



1ST VIRTUAL CONGRESS OF
GENERAL PRACTICE
AND FAMILY MEDICINE

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e-Learning in General Practice/Family Medicine

New Learning Opportunities

April, May and June 2008



Weekly Journal

First Virtual Congress of General Practice and Family Medicine

May 12th 2008

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Editorial

Dr. Fernando Ferreira

Organizing Committee

Portugal



Dear colleagues

We are one third of the way into the First Virtual Congress of General Practice and Family Medicine, with 1467 participants from 63 countries. It was a departure to a hopeful adventure, for the exchange of knowledge and development of a new way of learning in our specialty.

Continuous learning is essential for family physicians, not only to improve healthcare but also for professional satisfaction.

Increasingly we defend the practice of evidence based family medicine, hence the importance of the exchange of information to establish that evidence.

Acknowledging the importance of information, the need for it to travel fast amongst scientific milieus and the need to point out our specialty's working capacity, we can clearly feel how significant this congress has been.

Without physical presence, we have doctors from 63 countries connected by the interest in knowledge. Never the initiative of so few united so many, in defence of the ideal that science doesn't know creeds or races, it only knows the affirmation of the human being and, in this case, of the participants in this congress.

If each one of us invites a colleague to register in the congress, we will be an even larger group, close to 3000... this is important so that a larger number of us can take part in this mark in the history of General Practice and Family Medicine in Portugal and all over the world.



Highlights

First Virtual Congress Discussion Forum

Discussion Forum

First Virtual Congress of General Practice and Family Medicine

Every learning process benefits from sharing opinions, exchanging experiences and discussing points of view. The FVCGPFM wishes to present a unique experience in medical eLearning. This way, besides the possibility of viewing several e-oral and e-poster presentations, it offers the opportunity for participants to discuss the viewed work with other congress participants and even with the authors themselves. All this in a message forum, through an environment of asynchronous participation.

The Organizing Committee of the FVCGPFM hopes that this will be yet another learning tool meeting your needs. Visit the FVCGPFM's discussion forum, at <http://forum.congressovirtualmgf.com>, only available in English.



What the Participants have to say

Dr. N. P. Viswanathan
General Practitioner
Bangalore, India



This virtual congress of general practice and family medicine is a very good step in bringing together family physicians and general practitioners from different parts of the world under a common banner.

In this congress, I am whole heartedly participating. This congress is very unique in several aspects. In this age of advanced telecommunications, this is the correct approach to bring medical knowledge in the form of E- learning to the very doors of family physicians and general practitioners. This is the joy of learning new things in family medicine.

There are very interesting topics, e- communications, symposiums and videos from NEJM. There is variety in subjects chosen. All the topics which I have gone through for the past 35 days have given me an opportunity to up date my knowledge in family medicine. All the doctors who have presented the topics have worked very hard and shown personal interest to make this August gathering a grand success.

This congress has set a very good precedent and set a very good example for others to follow in the International level.

Discussion forum is the best place where family physicians can exchange their views and learn new aspects. More than 1600 persons have registered for the congress. More doctors should register and take active part in the discussions.

If the authors of the presentation are not replying questions, senior family physicians and their guides should come forward and give their valuable opinion so that there will not be any deficiency in the exchange of medical knowledge.

I congratulate you for putting up nice art work done by family physicians at your art gallery. Kindly put up more photographs of tourist importance and the beautiful country side of Portugal, so that we can have a glimpse of your country.



What the Participants have to say (cont.)

This is a good beginning of first virtual congress and I wish you all success, at present and in the future to host many more.

In our country, India, health system is organised by government and by private.

Government of India is running Primary Health centres, District Hospitals, Family Welfare centres to give people complete, comprehensive care. Immunisation programmes are arranged regularly. Private people run hospitals and polyclinics with lab facilities and clinics are run by family physicians. 80% of the population in India is looked after by family physicians. Clinics are self funded.

I have been in medical practice for 34 years. I was also running a nursing home for some time. I also have paediatric training. I do not practice obstetrics or gynaecology as such services are provided by neighbouring lady Doctors.

I give complete comprehensive care for the families. I run well baby clinics and give immunisations. I make domiciliary visits. I work from 10 AM to 1PM and from 6PM to 9PM, Monday through Saturday. I do minor surgeries in the clinic.

I have provision for giving inhalation therapy to asthmatics. Serious cases I send to neighbouring hospitals. Cases which require specialist attention I refer and follow-up.

