Portugal

n = 10 million
Landscapes and climates of Portugal

The cliffs and white sanded beaches of the Algarve.

The volcanic lakes of Sete Cidades on the island of São Miguel.

The Serra da Estrela, the highest point on continental Portugal.

The vast and long rolling plains and cork tree clumps of Alentejo.

The deep valleys of Cural das Freiras, on Madeira Island.

The cultivated hillsides and river valleys of Northern Portugal.

A typical forest in Montasinho Natural Park, Bragança.

Mount Pico, the highest peak in all Portugal, on volcanic Pico Island.

The Arrabida Natural Park with the mountain and the sea.

The desert Pessequeiro Island in the Alentejo coast region.
Portugal – some history

- Formed in the XII century --- kingdom (empire)
- Republic since 1910
- Dictatorship 1933 - 1974
- Carnation Revolution – April 25th 1974 = redemocratization
- EU member since 1986
Cultural aspects
... and debt...
Portuguese National Health Service

Ministério da Saúde
• Community health centres since 1971
• National health service since 1979
  – Universal health care coverage
  – Copayments (taxes)
• Complemented by a private health care provision
• Reform of primary health care since 2005
Reasons for reform

• low level of satisfaction of all involved (citizens, practitioners and policy makers)
• low accessibility
• Inefficiency
• bureaucratic hurdles
• lack of incentives to improve productivity and quality
Restructuring of the health centers through:

- Creating Family Health Units (USF);
- Grouping Health Centers.
USF – self-organized family health units

- All computerized
- 2 models: A and B
- A set of performance indicators for their evaluation
- Contractualized goals
- For payment purposes of institutional incentives seven areas are evaluated and monitored: availability, accessibility, productivity, technical-scientific quality, effectiveness, efficiency and satisfaction
- Indicators associated with the payment of financial incentives to doctors: home visits, family planning surveillance, prenatal care, child health in 1st and 2nd year of life, diabetes and hypertension monitoring, GP training
My USF _ since 2007
My USF

- 6 Specialists in GP/FM (5 trainers)
- 9 GP trainees
- 5 nurses
- 4 secretaries
- Over 11,000 patients
- Lists of over 1,800 patients (600 families)
- Open 8 to 20 on weekdays and 9 to 13 on Saturdays
A week in my life

- **Monday**:
  - 8h: Telephone
  - 8h30: Women's health
  - 9h: Pre-booked
  - 9h30: Acute
  - 10h: Child health
  - 11h: Intersubstitution
  - 11h30: Organization
  - 12h: House visits
  - 12h30: Meeting
- **Tuesday**:
  - 8h: Telephone
  - 8h30: Women's health
  - 9h: Pre-booked
  - 9h30: Acute
  - 10h: Child health
  - 11h: Intersubstitution
  - 11h30: Organization
  - 12h: House visits
  - 12h30: Meeting
- **Wednesday**:
  - 8h: Telephone
  - 8h30: Women's health
  - 9h: Pre-booked
  - 9h30: Acute
  - 10h: Child health
  - 11h: Intersubstitution
  - 11h30: Organization
  - 12h: House visits
  - 12h30: Meeting
- **Thursday**:
  - 8h: Telephone
  - 8h30: Women's health
  - 9h: Pre-booked
  - 9h30: Acute
  - 10h: Child health
  - 11h: Intersubstitution
  - 11h30: Organization
  - 12h: House visits
  - 12h30: Meeting
- **Friday**:
  - 8h: Telephone
  - 8h30: Women's health
  - 9h: Pre-booked
  - 9h30: Acute
  - 10h: Child health
  - 11h: Intersubstitution
  - 11h30: Organization
  - 12h: House visits
  - 12h30: Meeting
### Monthly income

