

Internship Experiences

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November meeting in Madrid

Our last EuroNet Executive Committee meeting took place in Madrid, Spain, from November 8th to 10th 2013. PAGE 2



Transforming Moment into “Momentum”

Dear colleagues,

Last year we saw a lot of interesting events in the “Public Health world”, polio reappeared in Syria and we clearly saw that conflicts could throw away years of efforts of PH professionals on the ground. We also had some happy news worldwide, such as the affordable care act in the US that reinforced the quest for universal health coverage at reasonable price in all countries; or the first time an HIV negativization in a small child, a step further in the fight against HIV/AIDS; although this might just be a one out of a million effect, we are sure it is good news for the future of Public Health.

One could think of millions of wonderful stories that enriched our 2013 and made us proud to be public health professionals.

At EuroNet MRPH, we also had an interesting year built upon your efforts. We all, as a team, were the ones responsible for all the good things that were achieved in the past year: a new and more accessible platform for the internships; the newsletter to improve the communication between all Public Health residents; a new website; all the contacts and partnerships achieved, as well as the research efforts to finish our projects.

We had a good moment last year but we want to transform that moment into momentum (movement). Our association aims to lay the ground for further interaction between regions, movement for us is related to global issues, to health out of our national borders and to scientific and social cohesion. Because of that, EuroNet-MRPH is a multicultural, multilingual and international association who wants to reinforce in the upcoming years the importance of transforming static things into movable thinking. EuroNet has to capitalize all the great work done so far since 2009 and will continue to become a more dynamic and open organisation.

The momentum starts with you, the former residents and now Public Health specialists, who can advocate for better training and create new initiatives in collaboration with EuroNet to foster the Public Health training. You, the Public Health resident that has given up your time to collaborate with EuroNet. You, the new member of the executive committee that will face many challenges during this year but will keep EuroNet growing and become more helpful for every Public Health resident in Europe.

Together WE will continue to work for a better Public Health in Europe.

*André Peralta, EuroNet-MRPH former President.
Rocío Zurriaga Carda, EuroNet-MRPH President.*

Executive Committee meeting, Madrid

Overview of our last meeting in Madrid

On the 9th November 2013, the members of Euronet MRPH, as well as observers from country members and local residents, met in Madrid, Spain, for an update on the lines of our projects, making some decisions for the organisation, and of course, chatting and catch up.

order to guarantee the fluent cooperation and communication, and facilitate our actions.

Increasing Euronet

Financial aspects are not the only area involved in our growth. Pivotal work surrounds our new website and newsletter - both have increased the visibility of Euronet.

New team for 2014

This meeting also brought the chance to settle the new roles for the country members. Spain takes office of the Presidency of Euronet for 2014, Italy assumes Vice-presidency, Portugal is designated Treasurer, France will be Secretary, and UK is responsible for Communications, a new position created to supervise contacts, deadlines and coordination between countries.

What's next?

The following Executive Committee Meeting will take place in Palermo, Italy on the 28th June. Sure it will be at least as great as have been the last ones!

If anyone is interested in attending one of Euronet's meetings as an observer, please contact any of their national Committees!

See you there!

*Sara Mayorgas
Paula Beltrán
EuroNet Spain*

The meeting was held in Hospital La Princesa, with over 20 residents from the different countries involved.

Collaborative Projects

Working groups provided updates on the status of the collaborative projects work and activities carried out, and confirmed dedicated next-steps for their progression. Both projects, Residency Comparison and Internship Survey are a bit more delayed than expected and this session provided the thrust needed for their progress and the results will be published soon. No new projects were proposed or undertaken.

Grants

In our effort to continue growing as an organisation, funding our activities has become a priority in

However, we would like to carry on spreading our presence through social networks, spreading the portfolio of Euronet on universities and making business cards, all of which will hopefully encourage other countries to join our network.



Resident Experiences

The strive for the promotion of international exchanges in public health: A UK specialty registrar's experience

The UK Faculty of Public Health (of the Royal College of Physicians) advocate and recognise that placements outside the UK are valuable to specialty registrars training, and that working overseas has the potential to provide rewarding personal experiences and excellent opportunities in many of the core public health competencies required by UK registrars in training.