As far as the academic aspects are concerned, we have a Family Physicians Association, in Bangalore. We have more than 500 members. I am one of the founding members and past president. We bring out a bi-monthly journal. It is sponsored by Micro labs and more than 13000 Family physicians throughout India are sent free copies of the journal. We conduct 2 monthly clinical meetings. Family gatherings are also arranged periodically. I am also a member of Bangalore Paediatric Society and attend meetings. My favourite medical journals are BMJ, American family physician and Canadian family physician.

Since I am free in the afternoons, I browse through the internet, every day for 1 hour, to update my medical knowledge.

I thank Dr. Denise Alexandra and the other members of the organising committee for giving me an opportunity to appear in the congress journal and share my views and experience.

Thank you with love and warm regards,

Dr. N.P.Viswanathan



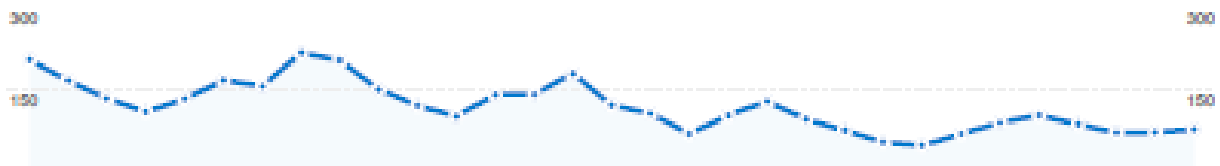
Thus goes the Congress

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Dashboard

9 Apr 2008 - 9 May 2008

Comparing to: Site



Site Usage

3,691 Visits

30,111 Page Views

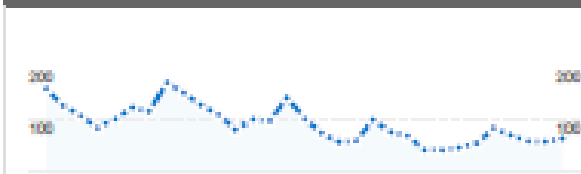
8.16 Pages/Visit

24.52% Bounce Rate

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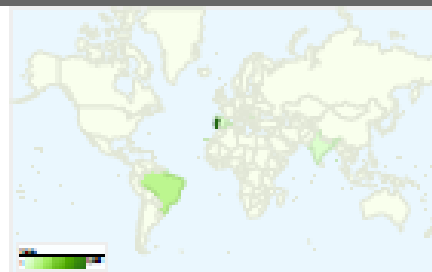
33.08% % New Visits

Visitors Overview

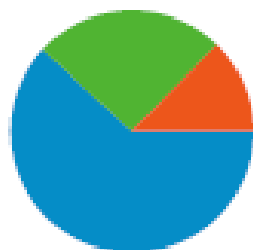


Visitors
1,671

Map Overlay world



Traffic Sources Overview



- Referring Sites
2,294 (81.88%)
- Direct Traffic
939 (25.44%)
- Search Engines
488 (12.68%)

Content Overview

| Pages | Page Views | % Page Views |
|-----------------------------|------------|--------------|
| / | 3,695 | 11.94% |
| /index.php?option=com_conte | 1,939 | 6.44% |
| /index.php?option=com_conte | 1,738 | 5.77% |
| /index.php | 1,266 | 4.20% |
| /index.php?option=com_conte | 1,246 | 4.14% |



What's new

Quality in Healthcare – Auditorium Luís de Camões

Innovation and Development

Dr. Ramon Morera i Castell, GP, Catalan Institute of Health, Barcelona, Spain

The experience of the Reach out and Read Program in the USA

Professor Perri Klass, Assistant Professor of Paediatrics, Medical University, Boston, USA

Literacy and health promotion in Primary Health Care

Dr. Rizério Salgado, GP, USF S. Julião, Oeiras Healthcare Centre, Child Health Group of APMCG

Dealing with Chronic Diseases – Auditorium José Saramago

E-counselling: a new therapeutic method for GP's/Family doctors

Dr. Yonah Yaphe, GP, University of Minho, Portugal

Hypertension in General Practice Context

Dr. Mário Dias, GP, USF Egas Moniz, Santa Maria da Feira Healthcare Centre, Santa Maria da Feira, Portugal

Dr. Áurea Morujão, GP, USF Egas Moniz, Santa Maria da Feira Healthcare Centre, Santa Maria da Feira, Portugal

Dr. Luís Silva, GP Registrar, USF Egas Moniz, Santa Maria da Feira Healthcare Centre, Santa Maria da Feira, Portugal

Inhaler Devices: Individualized Choice

Dr. Paula Ferreira, GP Registrar, S. João Healthcare Centre, Porto, Portugal

Dr. Catarina Gomes, GP Registrar, S. João Healthcare Centre, Porto, Portugal

Dr. Mário Santos, GP Registrar, S. João Healthcare Centre, Porto, Portugal

Dr. Sílvia Henriques, GP Registrar, S. João Healthcare Centre, Porto, Portugal

Hepatic Steatosis - when to valorize?

