

## Exploring Opportunities and Developing Solutions to Address Challenges Being Faced Across Europe

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**Received:** April 02, 2024; **Accepted:** April 12, 2024, **Published:** April 26, 2024

### Background

May 19 is the International Day of Family Doctors. Our professional society, SSVPL, is organizing an event called "Krokovačka," (free translation - Step by step) on his day. The idea of the „Krokovačka“ was born in 2019 at the 24th European WONCA Conference, in Bratislava where SSVPL hosted more than 2300 doctors from all over the World. The event was led by our Olympic gold medalist 50km walk, Matej Tóth. This event is usually organized in Bratislava, but this year we did it a bit differently, also on a local level, in cooperation with the representatives of the municipality of Terňa, my patients and other volunteers.

### Aim

Krokovačka as an event that not only promotes a healthy lifestyle, but is also a tool to improve and enhance the doctor-patient relationship, to deepen the patient's trust in the doctor.

### Step by Step

- Preparations started 8.5.2023
  - Girls from the municipal office created a login link on the municipality's website
  - I ordered T-shirts with logo and arranged a nordic walking demonstration]
  - We negotiated with local sponsors
  - We sent an e-mail to mayors of nearby villages with ask to help
- We informed people about the upcoming event
  - In our ambulance, through the municipal offices, even the priest in the church announced it
- People wanted to help enthusiastically and as volunteers
  - For example our pensioners baked buns more than 200pcs, local butcher cooked goulash, firefighters provided walkie-talkies, mayor of village informed TV about our event, and they came.
- 19.5.2023 16:00 we were prepared and event started

### Expenses

Food and Water	399,34€	- Sponsored by the municipality of our village
T-shirts 100pcs	1440€	- Sponsored by my ambulance
Nordic Walking Instructor	120€	- Sponsored by my ambulance
Good Will	0€	
Total Expenses	1959,34€	

### Results

Escaping the personal zone for a healthy lifestyle	Escaping the personal zone for a healthy lifestyle
Low-cost event with an amazing result	Preparation took only 9 working days
Everyone contributed something - voluntarily and with enthusiasm	Nordic Walking demonstrations were also part of it
Everybody enjoyed it	TV shot in the main news of TV Markiza

### 1. It Started in 2019



## 2. Bratislava 2023



## 3. Our First „Krokovačka“ in Terňa



## 4. The Oldest Sportsman – 92y



## 5. Nordic Walking Demonstration



**The doctor should not only treat diseases, but also the soul of the patient. And just such an event can, with a little good will, have a huge benefit for the future.**

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