



JENA@LLGEMEINMEDIZIN

Dear Colleagues, Dear Friends of our Institute,

On Oct. 7, 2015, Dr. Christian Fleischhauer became the first of the participants in our specialist training program in General Practice (Heilen, Führen, Gestalten) to set up his own family practice. We would like to congratulate him! A high level of motivation, good clinical specialist training and an MBA postgraduate degree – supported by [the Primary Health Care Foundation](#) – have certainly prepared him well. He is the proof that we take a three-pronged approach to our work: trustworthy education, specialist training and CME; high quality general practice research; and last but not least patient health care in family medicine, which is also provided in family practices by physicians from our Institute.

I would like to wish you all the best in 2016!

Yours

Professor Jochen Gensichen



Fundacao Oswaldo Cruz, Brazil

A scientific exchange has been initiated with our colleagues at the Brazilian equivalent of our *Robert Koch Institute*. Professor Gensichen gave a talk on the Chronic Care Model in Rio de Janeiro on Feb. 28, 2016. The Zika crisis is currently a major challenge for primary care in Brazil.

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Dealing with chronic depression

Advanced age (80%), severe somatic comorbidities (91%), additional anxiety disorders (93%), addiction diseases (95%) and a lack of social interaction (89%) are factors that prompt family doctors (220 respondents out of 1,000) to intensify their treatment of chronic depression.

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Monitoring depression data

Claims data from the WIdO (Research Institute of the German Local Health Care Fund AOK) of 16 million beneficiaries are regularly analyzed by us with respect to the care of patients with depression. Family doctors seek reimbursement for talk therapies with 63% of such patients within two years of the initial diagnosis. The degree of health care provided in the form of psychotherapeutic services is substantially higher than previously thought: 74% of all patients with depression receive some care, 27% professional therapy and 9% guideline-based psychotherapy. (WIdO health care report 2015/16).

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Family practice on the internet



In Jan. 2016, the charitable foundation *Health on the Net* analyzed our homepage and declared that we are a “trustworthy source” of health information on the internet. We are pleased to receive their vote of confidence.

Questions on doctor-patient relationships

The better doctors understand their patients' needs – supported by a good doctor-patient relationship – the better they can fulfill them. Important aspects such as information, communication and affectivity can be captured by means of a questionnaire and can provide us with more details on such relationships than our personal impressions. The 15 questions included in the *Patient Reaction Assessment (PRA)* are now available in German (Brenk-Frank et al. ZFA 2016). katja.brenk-franz@med.uni-jena.de

Family medicine and anxiety disorders

We asked 38 family doctors participating in the *Paradies Study* how they dealt with anxiety disorders in their patients (usual care). 39% of those asked said medication was the main therapy (SSRIs were the medication of choice for 67% of them) and half of them prescribed pharmacological treatment for the maintenance of remission. 72% recommended that their patients not avoid sources of anxiety. 36% guided them towards confrontation therapies. Waiting times for a psychotherapy appointment were a maximum of around 19 weeks.

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Reducing antibiotics

In April, 2016, and with your help, we would like to test patient consultation aids that are aimed at encouraging a more systematic approach to prescribing antibiotics. From Aug. 2016, the *RAI* study in Thuringia, Berlin and Brandenburg will assess the actual influence of CME for family doctors, and patient consultation aids on avoidable prescriptions of antibiotics. Would you like to participate?

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Team-based health care

The *PraCMan* study in Baden Wuerttemberg involves 2,076 patients and shows that when doctors and HCAs coordinate health care for patients with chronic multimorbidity, the number of hospital admissions may not be reduced but the patients' quality of life is substantially improved, and costs are lower too (Freund et al. *AnnInternMed* 2016).

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Eugen Muench Prize for SMOOTH

Along with two other recipients, the *SMOOTH* study on sepsis follow-up care in family medicine was awarded the first *Eugen-Muench prize* (€25,000) on Nov. 24, 2015. With the prize, the *Muench Foundation* aims to support innovative and network-oriented concepts in health care. The *SMOOTH* study achieved this by strengthening networking between family doctor, rehabilitation and intensive care, the foundation said.

