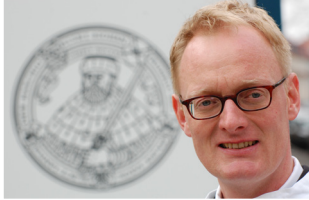




JEN@ALLGEMEINMEDIZIN



Dear Colleagues,
Dear Friends of our Institute

A common saying states „Who is (still) healthy hasn't seen the doctor yet!“. With which illness is someone "sick" or "healthy"? The sometimes devastating consequences of qualifying a simple state of distress as a diagnosed disease have been discussed by my colleague Professor Michael Linden, Berlin, and myself and we reiterated the "Z diagnoses". With them, we can sufficiently describe a clinical situation which is relevant for the patient's experience and suffering without enforcing disease mongering, medicalization and oversupply (Gensichen, Linden 2013, DÄ). Our news deal with doctor-patient communication with self care of diabetes patients and depressiveness of multimorbid patients, with the consequences of "high tech medicine" and the question where physicians would like to settle. We also report news about teaching. I wish you great joy in reading.

Yours,
Professor Jochen Gensichen

New coordination for teaching

Welcome Ms Martinez Reyes! Tuesday and Thursday from 9 till 12 hours you help us with issues related to teaching. Phone ++49 (0)3641-9 39 58 13.



Katrin.MartinezReyes@med.uni-jena.de

Measuring conversation atmosphere?

From the patient perspective, quality of care depends on conversation atmosphere and the experience of autonomy. With colleagues from Heidelberg, we translated the HCCQ (Health Care Climate Questionnaire) into German, validated it with patients attending general practices and applied it in several studies (Schmidt 2012, J Clin Epidemiol). konrad.schmidt@med.uni-jena.de

Attachment and Self Management in patients with diabetes mellitus type 2

Dealing with disease is determined by personality traits. Multimorbid patients with diabetes mellitus type 2 with a predominant avoiding attachment style use less social support and less encounters with their physician. Patients with a predominant anxious attachment style show less expectations in their own self efficacy and less self management (diet, physical activity etc.). Hereby our apicare study offer a first approach for personalized interventions in the future. katja.brenk-franz@med.uni-jena.de

Jena Sepsis Registry

In clinical registries, important diseases are captured and described. Sepsis remains a frequent cause of death. Thanks to high tech intensive care more and more patients survive and will be cared for by general practitioners (GP). Therefore, we established the first GP-based sepsis registry within the sepsis network CSCC. After three years, more than 1,200 patients have been documented. Now. Long term sequelae will be examined further.

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Sleep disorders after sepsis

Six months after a sepsis-related stay in the intensive care unit, 43.1% of a subgroup of our sepsis study suffer from sleep disorders: Problems falling asleep (54.6%) and problems sleeping through

(29.5%). Currently, we examine how this relates to daily life and quality of life.

susanne.worrack@med.uni-jena.de

Multimorbidity and Depressiveness

In 5.5% of patients in the MultiCare study which were not depressed at baseline, depressive symptoms increased significantly after 1.5 years. In addition to obesity (OR 1.61) and pain-related disability (OR 1.01), anxiety was associated (OR 2.98) with depressiveness and should be considered when treating patients with multimorbidity in general practices.

michael.freitag@med.uni-jena.de

Medical care for Lyme borreliosis

The guideline for treatment of cutaneous manifestations and neuroborreliosis is currently revised by an expert panel including Dr. Freitag. New analyses of secondary data have shown antibiotic treatment regimens which were 15% longer and/or using higher dosages than recommended.

michael.freitag@med.uni-jena.de

Where will physicians set themselves up in the future?

