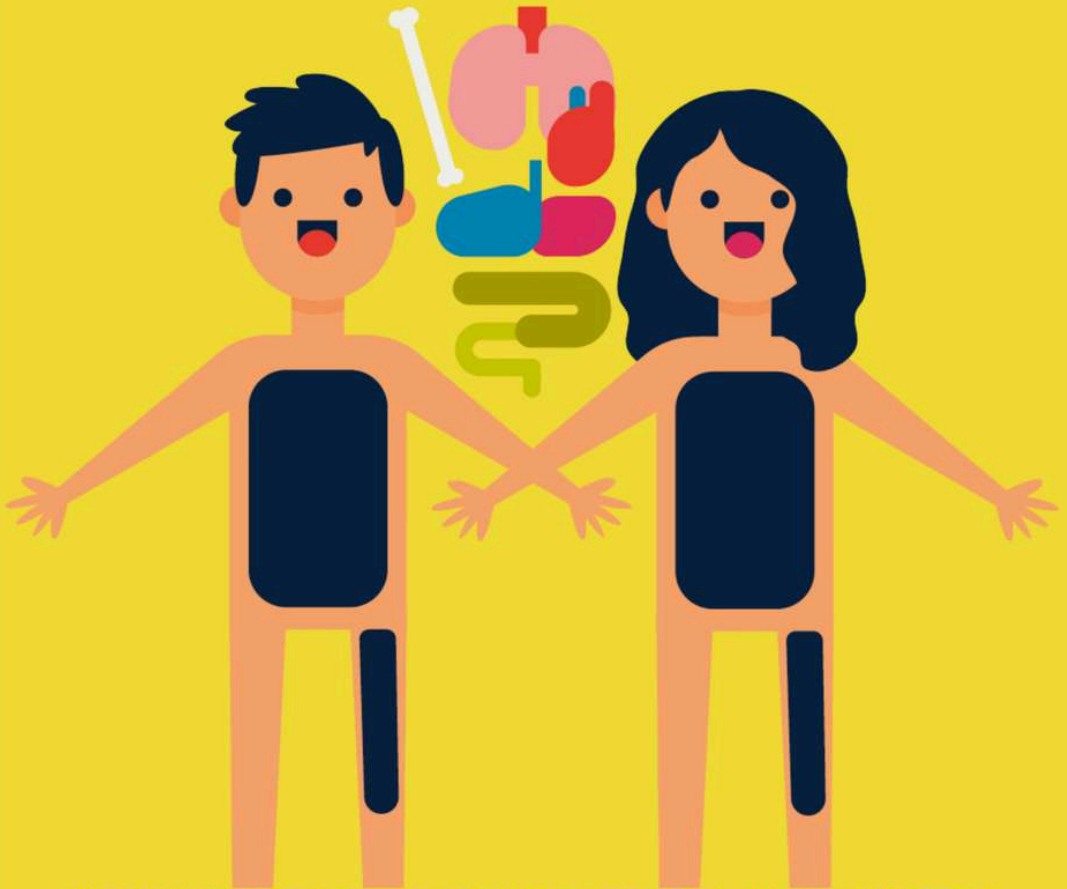


EYFDM PRE-CONFERENCE 2026

ANATOMY OF A GP: WHAT MAKES UP AN IDEAL GP?



MONDAY 29 - TUESDAY 30 JUNE 2026

Palais des Congrès de Paris, France



WWW.WONCAEUROPE2026.ORG

YOUNG DOCTORS' MOVEMENTS PRE-CONFERENCE

Are you ready for an unforgettable experience?

Join us for the **EYFDM Pre-Conference** — a dynamic and inspiring ahead of the WONCA Europe Conference!

EYFDM, the European Young Family Doctors Movement, is the junior branch of WONCA Europe.

GP trainees and recently qualified GPs (within the last five years) — this event is specially designed for you!

Immerse yourself in two intense days — **June 29 and 30, 2026** — of professional and personal development: hone your skills and broaden your knowledge through a rich mix of interactive workshops, engaging lectures, and inspiring plenary sessions.

But that's not all! The EYFDM Pre-Conference is also the perfect opportunity to meet and connect with passionate colleagues from across Europe, discover diverse ways of practicing general medicine, and build lasting professional relationships.

And because all hard work deserves to be celebrated, we've planned exceptional social events just for you: enjoy an exclusive guided tour of Paris and experience the magic of our unforgettable gala evening. Don't miss this unique opportunity to connect, learn, and grow.

We look forward to welcoming you to the EYFDM Pre-Conference, June 29–30, 2026 — together, let's shape the future of general practice in Europe!