Dr. Luísa Sá, GP Registrar, Venda Nova Healthcare Centre, Lisbon, Portugal

Dr. Joana Severo, GP Registrar, Queluz Healthcare Centre, Sintra, Portugal

Hypotension in the elderly

Dr. Raquel Nadais, GP Registrar, Aveiro Healthcare Centre, Aveiro, Portugal

And when bones grow older...

Dr. Susana Medeiros, GP Registrar, USF AlphaMouro, Rio de Mouro Healthcare Centre, Sintra, Portugal



What's new

Non-traumatic knee pain

Dr. Inês Rosendo, GP Registrar, Eiras Healthcare Centre, Coimbra, Portugal

Dr. João Pedro Caetano, Orthopaedics Registrar, Centro Hospitalar de Coimbra, Portugal

Prevalence of Metabolic Syndrome in consultation

Dr. Miguel Santos Pereira, GP Registrar, USF Briosa, Norton de Matos Healthcare Centre, Coimbra, Portugal

Nutrition and Exercise in a Healthcare Centre

Dr. Inês Rosendo, GP Registrar, Eiras Healthcare Centre, Coimbra, Portugal

Treatment of Osteoporosis

Dr. João Pedro Caetano, Orthopaedics Registrar, Centro Hospitalar de Coimbra, Portugal

Dr. Inês Rosendo, GP Registrar, Eiras Healthcare Centre, Coimbra, Portugal

Technologies and Methods for the Implementation of Good Practices – Auditorium Fernando Pessoa

Videos produced by the New England Journal of Medicine

Nasogastric Intubation

Positive-Pressure Ventilation with a Face Mask and a Bag-Valve Device

Thoracentesis

Gynaecological examination

Professor José Martinez, Cova da Beira Hospital, Covilhã, Portugal/ Faculty of Health Sciences, University of Beira Interior

A Bridge between Imagiology and Clinics

Dr. Jorge São Martinho, Radiologist

Family Planning: Profile demonstrated in a Community

Dr. Marciele Guimarães Fagundes, GP, Paraná's Catholic Pontiff University, Brazil

Dr. Tânia Maria Santos Pires, Brazil

Internet - a new reality in consultation?

Dr. Welma Andrade, GP Registrar, Corroios Healthcare Centre, Lisboa, Portugal

Dr. Fátima Matos, GP Registrar, Corroios Healthcare Centre, Lisboa, Portugal



What's new

Evaluation for the Health Family Strategy Improvement: a brasilian proposal for the strengthening of the quality of Primary Health Care

Dr. Iracema Benevides, Dr. Rodrigo Hitoshi, Nurse Marcelina Ceolin,
Dr. Ávila Vidal, Dr. Fabiane Minozzo, Dr. Clarice Reis
Primary Healthcare Department, Health Minister, Brazil

Mosaico: an alternative health promotion project

Dr. Mellina Marques Vieira Izecksohn, GP, Fluminense Federal University, Brazil
Dr. Elizabeth Labruna, GP, Programa Médico de Família - Niterói, Brazil

Teaching and Learning – Auditorium Natália Correia

Continuous Professional Development: tools for the Family Doctor

Dr. Mónica Granja, GP, Sra. da Hora Healthcare Centre, Matosinhos, Portugal

Research and Drug Prescription – Auditorium António Lobo Antunes

Non-steroidal anti-inflammatory drugs prescription in a Primary Care Setting: Its temporal evolution

Dr. Dina Martins, Dr. Tiago Santos, Dr. Gonçalo Pimenta, Dr. Inês Rosendo, Dr. Liliana Constantino,
Dr. Maria Glória Neto, Dr. Maria Prazeres Francisco, Dr. Luiz Miguel Santiago
Eiras Healthcare Centre, Coimbra, Portugal

Medicines and the body: Medicines and Economy, the view of consumers

Dr. Luiz Miguel Santiago, GP, Eiras Healthcare Centre, Portugal

Freestanding e-communications – Auditorium Miguel Torga

Citicoline in Acute Ischemic Stroke

Dr. Rui Lima, GP Registrar, Campanhã Healthcare Centre, Porto, Portugal

Difference of inferior limbs length in youngsters: does it exist?

