



*Fishing for facts:
navigating the sea of information in family medicine*

FRIDAY – 30.01.2026

	Hall A Alfa	Hall B Omega	Hall C Gamma	Hall D Sigma	Hall E Epsilon	Hall F Beta	Hall G Kapa
9:00 – 12:00	EYFDM Council meeting						
start at 12:30	Registration						
13:00 – 13:45	Coffee and light lunch						
13:45 – 15:15	Opening Ceremony & Keynote 1						
15:30 – 16:30	Lecture 1.1 & 1.2	WS 1.1	WS 1.2	WS 1.3	WS 1.4	OP 1	WS 1.5
16:30 – 17:00	Coffee break						
17:00 – 18:00	Lecture 2	WS 2.1	WS 2.2	WS 2.3	WS 2.4	OP 2	WS 2.5
19:00 – 23:00	Dinner and Social Programme (Arter)						

SATURDAY – 31.01.2026

	Hall A Alfa	Hall B Omega	Hall C Gamma	Hall D Sigma	Hall E Epsilon	Hall F Beta	Hall G Kapa
9:00 – 10:15	Keynote 2 & 3						
10:15 – 10:45	Coffee break						
10:45 – 11:45	Lecture 3	WS 3.1	WS 3.2	WS 3.3	WS 3.4	OP 3	WS 3.5
12:00 – 13:00	Lecture 4	WS 4.1	OP 4.1	WS 4.2	WS 4.3	OP 4.2	WS 4.4
13:00 – 14:00	Lunch						
14:00 – 15:00	Panel discussion						
15:15 – 16:15	Lecture 5.1 & 5.2	WS 5.1	WS 5.2	WS 5.3	WS 5.4	OP 5	WS 5.5
16:15 – 16:45	Coffee break						
16:45 – 17:45	Closing ceremony & Keynote 4						
19:00 – 22:00	Dinner party (Olde Hansa)						

Online programme: eyfdmforum2026.eu/schedule

Programme

Lectures & Keynotes

Keynote 1 Opening ceremony & Keynote 1: Beyond the Captain: Why Primary Care Needs a Whole Crew to Navigate Complexity – *prof Ruth Kalda*

L 1.1 Tackling health inequalities in family medicine: an overview of the evidence – *Charlotte Morris*

L 1.2 European Young Family Doctors Movement Exchange Programs – *Yanica Vella, Raisa Alvarez Paniagua*

L 2 Health as National Defense: The Vital Role of Family Doctors – *Liucija Lekienė, Beatričė Vėliuviénė, Katrina Priede, Jürgen Merilind*

Keynote 2 The role of primary health research in family practice – why every patient encounter can be a source of scientific data – *prof Thomas Frese*

Keynote 3 Charting the Genetic Seas: How Genomics Transforms Patient Care – *prof Lili Milani*

L 3 When the doctor becomes the patient: Rethinking chronic disease burden – *Kati Koost, Ikbal Humay Arman, Elina Treija*

L 4 Genetic testing in primary care: Think Genetics! A guide to the use of genetic testing in primary care, through practical cases and examples from around the world – *Dr D. phil. Michael Morris, Group Head of Genetics, SYNLAB. SYNLAB sponsored lecture*

Panel discussion With or Without the Patient? The Evolving Role of Family Physicians in the Digital Era – *Anna Stavdal, Daria Gheorghe, Gerhard Grents*. Moderator: *Lona-Liisa Pruks*

L 5.1 How people lie with statistics: a guide for family medicine doctors – *Charlotte Morris*

L 5.2 Fishing for the gaps and opportunities in family medicine literature: Worldwide perspective – *Ikbal Humay Arman, Paula Sala Ivars, Gulsah Onur, Ernest Ekezie, Seyma Handan Akyon, Manar Alghamdi, Yusuf Arman*

Keynote 4 Closing ceremony & Keynote 4: Surfing in the storm of change – *dr Alex Harding*

Workshops

Refugee movements, measles resurgence and immunization strategies in family practice – *Bilik Sezer, Arman, Alekseichenko, Catalina Andreea, Dikmen, Guleldani, Büyükdağ Nam, Agirbas, Meira Silva Magalhaes*