EYFDM ORGANIZING COMMITTEE

Presidents:

Daria GHEORGHE – *France*

Andry RABIAZA – *France*

Members:

Rishi CALEYACHETTY – *United Kingdom*

Alice DEROME LE BRET – *France*

Charlotte GOOLAERTS – *France*

Nick MAMO – *Scotland*

Laetitia MOUCHE – *France*

Marc PERARNAU – *Spain*

Emmanuel PROTHON – *France*

Paula SALA IVARS – *Spain*

Cécile VO NGOC – *France*

EYFDM SCIENTIFIC COMMITTEE

Presidents:

Charlotte GOOLAERTS – *France*

Emmanuel PROTHON – *France*

Members:

Julia BUREAU-NENNOT – *France*

Matthieu DESCHAMPS – *France*

Ozden GOKDEMIR – *Türkiye*

Stuart HOLMES – *United Kingdom*

Marina JOTIC IVANOVIC – *Bosnia and Herzegovina*

Jean-Baptiste KERN – *Switzerland*

Sophie LACAN – *France*

Tan-Trung PHAN – *France*

Aurore TRAMECON – *France*

Gabrielle VALENTE – *France*

Cécile VO NGOC – *France*

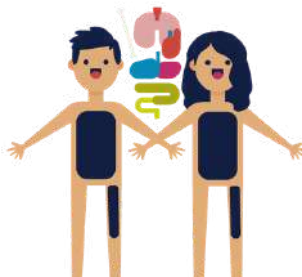
Florent WULLEMS – *France*



	ROOM 342AB	ROOM 343	ROOM 361	ROOM 362	ROOM 363	ROOM 364
9:00 10:30 am	Opening ceremony ----- Keynote					
10:30 11:00 am	COFFEE BREAK					
11:00 12:15 pm	Sleep Medication - which one for which patient?		Family Medicine clinic: how to manage 'a day in the life'	Leading AI responsibly in primary care: exploring the unspoken impacts	Oral presentation: Anatomy of a patient-GP relationship	Expressive arts and health
12:15 1:30 pm	LUNCH BREAK					
1:30 2:45 pm	"Liberty, Equity, Fraternity" in practice: a gamified workshop on adaptive leadership styles in primary care	Period(s): the game. Everything you wanted to know and you didn't dare to ask	Leading Wellbeing: burnout as a leadership competency in primary care	Breaking barriers, gaining rights, achieving dreams: doctors' accessibility inside and outside of the working place	Oral presentation: Anatomy of a digital doctor	Climate-Smart Primary Care: a hands-on case-based quiz for clinicians across regions
2:45 3:00 pm	MOVEMENT BREAK					
3:00 4:15 pm	Bias busters: leading with awareness in primary care	European Young Family doctors movement exchanges	Motivational interviewing in family medicine: from understanding to empowering behavioral change	Oral presentation: Anatomy of a young GP	Oral presentation: Anatomy of a healthy planet	Ethics and decolonising principles in global health
4:15 4:45 pm	COFFEE BREAK					
4:45 6:00 pm	Round Table					



	ROOM 342AB	ROOM 343	ROOM 361	ROOM 362	ROOM 363	ROOM 364
9:00 10:00 am	Keynote					
10:00 10:15 am	MOVEMENT BREAK					
10:15 11:30 am	Climate smart practice: how do I get started?	Beyond the label: the hidden world of endocrine disruptors in everyday products and their effects on personal and public health	Getting started with research: simple study designs you can begin today	Are you really an ally? Supporting lesbian, gay, and bisexual patients and colleagues in primary care	Oral presentation: Liberty, Equity, Fraternity	Experiencing narrative medicine: enhancing patient-centered care, reflexivity and Well-being in General Practice
11:30 12:00 pm	COFFEE BREAK					
12:00 1:30 pm	Keynote ---- Closing Ceremony					





9:00
9:30 am

OPENING CEREMONY

342AB

9:30
10:15 am

TRASHCAN “JUNKIE” TO FACULTY CHAIR: TURNING LIFE THREATENING NEGATIVES INTO LIFE-AFFIRMING POSITIVES

342AB

My talk is about how my journey through addiction as a young Dr & into eventual Recovery - I highlight what I have learned on that journey that can help young Drs navigate their careers - it is a talk that tells young Drs that you can make a mistake & still have an amazing career after...

Michael Blackmore - United Kingdom

10:30 – 11:00 am: COFFEE BREAK

11:00
12:15 pm

SLEEP MEDICATION - WHICH ONE FOR WHICH PATIENT?

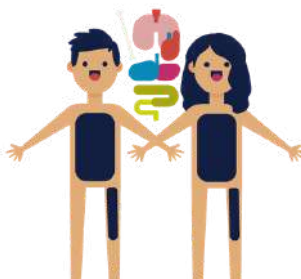
342AB

Insomnia is a common condition in primary care, significantly impacting patients' quality of life and presenting with a multitude of associated comorbidities. Effective management requires a thorough understanding of its etiology, assessment methods, and non-pharmacological treatment strategies as well as pharmaceutical treatment options. This workshop will introduce general principles for treating insomnia in adults, emphasizing understanding, benefits and disadvantages of each method.

