

Health Systems

This is the Annual Impact Report written for the Health Systems Program, written by Christina Panagiota Kefalidi (HeMSIC – Greece) on the 20th of June 2018, submitted for the **67th IFMSA General Assembly August Meeting 2018**.

Summary of the report

The Health Systems Program was adopted approximately three years ago, at the August Meeting 2015. It focuses on developing new sustainable health systems all around the world, bearing in mind Answering to the request of their local and national communities more and more NMOs have decided to organize activities on topics related to health systems and created a high variety of different types of activities ranging from educational activities to advocacy and policy making.

This report represents an impact report for the term 2017/2018 of all the activities enrolled and reported under the Health Systems Programm together with the activities conducted during the term and also the recommendations for the future sustainable development of the program.

Message from the Program Coordinator

It has been a pleasure and honor to support the work of IFMSA by being a program coordinator of the Health Systems Program.

During this term we aimed in the evolution of the Health Systems Program under three main pillars: Visibility & Communication, Capacity building and Handover & Sustainability.

There has been a lot of hard work going on under the Program, both from the International Teams and, most importantly, for the NMOs and their activity coordinators who are the foundation of the program.

I would like to thank you all for your efforts and hard work and try to convince everyone who has not yet joined the program, but is thinking to do so, to have no second thoughts and go for it, since if we go all together we can make a greater impact.

Christina Kefalidi

Health Systems Program Coordinator

Introduction to the Health Systems Program

A health system comprises all organizations, institutions, and resources (elements) that are devoted to producing health actions. The intrinsic goal of a health system is to protect and improve the health of the people. In addition to patients, families, communities, Ministries of Health, health providers (traditional and biomedical), health services organizations, pharmaceutical companies, health financing bodies, and other organizations play important roles. In health systems, many parts operate at many levels to provide coherence at community and national level.

Health systems worldwide face various challenges. Actions conducted by medical students are needed to counter these issues. Know-how on topics as Trade and Health or Access to Medicines and Surgery as well as Universal Health Coverage is scattered to a significant degree within IFMSA. In an



effort to group IFMSA's activities and encourage actions in this field, we are proposing the Program on Health Systems. To have a positive impact on equal, accessible and affordable high-quality universal health care, students need to be skilled and empowered to conduct advocacy campaigns, get in contact with other students, decision makers and external partners. Milestones need evaluation during the process mainly by looking at the participation of medical students at various levels of decision making, particularly because most endgoals of the program can be considered as long-term.

The focus areas of the Health Systems Program include, but are not limited to:

1. Health Systems (structure, policies etc)
2. Rural Health
3. Health Financing
4. Universal Health Coverage
5. Global Health
6. E-health
7. Trade and Medicine

Annual Working Plan of the Program

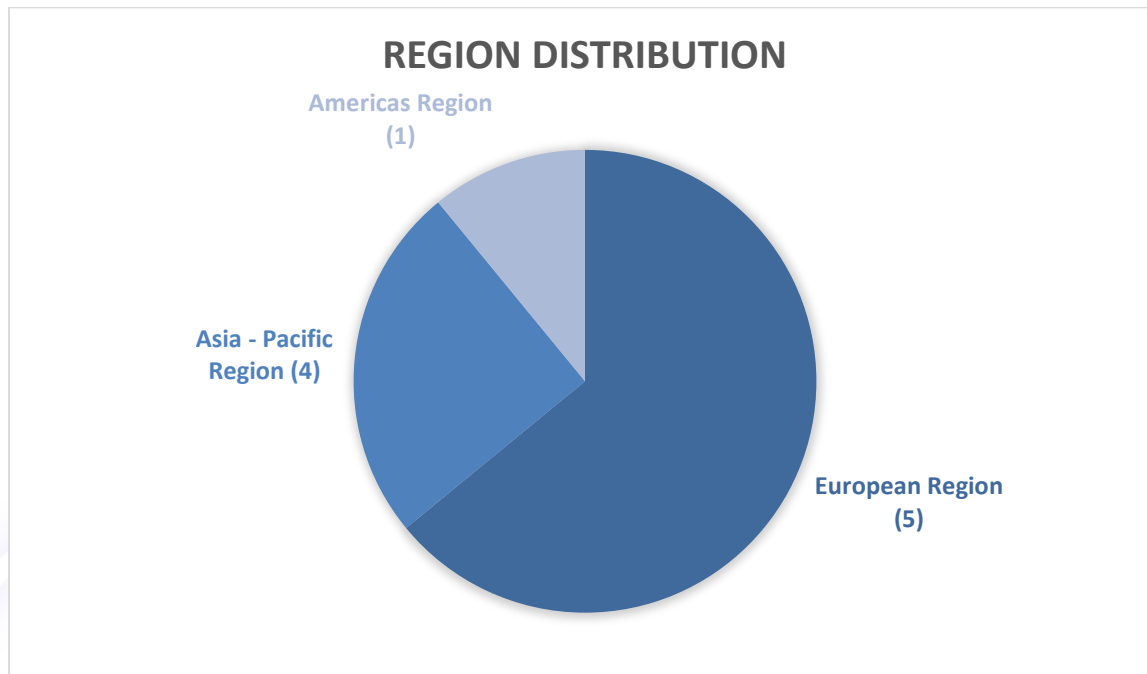
During this terms there has been 3 priorities set up for the Health Systems Program, that aimed to create stronger foundations for one of the newest programs and one with the broadest topic list:

- **Visibility and Communication:** I have worked on the promotion of the Health Systems Program, both within International Teams and with the National Officers and also on topic-specific issues of the Program, like the Universal Health Coverage Campaign and the several small webinars on national teams
- **Capacity Building:** As an important part of the sustainability of the program is building up the capacity related to it, I have created small databases with materials and bibliography for specific topics, that are either shared or will be shared with the federation, and also worked on documents and sample agenda for related sessions, as the Health Systems session of the PHLT, one of the main training tools this program has
- **Handover and Sustainability:** Last but not least, this year I focused on the creation of sample documents, answers, replies etc and also a comprehensive handover manual that is aimed to help the future coordinators to adjust to their new responsibilities and will also save them a lot of time from the paperwork.

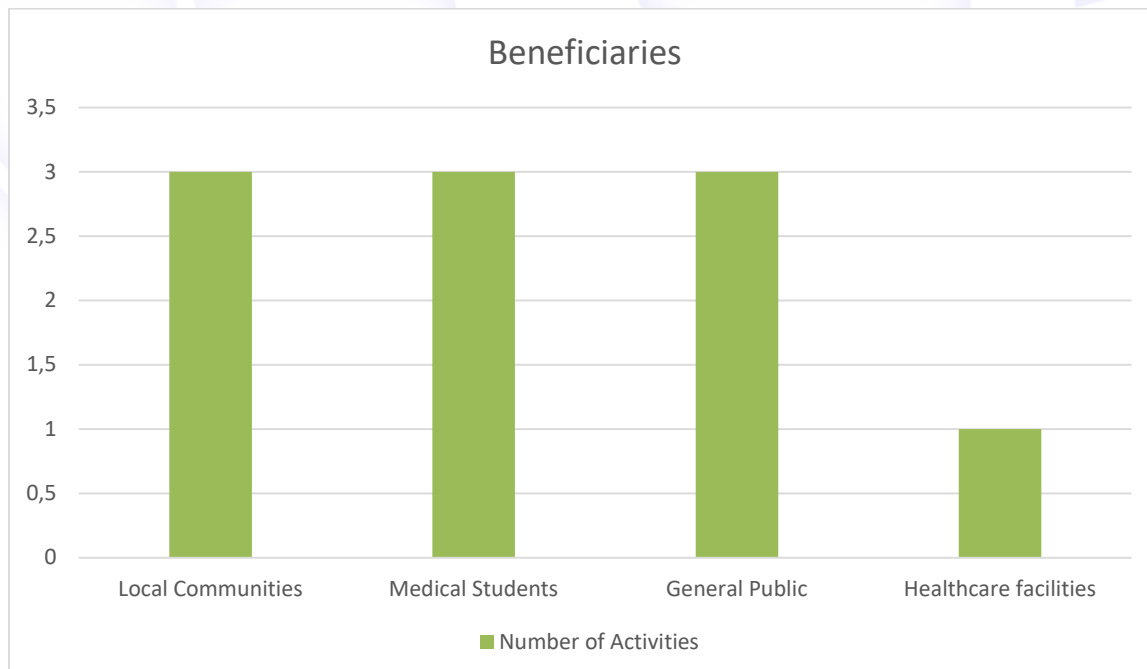
Impact of the Program

There have been 10 activities reported in the time period June 15th 2017 – June 15th 2018 and these are the ones that will be included in the Impact Report of 2017/2018.

