

Family and Community Medicine and Sociedade Brasileira de Medicina de Família e Comunidade: who are we 45 and 40 years later?

Medicina de Família e Comunidade e Sociedade Brasileira de Medicina de Família e Comunidade: quem somos nós, 45 e 40 anos depois?

Medicina Familiar y Comunitaria y Sociedad Brasileña de Medicina Familiar y Comunitaria: ¿quiénes somos, 45 y 40 años después?

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In 2021, which marks the 40 years of the Sociedade Brasileira de Medicina de Família e Comunidade (SBMFC) and the 45 years of the specialty in Brazil, with its first medical residency programs, we release this special edition of the Revista Brasileira de Medicina de Família e Comunidade (RBMFC). It includes three interviews, bringing the perspective of people who in some way represent the past, present, and future of the specialty. We certainly had many Family and Community physicians to consult, but it would be impossible to have every one of them in this space. Our guests are listed and presented at the end of this editorial.

SBMFC and Family and Community Medicine (FCM) have seen many situations, facts, and stories in Brazil over the past 45 years. We were born, grew, changed our name, but never our purpose. We were almost extinct, but we are still alive. We almost lost hope, but we did not give up. Actually, *never give up* has become our motto.

Even in the most difficult times, many continued to work in their care units, in academia, treating the population, training people, researching,

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producing, participating and not only accepting the condition of an object but **hoping**, as Paul Freire has taught and still teaches us — “*to hope is to stand up, to hope is to pursue, to hope is to build [...]*”.

We started to research more, publish more, actively participate in scientific events, both targeted at the specialty and broader ones. We have more masters and doctors, more FCM residents, more preceptors in residencies, more university professors, more students interested in FCM, more Family and Community physicians participating in the management of health services and systems and research centers. More people recognize our value. More health managers have chosen to implement qualified Primary Health Care (PHC). We have become *our own persons*.

We increasingly understand our role in coordinating people's care and improving the services where we work, as well as the importance of social conditions in the health-illness process of the individuals, families, and communities we assist and to which we dedicate ourselves. We have applied clinical epidemiology to understand who will benefit — more and less — from procedures, tests, or visits to subspecialists. At the same time, we have preserved the bond and continuity of care, as we are a source of active listening, centered on people, families, and communities, as well as on the context in which they live.¹

We must be the entry point for initial health care and the main one for new or old health issues. This care should be based on a comprehensive view of the factors that affect the health-illness process, encompassing the biopsychosocial triad, in addition to existential, spiritual, and sacred aspects for individuals, families, and communities. We practice this type of care over time, be it months or years, in a continuous, comprehensive, and integral manner. We are a key medical specialty for health systems because we improve care, enhance the system, advocate for patients, protect them from unnecessary specialists, and even save subspecialists from treating people who do not need that type and level of care.²

However, we still have a long way to go. Quality PHC and FCM still need to be better understood and recognized in all their aspects by health and education managers, colleagues from other specialties, students, the general population, and even ourselves — Family and Community physicians. We often have the impression that we do not realize the importance our specialty has in health systems. This situation also results from the still frequent calls for simplification of PHC and, consequently, FCM. Nevertheless, our specialty is one of the most complex of health systems since it must be based on the systemic paradigm, rather than the Cartesian one, which admits “simplifications” in the way of caring for diseases instead of people.

Thus, we still need “*to establish and publish our own rules*” on how to practice health care in our specialty. As McWhinney says, we have yet to appreciate *the importance of being different*.³

In the celebrations of these 40/45 years, we decided to make a special edition of RBMFC, the main medium our specialty has for the technical-scientific publication. We had several options to accomplish that, but, as previously mentioned, we chose to give voice to professionals who, during their personal and professional life, held the position of president of SBMFC. We also gave a voice to Ricardo Donato, as the representative of professionals who formalized the specialty in Brazil in 1976, 45 years ago, by creating the first three Family and Community Medicine residency programs (FCMRPs). Unfortunately, his colleagues Ellis Busnello and Carlos Grossman, who started the two other FCMRPs in 1976 and 1978, respectively, could not participate in this initiative. In addition to these people, we invited the current president of SBMFC, the current Residency Board of SBMFC, and the president of the Associação Brasileira de Ligas Acadêmicas de Saúde da Família (ALASF) to expand our perspectives with the contributions of professionals who currently hold positions that directly and indirectly affect the present and future of the specialty.

