

Nordic Leader Seminar 2021-minutes

Soria Moria hotel, Oslo, 25.-28. August

The Norwegian College of General Practice (NFA) and the Norwegian Association of General Practitioners (AF) hosted the seminar, originally due for August 2020 but was postponed twice due to Covid-19.

The participation was:

Denmark: Mireille Lacroix (PLO), Roar Maagard (DSAM), Anne Mette Torp (NYGP), Anders Beich (DSAM) and Bolette Friderichsen (DSAM)

Finland: Juha Auvinen (SYLY), Merja Laine (FAssGP), Johanna Salmio (GPF), Jaana Puhakka (GPF) and Annika Kolster (NYGP)

Sweden: Linn Ekstrøm (NYGP), Carolina Emdin (DLF), Marina Tuutma (DLF), Magnus Isacson (SFAM) and Heiko Botman (DLF)

Iceland: Salome Arnardottir (FIH), Margret O Tomasdottir (FIH) and Berglind Gunnarsdottir (FIH)

Norway: Marte Kvittum Tangen (NFA), Torgeir H Skavøy (NFA), Ivar Halvorsen (AF), Tor Carlsen (NFA), Ingvil V Alsnes (NYGP), Katrina Tibballs (NYGP), Nils Kr Klev (AF), Olav Thorsen (NCGP)

Stefan Hjörleifsson (Friday - NFA) and Anna Stavdal (Thursday - WONCA)

NFGP: Louise Hørslev, Johann Sigurdsson & Sanne Bernard

The professional agenda had been planned in the "Pre-meeting" in Aalborg, June 2019

1. "Country reports" from colleges and unions, including summary of the Covid experience.
Chair: Johann Sigurdsson
2. *Joint report from the NYGP group*, chaired by Katrina Tibballs (No). The group presented their statement on *GP specialist training of 2021*, aiming for all nordic countries to bring candidates to the same level.
3. *International perspectives on the role of general practice* – Anna Stavdal, Norway, President-elect of Wonca World. She pointed to core values as a common denominator for Wonca, maintaining personal, continuous and comprehensive care. Multidisciplinary care teams are needed for a resilient health system. Risk thinking and regard to overdiagnosis/overtreatment is another main objective for her coming presidency
4. Each country was assigned a theme for two hour sessions, including 30 min presentation, 30 min group reflections and 30 min plenary discussion

Sweden: How to advocate for family medicine and how to influence national choices. (Magnus Isacson, Heiko Botman). Sweden's hospital oriented system with shortage of GPs was described, with different standards in 21 regions. Involvement of college and union together in the public discourse and in contact with the political level and patient organisations is called for to confront the political challenge

Iceland: Specialist training. (Margrét Ólafía Tómasdóttir) described the Icelandinc system revised in 2021, based on UK programs and uniform teaching of mentors. She proposed a process toward

similar content in all Nordic countries and raised the question of joint accreditation in the Nordic countries.

Norway: National implementation of "Choosing wisely" (Stefan Hjørleifsson, leader of the NMA board for Gjør Kloke Valg). 15 medical specialties have listed procedures for the members to avoid. Several other professional organisations have joined. A campaign directed toward the population is under way. Strategies to convince the public that more is not always better was discussed.

Denmark – "Realistic medicine" (Anders Beich, Bolette Frierichsen). The concept is broader than Choosing wisely but includes it. The headline is: What can medicine do for health? Group discussions were on rejected referrals, defensive medicine and GP burnout, The Danish cluster model for quality development was described

Finland: Influencing guidelines - with regard to overdiagnosis (Juha Aivinen) The online Duodecim system was described, operative since 1881, financed by the ministry but with much voluntary work. Challenge of guidelines for multimorbidity is recognized and perhaps impossible to solve. Involvement of GPs in the process is necessary to support PHC-

5. Final session

Invitation to NCGP 2022 Stavanger by Olav Thorsen

Core values – The NFGP statement was presented (Johann Sigurdsson).

Discussion on hybrid congresses. The option has been developed but several downsides were pointed out. A digital alternative could reduce physical participation and the exchange across borders which is a main motive

Evaluation of the seminar

The program, including theme presentations, group sessions and plenary discussion was well received. The site was seen as very suitable. The option of starting earlier on Wednesday and finishing by Friday afternoon was discussed. There were pros and cons and no clear consensus. An opportunity for outdoor activity in the middle of the day, with corresponding lengthening of the professional program in the afternoon, was proposed.

6. The social agenda

Come together dinner on Wednesday

Visit to the "Rose Castle" – an exhibition of art revolving around the WW2 experience in Norway before dinner on Thursday

A mini concert in the hotel before festive dinner on Friday

13. sept 2021

Tor Carlsen
NFA secretariat