



POSTER PRESENTATION

Migration and brain drain: findings in Portugal

M. Pinto da Costa¹, Cátia Moreira², Mariana Andrade³, Sara Carneiro⁴, Sérgio Saraiva², and the EFPT research group⁵

From the 23rd EFPT Forum, Porto, Portugal. 22–27 June 2015.

Abstract

Introduction: The increasing migration of health professionals to affluent countries, a phenomenon known as “brain drain”, is not a recent phenomenon and has continued to fuel the huge inequities in global health. International professional mobility is inevitable when persons have skills they can put in the global marketplace.

Objectives: This work assessed junior doctors training in psychiatry in Portugal on their opinions and experiences of international migration, the migratory tendency of colleagues to migrate, the push and pull factors that pressure trainees to migrate in Portugal, the patterns of migration, as well as the features of an attractive job, and what should be improved in psychiatry in Portugal.

Methods: A cross-sectional survey was carried out in 33 countries. Hard-copy questionnaires or an online invitation link (surveyMonkey) were circulated to junior doctors training in psychiatry in Portugal. The findings gathered through this pilot investigation were discussed based on a bibliographic search using PubMed/MedLine database with the keywords “Migration” and “Brain Drain”.

Results: A total of 104 questionnaires were collected. From these findings, few respondents were immigrants, and impressively most of the trainees had a Portuguese citizenship. Almost two-thirds did not have a short-mobility experience, and the majority never migrated to another country. From those that did migrate, the majority has moved to neighbouring countries as Spain. Less than half consider staying in Portugal as a working perspective for the next years, and nearly four fifths have ever considered leaving the country. The majority of trainees earn between 1000-1499€, stating to be mostly dissatisfied with this income. Top reason to leave was financial, followed by work and academical. Working conditions ranked first as the priority condition to be improved in psychiatry in Portugal, followed by financial conditions. In fact, an attractive job for psychiatry trainees in Portugal must have as the most important feature a pleasant work environment.

Conclusions: An alarming percentage of psychiatry trainees in Portugal intend to migrate. Financial conditions, future perspectives of their career seem to have a lead role in the migratory tendency in Portugal, with trainees looking for better paid job opportunities and working conditions abroad.

Supplementary material: Complete presentation available at <http://ijcnmh.arc-publishing.org>

¹Hospital de Magalhães Lemos, Porto, Portugal

²Centro Hospitalar Psiquiátrico de Lisboa, Lisboa, Portugal

³Unidade Local de Saúde do Nordeste, Bragança, Portugal

⁴Hospital Distrital de Santarém, Santarém, Portugal

⁵European Federation of Psychiatric Trainees, Brussels, Belgium

Correspondence: mariana.pintodacosta@gmail.com

Citation: Pinto da Costa et al. Migration and brain drain: findings in Portugal. IJCNMH 2015;2(Suppl. 1):P19

Published: 20 June 2015



Open Access Publication Available at <http://ijcnmh.arc-publishing.org>

© 2015 Pinto da Costa et al. This is an open access article distributed under the Creative Commons Attribution License, which permits unrestricted use, distribution, and reproduction in any medium, provided the original work is properly cited.