Based on questions sent electronically, we interviewed the following eleven professionals: Ricardo Donato, as previously stated, and the former presidents of SBMFC since its creation. They are: João Werner Falk, Airton Stein, Maria Inez Padula Anderson, Gustavo Gusso, Nulvio Lermen, Thiago Trindade, Daniel Knupp, and the current president of SBMFC, Zeliete Zambon; Ana Clara Arantes Gonçalves and Geferson Pelegrini for the Residency Board; and Priscila Ferraz Bortolini, president of ALASF.

Through these interviews, we could capture diverse and broader perceptions about the advances and challenges of the past and present and the paths to follow for the development, growth, and improvement of FCM and SBMFC. The three sections of articles in interview format covered the following topics:

Section 1 — 45 years of FCM and 40 years of SBMFC: role, challenges, and perspectives in the process of strengthening and improving PHC and the public health system (Sistema Único de Saúde — SUS) in Brazil;

Section 2 — Training, Teaching, and Research in FCM and PHC in Brazil: current situation, challenges, and perspectives;

Section 3 — Messages on FCM and PHC addressed to Family and Community physicians, residents, medical students, and health and education managers.

The answers are ordered according to when the interviewees started working in the positions described above — that is, from 1975 (creation of the first residency program), including all presidency terms, and, last but not least, the statements from Ana Clara Arantes Gonçalves and Geferson Pelegrini for the Residents' Board and Priscila Ferraz Bortolini for ALASF.

We hope that everyone will benefit from this special edition. Long life to Family and Community Medicine! Long life to the Sociedade Brasileira de Medicina de Família e Comunidade!

We present our guests:

Ricardo Donato Rodrigues is a physician with residency in Internal Medicine at Hospital Universitário Pedro Ernesto; master and doctor in Collective Health from the Social Medicine Institute at Universidade do Estado do Rio de Janeiro (UERJ); specialist in Hospital Administration; associate professor of the Department of Integral, Family, and Community Medicine of the School of Medical Sciences at UERJ (retired); professor of the Professional Master's program in Family Health (Profsaúde) — UERJ nucleus; former director-general of Hospital Universitário Pedro Ernesto at UERJ; former coordinator of the Family and Community Medicine Residency Program of the Medical School at UERJ; former coordinator of the Inamps/RJ outpatient system. He was president of the Associação de Medicina de Família e Comunidade do Estado do Rio de Janeiro (AMFaC/RJ) in the biennium 2005–2006; vice-president in 2004–2005, and scientific director in 2006–2007.

João Werner Falk is a physician, specialist in Family and Community Medicine through residency and a specialist's title, with master's and doctoral degrees in Medical Sciences. Full professor and former head of the Department of Social Medicine of the School of Medicine at Universidade Federal do Rio Grande do Sul (UFRGS) for three terms; member and former deputy coordinator of the Academic Committee on Primary Health Care at Asociación de Universidades Grupo Montevideo (AUGM). He was president of SBMFC from 1986 to 2004 and certification director from 2004 to 2008.

Airton Tetelbom Stein has a productivity scholarship from Conselho Nacional de Desenvolvimento Científico e Tecnológico (CNPq). He has an undergraduate medical degree from Pontifícia Universidade Católica do Rio Grande do Sul; FCM residency at the State Secretariat of Health (SES) of Rio Grande do Sul; master's degree in Medical Sciences from UFRGS; master's degree in Community Health for Developing Countries from the London School of Hygiene and Tropical Medicine; doctoral degree in

Medical Sciences from UFRGS; post-doctoral degree from the Cochrane Group at Oxford University and Oslo University; research and graduate pro-rector at Universidade Federal de Ciências da Saúde de Porto Alegre (UFCSPA) (2017–2019). He is an internationalization consultant and a full professor of Collective Health at UFCSPA.

Maria Inez Padula Anderson is a Family and Community physician from UERJ. She has master's and doctoral degrees in Collective Health (IMS/UERJ), focused on Epidemiology. Specialist in Family Therapy from Instituto Noos. Associate professor of the Department of Integral, Family, and Community Medicine of the School of Medical Sciences at UERJ; coordinator-general and preceptor of the FCMRP. Professor of the master's program Profsaúde/UERJ and the master's program in Primary Health Care at Universidade Federal do Rio de Janeiro (UFRJ). Scientific director of AMFaC/RJ (2010–2012). At SBMFC: vice-president (2002–2004); president (2004–2008); president of the 2004 Brazilian FCM Congress in Rio de Janeiro; scientific director (2008–2010); president-elect of Confederação Iberoamericana de Medicina Familiar (CIMF) (2013–2018); scientific director and continuing professional development director (2020–2022).

