The Family Doctor
- an agent for healthy eating

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Our Mission

• **Improving the quality of life** of the peoples of the world.

• Fostering & maintaining **high standards of care** in general practice / family medicine.

• Promoting **personal, comprehensive and continuing care** for the individual in the context of the family and community.

• Encouraging and supporting the development of **academic organizations** of general practitioners / family physicians.
47 member countries
120,000 family doctors
12 networks & SIGs

Annual conferences
European Journal of General Practice
Scholarship and bursaries
Advocacy

Wonca
World family doctors. Caring for people.

EUROPE
WONCA's mission is in line with the SDG defined by UN/WHO

There is a need for a medical paradigm shift: From the disease model to the health model
My practice: my professional home

Bolteløkka legesenter, Oslo
https://www.youtube.com/watch?v=6wVgR4bpaR4
The WONCA Europe consensus document on the European *definition* of GP/FM (2002, with revisions in 2005 and 2011) states that “GP/FM is an academic and scientific discipline, with its own educational content, research, evidence base and clinical activity, and a clinical specialty orientated to primary care”
Golden moments

PHC 95%

SHC 5-10%

hospitalisation 2-5%
“From cradle to grave”- continuity of care is key!
“IF ONE IS TRULY TO SUCCEED IN LEADING ANOTHER PERSON TO A SPECIFIC PLACE, ONE MUST FIRST AND FOREMOST TAKE CARE TO FIND HIM WHERE HE IS AND BEGIN THERE.”

Søren Kierkegaard
1813-1855

The core of person centered care
Continuity of care is key
- and Person Centered Care is the method

Rather than the conventional way of making medical recommendations *from* health professionals *to* a patient, the *person-centred care model* allows for an inclusion of the patient and their relatives in making a joint design and mutual agreements of the medical plans and treatments.
The individual context:
- Education/socioeco status
- Ideas/Beliefs
- Emotions
- Expectations

**Subjective**
- History

**Objective**
- Clinical examination + lab, x-ray etc

**Analysis**
- Diagnostic way of thinking

**Plan**
- Actions and precautions
FOOD, - so much more than nutrition

Meaning
Identity
Recognition
Belonging
Different contexts – different solutions
How to make this meaningful?
KNOWLEDGE NEEDED:

KNOWLEDGE:
- about medicine / NUTRITION
- about knowledge
- about the culture
- about oneself

SKILLS NEEDED:
- Recognize “the golden moment”
- Respectful approach

“Man needs more to be reminded than instructed.”

Michael W. Kahn, M.D, professor i psykiatri, Harvard
NEJM May 2008