Johannes Oswald - Austria

Co-authors:

Hana Ruferová - Czech Republic, Ikbal Humay Arman - Türkiye, Ernest C. Ekezie - United States of America, Paula Sala Ivaris - Spain, Katarina Zajickova - Czech Republic, Catarina Andreea Popescu - Romania, Mary John-Charles Robertson - United Kingdom, Katarzyna Reczek - Poland, Łukasz Reczek - Poland





11:00
12:15 pm

**FAMILY MEDICINE CLINIC: HOW TO MANAGE 'A DAY IN THE LIFE'
(AN INTERACTIVE EXPERIENCE)**

361

Family medicine is a fast-paced, high-pressure environment with limited opportunities to share techniques for managing workload and stress in a safe, supportive setting. Real-world scenarios, such as handling difficult patients (Bailey, Marin and Bangs, 2023), are explored using evidence-based tools. These challenges can affect clinicians' physical and mental health. A simulated space for discussion and learning helps participants develop strategies to support their wellbeing while maintaining high-quality care.

Emma Tonner - United Kingdom

Co-authors:

Anna Liakopoulou - Greece, Ana Bertha Perez Villalva - Mexico

11:00
12:15 pm

**LEADING AI RESPONSIBLY IN PRIMARY CARE:
EXPLORING THE UNSPOKEN IMPACTS**

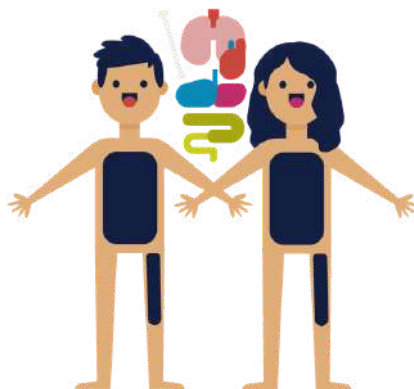
362

AI is becoming increasingly visible in primary care, yet much of the current conversation remains limited to efficiency, capacity and technical innovation. These are important, but they don't address the deeper, more human questions many clinicians and leaders are already grappling with: How will AI change the identity of our teams? Who may be excluded from new digital pathways? What happens to local clinical wisdom? How do we reconcile the environmental and ethical costs of large-scale digital adoption? These quieter concerns shape trust, cohesion, fairness in ways that often go unnoticed. This workshop provides space to explore these overlooked impacts and consider how leaders can guide AI adoption responsibly, with people and values at the centre.

Umber Khan - United Kingdom

Co-authors:

Ana Cristina Franco Spinola - Portugal, M.I.M. Shuja - Sri Lanka, Paula Sala Ivaris - Spain, Selma Kaya - Türkiye, Gradju Vasila - Romania





11:00
12:15 pm

ANATOMY OF A PATIENT-GP RELATIONSHIP

363

- Beyond medical jargon: linguistic strategies for shared understanding in General Practice.
Alix Fernet-Scherer - France
- Preventing violence against patients in General Practice: a collective reflection by Young GPs.
Mathilde Chouquet - France
Co-authors: Juliette Guary - France, Marie Bonneau - France, Antoine Giacomini - France
- The effects of collective artistic creation involving patients and healthcare professionals.
Maéva Bardin - France
- Relationship between the use of non-conventional healthcare practices and trust in the general practitioner: a quantitative study.
Charlotte Goolaerts - France
- Exploring the experience of adapted physical activity in adolescents with eating disorders: a qualitative study.
Romain Verdeau - France
Co-authors: Simon Roussel - France, Aurore Trameçon - France
- My patient offers me a gift: is it only gratitude? General practitioners' lived experience.
Alice Derome Le Bret - France
Co-author: Sophie Pondaven - France
- Back to basics - abdominal examination in General Practice.
Maja Šebjanič - Slovenia

11:00
12:15 pm

EXPRESSIVE ARTS AND HEALTH

364

As family doctors we face numerous social problems that affect the health of our patients: loneliness, poverty, and emotional distress. Expressive arts are a tool that can help us improve our well-being and that of our patients. Expressive arts provide significant health benefits, including facilitate emotional processing, enhance self-esteem, and foster social connection.