Gustavo Gusso has an undergraduate medical degree from Universidade de São Paulo (USP), with FCM residency at Grupo Hospitalar Conceição; master's degree in Family Medicine from the University of Western Ontario and doctoral degree in Medical Sciences from USP. He is a full member of the Wonca International Classification Committee and doctor professor of the General Practice discipline at USP. As editor of the Family and Community Medicine Treaty, he won first place in the Jabuti awards in the Health Sciences category. At SBMFC: communications director (2004–2006); residency director (2006–2008); president (2008–2012); scientific director (2014–2016); publication director (2016–2020).

Nulvio Lermen has been a Family and Community physician in the city of Florianópolis since 2002; national coordinator of Primary Care Management (2007–2011); founder of the FCMRP in the city of Rio de Janeiro (2011–2013); deputy secretary of Florianópolis (2013–2017); medical director of the United Health Group (2018–2021). He has an undergraduate medical degree (UFSC) and a master's degree in Health Policies and Management (Università di Bologna, Italy — UNIBO-IT), with training in Executive Leadership in Health (Stanford University, USA). President of the Associação Catarinense de Medicina de Família e Comunidade (2006–2008) and president of SBMFC (2012–2014).

Thiago Trindade has an undergraduate medical degree from Universidade Federal do Rio Grande do Norte (UFRN), with FCM residency at the FCMRP of Hospital Nossa Senhora dos Navegantes — HNSC/Porto Alegre. He has a specialization in Family Therapy from Instituto da Família de Porto Alegre — INFAPA/Porto Alegre; master's and doctoral degrees in Epidemiology from the Graduate Program at UFRGS. Professor of the Medical Program at Universidade Potiguar; professor of the Internal Medicine Department at UFRN; deputy coordinator of the FCMRP of Hospital Universitário Onofre Lopes — HUOL/UFRN; visiting professor of the FCM Department at the University of Toronto (2019–current). Alternate director of Associação Gaúcha de Medicina de Família e Comunidade (2005–2007); president of Associação Potiguar de Medicina de Família e Comunidade (2010–2012); vice-president of the same association (2012–2014); deputy coordinator of Red Iberoamericana de Investigación en Medicina Familiar — Grupo de Trabajo de Investigación y Divulgación de WONCA-CIMF (2014–2018); undergraduate and graduate director of SBMFC (2010–2012); vice-president of SBMFC (2012–2014); president of SBMFC (2014–2018).

Daniel Knupp has an undergraduate medical degree from Universidade Federal de Minas Gerais (UFMG), with an FCM residency at Hospital Municipal Odilon Behrens in Belo Horizonte. He has a master's degree in Epidemiology from Fundação Oswaldo Cruz (Fiocruz/MG). He was a physician on the Family Health team while working as a preceptor and later as a supervisor of the residency program for eight years.

He worked in the PHC service of Unimed Belo Horizonte. Currently working at Alice Serviços Médicos Ltda. At SBMFC, he worked in the specialization department (2010–2012); residency department (2012–2014); was vice-president (2014–2016); secretary-general (2016–2018); and president (2018–2020).

Zeliete Zambon is a Family and Community physician, certified by SBMFC/AMB since 2004. She has a master's degree in Health Education Sciences from Universidade Federal de São Paulo (Unifesp). Coordinator of the FCM Internship at Faculdade de Medicina São Leopoldo Mandic. Supervisor of the FCM Residency Program of the Campinas City Hall. She coordinated a Basic Health Unit for seven years in an area of great social vulnerability. President of Associação Paulista de Medicina de Família e Comunidade (APMFC) (2008–2011); director of education, training, and specialization of APMFC (2013–2015); communications director of APMFC (2015–2017); president of the 2010 APMFC Congress. At SBMFC, she was secretary-general (2010–2012); coordinator of the specialization department (2012–2014); and president (2020–2022).

Ana Clara Arantes Gonçalves has an undergraduate medical degree from Universidade Federal do Rio Grande (FURG), with residency in the FCMRP of Universidade Federal de Ouro Preto (UFOP). Member of the Residency Board of SBMFC from 2021 to 2023.

Geferson Pelegrini is a physician graduated from Universidade Federal de Santa Maria. FCM resident in Hospital de Clínicas de Porto Alegre. Master's student in Epidemiology at UFRGS.

Priscila Ferraz Bortolini is a physician and president of ALASF (2020–2021 term).

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