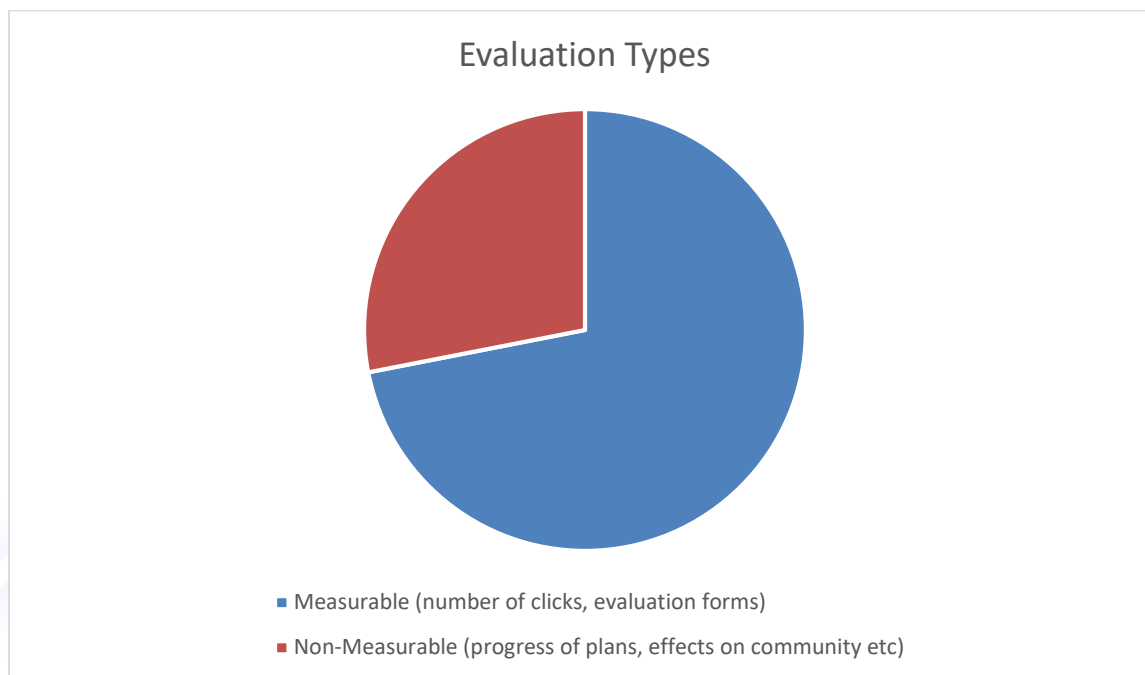
Out of the 10 activities reported, five (5) were from the European Region, four (4) from the Asia-Pacific Region and one (1) from the Americas Region.



The activities enrolled under the Health Systems Program have a high variety of beneficiaries including local populations and medical students, and many of them also external collaborators like local governments and other NGOs.



Further all activities have established some sort of evaluation, ranging from pre/post-questionnaires in community-based projects to clicks and likes in social media campaigns.



Based on the outcomes and indicators of the Health Systems Program, below you can find the

Outcomes and Indicators of the Program	Number of activities Contributing
Outcome 1: Participation of medical students in decisions affecting health systems <i>(Number of NMOs having official collaboration with governmental bodies that affect health systems nationally)</i>	2
Outcome 2: Medical students influence policies in local, national and international level <i>(Number of advocacy campaigns, number of interventions carried out, number of policies directly influenced by medical students, number of successful collaborations with organizations and institutions)</i>	2
Outcome 3: Increase in access to quality health care with actions in communities in local, national and international level <i>(number of community outreach campaign in rural or urban area per year, number of NMOs organizing community health activities, number of medical students participating in these activities)</i>	6
Outcome 4: Educational platform for medical students on health systems, determinants and factors influencing accessibility and quality of healthcare that develop skilled and empowered	6



future physicians

(Number of international educational activities, number of national activities, number of NMOs organizing, number of medical students participating in these activities, improvement of knowledge and skills of participants)

Internationally, there has been session on related topics conducted at General Assemblies and Regional Meetings (e.g. the Health System Session at the EuRegMe 2018) and also a lot of PHLTs, which regardless of the topic (as some of them might have topics related more closely to other programs), all have a session on the general structure of health systems and their evolution. Finally, there was also the Universal Health Coverage Day 2017 Campaign, which was supported by the UHC Coalition and the Health System Small Working Group, that was initiated as co-operation of SCOPE and SCOPH.

Discussion and recommendations

First of all, I would like to thank all the activity co-ordinators who enrolled their activities for the great work they have done through this term (and the previous terms too) and for all their help in having an impact as medical students and as an organization in the Health Systems sector, and also encourage all other activity coordinators that have Health Systems related activities to enroll them and join the efforts by medical students globally to achieve change.

As also mentioned by the previous Program Coordinators, the Health Systems Program is growing year by year, with this year having a bigger variety and number of enrollements than in the past, with a lot of activities having clear thoughts on „what they want to change“ and „how they are going to change it“ and although, I could not personally attend this years events (either GAs, RMs or training events), there has been a lot of sessions going on around Health Systems topics.

My recommendations for the future would be: to continue working on the visibility of the program, since the „too general“ aspect of it is confusing to a lot of activity co-ordinators, who are unsure if their activity does fit under the program or what the program represents in general, to work continuously with all of the related Standing Committee International Teams in order to exchange ideas and create a common action strategy and also to get closer to the national officers, via the Regional Assistants, so that they can easily approach you for any related questions they have about the program.



World health day 2018 #HealthForAll

Healthcare professionals being unaware of **sexual orientation and gender identity** issues poses a great concern for medical care of everyone.

Indeed, some populations are frequently facing **discrimination**, and stereotypes they undergo lead to low confidence in healthcare professionals, which is detrimental to their medical care.



Medical education needs to adjust to social progress regarding sexual orientation and gender identity issues, in order to provide confidence in caring for every patient and reduce differences in treatment faced by these populations.



IFMSA
International Federation of
Medical Students' Associations



*For a global health,
available to all,
adapted to every one.*

Poster from ANEMF- France's „World Health Day 2018 Campaign“