Yasmin Cordova Rios - Spain

Co-authors: Helena Pereira Sousa - Portugal, Gabriele Gazzaneo - Italia, Anali Casafranca Revollo - Spain

12:15 - 1:30 pm: LUNCH BREAK



1:30
2:45 pm

**“LIBERTY, EQUITY, FRATERNITY” IN PRACTICE:
A GAMIFIED WORKSHOP ON ADAPTIVE LEADERSHIP
STYLES IN PRIMARY CARE**

342AB

Family physicians are de facto leaders of their clinics, yet formal leadership training is often lacking. The WONCA Europe 2026 theme; Liberty (autonomy), Equity (fairness), and Fraternity (team cohesion) mirrors the core tensions in clinical management. Physicians must balance these values against the harsh realities of primary care, deciding when to empower the team (Liberty), how to serve needs fairly (Equity), and how to build consensus (Fraternity), versus when to take absolute command during a crisis.

Ekin Dikmen - Türkiye
Chinemere Ernest Ekezie - United States of America
Olaniran Oyeyemi - United States of America
Melike Sena Akyar - Türkiye

Co-author:
Sena Akyar - Türkiye

1:30
2:45 pm

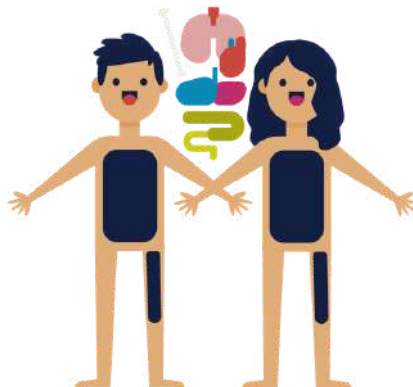
**PERIOD(S): THE GAME.
EVERYTHING YOU WANTED TO KNOW AND
YOU DIDN'T DARE TO ASK**

343

Secretary, follicular, luteal phase... Does it sound familiar? When was the last time you had an update about the menstrual cycle? We all know it is a physiological event that occurs to half of the world population. However, due to its historical taboo, the knowledge sharing has been limited and focused on old beliefs. In addition, there has been a significant increase of information shared in social media in the last few years, not only about menstruation but also other conditions related to the phenomenon.

Helena Alonso Valencia - United Kingdom

Co-authors:
Raisa Álvarez Paniagua - Spain, Paula Sala Ivaris - Spain,
Miriam Rey Seoane - Spain, Catarina De Ataíde Santana - Portugal





1:30
2:45 pm

**LEADING WELLBEING:
BURNOUT AS A LEADERSHIP COMPETENCY IN PRIMARY CARE**

361

Burnout is becoming a growing concern across primary care, affecting clinicians, managers and leaders alike. Too often it's treated as a personal weakness or an individual responsibility, when in reality it reflects wider pressures in the system: rising demand, constant change, emotional labour and the strain of carrying multiple roles. This workshop offers a different perspective. It reframes wellbeing as a leadership competency, not a personal luxury, and invites leaders to look honestly at how team culture, workload, autonomy and fairness influence burnout across a whole practice including themselves.

Umber Khan - United Kingdom

Co-authors:

M.I.M. Shuja - Sri Lanka, Jörg Schmid - Germany, Ana Cristina Franco Spinola - Portugal, Raisa Álvarez Paniagua - Spain, Mary John-Charles Robertson - United Kingdom, Miriam Rey Seoane - Spain

1:30
2:45 pm

**BREAKING BARRIERS, GAINING RIGHTS, ACHIEVING DREAMS:
DOCTORS' ACCESSIBILITY INSIDE AND OUTSIDE
OF THE WORKING PLACE**

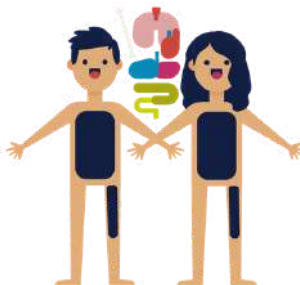
362

Accessibility needs at conferences remain insufficiently understood and inconsistently met. EYFDM and WONCA Europe are developing accessibility policies, but important gaps exist: limited community awareness, variable implementation, and absence of systematic data. This symposium addresses these gaps by centering voices of individuals with disabilities, neurodivergence, and caregiving responsibilities—perspectives currently underrepresented in policy development.

Hana Rufferová - Czech Republic

Co-authors:

Helena Alonso Valencia - United Kingdom, Irene Shafir - Israel, Alessio Platania - United Kingdom, Katarzyna Reczek - Poland, Łukasz Reczek - Poland, Nick Mamo - Scotland, Yusianmar Mariani Borrero - United Kingdom, Özden Gökdemir - Türkiye



