



European Forum for Primary Care

Activity Report, July 2018 – June 2019

Introduction

After having operated for more than 6 years as an informal network, the European Forum for Primary Care (EFPC) was formally established as an association under Dutch law in September 2011. The Association year runs from July to June.

This Activity Report covers the period July 2018 - June 2019, presented to the members by the Executive Board at the General Assembly of the EFPC.

General Reflection

2018-2019 has been successful for the EFPC in which we were able to make substantial steps towards more influence in Europe by for example being accepted as an official member of the EMA Health Care Professional Working Party and accredited as a Strategic Partner of the WHO Regional Office for Europe. Also important was our strong representation at the Global Conference on Primary Health Care, 25/26 October in Astana, Kazakhstan with former chair Prof Jan De Maeseneer and new Executive Board member Andrea Canini, representing the You&EFPC, being invited by the WHO as part of the Young Leaders Network.

The You&EFPC continued their activities resulting in more persons involved and playing a very active role in the EFPC Crete pre-conference.

The Executive Board experienced some changes with Danica Rotar and Peter Groenewegen, members from the early start of the EFPC, leaving the Board and new members Judith de Jong, Alessandro Mereu and Andrea Canini coming in.

Former chairman Jan De Maeseneer remained chair of the EU Expert Panel on effective ways of investing in health.

Financially it remains a challenge. Although we improved on the level of getting new members and retaining current members, we are now facing a drop in the EU funded projects we are involved in. A new strategy was developed to get more members and the secretariat has put more energy to assure that the added value of our activities is sufficiently communicated with our membership and potential new members.

A number of activities were received extremely well. In particular we can mention the launch meeting of the PRIMORE project and the series of lunch-webinars. Also the Crete conference was evaluated well, with many interactive sessions. In Crete, we once again held active outdoor debate sessions and managed to have a strong connection with the Greek primary care community, representing the different professions. Being hosted by the Technological Educational Institute of Crete, home for the education of nurses, social workers, etc., was very helpful in this respect.

Highlights 2018-2019 according to the EFPC Executive Board members

- EFPC being accepted as an official member of the EMA Health Care Professional Working Party and accredited as a Strategic Partner of the WHO Regional Office for Europe.
<https://www.ema.europa.eu/en/committees/working-parties-other-groups/chmp/healthcare-professionals-working-party>
http://www.euro.who.int/_data/assets/pdf_file/0011/387533/nsa-profiles-combined-eng.pdf?ua=1
- Signing the joint statement for “Strengthening collaboration between EMA and general practitioners/family physicians” between WONCA/UEMO/EFPC and EMA
<http://www.euprimarycare.org/news/new-cooperation-between-ema-efpc-wonca-and-uemo-towards-enhancing-primary-care-europe>
- A series of EFPC lunch-webinars <http://www.euprimarycare.org/efpc-webinars> tackling topics like Mental Health in Primary Care, Participatory Approach for Raise Awareness and Discrimination against Sexual and gender Orientation in the healthcare sector (PARADISO Project), How do I become a leader in primary care? and Imbalances in rural primary care: the risk of a primary care vacuum in rural and remote areas, You&EFPC on "Health inequalities among migrants: the cases of France, Turkey and Italy".
- PRIMORE Project Launching Meeting; 28/29 March 2019, with over forty participants from all over Europe and from multiple disciplines within primary care joining in an unusual and inspiring setting at Einde Gooi and Naardermeer, small nature reserves in the Netherlands.
<http://www.euprimarycare.org/news/primore-project-launching-meeting>
- Partnering in the EU funded PARADISO and ORAMMA projects on the issue of Primary Care and vulnerable groups in Europe <https://oramma.eu/>
- EFPC/IFCHC representation at the Global Conference on Primary Health Care, 25/26 October in Astana, Kazakhstan
<https://us7.campaign-archive.com/?u=d7fd7d125ebd4de04f45c1e5d&id=a5039e5b26>
- European Journal of Public Health editorial: Primary health care 40 years after Alma Ata 1978: addressing new challenges in a changing society <http://www.euprimarycare.org/news/editorial-primary-health-care-40-years-after-alma-ata-1978-addressing-new-challenges-changing>
- You&EFPC members taking the lead in the interview of the Greek minister of health during the EFPC pre-conference session in Heraklion, Crete.
- PHCRD, the official journal for the EFPC, has published a special issue in 2019 to commemorate Alma Ata 40

- Acceptance of two Position Papers in PHCRD : Palliative Care in Primary Care led by Prof Danica Rotar and Inter-Professional Education led by Professor Robin Miller.
- Continuation of EFPC involvement in the EU influenza vaccination manifesto

Brief pre-view of the next Association year, July 2019 – June 2020.

