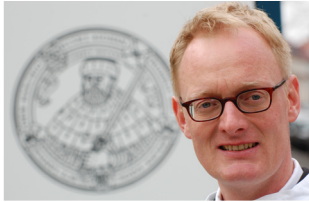




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Dear Colleagues,
Dear Friends of our Institute

As the German depression guideline is currently being updated, my colleague Markus Herrmann and I thought we should use the occasion to discuss the use of guidelines in family medicine: evidence-based guidelines evaluate the extensive medical knowledge available and define best practice, taking into account not only morbidity and mortality but also patient satisfaction and quality of life. The consideration that family medicine gives priority to the patient's everyday life means the right diagnosis and treatment can vary significantly. In these cases, recommendations are more to be seen as "treatment corridors", or as our medical association aptly puts it, as "aids to good medical practice". In this respect, we are looking forward to a helpful new national guideline on depression (Herrmann & Gensichen, Die Psychiatrie 1/2015).

And now I take pleasure in presenting you with the latest news from our Institute. Yours,
Professor Jochen Gensichen

...going to Oxford ... Dr. Konrad Schmidt is going to be participating in Oxford University's three-year international training program for managerial staff in family practice (the so-called "Brisbane initiative") as a representative from Germany **...going into practice ...** is what Dr. Christian Fleischhauer wants to do after he has become the first man to successfully complete our "Curing, Leading, Creating" training to become a Specialist Physician in General Practice **...and to Würzburg ...** Professor Jochen Gensichen will not be going after deciding not to accept a Professorship in General

Practice at Julius Maximilian University. He has decided instead to continue working with the excellent team in Jena!

Survey on chronic depression

The course of depression for at least half of all patients is either chronic or recurrent. We are investigating the diagnosis and therapy decisions made by family doctors in such situations. Please support our doctor's survey this summer!

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Family doctors alleviate the effects of sepsis

After 6 and 12 months, follow-up care for sepsis patients in family practice (SMOOTH) has resulted in improved functional outcomes compared with usual care (XSFMA: P=.026 after 6; P=.042 after 12 months) and fewer reduced activities of daily living (ADL impairments P=.023 after 6 months; P=.033 after 12 months). We recently presented our results at the ATS 2015 Congress in Denver, U.S. (AmjRespirCritCareMed 191; 2015:A6419)

konrad.schmidt@med.uni-jena.de

Scholarships in Mental Health

The Board of Trustees of "[The Primary Health Care Foundation](#)" has awarded three doctoral scholarships worth €3000 each for work on "mental health". Ms. Ann-Christine Geike (Rostock) is studying the differences in the disease concepts of depression among family physicians and psychologists. Mr. Stefan Hammer (Frankfurt a.M.) is preparing a systematic literature overview of the side effects of antidepressants and Ms. Charlotte Münchmeier (Berlin) will be studying the cooperation between family doctors and specialists in psychiatry. We wish all three the greatest success in their doctorate studies.

jochen.gensichen@med.uni-jena.de

What works in paradise?

Extensive interviews with 15 doctors

participating in the training program (Jena-Paradise) for panic and anxiety disorders have shown that psycho-education is regarded as highly effective and easy to use in practice. Planning and implementing the training certainly depend on the extent to which patients are motivated to take part. As they can last up to 30 minutes, funding must also be available for the doctors' appointments if they are to be implemented properly. 16 patients have emphasized in their interviews how important the consultations with the doctor and the written guidelines have been. Case management provided by nursing personnel built up trust and commitment and helped patients carry out what is experienced as unpleasant confrontation training. Thus it was ultimately possible to develop new capabilities to deal better with panic and anxiety in everyday life.

joerg.breitbart@med.uni-jena.de

Motivating patients

The online course on the "motivating interview" provides us family doctors with a discussion technique that we can use to motivate patients to change their health behaviors (especially with respect to smoking, alcohol and physical activity). The course, which requires no previous registration, is free of charge and consists of 49 slides (German/English). We are looking forward to seeing how you assess the course at the end.