WS 1.1 Tic-Toc on the clock: a medical escape room for primary care emergencies – *Nicolaita Colacel, Pires Baltazar, Ouahhoudi Ajouini, Fomin, Aliahmad, Tincu-Modran, John-Charles Robertson, Bakker, Popescu, Vella*

WS 1.2 Certific sponsored workshop: Using LLM in practise - Certific example.
WS 1.3 Gosta Labs sponsored workshop: The AI-Augmented GP: Understanding Ambient Intelligence

WS 1.4 Beyond the label: the hidden world of endocrine disruptors in everyday products and their effects on personal and public health – *Alonso Valencia, Sala Ivars, Álvarez Paniagua, Ruferová, Cordovil, Jotić Ivanovic, Gokdemir, De Ataíde Santana, Cordova Ríos*

WS 1.5 Fishing in the sea of medical records: a structured pain consultation – *Freinberger, Popescu, Gramada, Ruferova, Reczek, Platania, Reczek, Alekseichenko, John-Charles Robertson, Mamo*

WS 2.1 The Estonian Society of Family Doctors sponsored workshop: Difficult patients in family medicine - secrets and tips how to survive – *Sadrak, Ingerainen, Jorro, Špol*

WS 2.2 From Rhythm to Remedy: A Gamified Clinical Workshop – *Alekseichenko, Cordova Irusta, Morris, Vella, Majkut, Quesada Morón, Kupriianova, Tkachenko*

Workshops

WS 2.3 "Ask the audience" lifeline: interactive simulations of acute scenarios in family medicine – *Baltazar, Nicolaita, Fomin, Pereira, Popescu, Aliahmad, Clemente, Yousif, Rech, Vella*

WS 2.4 When the party ends: supporting patients through club drug abuse – *Moura Cardoso, Carvalho, Magalhães, Rusashvili, Nur Ağırbaş*

WS 2.5 Dermatoscopy in family medicine: empowering general practitioners for early skin cancer prevention – *Vacaru, Ceausu, Dumitra, Roxana, Dumitra, Silvia*

WS 3.1 Creative health: finding space for creativity amidst an AI revolution – *Caulfield, Morris, Schweiger, Rey Seoane*

WS 3.2 Fishing for facts with AI: practical tools for family doctors – *Baltazar, Abecasis, Onur, Tincu-Modran, Ruferová, Popescu, Magalhães, Humay Arman, John-Charles Robertson, Emin*

WS 3.3 WONCA and EYFDM [organized workshop](#): Fishing for values to bridge knowledge gaps – *Stavdal, Gheorghe, Vella, Alonso Valencia, Susi, Reim*

WS 3.4 Unlocking potential: the power of young family doctors as advocates – *Merilind, Rimm, Paat, Heimets, Salumäe*

WS 3.5 Escape the spread – tackling sexually transmitted infection in family medicine – *Ouahhoudi Ajouini, Nicolaita Colacel, Platania, Basri, Rusashvili, Cernat, Livadaru, Pereira*

WS 4.1 Periods: the game. Everything you wanted to know and you didn't dare to ask – *Alonso Valencia, Alvarez Paniagua, Sala Ivars, Rey Seoane, De Ataíde Santana*

WS 4.2 Learning to Become a WONCA Five-Star Doctor Through Gamification – *Humay Arman, Agirbas, Arman, Onur, Bilik Sezer, Magalhaes, Guledani, Dikmen, Buyukdag Nam*

WS 4.3 Putting yourself in the patient's shoes – *Prett, Velgan*

WS 4.4 The pink tax and menstrual injustice – *John-Charles Robertson, Dobbin, Ruferova*

WS 5.1 Doctors in social media – from misinformation to meaningful messages – *Vanaveski, Pind, Ruus, Tiidenberg, Davidjants*

WS 5.2 Caring for the carers: recognising and addressing informal caregiver burden – *Ruferová, Alonso-Valencia, Guledani, Kerhartová, Sala Ivars, Sá Ruivo, Mohamed, Ouahhoudi Ajouini, Gokdemir*