Based on the three strategic objectives for the period 2018-2021:

1. To intensify the advocacy for the importance of strengthening primary care,
2. To consolidate and expand the network of primary care policy, research and practice stakeholders in European countries,
3. To take a position in relevant primary care related discussions, based on research and practice evidence,

the EFPC has identified the following plans for the upcoming association year:

Public participation in Primary Care

Started in 2017 the EFPC will continue its work for patient/citizen participation in 2019/2020.

This in order to guarantee that public participation initiatives are directly linked with decision and policy making. Based on several European examples collected via the online platform PIE, the EFPC wants to elaborate on the awareness and willingness to involve patients, their representatives, and users of health services.

This can lead to projects related to citizens' participation in health education activities or to empower communities to build innovative strategies of participation in health planning, care delivery and health research.

One important internal aspect is involving a patient/citizen representative in our governance structure, starting with an EFPC advisory board member.

Interprofessional Primary Care research

In 2019, to be continued in 2020, we have started the development of capacity building towards a primary care research network. This is strengthening the link between policy, practice and research in the domain of interprofessional primary care by leading a "European PRImary care Multi-prOfessional Researcher network" (PRIMORE) funded by the Norwegian Research Council. For this we actively engage with the single professional networks, such as EGPRN (European General Practice Research Network), EFAD, COTEC, PGEU, etc. However, these networks have a different approach and often focus on clinical subjects. We see a niche in bringing together researchers and building capacity in areas, such as community oriented primary care, goal oriented primary care and patient/citizen participation. Such areas require a multi-professional and interdisciplinary approach.

The scientific programme of the network will firstly be multi-professional, bridging the mono-disciplinary (nurses, physiotherapists, general practitioners, pharmacists etc.) and multidisciplinary approaches (researchers from different disciplinary backgrounds and open for different theoretical and methodological approaches) prevailing in primary care research. Secondly, it will promote research in areas of primary care that have been poorly studied until now, such as community oriented primary care, goal oriented primary care, patient/citizen participation and the equity effects of strong primary care. Thirdly, it will be cross-sectoral, for example by working together with researchers of human resources for health on the issue of recruiting and retaining a competent workforce and good employment and integration of an increasingly multi-cultural workforce within the primary care services. Regular meetings will be organized for members of the network, including webinars and a summer-course for early career researchers to further develop their professional and research skills. Besides we will organize an early spring international seminar each year for 50 to 80 senior researchers in the field of primary care to discuss future perspectives and develop strategies to provide guidance how to

proceed in the field of primary care research. The first of these seminars will take place at the #EFPC2019 conference in Nanterre, France. This will result in a series of research questions that provides guidance to the multi-professional primary care research community.

On this topic and in this project the EFPC will have an intensive collaboration with the Norwegian member, the Center for Care research, represented by Frode Jacobsen, as the leading agency of the PRIMORE project. From the EFPC perspective, there will be an active role for all Primary Care research members and leading researchers from the different universities and institutes like NIVEL, Marmara University, Medical University of Vienna, CSeRMEG, University of Kent, etc.

Key-experts of these institutes will be invited to make video recordings on several research questions resulting in a series of short lectures which will be accessible for EFPC members via the PIE platform and will provide a large source of knowledge and experience.

Community Oriented Primary Care

Both initiatives, public participation and interprofessional primary care research, come together in the plans to promote in 2019/20 even more the concept of Community Oriented Primary Care.

Community Health Centres (CHCs) are community-oriented primary care (COPD) organizations that deliver health and social services through interprofessional teams, addressing the specific needs of local communities. CHCs involve members of the community in planning and programming and employ a multi-sector approach to address social determinants of health. CHCs currently exist in dozens of countries around the world and have been demonstrated to improve accessibility of health and social services; reduce health inequalities; improve health outcomes; and contribute to the cost-effectiveness and sustainability of health systems. Scale-up of CHCs around the world presents the global community an opportunity to fulfil the potential of primary health and achieve commitments to sustainable developments goals.