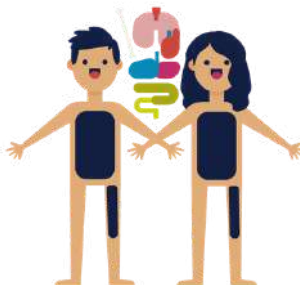


1:30
2:45 pm

ANATOMY OF A DIGITAL DOCTOR

363

- Pharmacist-supported initiation of SGLT2 inhibitors and clinical outcomes in primary care.
Jonathan Brill - Israel
Co-authors: Olga Brayman Tkach - Israel, Sarah Ganem - Israel, Shmuel Klang - Israel, Fabienne Hershkowitz - Israel, Victoria Rotshild - Israel, Yoel Toledano - Israel
- Design and assessment of an open-source tool to support diagnosis and management of vertigo in French primary care.
Eléanor Pazart - France
- Clinical use of commercial Smartwatches in older adults: a scoping review.
Lisa Zangarini - Luxembourg
Co-authors: Sophie Pilleron - Luxembourg, India Pinker - Luxembourg, Gladys Langue - Luxembourg, Clemence Bafei - Luxembourg
- Validation of a screening tool for screen overexposure in children aged 0 to 18 in Primary Care.
Maurine Moerckel - France
Co-authors: Elodie Siebert - France, Anne Berthou - France, Juliette Chambre - France
- Representations and future prospects for the use of dermatoscopes in skin cancer screening by general practitioners in Finistère.
Aurore Trameçon - France
Co-author: Constance Le Goff - France
- Training of general practitioners in dermoscopy: systematic literature review.
Erwan Clergeot - France
Co-author: Paul Aujoulat - France
- Early community detection of multiple myeloma using routine laboratory and demographic data from electronic health records: a retrospective case-control study.
Rotem Alon - Israel
Co-author: Osnat Jarchowsky Dolberg - Israel





1:30
2:45 pm

**CLIMATE-SMART PRIMARY CARE:
A HANDS-ON CASE-BASED QUIZ FOR CLINICIANS ACROSS REGIONS**

343

According to the WHO, climate change is the greatest threat to global health in the 21st century, shaping disease distribution, patient vulnerability, and healthcare demands. Family doctors are increasingly confronted with climate-related conditions ranging from heat-associated illness and vector-borne infections to air-pollution-driven respiratory disease and post-disaster health challenges. Yet many primary care professionals lack structured, evidence-based tools to integrate climate exposure into clinical reasoning and patient counselling. This workshop addresses this gap by offering an innovative, quiz-driven, case-based learning experience grounded in real scenarios from diverse climatic regions that can be applied in all regions.

Jörg Schmid - Germany
Ozden Gokdemir - Türkiye

Co-authors:

Kati Koost - Estonia, Aara Thilfar - Sri Lanka, M.I.M. Shuja - Sri Lanka, Marie Maingard - Luxembourg, Carolina Cordovil - Portugal, Marie Bourne - Czech Republic, Paula Sala Ivaris - Spain

2:45 - 3:00 pm: MOVEMENT BREAK

3:00
4:15 pm

BIAS BUSTERS: LEADING WITH AWARENESS IN PRIMARY CARE

342AB

We like to believe we make fair, objective decisions as leaders – but unconscious bias has a way of slipping into our thinking without us realising it. In primary care, these hidden assumptions can shape team dynamics, influence opportunities, and even affect patient care. Bias isn't a sign of bad character; it's simply how human brains work. The real leadership challenge is learning to notice it and minimise its impact. When we don't, autonomy, fairness and team cohesion can quietly erode. This workshop frames bias as an essential leadership competency, not a personal flaw, and invites leaders to explore how awareness and reflective practice can strengthen both teams and patient outcomes.

Umber Khan - United Kingdom

Co-authors:

M.I.M. Shuja - Sri Lanka, Ana Cristina Franco Spinola - Portugal, Marisa João Horta Ferreira - Portugal, Paula Sala Ivaris - Spain, Pedro Ferreira - Portugal, Mary John-Charles Robertson - United Kingdom



3:00
4:15 pm

EUROPEAN YOUNG FAMILY DOCTORS MOVEMENT EXCHANGES

343

Connecting doctors across the globe is key to maintaining educational and cultural exchanges whilst gaining a deeper understanding of yourself and those around you. Strengthening international relationships whilst sharing ideas is key to what European Young Family Doctors Movement promotes. Exchanges provide this opportunity and also kick start connections both during and after the exchange.