WS 5.3 Pharmacogenetics: A Hands-On Guide for Family Doctors. Dr D. phil. Michael Morris, Group Head of Genetics, SYNLAB. [SYNLAB sponsored workshop](#)

WS 5.4 Fighting resistance: How family doctors can reduce the impact of antimicrobial resistance in their community – *Wolf Travassos de Carvalho, Andreea Popescu, Guledani, Rusashvili, Orbu, Nicolaita Colacel*

WS 5.5 Navigating the sea of advocacy: from grassroots ideas to systemic change – *Kõrgmaa*

Oral presentations

OP 1
8-minute presentations

OP 1.1: Telephone-based triage in primary care: a comparative study of nurses' and physicians' roles in after-hours care coordination

OP 1.2: The Territorial Assistance Unit (NAT): a new organizational model to address the shortage of family doctors in Reggio Emilia

OP 1.3: The Unified Centre for Non-Urgent Care: improving appropriateness and patient flow in Community Urgent Care Centres (CAU)

OP 1.4: Can de-budgeting save primary care physicians in Germany? A policy turning point for general practice

OP 1.5: Undercover simulation in GP residency training: a qualitative study in medical education

OP 1.6: A Teacher's Commitment – Teaching Means Learning; From Module Development to Implementation Supported by Evaluation

Oral presentations

OP 2.1: Sexual Dysfunction in a Young Adult: An Atypical Manifestation of Familial Amyloid Polyneuropathy – Case Report

OP 2.2: Pediatric Trigger Thumb: A Case Report

OP 2.3: Age is no barrier: syphilis, an overlooked rise

OP 2
5-minute presentations

OP 2.4: Role of dermatoscopy in primary care: early detection of melanoma during a routine consultation.

OP 2.5: Who sees first ? Recognition of retinoblastoma in Latvian children during the last decade

OP 2.6: Influence of lifestyle factors on ulcer healing following antibiotic therapy for Helicobacter pylori infection

OP 2.7: The impact of vitamin A supplementation on the mitigation of measles-related complications

OP 3.1: Efficacy and safety of intermittent fasting in patients with type 2 diabetes mellitus - A systematic review

OP 3.2: Keeping it sweet: catching the lows before they strike

OP 3.3: The sudden drop : Unmasking the real villain behind the blackout

OP 3
8-minute presentations

OP 3.4: Building a primary care-oriented clinical program: lessons from a junior family doctor's perspective

OP 3.5: Intimate hygiene habits: what are the facts?

OP 3.6: HIV-testing in primary and specialist care in 2018–2020 based on national health insurance data

OP 4.1: Readiness and motivation of Latvian family doctors for digitalization of practices to promote the well-being of primary health care

OP 4.2: Integrating ChatGPT into family medicine: a comparison between the United States and Europe

OP 4.1
5-minute presentations

OP 4.3: The Race Against the Clock: Primary Care's Code Red for Anaphylaxis

OP 4.4: The Unmasking: How Steroids Brewed a Diabetic Storm

OP 4.5: Artificial intelligence devices in diabetes mellitus management: a review

OP 4.6: Trust, fear, and experience: decoding influenza vaccine hesitancy in Romania

OP 4.7: Bridging the gaps in perimenopausal care: advocating for women's voices in Latvian primary healthcare

OP 4.2.1: Skills and Experience of Estonian Family Doctors in Managing Patients with Depression

OP 4.2.2: Postpartum depression

OP 4.2.3: Multidimensional complexities of chronic tick borne diseases in family practice

OP 4.2
8-minute presentations

OP 4.2.4: Management of adult insomnia in primary care: a retrospective study based on six general practice patient lists

OP 4.2.5: Comparing outcomes of amoxicillin, amoxicillin-clavulanate, and no antibiotics in adults with acute rhinosinusitis and comorbidities - A retrospective cohort

OP 5.1: Health perspectives of the ngöbe indigenous community in Costa Rica

OP 5.2: Addressing existential distress in palliative care: developing a team-based approach for early recognition and management

OP 5.3: Integrating palliative home care into emergency services pathways: an innovative model for dignified end-of-life care

OP 5
15-minute presentations

OP 5.4: Grab the wheel or step in the spiderweb – determine your course; Two easy tools for an important conversation.