

World Young Doctors' Day 2015

24 June 2015

Report

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1. Introduction

The theme of the third World Young Doctors Day was Careers in Medicine. While some career paths may be paved and clear, others, particularly those in public health, are less easy to construct. WYDO often finds young doctors searching for support in career choices. The topic also raised other issues, such as satisfaction with the choice of becoming a medical doctor, how well we can cope with the work and if we can combine it with having friends and family.

This report compiles the activities that were organized around the world. We published a magazine with interviews with young doctors about their careers and conducted a pilot survey to get an idea of the career satisfaction among young doctors. In addition, young doctors organized national activities in Greece, India and Tanzania.

2. E-magazine

By Sophie Gubbels and Jade Khalife, WYDO board members

For World Young Doctors Day 2015, we interviewed eight young doctors from different fields and countries. The result was a colourful and inspiring insight in the career paths and ideas and considerations behind the careers of these young doctors. The e-magazine also included an article with advice on career choices from Heidi Moawad, the author of *Careers Beyond Clinical Medicine & The steps to becoming a professional expert*.

The responses we received were very positive. Medical students and recently graduated young doctors mentioned that it was useful to learn about the struggles that others have had and to see how they developed their careers.

The e-magazine can be found here: <http://www.wydo.org/publications/>

3. Online survey

By Sophie Gubbels, WYDO board member

We held a survey to find out what young doctors think of their careers and how satisfied they are with the career paths they are on. The results will be used to identify areas in which WYDO could support young doctors. Here we report the preliminary results.

Most participants started their medical studies out of an ideal to help people and improve healthcare in their countries. A few mentioned social status, influence of family and teachers and money. Half of the

participants was not able to pursue the specialty of their choice. Reasons mentioned were discriminatory selection procedures, lack of funding, limited options due to the financial crisis and inability to match. Although not all participants are satisfied with their choice for medicine, all were satisfied with the specialty they ended up in.

Participants report room for improvement in the medical studies to be better equipped for their careers. Practical skills and support in career choices were missing according to the participants. None of the participants felt that they could maintain a healthy balance between work and private life.

The following suggestions were done to WYDO to support young doctors:

- Fight against discriminatory selection procedures.
- Make sure proper facilities and conditions are available to young doctors.
- Conduct workshops on career decision making and career development education.
- Advertise career opportunities when available in the global market.
- Suggest tools for young doctors to assess their career aspirations.
- Conduct life skill workshops on balancing work with life.
- Help improve conditions of young doctors by interacting with the government on improving payment, working environment, annual holidays etc.
- Push for worldwide legislation protecting doctors from being overworked, eg. training time embedded within working hours.

These are very useful suggestions. WYDO will do its best to follow up on each of these.

4. Workshop in India

By Prem Reddy, WYDO board member

In celebration of World Young Doctors Day 2015, a workshop was conducted in India on "Careers in Medicine" with the intention to enlighten young doctors about various career opportunities available within the country and abroad. In this workshop, the senior faculty also shared their clinical experiences along with some tips on clinical practices.

Upon the completion of this workshop, Junior Doctors and House surgeons thanked the WYDD team and expressed that this workshop helped them to understand the career opportunities available within the country and abroad. They also expressed that this workshop enabled them to know more about various emerging fields in the medicine and gave them in depth knowledge about various career opportunities.

Further plans are being made by the senior faculty to conduct similar workshops in the future to help young doctors.

The pictures include the starting ceremony, audience, guest speakers and organizing team.



5. Cardiopulmonary resuscitation training in Tanzania

By Anzibert Rugakingira, WYDO National Focal Point for Tanzania

On World Young Doctors Day 2015, the Tanzania Young Doctors Association (TaYoDa) was launched. TaYoDa recognizes the immense contribution being made daily by young Doctors in Tanzania, and thus it seeks to foster that image. As the Tanzania healthcare system is under evolution, TaYoDa is dedicated to ensuring sustainable medical practices that bring about better health outcomes for patients. TaYoDa envisages to work closely with WYDO in the course of espousing endeavours to pitch in loyal support in health promotion activities at home and afield.

As its first activity TaYoDa organized a cardiopulmonary resuscitation (CPR) training, because young doctors should be well trained to offer this service with confidence and through teamwork. The training was given by Dr. Mzava at the Amana Hospital in Dar es Salaam, Tanzania.



6. Young doctors in Greece

By Kostas Roditis, WYDO board member

Junior Doctors Network (JDN) Hellas celebrated World Young Doctors Day 2015 by organizing an online awareness campaign about various aspects of Careers in Medicine for Greek Junior doctors, which was based on the data collected by an online survey conducted one month before 24 June 2015 among Greek Junior doctors. From 22 June till 28 June 2015 this information was disseminated through social media (Facebook and Twitter account of JDN-Hellas) and at the same time a press release was prepared on 24 June with a summary of the survey's findings to be shared with the Greek press and all medical societies and the Greek National Medical Association. One of the most visited medical-oriented blogs, www.docmeds.gr published the press release on 24 June 2015.

7. In kind sponsorship and publicity

Oxford University Press provided four books for four persons who filled out the survey. The winners were: Shehab Khashaba from Bahrain, Yeshwanth Sonnathi from India, Eirini Kefalidi from Greece and Kostas Roditis from Greece. Oxford University Press also announced World Young Doctors Day on their Facebook page.

Wisepress Online Medical Bookshop advertised in the e-magazine providing 15% discount to young doctors on their products.

Specifically for World Young Doctors Day, the journal Thrombosis and Haemostasis announced a competition on their Facebook page for young doctors where they could win a 1-year free subscription.

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