

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.

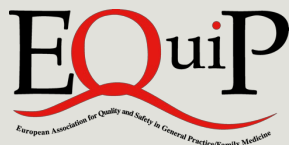
EUROPE



Wonca

World family doctors. Caring for people.

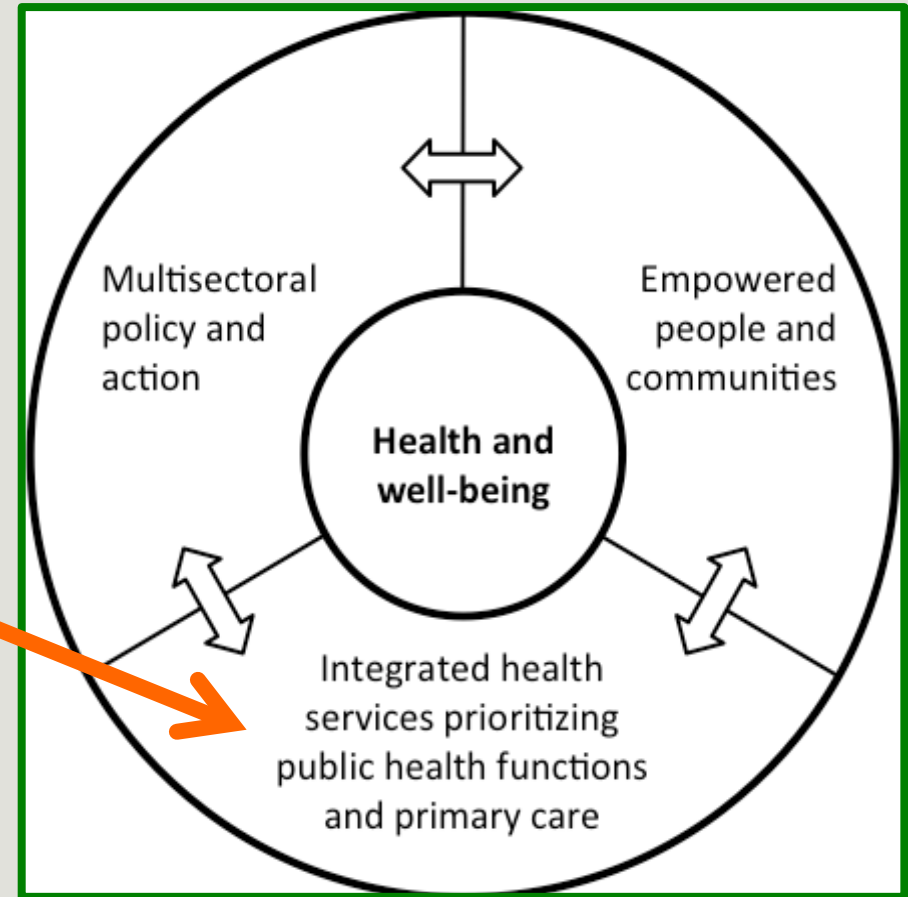
EUROPE





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



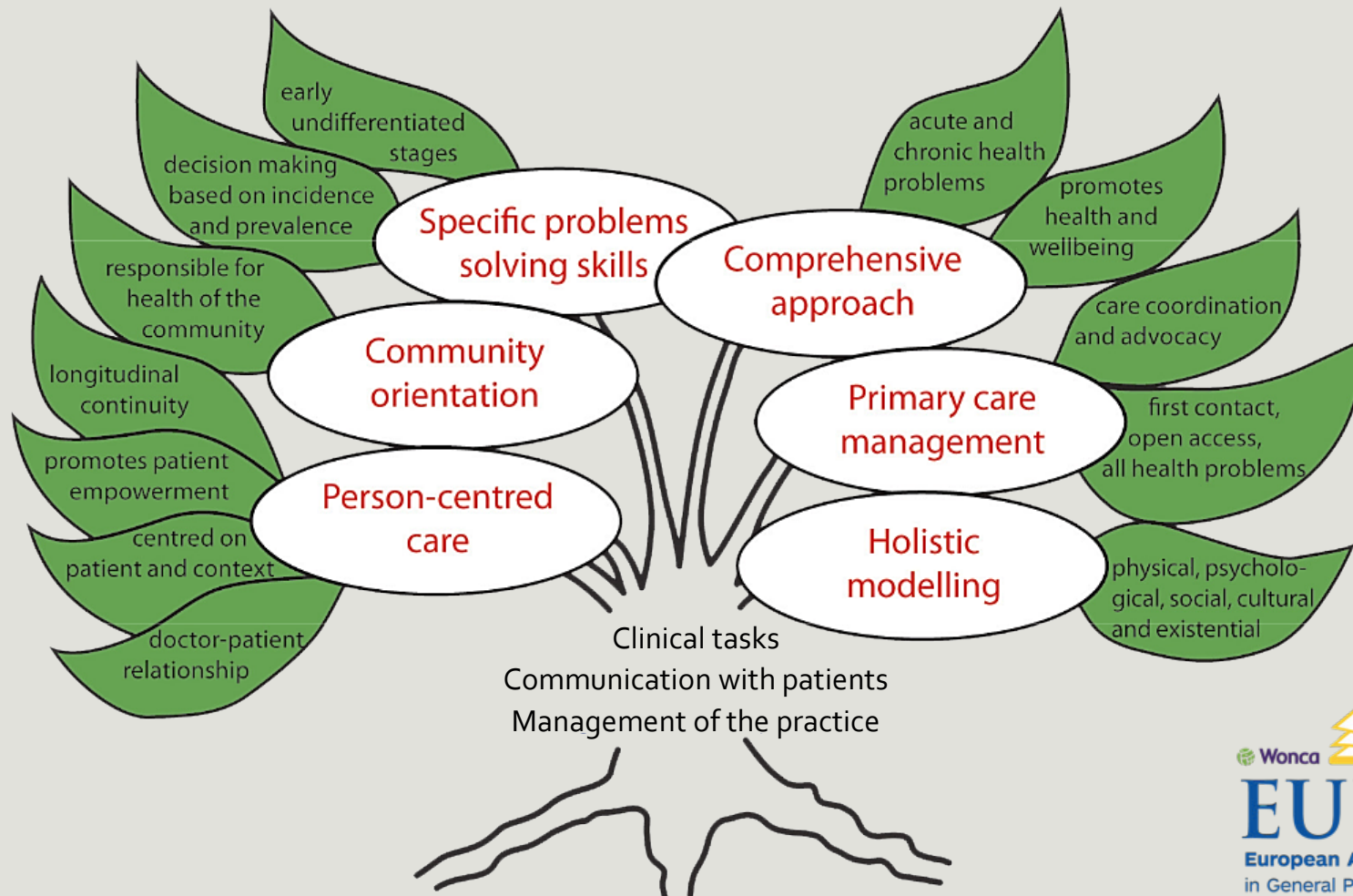
My practice:
my professional home



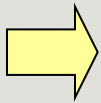
Bolteløkka legesenter,
Oslo

<https://www.youtube.com/watch?v=6wV9R4bpaR4>

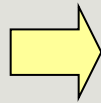
The WONCA Europe consensus document on the European *definition* of GP/FM (2002, with revisions in 2005 and 2011) states that “GP/FM is an academic and scientific discipline, with its own educational content, research, evidence base and clinical activity, and a clinical specialty orientated to primary care”



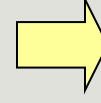
Golden moments



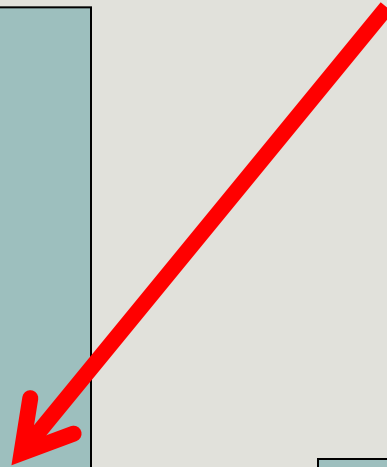
PHC
95 %



SHC
5-10 %



hospitalisation
2-5 %



“From cradle to grave”- continuity of care is key!



"The art of helping"

"IF ONE IS TRUELY 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

Objective

Analysis

Plan

History

Clinical examination + lab, x-ray etc

Diagnostic way of thinking

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