In a special session in Nanterre a few key-experts of the EFPC will explore how countries can contextualize and move forward on the implementation of the Astana declaration. By discussing the questions below, the workshop will elicit problems, ideas, and experiences in on country-wide implementation of person centered, population oriented prevention and care in primary health care.

Members engagement and recruiting new members

In addition to the above mentioned plans the EFPC will continue the implementation of the strategy to establish more involvement of EFPC members and to engage more with potential new members. This is not only a task of the secretariat or the governing bodies but also of individual members in order to have the needed impact. This should include dissemination activities in other networks, social media, conferences, etc.

The best way of dissemination of our thoughts and ideas is when others start talking about us. How to achieve this should be an essential part of our strategy.

Report 2018 - 2019

The objectives and vision of the EFPC are described in the Statutes and basic documents. They feature on the website of the EFPC. This report details the activities of the EFPC in these 12 months (July '18 – June '19), against the background of its organisational aims.

Main activities.

- EFPC two-weekly newflash (already running from May 2006 onwards) and the use of Social Media, like LinkedIn PC Forum (6605 members) and an EFPC Twitter account with 2042 followers.
- The 13th EFPC yearly conference in Heraklion, Greece (24/25 September 2018) with 230 delegates including a great key-note presentation by Richard Wilkinson on Health Equity and relevant contributions of European Health Parliament (EHP), Health and Environment Alliance (HEAL), CHSS University of Kent, WHO European Centre for Primary Health Care and other international networks. With a large presence and relevant contributions of the hosting country Greece.
- PRIMORE launch meeting: 28/29 March 2019, with over forty participants from all over Europe and from multiple disciplines within primary care joining in an unusual and inspiring setting at Einde Gooi and Naardermeer, small nature reserves in the Netherlands. Participants joined a competition in two groups answering a list of assignments based on nature metaphors linked to health care issues.
- Workshops and presentations at various international conferences of related networks such as WONCA Europe (GPs) conference in Bratislava, Vasco da Gama (Young GP's) meeting in Bratislava, EU Health Parliament closure in Brussels, EU Flu vaccine in Brussels.
- Joint statements together with a number of like-minded NGO's have been made at the WHO Regional Committee 68 in Rome
- A large number of EFPC webinars with a range of topics like Mental Health in Primary Care, Participatory Approach for Raise Awareness and Discrimination against Sexual and gender Orientation in healthcare sector (PARADISO Project), How do I become a leader in primary care? and Imbalances in rural primary care: the risk of a primary care vacuum in rural and remote areas.
- Several EFPC Working Groups, like the Mental Health and Interprofessional Education WG's worked on position papers based on the achievements in the previous years.
- EFPC has been involved in EU funded projects:
 - PACE project (comparing the effectiveness of Palliative Care for Elderly people in long-term care facilities in Europe),
 - ORAMMA (Operational Refugee and Migrant Maternal Approach)
 - PARADISO (Participatory Approach for Raise Awareness and Discrimination against Sexual and gender Orientation in healthcare sector)
- The Working Group You&EFPC with a focus on the involvement of Young Primary Care experts in the EFPC held a meeting in Heraklion during the EFPC 2018 conference.
- Responses to international consultations, like

- the WHO public consultation for the renovation of the Alma Ata declaration for the Second International Conference on Primary Health Care: Towards Universal Health Coverage and the Sustainable Development Goals.
- a public consultation from the European Ombudsman on how the European Medicines Agency engages with medicine developers before they apply for authorisations to market their medicines in the EU.
- A joint editorial by Jan De Maeseneer and Sally Kendall in the European Journal of Public Health with the title: Primary health care 40 years after Alma Ata 1978: addressing new challenges in a changing society published in December 2018
- The EFPC joint several EU project proposals as a partner, mainly to be active in the field of dissemination, but none of them was successful to receive funding; the competition is very high and so chances for success limited
- Representation at the meetings of the EMA Health Care Professional Working Party in London and signing of a joint statement for “Strengthening collaboration between EMA and general practitioners/family physicians” on the 6th of June.
- Former EFPC chairman Prof Jan De Maeseneer was nominated by the EFPC secretariat for the European Health Leadership Award 2019 for which he was selected for the long list of candidates.
- Current Chairperson Prof Sally Kendall was awarded the MBE (Member of the British Empire) by HM the Queen for her services to nursing and research.

Broadening membership of the EFPC towards an equal distribution of members throughout Europe .

