

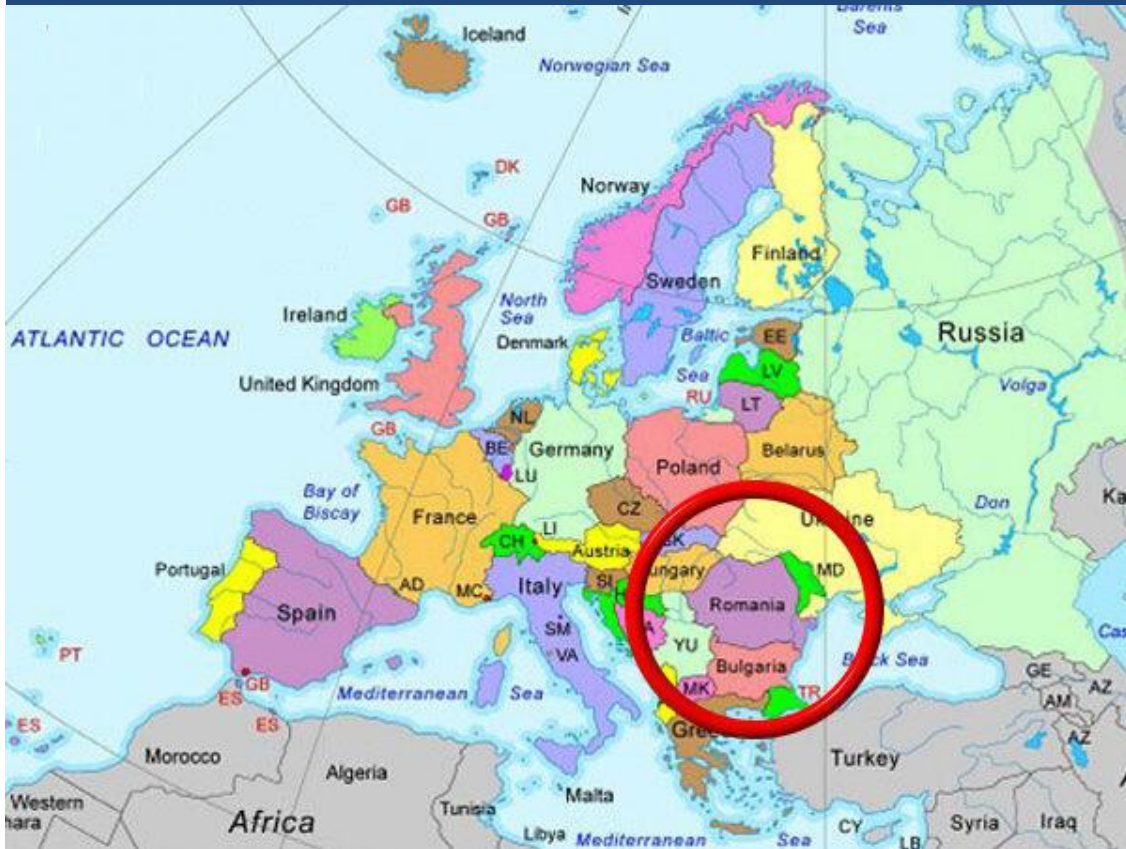
EUROPEAN PRIMARY CARE

EPoS

CARDIOVASCULAR SOCIETY

FAMILY MEDICINE IN ROMANIA

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GPs in Romania

- 49000 physicians
- 11400 family doctors (1/4)
- members of the Romanian College of Physicians (non-governmental National Medical Association)
- Professional grades : from total number of GPs :
 - Simply GPs (no FM specialization) = 638 (6%)
 - Family doctors (specialized in Family Medicine = 4780 (42%)
 - Senior Family doctors(over 5 years in FM specialty) = 5850 (52 %)

GPs in Romania

- **Family doctors work:**
 - **In urban areas: 6892 (61%)**
 - **In rural areas : 4347 (39%)**
- **The terms of practice are negotiated and contracted between the family physicians and The National Insurance Health House, every year. GPs are payed by The National Insurance Health House**

