50th Anniversary Celebration of the European Union of General Practitioners (UEMO), on 26 October 2017 in Paris.**

The event will start at **3 PM** with a conference on the *Role of GPs in Europe* and will be live streamed.

News from WONCA Europe

EJGP reviewers

The European Journal of General Practice (EJGP) would like to expand its database with potential reviewers from WONCA Europe networks, including EURIPA. The associate editors of the Journal have experienced that for specific papers, it is hard to find the right reviewers and, therefore, it would be helpful if they could rely on researchers and other experienced colleagues with distinct knowledge in their field.

If you are interested in becoming a reviewer please you can send your name, affiliation and e-mail address to me (jane@montgomery-pwoys.co.uk) and I will forward all the responses from EURIPA to EJGP.

(Please note that new reviewers should not be registered for EJGP in ScholarOne Manuscripts)

Thanking you in advance and I look forward to hearing from you!

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**. 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

As well as the **International Electronic Journal of Rural and Remote Health Research, Education, Practice and Policy** (<http://www.rrh.org.au/euro/defaultnew.aspof>) you can also keep up to date with:

Family Medicine and Primary Care Review

<https://www.editorialsystem.com/family/journal/about/>

The European Journal of General Practice :

<http://www.tandfonline.com/toc/igen20/current>

The #EURIPA Rural Health Journal, published twice a week:

http://paper.li/EURIPA_EURIPA/1445814103#/

And, WONCA e-news at <http://www.globalfamilydoctor.com/News.aspx>

Recent publications

Below are some recent publications that may be of interest to EURIPA members.

In Rural and Remote Health:

Review article: **Bystander CPR training: is non-classroom based CPR training as effective as a classroom based approach? A systematic review of randomised controlled trials**

Authors: Cross M, Harlow E, Morrison SR, Place M, Sutherland M, Thomas J, Leslie SJ.

https://www.rrh.org.au/journal/early_abstract/4772

Just lie there and die: barriers to access and use of GP out-of-hours services for older people in rural Ireland

Smith SC, Carragher L.

https://www.rrh.org.au/journal/early_abstract/5088

Supporting rural midwifery practice using a mobile health (mHealth) intervention: a qualitative descriptive study

White AH, Crowther SA, Lee SH.

https://www.rrh.org.au/journal/early_abstract/5294

Forthcoming Events

Below is a selection of events for 2019 - 20 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

Coming up in 2019:

EUROPREV e-learning webinars

A series of 6 webinars, the next one taking place on 17th September 2019.

Full details available at: <http://europrev.woncaeurope.org/news/europrev-e-learning-webinars>

Rural conference 2019 – Creating vibrant rural communities

3rd – 4th September 2019, Cheltenham, UK

For more information: <https://www.rsonline.org.uk/rsn-rural-conference-2019>

6th VdGM Forum Raising our sails towards a new world: empowering family medicine

27th – 29th September 2019, Turin, Italy

More information at www.vdgmforum2019.com

EFPC 2019 Nanterre Conference

29th September – 1st October

More information at www.europrimarycare.org

30th Rural Primary Care Conference

25th – 27th September 2019, Gregynog, Wales, UK

More information will be available soon at <https://www.ruralprimarycareconference.co.uk/>

Highlands and Islands Ecosystem for rural mental health and active healthy ageing

7th October 2019, Inverness, Scotland

<https://www.uhi.ac.uk/en/research-enterprise/res-themes/school-of-health-social-care-and-life-sciences/srhp/events/highlands-and-islands-ecosystem-for-rural-mental-health-and-active-healthy-ageing.html>

16th World Rural Health Conference

12 – 15 October 2019, Albuquerque, New Mexico, USA

Web site: <http://ruralhealthweb.org/wrhc>

89th EGPRN meeting “General Practice and the Community: research on health service, quality improvements and training”

17 – 20 October 2019, Vigo, Spain

More information is at: <https://meeting.egprn.org/page/home-13>

2019 European Forum on Prevention and Primary Care

Evidence-Based Prevention - How to do it?

4 -5th November 2019, Porto, Portugal

<https://www.mgfamiliar.net/EUROPREV>

3rd Rural Health and Care Wales conference: ‘Rural Resilience in Health and Care’

5th – 6th November 2019 at Builth Wells, Wales

<https://ruralhealthandcare.wales/news/rural-health-and-care-wales-conference-2019/>

IX EURIPA Rural Health Forum

Isolation and Rural Medicine: Innovation solutions for developing local health services
7th – 9th November 2019, Azores
More information is at www.euripaforum2019.eu

3rd International Congress on Controversies in Primary and Outpatient Care (COPOC)

12th – 14th December 2019 Barcelona , Spain
For further information: <http://copoc.comtecmed.com/>

And more in 2020

Save the date: 14th Congress of General Practice France

19 – 21 March 2020

25th WONCA Europe Conference: Core values of Family Medicine: Threats and Opportunities

24th – 27th June 2020 Berlin
More information to follow at <http://www.woncaeurope2020.org/>

WONCA World Conference 2020

26th – 29th November 2020 at Abu Dhabi, UAE
More information at: <http://wonca2020.com>

Looking further forward

WONCA 2022 World conference – celebrating the 50th Anniversary of the inauguration of WONCA

20 – 23 October 2022, Sydney Australia

Go to the web site www.wonca2022.com.au to find out how to **win a trip of a lifetime** to the conference. **Entries close at midnight on October 30th 2019**

Future Contributions to *Grapevine*

The next issue of the *Grapevine* will be Autumn 2019, prior to the IX EURIPA Rural Health Forum; contributions are welcome by 13th October for a late October publication. Reminders 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 new contributors are always welcome.

Disclaimer:

The views contained in the featured papers above are those of the authors and not those of EURIPA.