Over the years, the EFPC has continuously emphasised the need for primary care that is multidisciplinary and community based. With General Practitioners as the key professional, a series of other medico-social professions in various constellations help to form primary care teams. Gradually, the EFPC succeeds in involving members from various professions. Establishing mutual association membership¹ for European/international associations of primary care (related) professions is one of the strategies. The EFPC attracts members throughout Europe; see the institutional membership list on the EFPC website. <http://www.euprimarycare.org/members/institutional-members>.

The EFPC succeeds to facilitate participation of members with limited resources in activities like conferences and webinars. Keeping the membership fees low for those groups helps them to maintain the connection with other members.

The geographical distribution is still a matter of concern with a majority of members in the western part of Europe with remarkable black spots like Luxemburg, Finland, Ireland, Bulgaria, Croatia and Serbia. As we are following the WHO European Region members state list we also lack the involvement of the Eastern European and central Asian states of the former Soviet Union. During 2019 however some progress has been made in Ukraine with Sally Kendall developing a partnership with Ukraine colleagues in the Academy of Family Medicine in the area of maternal and infant health. We hope this will progress to a larger piece of work in 2020. In relation to the newly formed WHO primary care unit in Almaty it makes sense to focus as well on members from this region.

¹ Associated membership: mutual recognition as a member without charging membership fee and without voting rights in each other's General Assemblies.

In autumn 2018 the PRIMORE project (European PRImary care Multi-prOfessional Researcher network), funded by the Norwegian Research Council, has started with an introducing webinar in January and the launch meeting in Holland on 28/29 March. It will continue with a number of webinars, publications and workshops, the next one planned during the Nanterre EFPC conference. And it will continue online via the PIE platform.

For the current number of members see below the graph on page 12.

Governance, growth and (financial) sustainability of the organization

Governance, Executive & Advisory Board

The EFPC held its 2018 General Assembly on September 24 in Heraklion, Greece. The current Executive Board (Sally Kendall, chair; Tino Marti, treasurer; Alessandro Mereu, member; Cagri Kalaca, member; Judith de Jong, member; Andrea Canini, member) has met 6 times (2 on-site & 4 on-line meetings). The agenda covers, amongst others, EFPC's response to invitations from other organisations, profit and non-profit, for collaboration, practical planning of activities and the follow up of the financial situation of the EFPC.

The Advisory Board, consisting of 18 members met in Heraklion (23/9/18) and Utrecht (29/3/19).

Leen De Coninck	Belgium	Occupational Therapist
Mehmet Akman	Turkey	GP
Aigars Miežitis	Latvia	Health Economist
Anette Fagertun	Norway	Social Anthropologist
Victoria Vivilaki	Greece	Midwife
Henk Parmentier	UK/Netherlands	GP/Mental Health
Imre Rurik	Hungary	GP/Occupational Medicine
Kathryn Hoffmann	Austria	GP/Public Health
Katerina Venovska	Macedonia	GP/Public Health
Mehmet Ungan	Turkey	GP
Andre Biscaia	Portugal	GP
Antoni Peris	Spain	GP/Manager
Jan De Belie	UK/Belgium	Pharmacist
Robin Miller	UK	Social Worker
Helene Colombani	France	GP/Public Health
Metka Žitnik Šircelj	Slovenia	Nurse
Kate O'Donnell	UK	GP
Jill Long	Ireland	Physiotherapist

The role of the Advisory Board members showed its added value for international consultations. The Advisory Board members succeeded to mobilize their network, making sure many and valuable contributions were communicated with for example the European Medicine Agency.

In a mid-term meeting in Utrecht the Advisory Board members were actively involved in the launch meeting of the PRIMORE project.

