



JENA@LLGEMEINMEDIZIN

**Dear Colleagues,
Dear Friends of our Institute,**

We can safely say that the Institute has now come of age and has established itself as a reliable partner, not only for students, family doctors and patients but also for politicians and scientists in Thuringia. Benchmarking against other university faculties shows that we rank 23rd (out of 63) in terms of research. Events like the *Educational meetings for GPs* (Aerztetreffen Allgemeinmedizinische Lehre) and the *Thuringia General Practice Day* (Thüringer Tag der Allgemeinmedizin) are now important dates in the calendars of our clientele. Politicians make use of our independent analyses, for example in their State government reports or in discussions we have had with, to take recent examples, the Minister of Health Affairs Heike Werner (September 2015), the President of the *State Medical Board* Dr. Ellen Lundershausen (June 2015) and the head of the *Thuringian Association of Statutory Health Insurance Physicians* Dr. Annette Rommel (May 2015). Trying on to serve as a bridge between medical research and general practice.

I wish you lots of pleasure reading our news in the new design.

Yours

Professor Jochen Gensichen



HZV **GP-centered health care in Thuringia**

Since Nov 2010, AOK-PLUS has been offering a GP-centered health care (GPH), a patient-centered, evidence-based, enhanced primary care service for 180,000 insured patients (2015) in central Germany. Prof. Dr. Juergen Wasem, Duisburg/Essen and our Institute selves have evaluated it. We recently presented the results to the AOK administration, the GPH Advisory Board and at the *IHEA* and *DEGAM* Congresses: GPH participants often only have one GP and patients are more often transferred to specialists. GPH probably provides more intensive care for elderly, multimorbid patients. Drug costs rose at a slower rate than in the comparison group.

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How do we treat chronic depression?

220 family doctors (22% of the 1000 we wrote to) reported on the health care they provide to patients with chronic depression. Almost all of them (93%) differentiated between acute depressive episodes and chronic depression. 45% of them used validated instruments to make the diagnosis. 84% of those patients received pharmacotherapy. Contrary to acute depression episodes, longer-term drug therapies (69%) and follow-up care (61%) were used. We will be presenting the results at the *DGPPN* Congress in Nov. 2015 in Berlin, at which a special symposium will focus on family practice for the first time. florian.wolf@med.uni-jena.de

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Characteristics of attachment and self care in diabetes

Apricare I (Adult Attachment in Primary Care) shows that attachment-related "avoidance" is associated with less social support and fewer visits to the doctor, and attachment-related "angst" with more modest expectations of self-efficacy, and physical activity (Brenk-Franz et al. 2015, PlosOne). The *Apricare II* study will be investigating patient behaviors such as blood glucose monitoring and clinical outcomes (including HbA1c, RR) in relation to attachment-related variables.

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Is sleep a predictor of sepsis sequelae?

Long-term sleeping difficulties after sepsis (6 months after intensive medical care – ITS) may indicate curtailed mental and physical quality of life after 12 months (N=114). We presented these results at the *DEGAM* and *DGSM* 2015 Congresses: physical pain (p=0.026), perceptions of general health (p=0.007) and vitality (p=0.014). Following sepsis, family doctors should pay attention to possible sleeping disorders in patients, as these appear to have a negative impact on other aspects of life.

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Sepsis study receives recognition

SMOOTH sepsis follow-up care shows that after sepsis, family doctors provide their patients with high quality follow-up care. The more highly educated the patient is, the better his quality of life. On the occasion of the *Weimar Sepsis Update* 2015, *SMOOTH* was awarded the first poster prize. We presented our results to a North American audience for the first time at the *NAPCRG* general practice congress in Cancún (Mexico).

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Don't panic!

At the *Jena-Paradies* research meeting that took place in June with our colleagues Professors J. Margraf (Bochum), H.H. Koenig (Hamburg) and M. Wensing (Nijmegen, NL), we ascertained that preliminary analyses had shown that GP-supported exercises to treat panic disorders had been successful. Symptoms of anxiety and depression improved, as did quality of life. On Nov 14, 2015 we plan to present our results at the *Thuringia General Practice Day* and are looking forward to finding out what you think.

