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Dear Colleagues,
Dear Friends of our Institute

Exactly five years ago, on Friday the 8th February 2008, the Institute was founded with my appointment at the Friedrich Schiller University. We started at first, in an attic under the roof and then growing with the help of good staff and dedicated colleagues in Thuringian practices into the spacious rooms of the former surgery department. This little anniversary is an opportunity to look at how far we have come with the mission statement described as „a bridge between medical science and practice of primary care for the best possible patient care.“ Read for yourself here in the newsletter, on our website or talk to the team and I. In any case, I thank you on behalf of all staff very much for sharing, for your encouragement and support and look forward to a bright future for the general practitioner in Thuringia.

Sincerely,
Prof. Dr. Jochen Gensichen

High participation in evaluation of GP-centered care (HzV)

Patients and GPs took part with great interest in the investigation into the satisfaction of the family doctor program AOK PLUS in Thuringia. In both the patients, as well as family doctors, are signs of a strong participation, showing the great importance of HzV. This participation ensures a solid foundation for the further development of HzV models. We thank you for your support!

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Flagship project of Thuringian GPs

Thirty GP practices already taking part in the project with Jena PARADISE. Congratulations, that's nearly halfway there! Anxiety disorders are alleviated using exercises: 4 planned contacts with doctors and 10 MFA calls in six months. From initial experience we can say: „It's easier than you think.“ We inform and train you - possibly even in your practice for this federally funded „flagship project of the Thuringian family doctors,“ said Dr. Ulf Zitterbart Thuringian Doctors Association.

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„Hippocrates“ in Denmark

With the „Hippocrates“ program of the World Medical Association House (WONCA), Dr. Solveig Carmienke a doctor in the Structured Training for General Practitioners UKJ, went to Denmark. The program has for the last 12 years, offered young general practitioners the opportunity to see the bigger picture: other countries, other colleagues, other work and creating new opportunities (<http://www.vdgm.eu/index.cfm/sp-Key/exchange.hippocrates>). She had the opportunity to sit in at two GP practices and also visited a colleague at the University of Aarhus (Professor Frede Olesen).

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„General Practitioner 2.0“?

What does IT mean for our primary care work? The computer doctor who no longer sees his patients and has no time for a personal consultation? We expect: „IT comes into practice.“ We therefore now returned to this theme. We physicians should write the so-called „task descriptions“ for the IT developer and with that convey what we require for our daily work. But we should also consider whether everything that seems feasible is really necessary. Our new colleague Tobias Neisecke is a both physician and experienced in IT. He, with colleagues from

TU Ilmenau and you will run a first joint project: a telemedicine platform for doctors and nurses who care for gerontopsychiatric patients.

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Initial results from „Multicare study - Healthy Aging“

Twenty scientists, from eight universities worked on a nationwide survey on the health of more than 3,000 primary care patients over 65 years. Initial work from Jena indicates that self-medication for pain is not on the previously expected large scale. Furthermore, we confirm that the perception of pain experienced by our elderly patients is influenced by their self-efficacy. Also the presence of depression was associated with increased pain and greater pain medication. All these results will be evaluated by current international journals and their referees.

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Is self-care influenced by attachment style?

Notes from the „apricare-study“

Evidence of links between attachment styles of patients and their self-care (self-management) can be found at 219 primary care patients (50-85 years) with type II diabetes, hypertension and at least one other chronic disease. The first results of the „apricare study“ will be presented at a conference in Manchester. In addition, the use of medical services, the medication compliance, and not least the quality of the „doctor-patient relationship“ and their relationships are examined for attachment style.

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Summer School
19.-22. July 2013, Berlin



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„Team Praxis“ - MFAktiv

MFA seminars which started last year have been well received. The exchange with colleagues inter alia on „team meeting“ was exciting. This year we will address topics they have mentioned to us.

The most important meetings

05/15/2013 „Quality management in general practice - simply and well done.“

A recurring theme in your daily work. We will show how you can use the slumbering QM folder on your shelves and deliver quality work in your practice - and that this is also fun.

09/04/2013 „DMP patient education - from subject matter to real patients.“

Many of you offer patient education. It is difficult but fun! How do you customize the often strictly defined programs for your skills and your patients? At the end of the day you deliver the training!

11/16/2013 MFA seminars on „3rd Thuringian day of general practice „- a variety of events especially for you: from appointments to practice CPR.

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Teaching and learning - information not only for students

3. International Summer School EQUIP „ Research on quality in practice “ 19.-22.07.2013, Berlin

A project for the family doctor practice. The international „Equip Summer School“ supports colleagues and brings research projects in the field of primary care on their way. EQUIP is the European Society for the promotion of quality in primary care work. We are pleased that after Helsinki (Finland) and Ghent (Belgium), the third „EQUIP Summer School“ will take place in Berlin from 19.-22. July. In addition to knowledge about research, tools and methods it also leads to contacts and some long-lasting friendships with colleagues from across Europe. On offer are interactive courses, lectures, group work and visits are offered to interesting projects by GPs. Last - but not least - fun in the city of Berlin. The program of Helsinki 2009 as an example can be found on the Institute website.

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DEGAM - Youth academy

The youth academy general practice is a support program for medical students interested in general medicine (28.08.-01.09.2013 in Greifswald). It includes a clinical and research training, individual mentoring and several annual weekend meetings with all participants. It is most probably one of the

best opportunities to dig into the subject and will give you more clarity for your professional future. We invite you to apply under www.degam.de

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More Dates

08.04.-12.07. Lecture General Practice „(Wednesdays) for students in the 10th semester

12.-13.04. „ Thuringian doctors week“ in Weimar

15.05. Meeting of the Thuringian trainers in general practice

21.05.-12.07. „General Practice weeks“ for the students in the 8th semester

04.09. Meeting of the Thuringian trainers in general practice

12.-14.09. Congress of the German Society of General Practice and Family Medicine in Munich on „Complexity in general practice“

16.11. 3rd. Thuringian day of General Practice

Clinical elective exchange for General Practice

Because of the new licensing regulations, all medical students will complete at least one-month elective in a primary care facility. The German College of General Practitioners and Family Physicians DEGAM has set up a „clinical elective exchange „ on the Internet. You can either search for places offered, as well as submitting a request. Practices have the opportunity to offer elective places or respond to your requests. An evaluation tool for the purposes of a recommendation ensures the quality of the ads. www.degam-famulaturboerse.de

‘Neigungsorientiertes Medizinstudium‘ (affiliation oriented medical studies) in Jena

The Institute coordinates the „ambulant path“ in the „ Affiliation oriented medical studies in Jena. „ Ultimately, the plans are that part of the teaching offered is in so-called „paths“: „Clinic-based medicine“, „Outpatient(ambulant)-based medicine“ and „research-oriented medicine“. Working with clinics and institutes we want to create an offer for mainly practical courses to prepare the students better for medicine „outside of hospitals“. Dr Sven Schulz would like to offer his support for turning your ideas into concrete events.

Initially only from this year a common orientation lecture will be offered for all three paths in the 5th Semester.

Eventually, in the summer semester 2014 will be the beginning of actual events.

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