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New questionnaire on physician health

With the support of 190 doctors, we have developed and tested a new questionnaire on self diagnosis and self treatment among physicians. A German-language version of the instrument is now available in German.

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Specialist training for doctors – times and topics

- Mar.16: The pregnant patient in the family practice
(Dr. Hans-Joachim Fleischhauer, gynecol. specialist Jena)
- Apr.27: GP-centered health care in Thuringia:
Effect on health care coordination and costs
(Dr. rer. pol. Antje Freytag, Institute of General Practice)
- May 25: Common infectious diseases in children
(Prof. Dr. Bernd Gruhn, pediatric clinic JUH)
- Jun.22: Vaccinations as a preventive measure
(Jana Henße, general practice specialist Camburg)
- Aug.17: The post-mortem examination in family medicine
(Prof. Dr. Gita Mall, forensic medicine JUH)
- Sep.07: Chronic depression in the family practice
(Florian Wolf, Institute of General Practice)
- Oct.12: Setting up a practice
(Dr. Torsten Schwarz, Friedrich Schiller University Jena)
- Dec.07: Application of splints and bandages
(Marco Trübner, emergency admissions unit JUH)

Further important dates for teaching practices

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

Thuringia General Practice Day – Nov. 12, 2016



The fifth Thuringia General Practice Day was extremely well received. We would like to express our gratitude to all course instructors, employees and the two guest speakers Prof. Gigerenzer (Hufeland Lecture 2015 of [the Primary Health Care Foundation](#) “The century of the patient – Dealing with risks and opportunities”) and Thuringia’s Minister

of Social Affairs, Heike Werner. Planning has already begun for the sixth Thuringia General Practice Day. You can find further information on our website.

MBA – Health care management at the Ernst Abbe University of Applied Sciences in Jena

You want to understand business processes in a hospital or cash flow in health care? You want to implement change rather than accept the status quo? You want to ensure that the individual patient is well looked after in a functioning health care sector?

From autumn 2016 – a three-year study course alongside work – register now at the EAU of Applied Sciences!

Skills Lab Courses

The *Institute of General Practice* and *SkillsLab* have developed courses on measuring blood pressure and guiding doctor-patient consultations. Both courses are aimed at students who have just completed their preliminary examinations, and teach basic skills for clinical electives and practice, as well as for later life as a doctor of course!

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JENOS outpatient oriented medicine (AoM)

In *AoM* next semester, students in their 7th semester will complete module 8 entitled “Coordination of patient health care”. We have reported extensively on *JENOS* in the Thuringia Aertzblatt medical journal (Wiesner et al. ThAerztbl 2016).

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“Between economics and humanity – a medico-ethical symposium on dementia”

How is the development of dementia diseases in Germany to be assessed? What conception of what it means to be a human being should guide the way we deal with persons with dementia and their relatives? How should we broach the issue of how decisions for or with persons with dementia should be made?

A symposium organized by [the Primary Health Care Foundation](#) and the *Melanchthon-Academy* will take place in Cologne from 4:00-9:00 pm on April 15, 2016. You can register by writing a mail to anmeldung@melanchthon-akademie.de or on the website www.melanchthon-akademie.de

Job vacancies at the Institute

The following positions are currently available at the Institute

- × One psychologist and/or doctor for scientific research focusing on “Mental health in primary care” as part of a nationwide cooperation project on the treatment of PTSD in family practice.
- × One resident physician for the program “Structured GP specialist training: Heilen, Führen, Gestalten”. The successful applicant will also have the opportunity to qualify as a Master of Business Administration (MBA)
- × Specialist physician to be responsible for medical management in “General Practice teaching”. This will involve the conceptual development of curricular teaching activities, “outpatient-oriented medicine” for the academic reform, our specialist training program in general practice and the Thuringia General Practice Day.

You can find further information on our website or you can contact us directly.

Find us on Facebook?



The number of our Facebook followers has risen above 120. Why not join them for the latest news of the rich variety of events taking place at the Institute!

