The Czech Republic is a parliamentary representative democracy. Landlocked country, has a population of 10 millions.

Our position at the crossroads of east-west, north-south determines the history bridge?

Since 1993 we are not more Czechoslovakia,
Itinerary of this PP presentation:

- History, politics, again politics, milestones, turning points, golden/dark ages
- GP journey through decades - czech experience of GPs
- Once again politics
- GP achievements
- Our health care - primary care
Czech Republic – historical milestones:

3 Golden ages / 2 dark ages

• 1310 – 1378 John of Luxembourg and Charles IV:
  • Charles IV: the first Father of the Czech nation, The First **Golden Age of Czech History**,
  • Charles University: 4th in Europe,

• 1526 – 1790: The Habsburg Dynasty to Joseph II:
  • **Rudolf II**, Holy Roman Emperor, was crowned the Czech king in 1576 and moved his court back to Prague in 1583,
  • Prague's **The Second Golden Age**.
  • Centre of science and alchemy, nickname "Magic Prague". Tycho de Brahe and Johannes Kepler. The legend of the [Golem](#)

• The **Battle of the White Mountain** in 1620 The Battle resulted in
  • the Thirty Years' War that spread across Europe
  • The Czech language and national consciousness were suppressed for the
  • next 150 years. This period in Czech history is referred to as **The First Dark Age**
20th Century:

- During the First Republic era (1918–1938), the Czech Republic was a strong, clearly westwards orientated economy – 10th strongest in the world, the flagship of a successful transformation into a modern country.

- The third Golden Age, President T.G. Masaryk: the second father of the nation, After 2 WW – 1945 we turned to the communist ideology and hid under the “hand in hand protection” of the Soviet Empire.

The Second Dark Age,

The Czechs have walked their line though they learned to back off and enjoy at least the little joys at weekend trips to self-built cottages, beer, food, and undercover witty humour.

- 1989 – Present Velvet Revolution and beyond:
- The Fourth golden age?
- it is in our hands
Czech character/spirit - result of environmental and historical development:

- **+ resistance:**
- craving for truth, sense of humour
- mistrust to ideologies, art of self-criticism
- capability to discover untruth, to find the point
- intuition, improvisation, skillfulness – „gold czech hands“

- **- criticism, complaining, feeling „powerless“ to influence the reality**
- xenophobia
- suspiciousness,
- no spine?
Jára Cimrman

(example of the czech cheeky/ tragicomic /tender sense of humour)

- is a Czech fictional character of a national giant created by 3 Czech authors
- The plays featuring Jara Cimrman are massively popular among Czech audiences.

- Jára Cimrman won the voting for The Greatest Czech in 2005
  (only the fact that Cimrman is fictional prevented him from actually winning).

Jára Cimrman, an alleged "auto-bust" showing the bearer's "worn-out features". 
Theatrical property of Theatre of Jára Cimrman
Cultural aspects

Czech / german / jewish influence – crossroad of history:

Some medical czech Inventions:
Blood groups - Jan Jánský:
Face Plastic transplantation – Bohdan Pomahač
Antiviral drugs – prof. Holý
Cell structure – J.E. Purkyně
sobering up cell… 😊
A Czech traditional diet usually consists of a lot of meat such as pork, beef, poultry. The meat is frequently prepared with gravy and then eaten with dumplings, cabbage or potatoes. Beer, Moravian wine – St. Laurent, Frankovka, Muller – Thurgau, Rhein Ryslink, spirits – slivovice (plums), hruškovice (pears)
GP JOURNEY THROUGH DECADES: 1914 - 1938

- GP offices come into existence in form, we know now, at the beginning of the 20th century.
- Period 1914 – 1938: 1st Golden Age of GP:
  - insurance system, only gainfully employed men paid for the whole family,
1948 – 1989: Communism:

- After WW II we were forced to take over the system pattern form the Soviet Union,
- Interruption and atypical evolution: 1948 – 1978, lost of 30 years, Dark Age of GP, with some paradox positive aspects: f.e. vaccination system, assignment to rural regions, independence - nothing to lose, no need to be communist
- Founding of polyclinics, centralization of service, it gived preference to specialists, subaltern role of GPs, restricted competencies, division into 2 categories: pediatricians / GPs for adults, lost of free choice of doctor, no specialty training,
- 2nd choice discipline - just after graduation, without ST, way of political punishment, after professional failure, GPs were state employees, they were not recognized as specialists until 1978
Prague spring 1968

- period of political liberalization in Czechoslovakia during the era of its domination by the Soviet Union after World War II.
- 5 January 1968, reformist Alexander Dubček was elected First Secretary of the Communist Party of Czechoslovakia (KSČ),
- continued until 21 August when the Soviet Union and other members of the Warsaw Pact invaded the country to halt the reforms. Expectations/ disillusion
Waiting for Godot…….normalization

QUEUE = way of life in 70´ and 80
And then…

Пятилетка пышных похорон : Kosygin, Suslov, Brežněv, Andropov, Ustinov, Černěnko
most watched soap opera ever

Queue for a toilet paper

Queue for a holiday

Queue for meet

Queue for banana

Breznev / Husak and gerontocracy
Breznev
+ 10th November 1982
Personal crisis in USSR leadership started – ease off
1978 : World conference of WHO, Alma Ata, establishment of discipline : general medicine

- the first international declaration underlining the importance of primary health care

- The conference called for urgent and effective national and international action to develop and implement primary health care throughout the world

- The Department of General Practice at the Institute of Postgraduate Education in Health Care (IPVZ) was founded in 1978. This is an organization, which coordinates and provides specialist training and contributes to lifelong education of doctors in coordination with Ministry of Health until now.

- The Society of General Practice of the Czech Medical Association of Jan Evangelista Purkyně (SVL ČLS JEP) was established in 1979.

- The establishment of these institutions (IPVZ and SVL ČLS JEP) led to a higher quality of GPs’ education, contributed to GPs’ better position and led to a further development of general practice.
„Velvet revolution“ – 1989 – peaceful end to the communism

• The CEE countries have experienced dramatical changes, including the changes in the health care and in primary care

“ I really do inhabit a system in which words are capable of shaking the entire structure of government, where words can prove mightier than ten military divisions.  
- Vaclav Havel
90´:
difficult journey back to Europe

Poor background of the GP discipline:
- no theory behind
- low recognition among other medical professions
- low competence
- bad image, low attractiveness, still „second choice discipline“
- no international contacts and experience
- language barriers,
- high age average

BUT: there were enthusiastic / nice people, huge support from Europe

• Prerequisites for new GP:
• Human prerequisites (patience, empathy), communication/teaching skills
• Managerial skills, Diligence, Thoroughness
Support from West + NorthW European colleagues
Role of WONCA

In 90’s: new perspectives and possibilities
• to travel and to meet colleagues
• to participate at courses, conferences
• to join WONCA networks, to learn and to adopt
• to join research and quality projects

WONCA EU 1997: the first meeting in CEE region
Roger Jones - Wolfson Professor of General Practice at The Guy's, King's, and St Thomas' School of Medicine, King's College, London

Since 2010 an editor in chief of British Journal of GP

2010: Awarded by an Honorary Membership of the Czech Society of GP for his significant contribution to the development of GP in the Czech Rep.
„Regional fellows“

Igor Svab, SLO  
Janko Kersnik, SLO  
Matea Bulc, SLO  
Bohumil Seifert, CZ  
Adam Windak, PL  
Vaclav Benes, CZ
Academic general practice

- **An academic GP** – a new kind of human being in the Czech Republic since 1990
- Unique teaching
- one to one teaching, proximity to patients/people, proximity to physicians, meeting healthy people, meeting not only diseases but problems, practice management
Prague GP Department has been established 1996
Full academic function since 2003
Major development in 2009
We have 8 GP departments in 8 cities - universities
There are 8 medical faculties with GP departments:
- 3 in Prague, 1., 2., 3.
- Plzeň
- Brno
- Hradec Králové
- Ostrava
- Olomouc
1990 – 2009 – achievements:

- **After 1989** - attractiveness of founding of private offices among GPs,
- trained czech future leaders, we learned to think globally and act locally,
- the way from the enthusiasm to profesionalism, 1st Eu Wonca Conference 1997
- **Natural recruitment of people willing to work** voluntarily for the discipline
- **Society of GP** became one of the most influential body
- **Academic general practice** development
Young czech GPs:
2009 – forced change in Specialist training and its structure
After 2009 – 2nd golden Age o GP ? :

- After 2009 – change in Specialist training structure / further development
- The stipulated duration used to be 5 years in the program valid until March 30, 2007 but it has been shortened to 4 and in 2009 to effective 3 years.
- Residential program (since 2009) financial support from the Ministry of Health (1,015 Euro / month)
- Netto earnings of the resident around 507 Euro/ month (depending on the trainer)
- Possibility of additional earnings for work in the surgery from the trainer or for night services in hospitals

- new young GPs – 677 finished their ST within 6 years since 2009 due to support of state in comparison to 10 finishing their ST/per year before

- 2 WONCA conferences – 2013, 2017

- New competencies: care for diabetics, new devices and many performances payed by funds: ECG, ABI, CRP, FOB, INR, ABPM, mikroalbuminuria, glyk.Hb …
Czech primary care
and
Czech National Health Service

- Organization of health service:

- social health insurance (SHI) based on compulsory membership in a health insurance fund, of which there are 7 as of 2015:
  - 111 Všeobecná zdravotní pojišťovna ČR
  - 201 Vojenská zdravotní pojišťovna ČR
  - 205 Česká průmyslová zdravotní pojišťovna
  - 207 Oborová zdravotní poj. zam. bank, poj. a stav.
  - 209 Zaměstnanecká pojišťovna Škoda
  - 211 Zdravotní pojišťovna ministerstva vnitra ČR
  - 213 Revírní bratrská pokladna, zdrav. Pojišťovna

- Eligible residents may freely choose their health insurance fund and health care providers.

- General practitioners (GPs) in private practice are paid using a combination of capitation and a system of fee-for-service payments; the latter is applied primarily for preventive care.

- Approximately 95% of primary care services are provided by physicians working in private practice, usually as sole practitioners.
Primary care .. Info:

- Most primary care physicians work in solo handled practices, often employing a nurse who also has administrative duties.

- A primary care physician may join other physicians to work in private group/joint practices, health centres or polyclinics.
- Polyclinics tend to be private legal entities and also offer ambulatory specialist care.
- Primary care physicians who are in private practice mostly pay rent for the use of the facilities.

- Patients register with a primary care physician of their choice, but can switch to a new one every three months without restriction.

- If a patient’s condition requires specialized care that his or her primary care physician cannot provide, the physician refers the patient to an appropriate specialist who has a contract with the patient’s health insurance fund.

- Primary care for adults in the Czech Republic as of 31. 12. 2013 was provided in total by 5 331 general practitioners for adults (in full time equivalent).
- 62% are women.
- Per 1 contract of GP for adults there were on the average 1 623 registered patients and 7.2 thousand examinations / year.
Two GP professional organizations - cooperation:

- The Association of GPs (Sdružení praktických lékařů) ČR SPL ČR was founded in 1990. It is a professional organization, which mainly deals with economic issues of GPs. This association includes more than 80% of all GPs amongst its membership.
- Apart from SPL ČR, general practice is represented by SVL ČLS JEP (a member of WONCA Europe – European Society of GP/FM) countrywide, which deals with expert issues and develops guidelines for GPs.
- However, the scopes of the two organizations are not strictly separated. For example, the preparation of a new educational program for general practitioners for adults was their shared goal.
Questions?