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Good practice in the use of antibiotics

92 Thuringian family doctors (31% of the 300 we wrote to) told us about their use of antibiotics. 71% of them regarded the problem of resistance as important in day-to-day practice, and 66% prescribed them accordingly. 45% said they were less cautious when a weekend was imminent. We now plan to develop and test instruments for use in general practice that will help us to prescribe antibiotics in a more systematic and targeted manner.

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5th Thuringia General Practice Day



The 5th Thuringia General Practice Day is on the horizon. On Saturday, Nov 14, 2015, family doctors and their teams will join us in Jena under the slogan "colleagues meet colleagues".

Each participant can choose from a selection of 21 workshops to take part in (see the program below). Furthermore, around 10 teaching physi-

cians will be accredited as members of the network for good teaching.

The Primary Health Care Foundation's „Hufeland Lecture“ will be given by the renowned Berlin educational researcher Prof. Dr. Gigerenzer and will be entitled "The century of the patient – Dealing with risks and opportunities".

The event will be inaugurated by Thuringia's Minister of Health Affairs, Heike Werner.

The program for physicians:

- „Travel medicine for family practices“
- „Elevated TSH levels in the family practice“
- „Treating eating disorders“
- „Physiotherapy“
- „Erectile dysfunction“
- „Physician health“
- „Chronic pain“
- „Diabetes“
- „Jena Paradise – panic disorders“
- „Dizziness“
- „Refugees – first encounter in the family practice“

Program for non-physician staff:

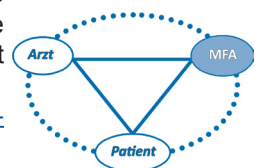
- „Reanimation and early defibrillation“
- „QM in the practice team within EPA“
- „Working in harmony with your body“
- „Special palliative care for outpatients“
- „Hygiene“
- „Instrument-based diagnostics“

For further information and to register, please visit our homepage (<http://tinyurl.com/TTdA2015>). If you have any questions, please do not hesitate to give us a call. Katrin Martinez Reyes can be reached at +49 3641-939 58 13.

MFAktiv

The most recent seminar for Health Assistants (HA) demonstrated that there is considerable interest in seminar topics geared specifically toward their needs. For this reason, we will be offering seminars for HAs not only on the Thuringia Family Practice Day on Nov. 14 2015 but also in parallel to next year's educational meetings for GPs.

Please take a look at our homepage (<http://www.allgemeinmedizin.uni-jena.de/content/team-praxis>), or view our facebook pages. mercedes.schelle@med.uni-jena.de



Elective “...in the family practice”

In the winter semester, the elective “Diagnosis and treatment in the family practice” will again be available. The subject of rational diagnoses and treatment in the family practice will be dealt with using case examples in seminars, and “on site” in teaching practices. The elective is accepted for the “Diagnostics and therapies for outpatients” module in JENOS/AoM. sven.schulz@med.uni-jena.de

Good start for ,outpatient medicine‘!

87 of the 95 ,outpatient medicine‘ students in JENOS have chosen to be taught in family and specialist outpatient practices. Throughout the rest of their studies they will return to their practices on a regular basis and thus experience the long-term aspects of outpatient medicine. They are now beginning the 7th semester with the module “Special diagnostics and therapies for outpatients”.

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See also: <http://www.studiendekanat.uniklinikum-jena.de>

Specialist training seminars 2016 – Topics !

In 2016, we will also be offering our seminar for Thuringia physicians undergoing specialist training in general practice on one Wednesday in the month.

The planned subjects are:

- eye diseases • infectious diseases in children • applying splints and tape bandages • setting up a practice • anxiety disorders • pregnant patients

We will provide precise details of the dates on our homepage <http://www.allgemeinmedizin.uni-jena.de/content/weiterbildung>. konrad.schmidt@med.uni-jena.de

Further important dates for teaching practices

- ✓ 27. Jan 2016 (5:00 - 7:00 pm):
XXIV Educational meeting for GPs
„Refugees in the family practice“
- ✓ 27. Apr 2016 (5:00 - 7:00 pm):
XXV Educational meeting for GPs
„GP-centered health care“
- ✓ 17. May - 08. Jul 2016:
General practice internship
- ✓ 07. Sep 2016 (5:00 - 7:00 pm):
XXVI Educational meeting for GPs
„Chronic depression in the family practice“

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