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“Being young, staying young” - how to keep scientifically and intellectually active after the training program and during GP/FM’s career

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Background & Aim: During the GP/FM training program, the young doctor tries to develop aptitudes, capabilities and talents. This involves hard work and motivation to learn, process knowledge and integrate it into a working performance. What happens after? How to keep the flame alive, concerning scientific and intellectual activity and connection with colleagues? And when you are aware you are falling asleep - how to break this chain? Invest in areas like clinical activity, academic research, teaching?...

Method:

Content:

- Main temptations
- Main areas to develop
- How to do it?

Methods/session plan:

- Brief introduction to the intent of this workshop and some considerations about the main problems to solve.
- Assessment of each participant’s learning style - Small groups’ discussion in how to answer the questions made.
- Conclusions presentation, based on workshop structured discussion for posterior document preparation to be shared with WONCA Europe.

Results Goals:

- To understand the variables influencing the decrease of intellectual and scientific activity and the motivation level after the training program and during the career
- To share ideas and experiences in how to solve these problems and which areas can be developed, concerning each one’s characteristics
- To suggest ways to promote family doctors/general practitioner’s satisfaction, productivity and overall contribution to the society.

Conclusions: Many variables can influence the decrease of motivation and activity of general practitioners/family doctors leading to lack of satisfaction and even burnout in some cases. Sometimes it is hard to keep the enthusiasm, but in a profession so demanding like General Practice/Family Medicine we have many possibilities and solutions. It is important to emphasise and promote these working together.