

## Annual Report from Nordic young GPs (NYGP) 2023

### Executive Board Members 2023

Denmark: Anne Mette Torp

Iceland: Gísli Gunnar Gunnlaugsson and Sandra Ásgeirsdóttir

Sweden: Linn Ekström Feyzi, Nazila Mansimli

Norway - Ingvild Vatten Alsnes, Katrina Tibballs

Finland: Annika Kolster, Kati Lempinen (Sofia Eriksson stand-in for Kati in Copenhagen)

### Meetings:

The NYGP board has continued work according to the [!\[\]\(17413706fd4997a1a4bdf85c6864eee1\_img.jpg\) 2022-2024 Strategy](#)

The NYGP board has held four online Executive Board meetings in 2023.

- Current issues in the Nordic countries
- Online meetings on preparation of wellbeing questionnaire
- Preparations on pre-congress in Turku

We met at the NFGP Annual General Assembly

March 23-24 2024

- During NYGP board meeting, we illuminated national networks.

Nordic Leadership Seminar in Helsinki

- Professional wellbeing for Young GPs in the Nordic countries, presentation with Iceland.



In addition, we have held contact through mail and messenger.

### Pre-congress

Organizing the Young Doctors pre-congress before the Nordic congress of General Practice (NCGP) is the core aim of the NYGP work.

The congress in Turku June 10-11.6 2024 has been planned in close co-operation with the organizers of the main congress. The theme "Dare to be the change" reflects the need for future GPs to actively take part in developing future general practice, in a way that respects the core values of general practice.

The program has been planned by a 7 person team during 2023.

<https://ncgp2024.fi/pre-congress-nygp2024> The pre-congress website. Registration open since 15.12 2023

Three delegates from pre-congress team visited ST dagarna in Skövde, Sweden, 10.10.2024

During the congress for specialising doctors, the Finnish team informed about the upcoming NCGP and also presented the specialisation training in Finland.



### Dissemination and communication:

Reports on NYGP work:

[practicus \(doweb.dk\)](#) Article in the Danish "Practicus" nr. 265 "Et Nordisk samarbejde mellem yngre almenmedicinere"

GP News: Whats on in Nordic general practice? (report from NLS) Yleislääkäri Uutiset, Duodecim 22/2023 <https://www.duodecimlehti.fi/lehti/2023/22/duo17970>

Rapport från Nordic Leader seminar 2023 (swedish)

<https://allmanmedicin.sfam.se/p/allmanmedicin/nr-3-2023/r/25/48-49/1919/1080597>

Nordic collaboration and becoming a GP in the Nordic countries, report from ST dagarna (Nuoren Yleislääkärin sydän sykkii vertaistuelle ja pohjoismaiselle yhteistyölle, Yleislääkäri-lehti 8/23 pages 32-34)

<https://www.lukusali.fi/index.html?p=Suomen%20yleisl%C3%A44%C3%A4k%C3%A4rit%20GPF%20ry&i=cf350ef0-8793-11ee-a55a-00155d64030a>

Our wellbeing questionnaire pilot study rendered interesting preliminary results. These have been presented:

- At the Nordic Leadership Seminar, questions rephrased based on comments
- At the Primary Care research days in Oulu 10-11.10 2023
- As invited presentation in the Northern Finland Wellbeing County meeting for leading physicians 13.12 2023

We have continued our work with distribution, presentation and discussion of our specialist training statement. The specialization statement can be found on the NFGP website: [https://www.nfgp.org/flx/nfgp/nygp/nygp\\_statements/](https://www.nfgp.org/flx/nfgp/nygp/nygp_statements/)

The NYGP board has done 3 podcast episodes:

Becoming a GP in the Nordic countries: talking about how general practice and specialist training is organized.

<https://open.spotify.com/episode/32Rt8UF0McbViuteo7h91Y?si=206e4fd1d5aa4e7f>

And Katrina and Annika discussing the specialist training statement.

<https://open.spotify.com/episode/2voOn3ap3JfjieGQrp1yzN?si=881bbea8313a46f2>

Nordiska nätverk för Allmänläkaren (Nazila Mansimli and Sofia Eriksson)

[https://soundcloud.com/yleislaakarin-sydanaanet/nygp\\_nordiska\\_natverk\\_for\\_allmanlakaren?utm\\_source=clipboard&utm\\_medium=text&utm\\_campaign=social\\_sharing](https://soundcloud.com/yleislaakarin-sydanaanet/nygp_nordiska_natverk_for_allmanlakaren?utm_source=clipboard&utm_medium=text&utm_campaign=social_sharing)

Social media activity:

NYGP has an Instagram: nygp\_nordicyounggps since 08/2023. 142 followers (01/24)

During autumn, promotion of pre congress. This account will stay in use for and be handed over to Sweden.

NYGP has a private Facebook group with 355 members, this group is not very active

<https://www.facebook.com/groups/nordicyounggps>

NYGP has been visible in internal national groups

FYAM (Denmark) - Instagram posts

Yleislääkäriin Sydänäänet (Finland) -

NFAlis (Norway) - ALISgrammen (Instagram) and Facebook

Ongoing work

NYGP is now working on promoting wellbeing at work. We plan a questionnaire focusing on the positive aspects of work and what would help young GPs to thrive in their work. The questionnaire is better described in 2022-2024 strategy. Questionnaire will be launched 1.2.2024

The wellbeing questionnaire will be presented at a workshop named “**Supporting young general practitioners' well-being and job satisfaction**” at the NCGP congress.

### Funding

NYGP was allocated 60 000 DKK from NFGP for 2023. This was used for NYGP participation in the annual assembly in Copenhagen.

Other expenses, including traveling to NLS, have been covered by national colleges.

This report was presented at the NYGP meeting 16.1 2023

On behalf of the NYGP and the chairmanship

Annika Kolster  
Chair of NYGP 2022-24  
Helsingfors 16.1.2023