Małgorzata Warszawska-Socha - Poland

Co-authors:

*Yanica Vella - Malta, Raisa Alvarez Paniagua - Spain, Socha Malgorzata Warszawska - Poland
Ines Gomes Ribeiro De Castro - Portugal, Aleksandra Maykut - Poland*

3:00
4:15 pm

**MOTIVATIONAL INTERVIEWING IN FAMILY MEDICINE:
FROM UNDERSTANDING TO EMPOWERING BEHAVIORAL CHANGE**

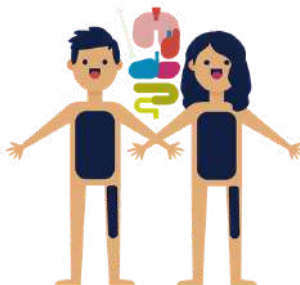
361

Motivational interviewing (MI) is a collaborative and person-centered communication method designed to enhance intrinsic motivation for behavior change. In family medicine, MI can be applied to a wide range of consultations—from managing chronic diseases to preventive care and lifestyle counseling. Despite its proven effectiveness, many family doctors and trainees report limited formal training and confidence in applying MI techniques during busy consultations. This workshop aims to bridge that gap by offering interactive learning, reflection, and practical skill-building tailored to the realities of primary care.

Raisa Álvarez Paniagua - Spain

Co-authors:

*Helena Alonso Valencia - United Kingdom, Charlotte Morris - United Kingdom,
Paula Sala Ivaris - Spain, Seyma Handan Akyon - Türkiye*



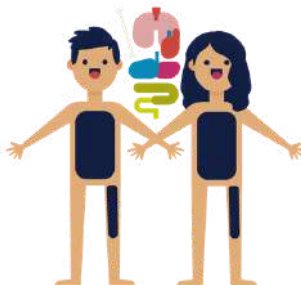


3:00
4:15 pm

ANATOMY OF A YOUNG GP

362

- Medical practice of General Practitioners in Nouvelle-Aquitaine (France).
Marina Fernandes - France
Co-author: Coralie Bureau-Yniesta - France
- Representations of first-year General Practice Residents regarding their professional pathways.
Juliette Le Dantec - France
Co-authors: Michel Prade - France, Laurine Mollier - France, Alain Jami - France
- Competency assessment tools for healthcare students : a scoping review.
Zaïna-Amal Nokri - France
- Navigating a new system: helping new resident doctors adapt, learn, and lead.
Abidemi Ogunsola - United Kingdom
Anjla Sharman - United Kingdom
Pooja Shetye - United Kingdom
- Evaluation of a university training program on the management of intimate partner Violence: a mixed-methods pilot study in Bordeaux.
Jean-Baptiste Pecastaing - France
Co-authors: Clélia Bondy - France, Maeliss Hamon - France, Vikie Hermant - France, Mathieu Dombliès - France, Racha Onaisi - France, Théodore Wolf - France, Laura Belaidi - France, Maïte Santucci - France
- Shaping family medicine through preconference exchange program: doboj experience.
Charlotte Morris - United Kingdom
Co-authors: Marina Jotic Ivanovic - Bosnia and Herzegovina, Seyma Handan Akyon - Türkiye
- General practitioners' role in climate change awareness: a qualitative study.
Charlotte Morris - United Kingdom





3:00
4:15 pm

ANATOMY OF A HEALTHY PLANET

363

- Impact of tramadol and codeine secured prescriptions on national analgesic dispensing in France.

Célia Regal-Mezin - France

Co-author: Matthieu Deschamps - France

- From polypharmacy to patient-centered care: deprescribing as a learning opportunity in primary care.

Yaiza Gianzo Villaverde - Spain

Co-author: Marc Albiol - Spain

- Systematic review of interventions to reduce inappropriate antibiotics use in general practice in OECD countries.

Audrey Ngeyitadila Fukiakanda - France

Co-authors: Léa Maurel - France, Racha Onaisi - France

- The role of general practitioners in responding to a chikungunya virus outbreak in Roquevaire, southern France, 2025.

Matthieu Deschamps - France

Co-authors: Albin Fontaine - France, Laura Pezzi - France, Xavier De Lamballerie - France

- Primary care in the shadow of war.

Selma Kaya - Türkiye

Co-authors: Nagihan Yıldız Çeltik - Türkiye, Nebahat Bilge Batım - Türkiye, Hatice Belkis Bulut - Türkiye

- Air quality evaluation of general practitioner's office in France.

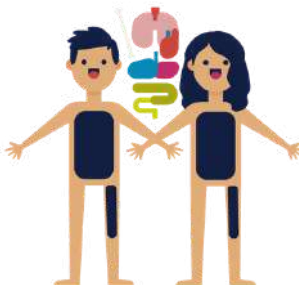
Cécile Vo Ngoc - France

Co-author: Valentine Lefranc - France

- Development and evaluation of an information resource on sustainable eating for patients.

Charlotte Goolaerts - France

Co-authors: Loïc Blanchet-Mazuel - France, Lucie Charreton - France, Zoé Gindt - France





3:00
4:15 pm

ETHICS AND DECOLONISING PRINCIPLES IN GLOBAL HEALTH

364

Global Health is an area of interest for many family doctors, especially early-career clinicians, but it raises several ethical concerns, often rooted in the power imbalance between the 'Global North' and 'Global South' during a transitional period for the field. Key challenges include voluntourism, inadequate contextual understanding, weak sustainability, and epistemic injustice. These issues are intensified by insufficient inclusion of the affected community in research and health services, resulting in interventions that are not appropriately aligned with their actual needs.