#### TABELA SALARIAL 2013

<table>
<thead>
<tr>
<th>Categoria</th>
<th>Escalão</th>
<th>TRU</th>
<th>Acordo 2012</th>
<th>Tempo Completo</th>
<th>Dedicação Exclusiva</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>40h v/mês</td>
<td>35h v/mês</td>
<td>35h v/mês</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>3</td>
<td>5.063,38 €</td>
<td>3.012,68 €</td>
<td>3.969,70 €</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>4.033,54 €</td>
<td>2.703,69 €</td>
<td>3.755,12 €</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>6</td>
<td>3.821,60 €</td>
<td>2.850,18 €</td>
<td>3.969,70 €</td>
</tr>
<tr>
<td></td>
<td></td>
<td>5</td>
<td>3.621,60 €</td>
<td>2.780,94 €</td>
<td>3.862,41 €</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4</td>
<td>3.518,67 €</td>
<td>2.626,44 €</td>
<td>3.647,83 €</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3</td>
<td>3.415,64 €</td>
<td>2.626,44 €</td>
<td>3.647,83 €</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2</td>
<td>3.312,65 €</td>
<td>2.471,94 €</td>
<td>3.433,25 €</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>3.209,67 €</td>
<td>2.240,20 €</td>
<td>3.111,39 €</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>8</td>
<td>3.158,18 €</td>
<td>2.240,20 €</td>
<td>3.111,39 €</td>
</tr>
<tr>
<td></td>
<td></td>
<td>7</td>
<td>3.106,68 €</td>
<td>2.162,95 €</td>
<td>3.004,10 €</td>
</tr>
<tr>
<td></td>
<td></td>
<td>6</td>
<td>3.055,19 €</td>
<td>2.085,70 €</td>
<td>2.896,81 €</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>5</td>
<td>3.003,70 €</td>
<td>2.162,95 €</td>
<td>3.004,10 €</td>
</tr>
<tr>
<td></td>
<td></td>
<td>4</td>
<td>2.952,21 €</td>
<td>2.085,70 €</td>
<td>2.896,81 €</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3</td>
<td>2.900,72 €</td>
<td>1.910,19 €</td>
<td>2.832,43 €</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2</td>
<td>2.849,22 €</td>
<td>1.735,24 €</td>
<td>1.660,39 €</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>2.748,24 €</td>
<td>1.581,96 €</td>
<td>1.520,03 €</td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td>4</td>
<td>1.622,21 €</td>
<td>1.220,21 €</td>
<td>1.544,96 €</td>
</tr>
<tr>
<td></td>
<td></td>
<td>3</td>
<td>1.544,96 €</td>
<td>1.090,19 €</td>
<td>1.215,78 €</td>
</tr>
<tr>
<td></td>
<td></td>
<td>2</td>
<td>1.467,72 €</td>
<td>9,68 €</td>
<td>1.038,49 €</td>
</tr>
<tr>
<td></td>
<td></td>
<td>1</td>
<td>1.390,47 €</td>
<td>9,17 €</td>
<td>1.931,21 €</td>
</tr>
</tbody>
</table>
Portuguese Specialist Training in GP/FM
• 1981_ GP training
• 1982_ College of General Practice
• 1983_ National Association of GPs
• 1990s_ all Medicine Faculties created GP departments
• In 2009 we increased the training program from 3 to 4 years
## Structure of training

<table>
<thead>
<tr>
<th>Year</th>
<th>Programme</th>
<th>Duration</th>
<th>mandate and options</th>
</tr>
</thead>
<tbody>
<tr>
<td>1st year</td>
<td>GP1</td>
<td>6 - 8M</td>
<td>Mandatory and optional internships options</td>
</tr>
<tr>
<td>2nd year</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>3rd year</td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
<tr>
<td>4th year</td>
<td>GP4</td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

Mandatory and optional internships options + ER

GP2 2 - 4M

GP3 7M

GP4 11M
Mandatory hospital rotations

- Pediatrics – 3M
- OB/GYN – 3M
- Psychiatry – 3M
- Emergency Medicine – 6M not continuous (12 h/week)
  - Emergency Internal Medicine (4M)
  - Surgery (1M)
  - Orthopedics (1M)

*Mandatory ≥ 4h/week in health care unit*
Assessment

CONTINUOUS
- after each residency stage (oral)

FINAL:
- at the end of the training
- 3 public oral exams: curricular discussion, practical and theoretical (rating 0-20)
Portuguese Medical Education
Medical Faculties in Portugal

- 2 in Porto
- 1 in Braga
- 1 in Coimbra
- 1 in Covilhã
- 2 in Lisbon
- 1 in Faro – graduate entries, 4 year course

6 year courses
Questions?

dacvelho@gmail.com