I am a UK Specialty Registrar in public health medicine in my final phase of training and the UK chair

of EuroNet MRPH. I have a keen interest in European public health and during one of my frequent visits to Porto I found myself spending the day with the Regional Health Department thanks to the Portuguese committee. This was a valuable and worthwhile experience and alongside sharing experiences with my Portuguese colleagues, it gave me an insight into public health practice in Portugal whilst reaffirming my desire to broaden my experience and undertake an overseas internship as part of my training.

Following this, I have successfully secured a short placement at the Institute of Public Health, University of Portugal which I hope to commence this autumn, subject to approval from

my employing Deanery.

I hope that getting approval for this placement will ensure the sustainability of these opportunities and that we can strive for a greater mobility of residents and the promotion of international exchanges in public health

*Eleanor Josephiné Garnett-Bentley
Specialty Registrar Public Health,
ST4*



An overseas training experience

International training program gives you the opportunity to gain valuable work experience while learning a new culture in another part of the world. EuroNet MRPH by promoting foreign internships opens the door of Europe to Public Health Residents, so why not take advantage of this?

I answer to an internship placement on EuroNet MRPH website at the Escuela Nacional de Sanidad Publica "Instituto Carlo III" in Madrid, Spain. The internship project was proposed by the Professor Mrs M^a Joao Forjaz and there were minimum requirements in terms of both time and skills. The topic concerned the quality of life, functional status and comorbidity status in older people with and without dementia. I contacted Prof. Mrs M.J. Forjaz who showed interest in my request and help me to prepare all the

bureaucratic stuff for the internship. I also thank the director of the institute «Scuola di Specializzazione in Igiene e Medicina Preventiva», Catania, Prof. R. Fallico who opens for the first time the school to this international exchange.

I start my 6 month period in February 2013. First, I talked with my tutor to discuss about what I would have worked on and how to deal with a completely new theme for me. She gave me all the information to work (book, scientific articles) and a workstation. I was also introduced to her work group with whom I had the pleasure of working for various projects. My job consisted in writing scientific articles and in analyzing the data with statistical software.

I worked on three scientific articles, one of which has already been published and one is in press. I also participated as an observer, to the class I was interesting in, of

the two masters in Public Health (National and International one) and to several interesting seminars. To obtain the certificate of participation you have to pay the single course. After the initial minor linguistic difficulties, I felt fully integrated. Joao is the ideal tutor, always available to answer questions, she adapts the work to your skills and she is interested in your observations in order to improve the internship. We are still working together on another article and do not exclude other future collaborations. It was a fantastic experience, definitely to repeat. It is an interesting way to sharing knowledge, skills, points of view and to create your professional network. Foreign internships are a fundamental experience for the trainee who wants to look out in Europe, but also for your personal growth. So pack your bags and enjoy your international public health internships!

*Stefano Marventano
Italian Resident*

News around Europe

France

The 2014 CLISP National Conference has been held in Strasbourg, April the 23rd to April the 25th.

In the city of the European Parliament, discussing 'Health in the European Union' appeared as the perfect theme for this year's conference. With over 100 participants from all over France, we have discussed various issues as drug policies, health risk management, health systems, health research and public health training in the context of Europe.



For the first time, the conference has been open to public health residents from other European countries via the EuroNet MRPH network. One session was dedicated to presentations of public health trainings in Europe by members of EuroNet MRPH.

We are very excited that we could make this event even more European with your participation!

Myrtille Prouté

Italy

Medical residency programme reform in Italy

Italy is on the verge of a pivotal change in the organisation of the medical residency programme, the specialty training for doctors, which will probably have a strong effect on future care in the country. Changes will affect the access level, duration and quality of training.

Access is changing from a local-based ranking and specialty-specific system to a nation-wide-nation ranking, still (probably) specialty-specific one.

The positions offered are halving: from a total of 5000, the government will now be offering 2500 contracts, which is definitely under national needs. This decrease is going to be (probably) nearly equally distributed among different trainings, still some fields are going to disappear (such as Thermal Medicine, Tropical Medicine and Audiology and others). It is feared that Public Health will suffer a cut greater than 50%.

The length of training is changing too; from a fixed 5 years system (with the only exception of General Surgery) the duration will be cut to 4 years in many cases, mostly in the field of "services"; therefore Public Health, Radiology and Occupational Medicine will be possibly shortened to 4 years.