http://equip.ch/flx/pecc_we/e_learning/

mercedes.schelle@med.uni-jena.de

Invitation to take a pre-test

Traumatizing psychological stress is common but doesn't immediately have to mean a PTSD. We and our colleagues at the University of Konstanz have developed a treatment for use in primary care. We are now looking for colleagues who are prepared to pretest the treatment with their patients in an everyday practice situation. Please send an e-mail to allgemeinmedizin@med.uni-jena.de





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News from Teaching

Lecture on General Practice in Semester 6

For the first time this summer term, general practice has been part of the sixth semester curriculum. At this early stage in the clinical part of medical studies, this course of lectures will explain primary care to students. From now on general practice is represented every year in the clinical curriculum medical science.

Internships in general practice

On May 25, 2015, this year's general practice internships began. In all, 273 students in their 8th semester will experience everyday life at one of Thuringia's academic teaching practices over four two-week periods. Priority will be given to actively involve students in consultations with their own patients. The students will be prepared and supervised in seminars taking place at the Institute of General Practice. sven.schulz@med.uni-jena.de

5th Thuringian General Practice Day

The 5th Thuringian General Practice Day will take place on Saturday, November 14, 2015 in Jena. Once again under the motto "Colleagues meet Colleagues", our workshops aim encouraged the collegial exchange of information. Participants can expect to learn about clinical topics such as dizziness, the thyroid, sexual medicine, ENT, physiotherapy, diabetes, anxiety disorders, travel medicine, clinical trial and research expertise (good clinical practice), as well as physician health. You can register on [our homepage](#) from summer 2015. There you will also find additional, more detailed information.

Important dates from the teaching department

The next didactic course for physicians at academic teaching practices that are providing one-year internships will take place at our Jena Institute from 2:00 pm – 6:00 pm on Wednesday, June 17, 2015.

The XXIIIth meeting of physicians that teach general practice will take place at our Jena Institute from 5:00 pm – 7:00 pm on Wednesday, September 2, 2015.

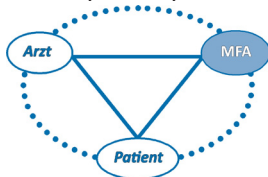
You can register at the teaching secretariat katrin.martinez-reves@med.uni-jena.de

Fourth MBA in Health Care Management

The Ernst Abbe University of Applied Sciences in Jena offers this MBA course for managerial staff in health care, and particularly for medical professionals. During the part-time study course, practice-relevant business administration will be taught over a period of four semesters and three months. Further information will be provided at UK-Jena Lobeda at 12:30 pm on Thursday, June 25, 2015, and at the EA University of Applied Sciences at 7:00 pm on Wednesday, September 2, 2015, as well as on the web-pages of the EA University at http://www.eah-jena.de/fhj/bw/studiengaenge/MBA_HCM/Seiten/default.aspx

Dear health care assistants

At the last health care assistant seminar, we dealt with the perennial issue "Quality management in the family practice". 16 HCAs compared notes on the subject in February 2015. The EPA European practice assessment was also presented. Conclusion: Quality management can actually be fun and certainly helps the practice. In May 2015, the subject of "patients with mental issues" was dealt with. The question of what is special about dealing with such patients and what is difficult led to a lively discussion. This year, a further subject will be "wound care". You can also register for this workshop on our website. At this year's General Practice Day, the focus of workshops will once again be on hygiene, reanimation, communication, ergonomics (i.e. a practical approach to improving working conditions), palliative health care and quality management, to which we would like to cordially invite you!



Wednesday, September 2, 2015 (5:00 p.m. – 7:30 p.m., seminar room, Institute of General Practice)
Wound care in the family practice

Saturday, November 14, 2015 (9:00 a.m. – 4:00 p.m., Jena Lobeda Hospital)
5th Thuringia General Practice Day, including many interesting workshops for health care assistants

Yours, Mercedes Schelle mercedes.schelle@med.uni-jena.de