Lisa Zangarini - Luxembourg

Co-authors:

Shrey Mathur - United Kingdom, Jörg Schmid - Germany, Umber Khan - United Kingdom, Kerry Greenan - United Kingdom, Aliko Traianou - United Kingdom, Mohamed Shuja - Sri Lanka, Catarina Gomes Madeira - Portugal, Nick Mamo - Scotland

4:15 - 4:45 pm: COFFEE BREAK

4:45
6:00 pm

**ROUND TABLE:
ANATOMY OF A GP: WHAT MAKES AN IDEAL GP?**

342AB

In this round table with GPs from diverse backgrounds, we will explore the identity of a GP and the first commandments of an ideal GP – from the champion of the biopsychosocial model to the advocate of social justice.

Emmanuel Prothon - France

Speakers:

Rishi Caleyachetty - United Kingdom
Daria Gheorghe - France
Racha Onaisi - France



9:00
9:45 am

THE DNA OF CHANGE: YOUNG FAMILY DOCTORS LEADING THE TRANSFORMATION OF GLOBAL PRIMARY HEALTH CARE

342AB

This keynote examines the “anatomy” of the GP as grounded in the core values of family medicine. It highlights how these values must be actively trained through clinical reasoning, simulation, and peer learning and support, while positioning FDs as coordinators of care and advocates for patients and communities. A global perspective will emphasise leadership, collaboration, and the role of young FDs in shaping the future of primary care systems in Europe and beyond.

Maria Pilar Astier-Peña - Spain

10:00 - 10:15 am: MOVEMENT BREAK

10:15
11:30 am

CLIMATE SMART PRACTICE: HOW DO I GET STARTED?

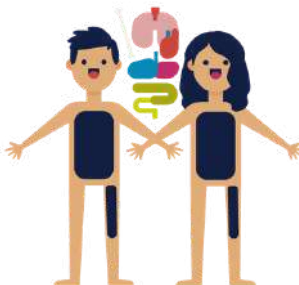
342AB

Climate change poses an urgent global health threat, while healthcare systems remain significant contributors to greenhouse gas emissions. Family physicians and primary care providers play a vital role in leading sustainable healthcare transformation. Yet many clinicians are uncertain about where and how to begin implementing climate-smart and climate-neutral practices in their daily work. This masterclass offers practical guidance, tools, and peer learning opportunities, to help physicians take their first steps toward sustainable low-carbon healthcare.

Marie Maingard - Luxembourg

Co-authors:

Jörg Schmid - Germany, Kati Koost - Estonia, Carolina Cordovil - Portugal, Aleksei Paschenko - Czech Republic, Abdul Careem Aara Thilfar - Sri Lanka, Mohamed Shuja - Sri Lanka





10:15
11:30 am

**BEYOND THE LABEL: THE HIDDEN WORLD OF ENDOCRINE
DISRUPTORS IN EVERYDAY PRODUCTS AND THEIR EFFECTS
ON PERSONAL AND PUBLIC HEALTH**

343

This workshop introduces the concept of endocrine-disrupting chemicals (EDCs)—compounds that closely resemble our hormones but pose significant risks to human health. These ubiquitous chemicals are found in everyday products such as plastics, cosmetics and food packaging. While often overlooked on ingredient lists, EDCs and other toxics have far-reaching health consequences, contributing to conditions such as cancer, diabetes or obesity, amongst others, as well as affecting wildlife and disrupting ecosystems. This workshop emphasizes the importance of transparency in ingredient lists, calling for better public awareness and regulatory measures to mitigate the harmful effects of these hidden poisons. Understanding the true meaning behind everyday products' ingredient lists is crucial to protect public health and avoid paying the hidden costs of EDC exposure.

Helena Alonso Valencia - United Kingdom

Co-authors:

Paula Sala Ivaris - Spain, Raïsa Álvarez Paniagua - Spain, Hana Ruferová - Czech Republic, Carolina Cordovil - Portugal, Özden Gokdemir - Türkiye, Marie Bourne - Czech Republic

10:15
11:30 am

**GETTING STARTED WITH RESEARCH:
SIMPLE STUDY DESIGNS YOU CAN BEGIN TODAY**

361

Junior doctors and experienced clinicians are often interested in getting involved with research but feel intimidated due to the perceived barriers, such as a lack of experience, ethical approval, and a huge amount of time required. However, several research designs, such as letter to the editor (LTE), anonymised case reports, and commentary pieces, do not require ethics approval and can be accessible entry points for inexperienced researchers.