The reactions of young doctors' organisations are mixed: the national ranking is mainly seen as a positive aspect (as guarantee of equity and better odds for motivated individuals); shortening is still generally welcomed (trainings which seem to be involved were 4 years long up to 2009); and training unification, although not welcomed, was sometimes inevitable (e.g. "Thermal Medicine" only offered 4 positions nationwide). However, there has been criticism of the low interest on action and changes to improve the quality of the training, and of the probable disappearance of some university training programs at smaller cities.

The situation is going to be defined during the upcoming months: a decision should be made before the beginning of next training year (normally first months of summer), still some definite changes will affect profoundly the medical profession in Italy.

For further reading (in Italian):
<http://www.igienistionline.it/cms/>
<http://www.giovanemedico.it>
<http://www.nazionale.sism.org>

Lorenzo Bertizzolo

A public health story of the century: India has become a polio-free country!

India accounted 200.000 cases, over half of the world's polio cases until 2009. Last recorded case occurred on January 2011, since then, no other cases have been recorded and India is set to be declared officially polio-free.

Polio is a crippling, life-threatening disease caused by the poliomyelitis virus, transmitted through contaminated food and water, and mostly affects children under age five. Polio was a huge public health problem worldwide, until a vaccine was developed in 1957 by J. Salk.

In 1988, the World Health Assembly adopted a resolution for the global eradication, and since then, polio has decreased by 99% worldwide.



However, polio lingered in India, mainly because of slum pockets and poor sanitation, combined with poor health infrastructure and population attitude with vaccination.

India's government and health system collaborated with WHO, Rotary International, and UNICEF in a fine logistical feat to immunise the nation's children under age five, as they are the most vulnerable. The concerted effort of international health organisations, the Indian government, economic funds and vaccine doses donated to the effort, and uncountable numbers of volunteers have led to the zero cases of polio in India today.

Polio eradication in India may be one of the top public health stories of the century, and will be surpassed once global eradication is achieved. Polio remains in endemic in Nigeria, Afghanistan and Pakistan. Populations in these countries can be difficult to reach due to war, geographic instability and poor health infrastructure. Because of its proximity to countries such as Pakistan, India runs the risk of re-infection in the population and is running polio campaigns in 2014-15.

Source:
<http://www.who.int/mediacentre/news/releases/2013/polio-vaccination-20131209/en/>

Salvo Parisi

Portugal

At a local level, **avian influenza virus was detected in November on a small property in Mértola, Alentejo** which led Hong Kong to ban the import of Portuguese beef and poultry. The Portuguese General Health Directorate Head, Dr. Francisco George declared to the media that the strain detected was of low



pathogenicity and solely circulating in birds.

As a cautionary measure, the 63 birds of the property were incinerated and a one kilometer restriction perimeter was established around the affected area. It has been five years since the last detection of bird flu virus in Portugal.

Source:
<http://www.publico.pt/sociedade/noticia/dgs-desvaloriza-perigo-do-virus-de-gripe-aviaria-detectado-no-alentejo-1615128>

Portuguese population continued declining for the third straight year according to the Demographic Statistics 2012 published by the National Statistics Institute. Three numbers are specially relevant: 89841 births, 107612 deaths and 121418 people left Portugal in a temporary or permanent basis. Birth trends are not increasing and the higher number of deaths is due to the aging population. But the massive emigration numbers are undeniably related to the economic crisis. The consequences will be further noticed in the birth numbers as emigrants consist of young people, including women of childbearing age.

Source:
<http://www.publico.pt/sociedade/noticia/numero-de-emigrantes-em-2012-foi-superior-ao-total-de-nascimentos-1610703#/0>

Bernardo Gomes

Spain

The Directive 2011/24/EU of the European Parliament and of the Council of 9 March 2011 on THE APPLICATION OF PATIENTS' RIGHTS IN CROSS-BORDER HEALTHCARE has entered into force and is to be transposed at national level.

For the first time, the right of patients in Europe to seek healthcare in another Member State, and be reimbursed for it, is clearly established, in order to make an informed choice.

This Directive makes provision for the introduction of a general framework to: clarify patients' rights with regard to accessing cross-border healthcare provision; guarantee the safety, quality and efficiency of care that they will receive in another EU Member State and promote cooperation between Member State on healthcare matters.

Isabel Cuevas Casado

UK

There has never been a more exciting time to pursue a career in public health and as a profession we are vital in supporting world-class health outcomes. The Schools of Public Health in the UK provide world class training for the next generation public health experts and leaders, and even though the transition of public health from the NHS to local Government was an upheaval and a major cultural shift, we as specialty registrars have embraced this and are adapting to innovative and new ways of working.