HEALTH INSURANCE SYSTEM

- **The National Health Insurance House (established in 1999) is a public institution, autonomous, of national interest, with legal personality, whose main activity is to ensure consistent and coordinated operation health insurance system in Romania.**
- **NHIH ensures, supervises and controls the social health insurance system**
- **NHIH settles a comprehensive providing healthcare system for all citizens**
- **2 categories of packets: for insured and for non-insured people**

HEALTH INSURANCE SYSTEM

- **The family doctor is the first contact of the patient with the healthcare system**
- **Each FD has an average list of 1200-1800 patients (it is recommended below 2200 patients)**
- **Most GPs are independent managers and some of them are working in a partnership or in group practices. The groups share auxiliary staff and facilities, not the patient's lists.**
- **The family doctor manages the cabinet, must employ at least one nurse and has relations with the authorities. He can employ doctors too, he can perform certain competencies (ultrasound, ECG), some of them recognized by the insurance house.**

- **The range of services provided by the family physicians within the general medical services in Romania is considerable(80-90%)**
- **Health care is delivered either by consultations at the physicians practice or by home visits, including child and maternal care, vaccination of children, health examinations, and prescription of appropriate drugs (we need the specialist's approval for one of them)**
- **The family physician is responsible for referrals of patients further in the system (for investigations, to a medical specialist or to the hospital system)**

- **The Romanian National Society of Family Doctors (NSFD) is the main professional association of family doctors in Romania.**
- **founded in 1990**
- **41 local organizations (1 from each county)**
- **main activity - improving family doctors' education, improving medical practice, updating legislations, negotiation with the National Health Insurance House .**

ACTIVITY OF NATIONAL SOCIETY OF FAMILY DOCTORS

- **NSFD is a WONCA Europe member since 1994**
- **Representatives in WONCA Council, EURACT, EURIPA, Vasco da Gamma Movement**
- **National Family Medicine Congress every 4 years (the last one was in 2016, Iasi)**
- **2 National Conferences every year**
- **8 Regional Conferences every year**
- **Workshops**
- **Monthly symposiums**
- **Summer Schools (Horezu, Buzau)**
- **Courses**

ACTIVITY OF NATIONAL SOCIETY OF FAMILY DOCTORS

- 10 Guidelines made by GPs from the National Center for Family Medicine Studies
- (10)Prevention Guide 2016



- e-Learning portal courses for Continuous Professional Development



ORGANIZATION (NSFD)

■ 12 working groups



Cardiology Working Group (2015) 8 members

1. Loredana Pilloff, Lecturer, University of Medicine Sibiu
2. Mihaela Daniela Balta, Assistant Professor, Carol Davila University of Medicine and Pharmacy Bucharest
3. Rodica Tănăsescu, Bucharest
4. Liliana Catrinoiu, Teleorman
5. Cristian Săndulescu, Craiova
6. Adrian Dărăbanțiu, Oradea
7. Tereza Craus, Iasi
8. Irina Roșca, Iasi



Activity of the Cardiology Working Group



- **founded in 2015 (8 members)**
- **attending congresses and conferences of family doctors and of cardiologists in Romania**
- **presentations at congresses and conferences of subjects with great interest in cardiology (guidelines)**
- **workshops and courses for family doctors**
- **close collaboration with the Cardiologists' Society in Romania**
- **partnerships in various projects for continuous professional development**
- **partnership with the Cardiologists' Society in developing a cardiovascular disease prevention program**

GP SPECIALTY TRAINING IN ROMANIA

- 6 years of general medical education (University)
- 12 University Family Medicine Departments in which are working about 30 family doctors.



