

WONCA POLARIS NEWSLETTER

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SEOUL 2018

The 22nd Wonca World Conference was held in Seoul Korea In October, and what a week it was.

FM360

International exchanges to broaden your understanding of primary care.

WELCOME TO WONCA POLARIS

Polaris is the North American Young Doctors Movement of WONCA for family physicians, trainees, and medical students! We are here to connect you with the global family medicine community and WONCA!

Polaris was founded 2014. To date, we have hosted 2 pre-conferences, established FM360 (an international exchange program) in the region, and completed the #1wordforfamily medicine projects.

Now Polaris is ready to spread it's wings. By facilitating exchanges, exchanging information and making connections with the global community, primary care will improve for everyone.

Welcome to the WONCA Family!

MEET CITIZEN SCIENTIST ASTRONAUT CANDIDATE DR. PANDYA

How one young physician balances experiments in microgravity with a clinical practice.

WONCA World 2018, Seoul, South Korea:

The conference began with the Young Doctors Movement (YDM) Pre-Conference, which provided an opportunity to meet other young doctors from around the world and learn about the activities of other YDMs. After the sessions, many of the YDM group members ventured to the Gyeongbokgung Palace for beautiful views of the mountains around Seoul and a wonderful introduction to Joseon architecture. The night continued with Korean barbeque, drinks, and conversation to top off an excellent prequel to the conference and build friendships that lasted through the next few nights of dinners and karaoke with an appropriately timed rendition of Gangnam Style (the conference was in the Gangnam district of Seoul). Thursday morning, the conference proper began with a drum performance and the reading of the Seoul Declaration.



The Seoul Declaration: WONCA's equivalent to the soon to be presented Astana Declaration was released at the conference, confirming the group's commitment to advancing and advocating for primary health care. Read more here –

<https://www.wonca.net/AboutWonca/PositionStatements.aspx>

The conference continued with a Polaris board meeting to set goals and objectives for the next year, followed by many wonderful conference sessions on Health Equity, primary care evaluation, aging, emergency medicine, and women's health. There were several excellent poster sessions, one of which featured an FM360 evaluation presentation which will be traveling to several other conferences this year. The conference was an amazing opportunity to network with other family docs and trainees from around the world and learn about the diversity of health systems in which our colleagues practice. We hope to see you there next time!

FM360 is actively looking for participants interested in a global health exchange!!

Are you an early practice physician or a family medicine resident? Have you ever thought about going on a family medicine exchange to another country? FM360 is the program for you! This 2-4 week global health experience is an opportunity to explore the medical and non-medical culture of one of 34 countries in 6 regions

Also looking for preceptors willing to host an incoming student!

Email woncapolaris@cfpc.ca for more info!



FAMILY MEDICINE 360°

Have you heard of it?

Family Medicine 360° is the new, global exchange program that allows:

- Junior GPs to make exchanges all over the world!
- GPs to host junior GPs from all over the world!

Featured Family Doc: Dr. Shawna Pandya

When you ask Dr. Shawna Pandya about her path in family medicine, she describes it as a "choose your own adventure" type of field. "Literally, whatever aspect of medicine you like, you have the capacity to take and make it a part of your own practice: emergency, obstetrics, procedures, hospital medicine - it all comes with the territory. The best part is that you get to choose which 'territories' you want to explore. For me, this has allowed me to explore and develop my passions for surgery, space, extreme environment and wilderness medicine, and take on extra training in these fields, with the Enhanced Surgical Skills program and a Fellowship in the Academy of Wilderness Medicine. It's been a great adventure so far, and here's hoping for many more!"



"The world is yours to discover, explore, fix, and make better. This is your planet, your time, your space. Work hard. Push your limits. Find good people to help you on your way and pick you up when you get knocked down- and don't forget to pick others up along the way."

- Dr. Shawna Pandya

- Connect with Shawna on twitter at @shawnapandya
- Read her recent interview with the Edmonton Sun: <https://edmontonsun.com/news/local-news/sun-20-questions-shawna-pandya>

UPCOMING CONFERENCES IN NORTH AMERICA 2019

JUL 25

AAFP National Conference
Family Medicine Residents and
Medical Students:
<https://www.aafp.org/events/national-conference.html>

SEPT 24

Family Medicine Experience:
<https://www.aafp.org/events/fmx.html>

OCT 7

Global Health Summit, with a
Polaris Preconference and Health
Equity Preconference:
<https://www.aafp.org/events/global-health.html>

OCT 30

Family Medicine Forum
and Besroun Forum:
<https://fmf.cfpc.ca>