Dr. Tiago Santos, Dr. Gonçalo Pimenta, Dr. Inês Rosendo, Dr. Dina Martins
Dr. Liliana Constantino, Dr. Maria Glória Neto, Dr. Maria Prazeres Francisco, Dr. Luiz Miguel Santiago
Eiras Healthcare Centre, Coimbra, Portugal



What's new

Influenza Vaccination – Questionnaire in São Martinho do Bispo Health Centre

Dr. Pedro Bairrada, GP Registrar, S. Martinho do Bispo Healthcare Centre, Coimbra, Portugal

Dr. Rita Gomes, GP Registrar, S. Martinho do Bispo Healthcare Centre, Coimbra, Portugal

Dr. Rui Macedo, GP Registrar, S. Martinho do Bispo Healthcare Centre, Coimbra, Portugal

Dr. Hêrnani Caniço, GP Registrar, S. Martinho do Bispo Healthcare Centre, Coimbra, Portugal

Nurse Sónia Dias, Centro Hospitalar de Coimbra, Coimbra, Portugal

Nurse Regina Gomes, Centro Hospitalar de Coimbra, Coimbra, Portugal

Acute Nitrites Intoxication

Dr. Paul Serban, GP, Nicseni, Botosani, Romania

What is the cancer knowledge on risk factors, prevention and early detection of users from a Primary Health Care Centre file

Dr. Maria Amaral Almeida, GP Registrar, Ílhavo Healthcare Centre, Aveiro, Portugal

Influenza Vaccination – An example of the critical attitude de-manded to the Family Physician

Dr. Pedro Bairrada, GP Registrar, S. Martinho do Bispo Healthcare Centre, Coimbra, Portugal

Dr. Rita Gomes, GP Registrar, S. Martinho do Bispo Healthcare Centre, Coimbra, Portugal

Dr. Rui Macedo, GP Registrar, S. Martinho do Bispo Healthcare Centre, Coimbra, Portugal

Dr. Hêrnani Caniço, GP Registrar, S. Martinho do Bispo Healthcare Centre, Coimbra, Portugal

Nurse Sónia Dias, Centro Hospitalar de Coimbra, Coimbra, Portugal

Nurse Regina Gomes, Centro Hospitalar de Coimbra, Coimbra, Portugal

Menopausal Vasomotor Symptoms - Phytoestrogens: Yes or No?

Dr. Marisa Prada Belchior, GP Registrar, Santo Tirso Healthcare Centre, USF Ponte Velha, Santo Tirso, Portugal

Dr. Sónia Ferreira, GP Registrar, Santo Tirso Healthcare Centre, USF Ponte Velha, Santo Tirso, Portugal

Analysing the Urinalysis

Dr. Elisa Guerra, GP Registrar, S. Mamede de Infesta Healthcare Centre, ULS Matosinhos, Porto, Portugal

Dr. Patrícia Bernardino, GP Registrar, S. Mamede de Infesta Healthcare Centre, ULS Matosinhos, Porto, Portugal

Work Related Eye Injuries – The Family Physicians' role

Dr. Sílvia Henriques, GP Registrar, S. João Healthcare Centre, Porto, Portugal

Dr. Catarina Gomes, GP Registrar, S. João Healthcare Centre, Porto, Portugal

Dr. Mário Gomes, GP Registrar, S. João Healthcare Centre, Porto, Portugal

Dr. Paula Ferreira, GP Registrar, S. João Healthcare Centre, Porto, Portugal



What's new

Lung Cancer - A Family Physician's Diagnosis

Dr. Pedro Bairrada, GP Registrar, S. Martinho do Bispo Healthcare Centre, Coimbra, Portugal

Dr. Rita Gomes, GP Registrar, S. Martinho do Bispo Healthcare Centre, Coimbra, Portugal

Dr. Rui Macedo, GP Registrar, S. Martinho do Bispo Healthcare Centre, Coimbra, Portugal

Dr. Hêrnani Caniço, GP, S. Martinho do Bispo Healthcare Centre, Coimbra, Portugal