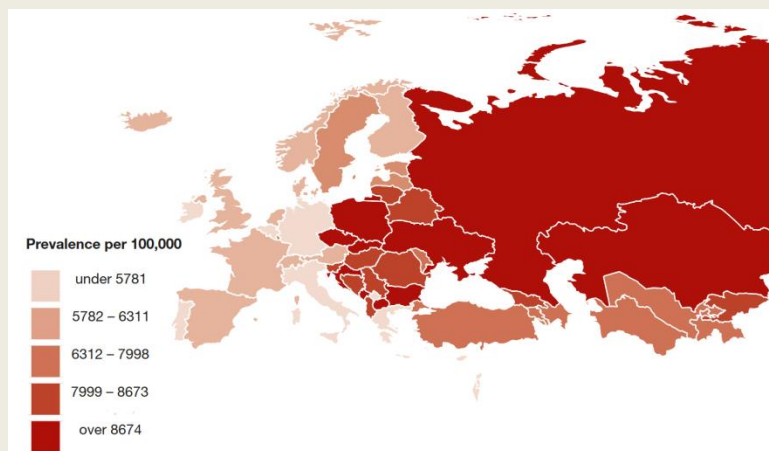
- Family Medicine is taught in the 6th year at the University and in many University Centers, professors and assistant professors are family doctors.

GP SPECIALTY TRAINING IN ROMANIA

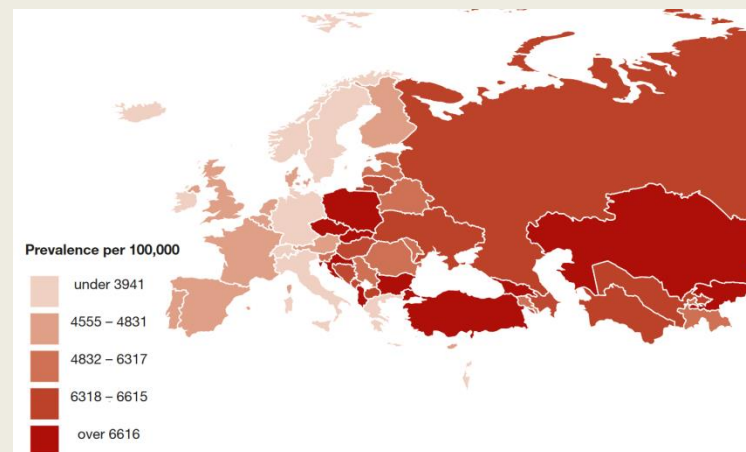
- **1991** family medicine has become a clinical specialty (a 3 years GP residency program).
- **(2017)** Family medicine residency (specialized training) lasts 4 years, the doctors are preparing in hospitals and in the family doctor's office.
- We have a total authorized number of 228 GP trainers.
- National entry exam into specialized training is the same for all specialties
- Practical and theoretical exam at the end of training to receive full license to practice
- Each doctor must do 40 CPD (Continuous Professional Development) points every year to renew the license to practice

CARDIOVASCULAR DISEASE IN ROMANIA

- 3rd place in the world (prevalence rate of CVD)



Male



Female

CARDIOVASCULAR DISEASE IN ROMANIA

- **60% of the deaths are caused by CVD**
- **General HT prevalence is 45.1% (SEPHAR III 2016)**
- **the prevalence of diabetes 12,2%**
- **dyslipidemia 73,2%**
- **34,7% overweight**
- **31,8% obese**
- **Global Adult Tobacco Survey (2011)**

TOBACCO USE

	MEN (%)	WOMEN (%)	OVERALL (%)
Current tobacco smokers	37.4	16.7	26.7
Age group 15-24	30.5	14.3	22.6
25-44	48.2	23.8	36.3
45-64	38.8	18.1	28.0
65+	12.9	4.1	7.6
Manufactured cigarette smokers among current smokers	99.2	99.8	99.4
Average number of manufactured cigarettes smoked per day ¹	17.6	14.1	16.5

Finally...what we would like?

- to learn from other health systems
- to learn how to be better practitioners and better managers of our practices.
- to improve the curriculum for our specialty.
- to improve our knowledge of cardiology, which we then share with other family doctors in our country
- to participate in various research and programs that we could develop in Europe
- to strengthen the role and the position of the family doctors in preventing and treating CVD