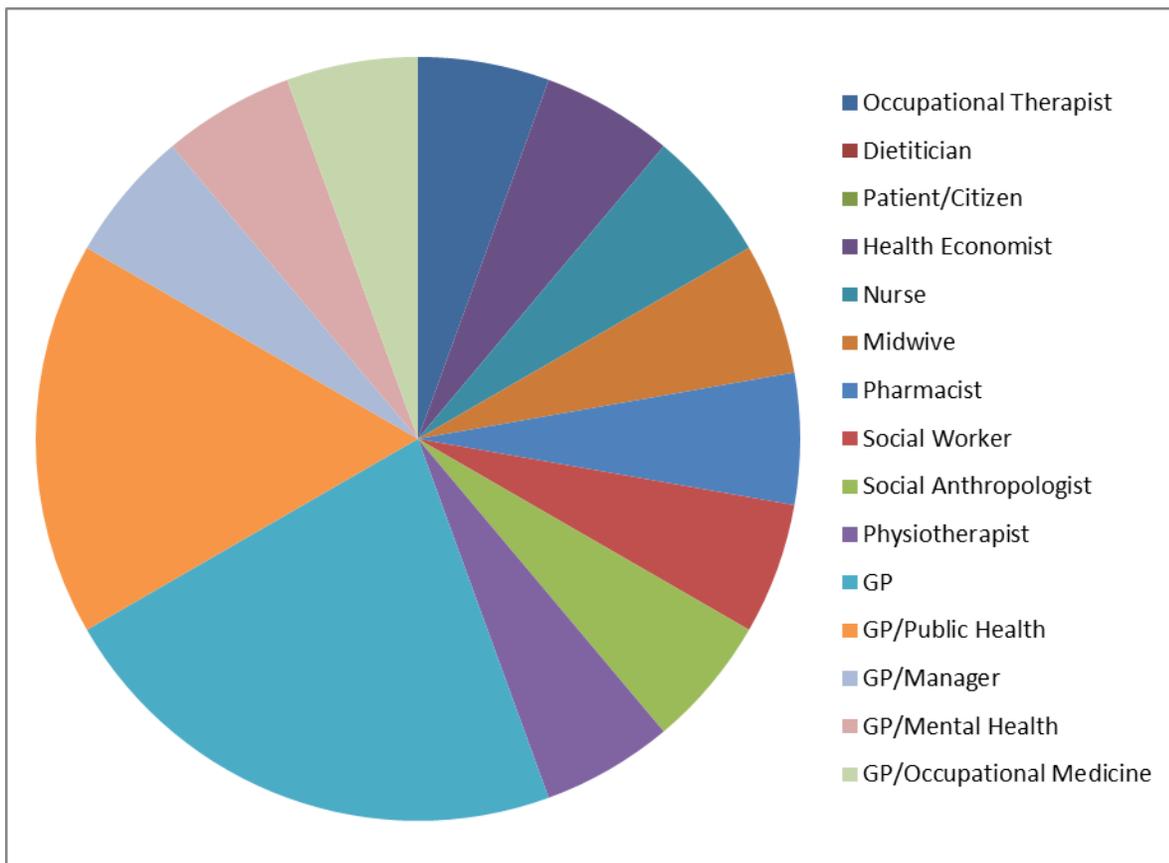
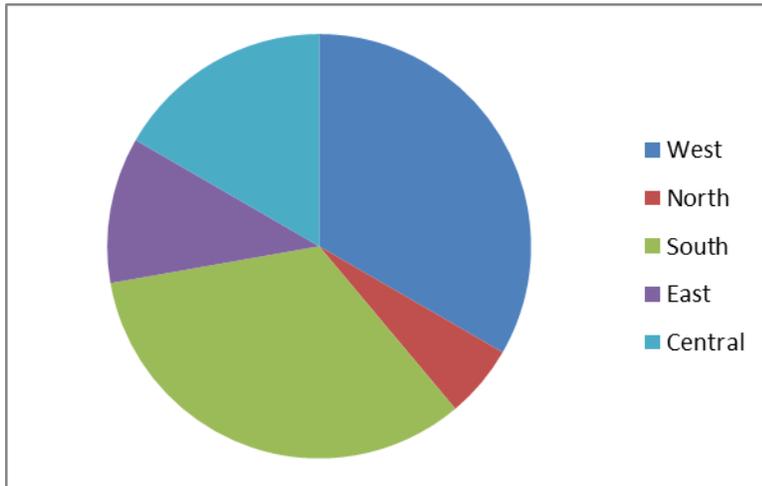
The next onsite Advisory Board meeting is scheduled for the 29th of September in Nanterre. In this meeting 6 Advisory Board members who joined the board from the start in Istanbul 2013 will end their second and final term. They have played an outstanding role in pushing the EFPC further as an important network when it comes to improvement of the health of Europeans.

A balanced geographical and professional, including patients/citizens representatives, distribution among the Advisory Board members is important and will have its positive effect on acquiring new members, an increase of discussion via the PIE platform (EFPC platform for sharing “Problems, Idea’s & Experiences) leading to more profound ideas on how to move forward in developing health systems and also in invitations from other networks to present our vision.

