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Dear colleagues, health care assistants and dear readers,

In the general practice rotation program our young colleagues undergo their training throughout the UKJ and are via the Institute always in close contact with the world of general practice. Personal mentors convey everyday general practice while scientists familiarise them with research and teaching on the basis of the Institute's projects. We all came together recently for a weekend at the „Winter School“ and contemplated the future of general practice.

The doctor/patient consultation is our main working tool. Specific questions can help with aspects of this conversation in busy everyday practice. Meanwhile, we can recommend several tested questionnaires on our website (.../research/tools). Currently we are investigating issues of patient self-care. Our first major study in primary care practices is also based around patient self-care. A feasible and safe treatment of patients with anxiety disorders is also being investigated.

Finally, on behalf of the team, I would like to thank our team coordinator, Mrs. Möhring-Moldenhauer very much for her help in setting up the institute. She will move to another department in April.

Yours,

Prof. Dr. Jochen Gensichen

Diagnosis and treatment of Lyme disease

With the data of a health insurance company, we will examine the diagnosis and treatment of patients with Lyme disease in Germany. First indications show an inappropriate use of laboratory tests and diagnosis.

michael.freitag@med.uni-jena.de

Thuringian Winter School General Practice

From 17-18 February 2012, in snowy Luisenthal, the „Winter School General Practice“ was held for the first time. Our doctors in the rotation program and students in their practical year wanted to get to know each other better as well as learn together.

Prof. Gensichen presented his outlook for general practice for debate. Prof. Hartmann, director of the UKJ-pharmacy, gave insights into the cash flows of the German health care system.

Dr Zitterbart, a colleague with his own practice, explained budgets, income and



expenditure.

In addition, some of the participants looked at recent pharmacological studies and their relevance for everyday practice in a 'pharma update'.

In the end, all participants were pleased with our weekend in the Thuringian forest.

katja.stengler@med.uni-jena.de

The active participation of patients

Active participation of our patients in their own health care is necessary and wanted; both in health promotion and in the treatment of acute and chronic diseases. When it is successful it can be very effective.

An involvement of patients in their self-care for health and disease plays a special role particularly in primary care. A measuring instrument for patient activation would therefore be useful both in everyday work and for research.

The Patient Activation Measure (PAM) is already an internationally established instrument. Currently we adopt a feasi-

ble short form (PAM-13) for the German speaking countries. This will be evaluated afterwards in Jena, Heidelberg, Zurich and Salzburg on its quality for use in patients in a primary care setting.

katja.brenk-franz@med.uni-jena.de

WONCA Jubilee Fund for Jena

The project, equipped with \$ 100,000 funding, goes to „Chronic Condition Patient Self-Management (CCPSM) in General Practice“.

In an Irish-German-Finnish Cooperation we will develop a manual to support patient self-care for family doctors, and then test it together with the European GP colleagues of Equip. The European section of the World Medical Association House (WONCA Europe) was founded 20 years ago.

jochen.gensichen@med.uni-jena.de

Jena Paradise is on the way

In March 2012 we will start our BMBF funded study, „Jena Paradise“ on treatment of patients with anxiety disorders in general practice.

Treatments start late, often only after 7 years, because the personal thresholds tend to be high and the availability of skilled personnel for effective health care is low.

However, we family doctors don't want to wait, watching our patients suffer; we can already begin with effective treatment steps. The aim of this study in 60 general practices is to help patients with panic disorder and agoraphobia in their self-exposition training, and thus provide timely and reliable health care.

We invite you to actively participate in this first large intervention study in general practice of our institute in Thuringia.

paul.thiel@med.uni-jena.de

Second Thuringian Day of General Practice

will be held on

17th November 2012.