Fatima Khunsha - United Kingdom

10:15
11:30 am

**ARE YOU REALLY AN ALLY? SUPPORTING LESBIAN, GAY,
AND BISEXUAL PATIENTS AND COLLEAGUES IN PRIMARY CARE**

362

Despite increasing societal visibility, Lesbian, Gay, and Bisexual (LGB) individuals continue to face systemic discrimination within healthcare settings, resulting in significantly poorer health outcomes compared to their heterosexual counterparts. Evidence shows persistent disparities, notably in mental health (higher rates of anxiety, depression, self-harm) and women's health (e.g., lower rates of cervical screening, higher rates of breast cancer, cardiovascular disease). While recent, necessary discourse has rightly focused on transgender healthcare, the specific, enduring challenges facing the LGB community often remain unaddressed, perpetuating a critical gap in professional competency.

Charlotte Morris - United Kingdom



10:15
11:30 am

LIBERTY, EQUITY, FRATERNITY

363

- Seeking consent for clinical examinations in children aged 2 to 6 years in general practice.

Alexia Messon - France
Co-author: Céline Léran - France

- Leveraging local care networks to reduce screening inequalities: impact of proactive calls to patients missing colorectal cancer screening.

Yasmine Zaouche - France
Co-authors: Paul Aujoulat - France, Gaëlle Ragot - France

- Gender influences in primary care management of depressive disorders: a qualitative study among general practitioners.

Aurore Trameçon - France
Co-author: Elsa Villalon - France

- Resilience and solidarity in crisis: reflections from a rural family medicine residency program in northern Israel.

Liran Giladi - Israel
Co-authors: Duamel Shira - Israel, Kalish Tomer - Israel, Halifin Elya - Israel, Tatur Mifteh - Israel, Sityr Naama - Israel, Malatskey Lilach - Israel

- General practitioners' views on their role with cannabis users: A qualitative study in the Paris suburbs.

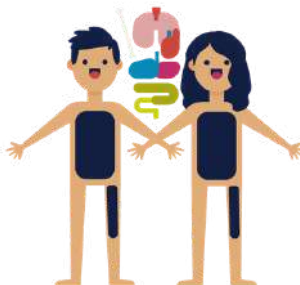
Simon Raynal - France

- Testicular thermal contraception within couples: a qualitative study on the experiences and motivations of partners.

Romain Verdeau - France
Co-authors: Anne-Lise Andre - France, Marie Barais - France

- Controlling a scabies outbreak through primary care in a rural village: a school-based, community-partnered approach.

Metehan Güzelkaya - Türkiye





10:15
11:30 am

**EXPERIENCING NARRATIVE MEDICINE:
ENHANCING PATIENT-CENTERED CARE, REFLEXIVITY
AND WELL-BEING IN GENERAL PRACTICE**

364

Narrative Medicine (NM), conceptualized by Rita Charon at Columbia University, is an innovative interdisciplinary approach that centers on the patient's illness experience through storytelling. By cultivating narrative competence—the ability to recognize, absorb, interpret, and be moved by patients' stories—NM complements traditional evidence-based medicine. Systematic reviews have demonstrated its benefits, including increased empathy, reflexivity, interprofessional connection, and prevention of burnout. Although widely implemented in hospital settings, NM remains underutilized in primary care, however holistic, patient-centered models predominate and clinician resilience is paramount. This workshop draws on four years of experience delivering NM training to medical students.

Alix Fernet-Scherer - France

Co-author:
Solene Blanchin - France

11:30 - 12:00 pm: COFFEE BREAK

12:00
12:45 pm

**HOW FAMILY DOCTORS CAN LEAD PLANETARY HEALTH:
12 MONTHS – 12 ACTIONS**

342AB

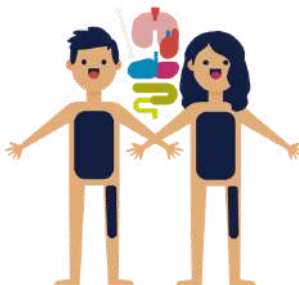
Every day, as family doctors, we try to protect our patients' health. But the environmental crisis is already affecting the health of the people we care for. Our health systems are part of this challenge – but family doctors can also be part of the solution: through wiser care, avoiding unnecessary tests and treatments, and through the conversations we have with our patients about sustainable health. At the European Young Family Doctors Preconference in Paris, I will also present the 12 Months – 12 Actions campaign: simple, concrete steps family doctors can take to reduce the environmental impact of care. Because caring for patients also means caring for the planet.

Johanna Sommer - Switzerland

12:45
1:30 pm

CLOSING CEREMONY

342AB



EYFDM PRE-CONFERENCE 2026

ANATOMY OF A GP: WHAT MAKES UP AN IDEAL GP?