In the past Association year Secretariat, Executive Board and Advisory Board members held presentations or represented the EFPC at various conferences/meetings:

- Alessandro Mereu at the 68th session of the WHO Regional Committee for Europe in Rome, Italy, on 17–20 September 2018;
- Jan De Maeseneer and Andrea Canini at the Global Conference on Primary Health Care, 25/26 October 2018 in Astana, Kazakhstan;
- Diana Castro Sandoval at the EFSA stakeholders meeting in Brussels on the 20 November, 2018;
- Sally Kendall partnership meeting and workshop on Primary Health Care reforms in Kyiv, Ukraine
- 14-18th April 2019, 2-4 June 2019, GCRF Conference on Sustainable Development Goals, University of Kent, UK 1-2 July 2019;
- Diana Castro Sandoval and Diederik Aarendonk at the closure meeting of the EU financed ORAMMA project in Brussels on 28 February 2019;
- Diana Castro Sandoval at the Young Vaccines Coalition group (4 meetings along 2019);
- Elena Petelos at the High Level Meeting for Universal Health Coverage in New York at the 29th of April 2019;
- Diederik Aarendonk, Mehmet Ungan and Walter Marrocco on the 6th of June 2019 at the European Medicine Agency headquarter in Amsterdam, for signing a joint agreement between WONCA/UEMO/EFPC and EMA to actively involve primary care professionals in its work to ensure that valuable knowledge from primary care is brought into medicines regulation;
- WONCA Europe conference in Bratislava, 26-29 June 2019
 - Tugba Caliskan and Mehmet Akman organized a workshop at the VdGM pre-conference about the added value of the EFPC in general and the You&EFPC movement
 - Mehmet Akman and Diederik Aarendonk organized a workshop about PRIMORE based on the nature metaphors developed in the March Utrecht meeting.

The current geographical (Europe) and professional distribution within the Advisory Board is presented in the graphs below:



There are still no representatives from patient/citizen groups in Europe, although attempts have been made.

And there is still an over-representation from the Western part of Europe. In particular we need more Northern and Eastern European representatives.

With nine vacancies for new Advisory Board members at the Nanterre General Assembly the diversity can further grow.

Governance, secretariat

Diederik Aarendonk and Diana Castro Sandoval continued their role as coordinators of the EFPC, running the secretariat at the NIVEL premises in Utrecht, the Netherlands, for 2018/2019.

The administrative support comes from Irene Cubells based in Barcelona.

Growth

The growth of the EFPC is mainly measured in terms of number of members. This year a slight increase of the number of institutional and individual members was seen. (See below ad 3, membership fees) It remains always difficult to assure visibility and showing our membership and potential members the added value of our work which is often invisible. A strategy to do this has been developed and the additional efforts of the persons involved (secretariat, board members and ordinary members) has been successful.

Financial sustainability of the EFPC

The separate financial report details the financial status of the EFPC. Balancing income and expenses will remain a particular challenge as it was in the previous years.

On the expenses side: the EFPC has operated with a secretariat of 1.1 FTE for the year 2018/2019 based at NIVEL, the Netherlands Institute for Health Services Research in Utrecht. In addition administrative support is provided by Ms Irene Cubells based in Barcelona. The secretariat spends 30 % of its time on purely administrative matters and 70 % on organising (contributions of) members and content matters of the EFPC. This includes attendance of conferences and network events, preparation of policy statements and development of project proposals. We might try to reduce the administrative part by exploring easier and better solutions for our member and conference administration.

The salary administration is executed by a private service based in the Netherlands. The premises is rented from NIVEL including ICT support.

Other expenses are the organisation of conferences and facilitation of Board activities and project implementation. This year an extra mid-term activity was organized in Utrecht, Holland, the home base of the secretariat, funded by the PRIMORE project which made it possible to have an extra Executive and Advisory Board meeting.

In general, the EFPC has the following sources of income:

1. Institutional funding
2. Project activities
3. Membership fees.

The income from membership fees provides the EFPC a guaranteed and long-lasting income with a large freedom in the way EFPC operates in comparison with institutional and project funding.

