



## Beyond borders: international medical collaboration and the transformative role of young professionals

Más allá de las fronteras: la colaboración médica internacional y el papel transformador de los jóvenes profesionales

Lázaro Pablo Linares-Cánovas<sup>1</sup> 

<sup>1</sup>Universidad de Ciencias Médicas de Pinar del Río. Policlínico Docente Universitario "Luis Augusto Turcios Lima". Pinar del Río, Cuba

**Received:** May 17, 2025

**Accepted:** May 19, 2025

### Dear readers:

Medicine, in its fundamental mission to protect and improve human life, has evolved significantly over the years, driven by the continuous exchange of knowledge, technologies, and experiences among professionals around the world. Given this, and in a global context marked by health crises that transcend geographical and cultural boundaries, international collaboration and cooperation have become more relevant than ever.<sup>(1)</sup>

In response to common health challenges, various networks and movements have emerged aimed at establishing lasting alliances with significant impacts on strengthening health systems, promoting collaborative research, contextualized innovation, and training socially committed leaders. Among these initiatives, Waynakay Iberoamérica stands out. This is the youth movement of the regional branch of WONCA (World Organization of National Colleges, Academies and Academic Associations of General Practitioners/Family Physicians), which integrates family physicians in training or recent graduates. This collective promotes an active collaborative network among Latin American countries, with objectives such as raising awareness of the different health realities in the region, sharing the profile of the family physician, promoting youth research, fostering academic exchange, and strengthening youth participation in scientific and professional spaces.<sup>(2)</sup>

Waynakay has demonstrated that youth medical leadership is not only possible, but essential for building medicine with a humanistic, scientific, and social perspective. Through conferences, workshops, publications, projects, and inclusive platforms, this network actively contributes to training professionals with an integrative and supportive vision of health. Its horizontal structure allows for dialogue between diverse realities, promoting innovative and sustainable solutions with local roots and a global vision.

Just days before the 15th anniversary of the movement's founding, during the pre-congress meeting held at the 19th World Congress of Family Medicine (WONCA) in Cancún, Mexico, Mexico's incorporation into the movement is still in its infancy, taking the first steps toward consolidating a national network of young physicians committed to family medicine, public health, and international cooperation. Although there are already encouraging signs of interest and participation, it is essential to strengthen this initiative through greater dissemination, the support of national scientific societies, and the active involvement of members.

Expanding participation will not only allow the country to integrate into regional dialogue and action, but also enrich the exchange of experiences and knowledge, providing a local perspective on the region's common challenges. Only through broad, representative, and sustained participation will it be possible for the country to consolidate itself as an active player within this transformative platform for 21st-century medicine.

In relation to the above, medical collaboration should not be limited to large scientific projects; it should be embodied in everyday acts of commitment: humanitarian missions, virtual consultations between colleagues, training of human resources in vulnerable areas, and cooperation between universities. Each of these actions reflects a more inclusive, connected medicine that is aware of its role in social transformation. Committing to borderless medicine is not only an ideal but an ethical and practical necessity in the face of shared challenges. In this sense, actively engaging in networks like the one described is a concrete and powerful way to contribute to the present and future of global health.<sup>(3)</sup>

## BIBLIOGRAPHIC REFERENCES

1. Brito PE. La cooperación internacional en salud, tendencias y dilemas en la era de la salud global. Rev Cubana Salud Pública [Internet]. 2014 Mar [citado 02/05/2025]; 40(1): 96-113. Disponible en: [http://scielo.sld.cu/scielo.php?script=sci\\_arttext&pid=S0864-34662014000100011&lng=es](http://scielo.sld.cu/scielo.php?script=sci_arttext&pid=S0864-34662014000100011&lng=es)
2. Wonca Iberoamericana-CIMF. Waynakay Iberoamérica [Internet]. Montevideo: Wonca-CIMF; [citado 02/05/2025]. Disponible en: <http://cimfwonca.org/waynakay/>
3. Martínez Cruz E. La cooperación internacional en salud, su desarrollo y relación con el Sistema Nacional de Salud. Infodir [Internet]. 2021 Abr [citado 02/05/2025]; (34). Disponible en: [http://scielo.sld.cu/scielo.php?script=sci\\_arttext&pid=S1996-35212021000100006&lng=es](http://scielo.sld.cu/scielo.php?script=sci_arttext&pid=S1996-35212021000100006&lng=es)