



The POMOR Program - specialist training in general practice in Northern Russia – stage II

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I General Practice Congress (Arkhangelsk region)

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Pomor program – II stage

- January 2012 - a group of tutors from Arkhangelsk and Murmansk (8 members)
- 3 joint meetings in 2012 (2 in Arkhangelsk and 1 in Murmansk)
- 2-day training seminar with Peter Prydz (regional advisor of Norwegian Medical Association)

The tutors meetings

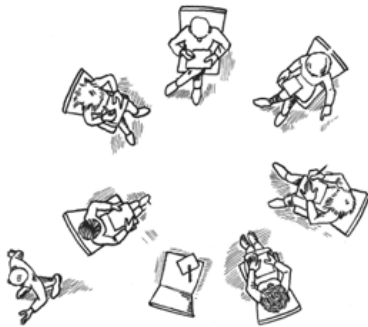


Two books for GPs were translated from Norwegian "Two years together" and "Travelling together as GPs"

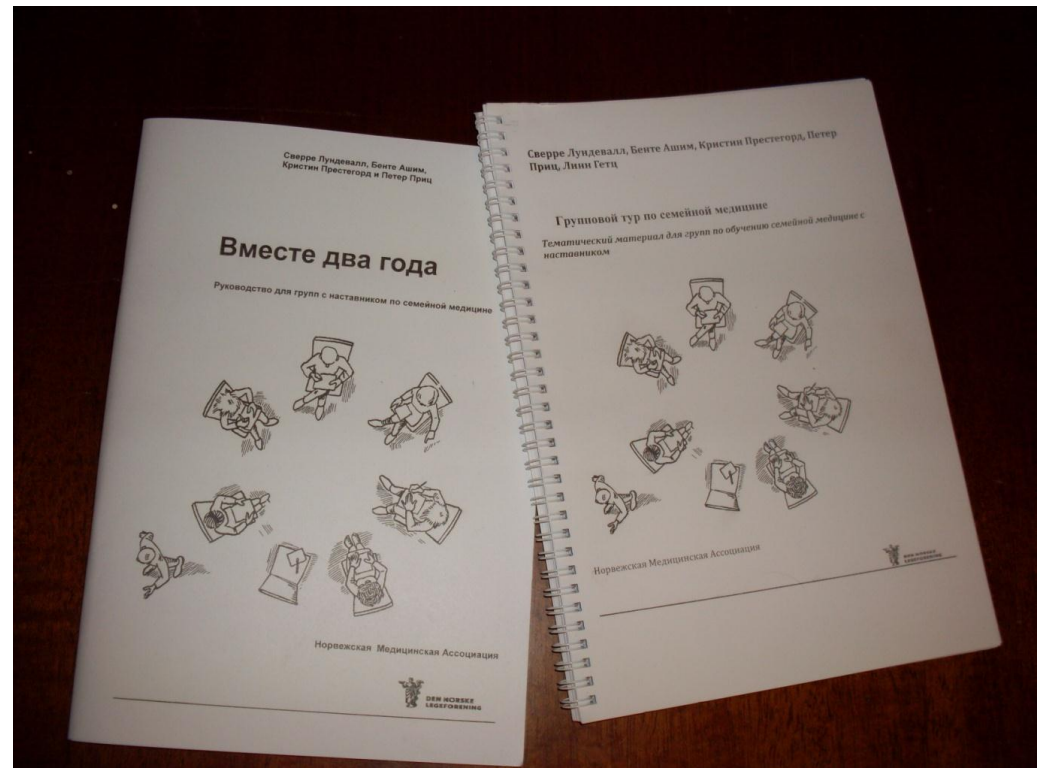
Sverre Lundevall, Bente Aschim, Kristin Prestegaard, Peter Frydz, Linn Getz

Allmenntmedisinsk gruppereise

Møteopplegg for veiledningsgrupper i allmenntmedisin



 DEN NORSKE
LÆGEFORENING



Arkhangelsk region

Three groups of general practitioners were created (2 tutors and 8 GPs in each)

The first meeting: April 2012

- Arkhangelsk: 7 meetings
- Severodvinsk: 7 meetings
- Velsk: 5 meetings

Arkhangelsk group

- 2 tutors, 8 GPs (participants)
- Age: from 23 to 53 years
- Participants - experienced general practitioners and novice physicians
- Each participant distinguishes curiosity, the need for training and updating of knowledge, commitment to professional development, high motivation

Organization of meetings

- Meetings are held two times a month, each - 3 hours
- The participants selecte the topic of the meeting in advance
- The meetings can be thematic and clinical
- The theoretical part is a small piece of
- The rest - practical skills, analysis of difficult and interesting clinical cases

Clinical cases



Challenges and difficulties (Arkhangelsk group):

The first meetings were traditional character presentations, lectures, report

Spaciousness of the topic chosen

Fear seem uninformed, ignorant, incompetent

Unwillingness to share their failures, mistakes, lack of communication

After the meeting had many unresolved issues

Challenges and difficulties (Velsk group)

Unreadiness to take the learning in the form of active discussion, and not as a passive listening

Fear of public speaking

The complexity of the perception itself tutor in further activities

Working with evidence-based medical information (EBM)

Learning English for updating medical information from primary sources

The achievements of Arkhangelsk group

- We have revised view at the model of the meetings
- One responsible GP is selected for the a meeting but all participants should prepare
- Meetings were held not as a monologue, but as a discussion
- Each participant speaks, we listen all opinions

The achievements of Arkhangelsk group

- More "narrow", a small topic for discussion
- Emphasis on the analysis of clinical cases encountered in daily practice
- We realized that we should prepare questions for the meeting, and no answers.
- Responses are born in the discussion
- Role-playing technique "doctor - patient"
- Trusting, friendly atmosphere in the group

The achievements of Velsk group

We have gained experience in team

Systematic updating of knowledge in a new form

We openly share personal experience and theoretical knowledge

We learned how to share medical information on levels of evidence-based medicine

We have overcome the "fear of public speaking"

Group program is a unique opportunity to share with others your own experience and the opportunity to look at ourselves in a new way

The Pomor Program in Primary Health Care Education.

Search

Presentation of a project in North West Russia financed by the Norwegian Government. The pages are under construction.



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