



# FCGP

## Newsletter

Fiji College of General Practitioners | July 2020

## NORTHERN FACULTY MINI SEMINAR



We are extremely grateful to Fiji Care for largely sponsoring the Northern Faculty Seminar. Fiji Care was represented by their Managing Director Mr. Peter McPherson and Arun Singh, Pharmacies & Doctors Coordinator.

The first seminar, post COVID 19, was successfully held at the Galaxy Hotel in Labasa on 11th August that was attended by a record number, 24 in all which included 3 doctors from Labasa Hospital.

It was good to see 3 GP's from Central Faculty and 4 GP's from Western Faculty travelling, taking initiative of the "Love Your Locals" campaign.

Dr Ahmed Shakeel Shariff has written a delightful summary of this exciting tour, and seminar which is attached. Rotuma to be the likely venue for our next excursion !!

### Forthcoming seminars

The next seminar is to be hosted by the Central Faculty on Sat 22nd August. Details TBA soon.

The Western Faculty seminar will be held on 30th August.

Anyone wishing to present papers are requested to contact faculty reps or the College secretary Sanjeeta.

### CME/PDP and Virtual Seminars

A number of virtual or zoom seminars are held on a regular basis since the pandemic. Notifications from our secretary Sanjeeta is often relayed to you all. Certificates of attendances should be submitted to Sanjeeta for your PDP/CME points.

### New Members

Despite the pandemic, newer members have ventured into GP and we welcome them all namely: Viliame Uluilakeba, Elizabeth Koroivuki, Latia Lolokaba, Juacho Gallardo, Agnes Boyd, Kamal Banerjee, Ahmed S Shariff, Josefa Koroivueta, Diva Singh.

### Education and Censor-in-Chief

We have now created a new committee to merge Education and Censor-in Chief. It will be known as Censor and Education committee headed by Dr Dhirend Lal. The following are the committee members of this new board: Dhirend Lal (Chairman), Isireli Biuamaitoia, Rajeshwar Maharaj, Shanita Sen and Ram Raju. The aim is to strengthen post graduate education for all the aspiring GP's as well as others.

Dr Mukesh Bhagat has decided to stepdown after serving the College as the CIC for over a decade. We thank him for serving the college diligently and assiduously.

We'll be strengthening Mentor & Mentee program with a minimum set of criteria to be implemented with emphasis on education and research in General Practice.

Two textbooks will be highly recommended namely *John Murtagh's General Practice* and *Ian McWhinney's a Textbook of Family Medicine*.



# Other updates

## AGM

The postponed AGM will be held in early October. Date and venue TBA shortly.

## Accounts

The audited accounts for 2019 will be presented at the AGM.

## Indemnity Insurance

Much has transpired on indemnity insurance cover. The FCGP indemnity cover still exists that will be further deliberated upon in our meetings soon, faculty and national level.

## BSP Health Insurance

BSP had advertised calling for EOI once again. They are hoping to get more members on board. I have had a meeting with Calvin Yee to look at a revised fee schedule for all members and this will be further negotiated in due course.

## Roll Out Program - PPP

We are inviting members to join this roll out committee primarily to look at PPP which has generated discussions in the past. We would like to study and develop firm proposals for this to materialise.



## Rotuma Excursion and Seminar

Many had shown interest when this was put to the floor in Labasa. I have had discussions with Fiji Airways for special fares on our proposed trip in Sept.

There is a long week-end in early Sept. Plan is to leave on Friday 4th returning on Mon 7th (public holiday). The air fares is approx. 1000.00 and accommodation is 80.00 per day/night inclusive of meals.

We have to charter a flight for Monday's return since there's only one flight per week. A seminar can be easily organized as well apart from having a great time in one of the hidden paradise of Fiji.

Seats are limited to 30-35 so if you are interested please get in touch with Sanjeeta ASAP.