Nurse Sónia Dias, Centro Hospitalar de Coimbra, Coimbra, Portugal

Prevention of falls in the elderly people

Dr. Luís Silva, GP Registrar, USF Egas Moniz, Santa Maria da Feira Healthcare Centre, Santa Maria da Feira, Portugal

Dr. Nicole Vieira, GP Registrar, Santa Maria da Feira Healthcare Centre – Argoncilhe Unit, Santa Maria da Feira, Portugal

Dr. Márcio Silva, GP Registrar, Espinho Healthcare Centre, Espinho, Portugal

Dr. Ana Sofia Albergaria, GP Registrar, USF Famílias, Santa Maria da Feira Healthcare Centre, Santa Maria da Feira, Portugal

Atchim, atchim, atchim... what if I just migrate?!

Dr. Welma Andrade, GP Registrar, Corroios Healthcare Centre, Lisbon, Portugal

Dr. Fátima Matos, GP Registrar, Corroios Healthcare Centre, Lisbon, Portugal

Vaccination against Human papillomaviruses - A New Prevention Weapon

Dr. Andreia Neves, Dr. Margarida Valente, Dr. Nelson Milagre,

Dr. Rita Paulino, Dr. Susana Gomes

Queluz Healthcare Centre, Sintra, Portugal

Which vaccines should adults take?

Dr. Mariana Lameiras, Dr. Catarina Almeida Empis, Dr. M. Teresa Costa

Dr. Rita Tato, Dr. Susana Mendonça

Lapa Healthcare Centre, Lisbon, Portugal

USF São Julião, Oeiras Healthcare Centre, Oeiras, Portugal

Hypoglycemia repetitive crises

Dr. Nicole Vieira, Dr. Luís Silva, Dr. Márcio Silva, Dr. Ana Sofia Albergaria

Santa Maria da Feira Healthcare Centre, Santa Maria da Feira, Portugal

Espinho Healthcare Centre, Espinho, Portugal



What's new

Gastric Cancer: The Influence of Environmental Factors

Dr. Pedro Bairrada, GP Registrar, S. Martinho do Bispo Healthcare Centre, Coimbra, Portugal

Dr. João Arcanjo, GP Registrar, Arganil Healthcare Centre, Coimbra, Portugal

Dr. Rita Gomes, GP Registrar, S. Martinho do Bispo Healthcare Centre, Coimbra, Portugal

Dr. Rui Macedo, GP Registrar, S. Martinho do Bispo Healthcare Centre, Coimbra, Portugal

Cow's Milk Allergy – Case Study

Dr. Rui Lima, GP Registrar, Campanhã Healthcare Centre, Porto, Portugal

Symposia AstraZeneca

Asthma: the Portuguese reality

Dr. Mário Morais de Almeida, Allergologist, CUF Descobertas Hospital, Lisbon, Portugal; President of the Portuguese Society of Immuno-Allergology – SPAIC

Making asthma treatment simpler

Prof. J. Agostinho Marques, Pneumologist, Head of the Department of Pneumology, São João Hospital, Porto, Portugal



Where we are

http://www.tsf.pt/online/vida/interior.asp?id_artigo=TSF190184

<http://www.portaldasaude.pt/portal/conteudos/a+saude+em+portugal/eventos/cvmgf.htm>

<http://ww1.rtp.pt/noticias/index.php?article=336562&visual=26&rss=0>

<http://www.mni.pt/destaques/?cod=10474&MNI>

<http://embaixada-portugal-brasil.blogspot.com/2008/04/portugal-lana-i-congresso-virtual-de.html>

http://jpn.icicom.up.pt/2008/04/01/i_congresso_virtual_de_medicina_liga_em_rede_mais_de_57_paises.html

<http://www.webjornal.info/modules/news/print.php?storyid=5295>

<http://www.jasfarma.pt/noticia.php?id=1258>



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What we still have in store for you

Medical Ethics in practice. The Bochum Protocol

Dr. Sandra Feliciano and Professor Hans-Martin Sass

Computers, Internet and PDA's: decision support systems in General Practice/Family Medicine

Dr. Carlos Martins, GP, São João Healthcare Centre, Porto, Portugal

Recommendations for pain pharmacological treatment

Dr. José Eduardo Oliveira, GP, Department of Palliative Care, Portuguese Cancer Institute, Porto, Portugal

Dr. Margarida Brandão, GP, USF Fanzeres, Gondomar

Palliative Care Work Group of the Portuguese Association of General Practitioners



Portugal in pictures



City of Oporto