Ad 1

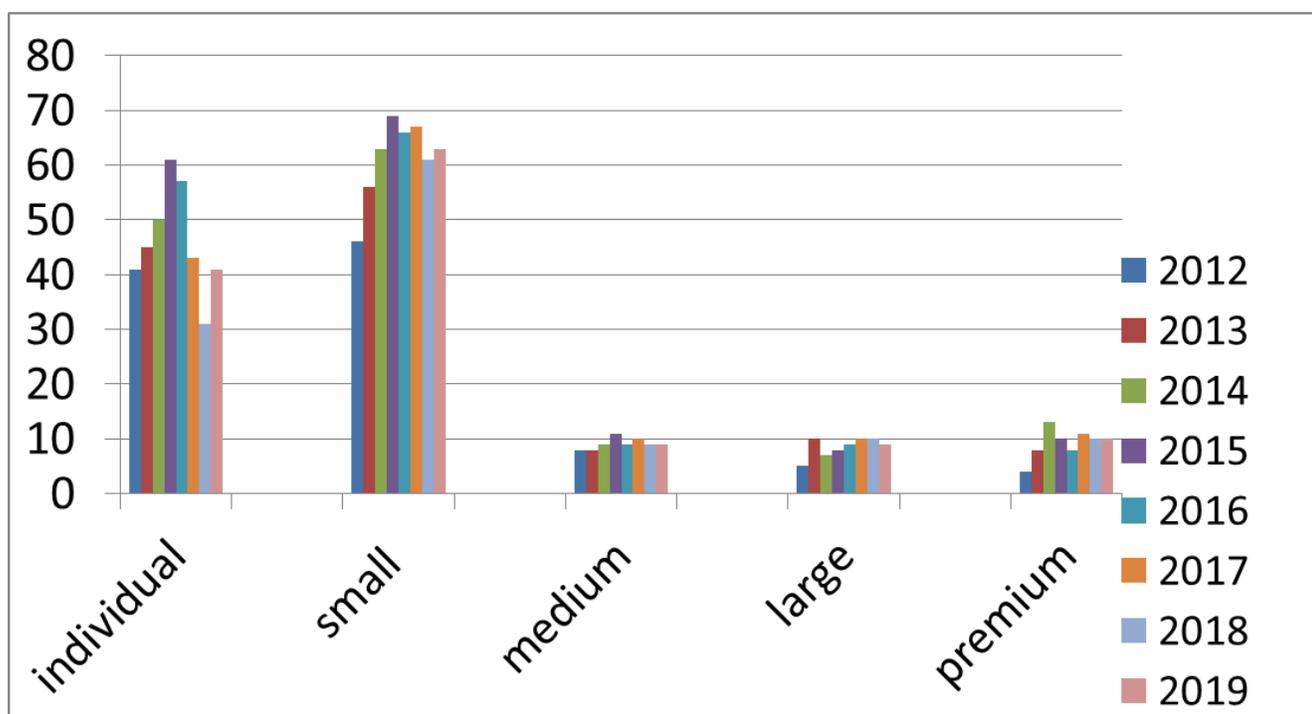
The EFPC did not receive any institutional funding in the previous association year

Ad 2

The EFPC's conferences, study visits and development of Position Papers are main activities. The EFPC is not anymore involved in EU funded projects. On the other hand it receives project funding from the Norwegian Research Fund for its' PRIMORE project, led by its' Norwegian member, the Centre for Care Research.

Ad 3

The number of members now counts 91 institutional members. The total number of individual members is 41. (see below the graph of the number of the different member groups for the EFPC Association).



The numbers of institutional and individual members have gone slightly up and we can conclude that at least we have been able to tackle the negative trend of the past association year. Although it remains difficult to connect with potential new members in such a way that they register, extra efforts in the follow-up of potentially interested persons/institutes plus offering interesting activities like those in the PRIMORE project, webinars do lead to new members and retaining current members. A renewed strategy has been helpful for this purpose in order to assure a sound financial prospective of the EFPC.

In Autumn 2015 EFPC established a collaboration with the publishers of Primary Health Care Research & Development (PHCRD), Cambridge University Press (CUP). The journal has been moved to an Open Access model from 2019 onwards. Prof Sally Kendall, editor in chief of PHCRD, is our liaison with also Prof Peter Groenewegen (EFPC Executive Board taking part in the editorial board. Dr Mehmet Akman (EFPC Advisory Board) is an Associate Editor.

PHCRD has published a special issue in 2019 to commemorate Alma Ata 40. Two Position Papers on Palliative Care and Inter-professional Education have been accepted for publication.

The short report on the PRIMORE project “The establishment and functioning of the PRIMORE (European PRImary care Multiprofessional REsearcher network) Project” has been published in the journal.