## Snapshots of Northern Mini-Seminar



# Vinaka

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# NORTHERN CONFERENCE

## *A Newbie Perspective*

This conference started as a journey of discovery and ended as a cherished memory. For some of us this journey started at round 5:30am. The beauty of the western sunrise welcomed the beginning of the 3 hour voyage from Nadi to Suva and then finally onto Labasa. At Nadi Airport it was an opportunity to meet colleagues and respected seniors, catching up with acquaintances as we travelled in a Fiji Airways ATR flight to Suva to be greeted with the warmth and smiles of our Suva fraternity colleagues and the never failing rainy Suva weather. As the pack grew so did the vibe of the whole trip, and the scene was set by the bright, sunny weather and pristine natural scenery of Vanua Levu. It was my first trip to Vanua Levu and in fact, it was a second-first for a few as they had not recently travelled to Labasa.

The friendly taxi drivers of Labasa ensured that all our requests were met. What could have been a better way to experience the friendly North than to visit the famous Naag temple. Truly a fascinating experience with a touch of spirituality and peace. The town was hustling and bustling as it was the civil service pay week and towards the outskirts stood tall the Galaxy Apartment. It was evident that there were few teething problems in accommodating a seminar of such caliber for the management however, it was very encouraging to see their willingness to quickly act on identified shortcomings.



At around midday the guests were welcomed and the conference was off to a kick start by Dr Bharti. The tone and bar of the afternoon of presentations was set by Dr Shanita Sen who simplified neuroscience for us and discussed the physiology of addiction, its associated effects, benefits of Naltrexone and holistic management of addiction. The presenters continued to lift the bar with their presentations as Dr Neil Sharma presented on the role of an expert witness, dos and the don'ts of being an expert witness together with valuable words of caution and advise when dealing with cases with litigation issues. Dr Fatima led a thorough presentation regarding depression and there were discussions of having a small survey to help create national statistic to assist in procurement off anti-depressants to cater for our population as depression seems to be taken rather lightly by authorities. I, then, discussed and elaborated on having high suspicion of catheter related bacteremia for patients on dialysis via tunneled catheters and interesting discussion followed regarding commonly encountered presentation and management of such patients. It was good to know the perspective of colleagues who see these patients in an outpatient setting. The presentations took a short break to allow us time to have a quick afternoon tea which as usual was prolonged with storytelling and re-energizing. The conference continued with Dr Amitesh's interesting presentation on Rheumatoid Arthritis, diagnostic dilemmas and the need for thinking outside the 'Thanda la Sui'. While Dr Atinesh Prakash ended his presentation with a dirty joke, Dr Pradeep Singh saw the opportunity to capture attention with one in the beginning of his presentation as he spoke about antimicrobial resistance, nutrition with a hint of ayurvedic medicine. The floor was left for our College president Dr Ram Raju to enlighten us regarding common skin conditions, pitfalls and pearls of management. Dr Raju also shared with us his experience in use of technology to better treat clients for dermatological conditions. Dr Keshwan Nadan was given the opportunity to enlighten us all regarding the current developments, political and clinical, local and international, on the Corona Virus Pandemic. He shared his experience with the IMT in Suva. Discussions regarding our role and recognition as primary health care providers and collaboration with the government was also deliberated on. The conference was called to an end by Dr Ram Raju who moved the vote of thanks.

The rest is a blur of happy memories. The cocktail drinks had started in 30 minutes. There was beverages of all kinds available. From Sedatives (Kava), Soft (Fizzy), Fruit, and mood changers (Alcohol) were all available at the recently renovated and immaculate looking dining area of the apartment. The mood of the night was set by an immensely talented singer, Dr Pradeep, who made the evening melodious and extraordinary. The singing and dancing continued till around 10:20pm and the party continued into the wee hours of the morning in the hotel room while some retired for the night.

It was not only all fun and merry making though, as the executive members of FCGP held a meeting the following morning discussing important pressing issues. We bid Labasa goodbye around midday as we travelled to Labasa Airport one last time before it was closed for renovations the very next day. This conference was special in many ways; educational, team bonding, distressing, exploring new horizons and gave an experience to be remembered for a very long time.