Courageous leadership is pivotal to effecting meaningful change and it is particularly encouraging to see that our President of The Faculty of Public Health, Professor John R Ashton C.B.E. has been engaged in visiting registrars in each corner of the UK. He stated that "it has been a huge pleasure to meet so many enthusiasts for Public Health who maintain their motivation despite the chaos of the reorganisation and we can be particularly optimistic about the trainees coming through."

In the UK we have a range of backgrounds of new entrants to public health and there is still a need to understand better the full range of disciplines which should be found within a strong public health network - "no public health specialist is perfect but a network can be!"

Eleanor Josephiné Garnett-Bentley

Comments from Professor John R Ashton C.B.E – President of the UK Faculty of Public Health

EPH conference: why not?

The European Public Health Association (EUPHA) is an international, multidisciplinary, scientific organisation, bringing together around 14,000 public health experts for professional exchange and collaboration throughout Europe. EUPHA was founded in 1992 and now has 71 members across 40 countries. Through a multidisciplinary approach to public health, the network stimulates networking and information exchange and strengthens the knowledge on public health issues in Europe: the goals of which is to bring together research, policymakers and practitioners working in the public health field for knowledge sharing and capacity building.

Why should public health residents attend EPH conferences?

The EPH Conference aims to contribute to the improvement of public health in Europe by offering a means for exchanging information and a platform for

multidisciplinary debates in the field of public health and health services research as well as public health training and education in Europe.

The conference is jointly organized by the European Public Health Association and the Association of Schools of Public Health in the European Region (ASPHER) which



is an European organisation dedicated to strengthening the role of public health by improving education and training of public health professionals for both practice and research.

EPH conferences can be a great place to renew our excitement about our work; they can help us realize that everyone has struggles and many times we can find out about new ideas or systems that

might work for us. Going to an EPH conference not only rejuvenates our focus and our determination, but it creates an opportunity to build joint ventures and partnerships. It gives us the opportunity to network with a wide range of colleagues, professionals and experts across the field of public health and beyond, and soaking up experiences by the best coaches can energize and greatly improve our productivity and morale. Conference sessions and networking times allow us to slow down, pull over, giving us a chance to rest from the "common-grind" of our daily routine and reflect on our practice.

Last but not least, EPH conferences provide great evening entertainment which is always fun!!

Take your chance and on 19-22 November 2014 join the 7th European Public Health Conference in Glasgow, UK. Let's meet there!

*Elena Azzolini
Francesco Soncini
Italian Public Health Residents*

Join us in Palermo, Italy on the 28th June



You are welcome as an observer in our next EuroNet MRPH meeting, please contact your national association for more details.

All you need to know about EuroNet MRPH

OVERVIEW

EuroNet MRPH has officially existed for two years and has been led by medical residents in Public Health Europe-wide. The European Network of Medical Resident in Public Health (EuroNet MRPH) was founded in 2011. It is a unique independent organization representing associations of medical residents in public health through Europe. Over 1,000 medical residents in public health represented, from National Member Associations (NMA).

EuroNet MRPH was created to empower its members to take their vision and ideas forward. Engaging in EuroNet MRPH encourages both professional and personnel collaborations irrespective of geographical or cultural differences.

MISSION STATEMENT

The mission of EuroNet MRPH is to promote professional excellence among medical resident in public health in Europe by exchanging scientific knowledge and training opportunities and by organizing common activities.

HISTORY

The idea of a network emerged in 2008 at the initiative of French and Italian residents, who decided to collaborate in setting up a common protocol for a survey on the satisfaction of residents about the quality of respective residence programs.

NATIONAL MEMBER ASSOCIATION (NMA)

COLLÈGE DE LIAISON DES INTERNES DE SANTÉ PUBLIQUE (CLISP)



CONSULTA DEGLI SPECIALIZZANDI (SItI)



COMISSÕES DE MÉDICOS INTERNOS DE SAÚDE PÚBLICA (CMISP)



ASOCIACIÓN DE RESIDENTES DE MEDICINA PREVENTIVA Y SALUD PÚBLICA (ARES)



THE EDUCATION COMMITTEE OF THE UK FACULTY OF PUBLIC HEALTH



This successful experience brought about the idea of extending this kind of collaboration to other projects and countries. Spanish residents joined the group in 2009.