The decision for a place of clinical work depends on multiple factors. Together with the Central Institute of the National Association of Statutory Health Insurance Physicians (ZI of KBV) we develop an index of secondary data. Crucial seems to be the professional options, the urban locality, child care facilities, and options to cooperate.

antje.freytag@med.uni-jena.de

Aid for Self Management - Online Course -

We invite you to take the online course for general practitioners for motivational interviewing with whom you strengthen the self management of patients. Beginning in September, you can test the EQUiP course in German!

mercedes.schelle@med.uni-jena.de





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Teaching News

JENOS – Reform of Studies at Friedrich Schiller University

Beginning in the winter semester 2014/15, medical students of the 6th semester and beyond can choose 20% of their curriculum based upon their personal focus (JENOS = Jena preference-based medical studies) with choices between research-, hospital- and outpatient-based medicine. Dr. Schulz coordinates the outpatient track. The modules epidemiology and resources, symptoms, coordination, long-term care and entrepreneurial aspects prepare the students for clinical practice in the outpatient setting. svn.schulz@med.uni-jena.de



Small groups in general practice offices?

In the future, we would like to offer more teaching in our approved teaching GP offices. In the following weeks we will ask you, our teaching GPs of the Friedrich Schiller University, about your estimation whether and under which circumstances teaching in small groups (2-3 students) may be interesting and doable in GP offices. christin.grahmann@med.uni-jena.de

MBA Health Care Management 2014

Physician and manager: On September 3, 2014 at 7 pm an information event will take place at Ernst-Abbe-Fachhochschule Jena regarding the extra occupational MBA curriculum. Application deadline is September 7, 2014.

jochen.gensichen@med.uni-jena.de

Dear health care assistants,

Our last HCA seminar dealt with the well-known "chaos at the reception desk and how to organize it": You come to work in the morning and before you open the office, a line of patients is waiting and in a hurry. Then even the computer isn't working. You get nervous and the patients, too. Good time management, office organization and communication is important. Appointment scheduling (see our brochure SALUT), phone line and/or mailbox for prescriptions and referrals help to avoid the permanent phone ringing. With simulated patients who keep talking while the phone is ringing we trained to set our priorities and to enforce them politely. The individual hints were very good again.

Further dates for 2014 to which we invite you cordially:

03.09.2014 5:00-7:30 p.m.

„The immobile patient in the GP office“

15.11.2014 9:00 a.m.-3:00 p.m.

„4th day of General Practice in Thuringia“

with educational program specifically concerning practice staff

mercedes.schelle@med.uni-jena.de

4th Thuringian Day of general practice/family medicine in Jena - November 15, 2014

Courses for physician colleagues: Comeback: Travel medicine for GP offices (Armin Mainz, Korbach) ♦ Practice-based insights into physiotherapy (Julia Dördelmann, Bochum) ♦ Pregnancy in the GP office (Christin Grahmann, Jena) ♦ Polypharmacy in older adults – options to reduce and optimize the medication regimen (Michael Freitag, Jena, and Katrin Farker, Jena) ♦ Recognizing and treating eating disorders (Mandy Koschke, Jena) ♦ Natural medicine (Doreen Jaenichen, Jena) ♦ Chronic pain: patient frustrated, team stressed out – is there an alternative? (Winfried Meißner, Jena) ♦ Post-traumatic stress in outpatient care (Konrad Schmidt, Jena) ♦ Doctors' health (Sven Schulz, Jena) ♦ Shoulder (Ulrich Smolenski, Jena) ♦ Anxiety disorders in general practice – What can we do? (Thomas Hiller, Jörg Breitbart, Jena) ♦ Pediatric emergencies (Peter Hartmann, Jena).

Courses for non-physician personnel: Emergency: New resuscitation guidelines (Jens Reichel, Jena) ♦ The ABC of quality management using EPA (Iris Schluckebier, Göttingen) ♦ Diagnostics in the GP office (Stephan Kausche, Jena) ♦ Hygiene and more... (Armin Mainz, Korbach) ♦ The immobile patient in the GP office (Mercedes Schelle, Jena) ♦ VERAH, certified course (Silke Vonnau, Nahetal-Waldau).

Special lecture: „Hufeland Lectures“ - Professor Michael M. Kochen, Freiburg

Further information, registration and news at: www.allgemeinmedizin.uni-jena.de

