

A MOMENT IN THE LIFE OF A FAMILY PHYSICIAN

Involvement with professional organisations: Is there a need?

Ping Foo Wong

Wong P.F. Involvement with professional organizations: is there a need?. *Malays Fam Physician*. 2022;17(2):125. <https://doi.org/10.51866/mol.002>

Authors:

Ping Foo Wong

MBBS (IMU), Dr Fam Med (UKM),
FRACGP (Australia)
Klinik Kesihatan Cheras Baru,
Jalan 16, Kampung Cheras Baru,
Off Jalan Kuari, Cheras
Kuala Lumpur, Malaysia.
Email: pingfoo@hotmail.com

I have been actively involved with professional organisations since I completed my postgraduate training. Being a young Family Medicine Specialist (FMS) at the time, I felt that I should contribute and give back to the fraternity. Time passes by quickly and little did I realise, I am now 'married' to three prestigious professional organisations: the Academy of Family Physicians of Malaysia (AFPM), the Malaysian Family Medicine Specialists' Association (FMSA), and The Rajakumar Movement (TRM) WONCA Young Doctors' Movement in the Asia Pacific Region. Each of these organisations is special, with its own vision and mission; even the activities and programmes are unique in their own way. Regarding the question, 'As an FMS, do we really need to get ourselves involved with the professional organisation?' The answer is obviously 'yes'. Yes, because it enriches our life experience.

Often, we join professional organisations because we want to stay united and have a stronger voice. However, it is far more than that. Getting involved with professional organisations has helped me broaden my network. I had the opportunity to know my seniors, colleagues, and juniors better. I learned how to interact with people with different personalities and characters. I still remember how I learned to equip myself with soft skills especially when reminding members to renew their membership. In TRM, I had the opportunity to work with young doctors from countries throughout the Asia Pacific Region. TRM is where I found new friendships and brotherhood. I am so glad and fortunate to have a young and energetic team who has been the pillar of these activities.

Over the past few years, I have also strengthened my governance and leadership skills. The guidance I received from the senior members of the organisation has always been invaluable and precious; it is something that money cannot buy and something that is not found in books. I was able to practice my leadership skills outside my workplace. Every experience I had and gone through added to the learning curve that would further broaden my horizons.

Working in a team is the essence of any organisation; it requires mutual understanding, collegiality, and the spirit of togetherness to successfully achieve the goal. There should not be any personal agendas. Everyone should contribute and connect the puzzle pieces for the betterment of the fraternity.

Holding important positions in my professional organisations has not been easy, and there are many challenges that I faced. However, it is my passion and love for the fraternity that drives me, and it is the support and kind words from my seniors and friends that motivate me to do more. I will continue to do the things that I love to do and will always work with a sincere heart.

Many of my friends have asked me how I am able to cope with it. I tell them, 'you will need to find and make time for it; you will need to arrange your schedule and plan ahead'. There is certainly no secret. If I can do it, you can do it as well. Now, let's get involved with professional organisations actively. Your involvement is important. It will be a rewarding and satisfying move.