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NEWSLETTER Nr. 2/2011

June 2011



Dear Colleagues, dear Health Care Assistants and dear readers, the Institute continues to grow and thrive: two further studies were approved by the Federal Ministry for Research and Education (BMBF). We already presented our Lyme disease project. Today we would like to draw your attention to an important mental disorder diagnosis at the Primary care point. Approx. 8-10% of our patients suffer from anxiety disorders. A research project of our institute is here to help in providing safe treatment. On the first Thuringian Day of General Practice there were many colleagues who wanted to take part in impartial education and who were at the same time curious about the work of the Institute. In exciting and fruitful discussions we were able to exchange ideas.

Yours,
Prof. Dr. Jochen Gensichen

Anxiety disorders

Anxiety disorders are in Germany associated with major health and financial burdens on the individual Patients as well as society. This study funded by the BMBF shall explore the following main question: A supported, patient-controlled exposure training in patients with anxiety disorders in primary care results in a reduction of avoidance behavior compared to treatment without training after six months. So for the first time in Germany setting-specific instruments for the structured, primary care based treatment of patients with Anxiety disorder are developed and tested systematically, especially Psycho-Education, self-exposure training,

telephone recall and continuous monitoring. Starting early next year approximately 300 patients from 60 practices will be included in this study. We would be pleased if you would participate as a study center.

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Clinicians as managers in the health service

A new and innovative concept of training in General Practice will be launched jointly by the Institute and the Fachhochschule Jena. In the future young doctors can acquire a Master of Business Administration in Health Care Management (MBA) during their GP training at the UKJ. This exclusive dual qualification is going to open the doors to the boardrooms in Medicine and the Healthcare Sector for clinically experienced physicians

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Development of a medication-based Chronic Disease Score (CDS med)

To describe the health status of a population and to predict health-related endpoints some medication-and diagnosis-related Multi-morbidity scores have already been developed in the past. However, they reflect the current treatment situation in Germany only insufficiently because important diagnoses or medications used in Germany are missing. The aim of this project is to develop a medication-related Multi-morbidity score to describe and compare different cohorts or populations.

Appropriate cohorts are used from the Federal Ministry of Education and Research funded research project 'Health in old age' to find reference between disease and drug therapies and to test and validate these theories. These serve as basis for the development of a medication-related multi-morbidity score in terms of its predictability for disease-

related endpoints.

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The 1st Thuringian Day of General Practice

The 1st Thuringian of General Practice was held on 21/05/2011 in Jena. Thuringian colleagues met colleagues. The day began with a lecture from the President of the German Society of General Practitioner (DEGAM), Prof. Dr. F.M. Gerlach from Frankfurt a. M. on the very optimistic developments in our field on the German Universities.

The subsequent seminars ranged from topics such as the treatment of diabetes and Pharmacotherapy in General practice, the treatment of Lyme disease, Palliative care to "Minor Surgery" for GPs and Communication with patients. Seminars on wound care, support for the elderly and Data Protection were available for medical staff. (Health Care Assistants) There was also a course on the new Resuscitation guidelines.

The highlight in the afternoon was the festive ceremony for the first 23 practice teams involved in the training of Junior Doctors. Prof. Dr. J. Gensichen together with the medical director of UKJ, Prof. Dr. K. Höffken, thanked them for their special commitment. The next Thuringian day of general medicine is planned for Saturday, 17th of March 2012.

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