The first meeting that saw the establishment of the network was held in Paris, France, in June 2011. The first members of this new organization were the Collège de Liaison des Internes de Santé Publique (CLISP, France), the Consulta degli specializzandi (SItI, Italy) and the Asociación Española de residentes de medicina preventiva y salud pública (ARES, Spain).

Since 2011 the network has expanded to include the Specialty Registrars' Committee (SRC) of the Faculty of Public Health (UK) on November, 2011 the Comissões de médicos internos de saúde pública (Portugal) on May, 2012.

The network is looking to expand further; the Republic of Ireland and the Netherlands will hopefully become members in 2013.

LEADERSHIP

EuroNet MRPH is composed of the Executive Desk (ED) and the Executive Committee (EC). Each NMA delegation is composed of six residents. Two of them sit on the ED. There are rotating posts (president, vice-president, secretary, treasurer and webmaster).

The ED and the EC meet three times a year to make key decisions on EuroNet's strategic priorities, vote on EuroNet's policies, and elect the team of officials.

EuroNet MRPH is registered as a non-profit association in Lille, France.



AIMS

- TO GIVE MEDICAL RESIDENTS IN PUBLIC HEALTH THE OPPORTUNITY TO DO AN INTERNSHIP IN A EUROPEAN COUNTRY MEMBER OF EURONET MRPH
- TO PROVIDE A NETWORK THAT LINKS ACTIVE MEDICAL RESIDENTS IN PUBLIC HEALTH ACROSS EUROPE
- TO PROVIDE A EUROPEAN FRAMEWORK IN WHICH MEDICAL RESIDENTS IN PUBLIC HEALTH'S PROJECTS CAN BE REALIZED
- TO DEFINE AND ACHIEVE A COMMON CORE OF PROFESSIONAL COMPETENCES IN EUROPE
- TO STRENGTHEN THE ROLE OF PUBLIC HEALTH MEDICAL DOCTORS IN EUROPE BY COMMUNICATING ON THEIR SPECIFIC PROFESSIONAL COMPETENCES AND WORKING FIELDS TO THE MEDICAL AND NON-MEDICAL COMMUNITIES

All you need to know about EuroNet MRPH



ACTIVITIES

Exchanging working practices and scientific knowledge

- Presentations from international residents at training events or conferences in other member countries
- Promotion of projects whereby EuroNet facilitates the collaboration between residents in member countries
- Establishment of a website with information about projects to date and residency programmes in each member countries
- Distribution of a newsletter (EuroNews MRPH) through the NMA networks

Boosting training opportunities across borders

- A database of placements in each member country has been created and is available on the website
- Facilitation and information sharing regarding placements at international organisations (e.g. WHO Regional Office for Europe)
- A survey is being developed to evaluate demand for and barriers to international placements

Past EuroNet projects

- Survey on post-residency destinations
- Knowledge and attitudes of public health residents of vaccination programmes (EUPHA 2012, European Congress of Epidemiology 2012)

LEADERSHIP - TEAM OF OFFICIALS - 2014

EXECUTIVE DESK



Residents
per country

1 assuming an official position
1 NMA Liaison Officer



Treasurer

CMISP LO



Secretary

CLISP LO



Vice-President

SItI LO

Post are rotatives each year



Communica-

UK LO

tion Lead

President

ARES LO

EXECUTIVE COMMITTEE :



Residents
per country



FUTURE PLANS

- TO CONTINUE THE EXPANSION OF THE NETWORK
- TO ADVOCATE FOR CONTINUED IMPROVEMENT OF TRAINING PROGRAMS
- TO CONTINUE THE PROMOTION AND THE FACILITATION OF THE INTERNSHIPS
- TO FACILITATE THE INTERNSHIPS IN EUROPEAN AND INTERNATIONAL ORGANIZATIONS WORKING ON HEALTH, EDUCATION AND SOCIAL ISSUES
- TO INCREASE AWARENESS OF OPPORTUNITIES AMONG RESIDENTS

Coming soon

The meeting in Palermo

The next Executive Committee meeting will take place in Palermo, Italy, on the 28th of June.



comissões de médicos internos de
SAUDE PUBLICA



GET INVOLVED !

EuroNet MRPH is present in 5 countries in Europe. The easiest way to start your EuroNet MRPH career and be part of us is approaching your national representatives by viewing the contact details of your NMA. Then you can have a look at our core activities to check out the different areas we are involved in.

If any questions arise, feel free to contact us !

euronetmrph.org

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