



JENA@LLGEMEINMEDIZIN

Dear Colleagues, Dear Friends of our Institute,

The refugees have reached our Institute as well - since late autumn 2015, the Jena University Hospital (UKJ) has had to deal with around a 1000 additional baseline examinations for the new arrivals per month, and it was not possible to integrate that into routine care. Following a call from the hospital management, the doctors participating in our specialist training program for GPs (Cure, Guide, Create) got together and agreed on an action plan. They took on a fixed „shift“, which they agreed to do for four months. Starting on a voluntary basis, they worked in rotation after regular working hours from 4.00pm until 8.00pm every Tuesday, from November onwards. They received and examined the refugees, which sometimes included understanding their stories. Soon it was possible for the Hospital to provide some extra money for the overtime, and since March of this year, the Gera site has been used for these examinations. We should thank the training participants. They describe what they have otherwise experienced during their specialist training in the „via medici“ magazine.

We are now confidently looking forward to the second half of the year. Enjoy your read!

Yours

Professor Jochen Gensichen



Short primary care treatment program helps combat panic

419 patients from 73 family practices have shown that a short behavioral therapy course consisting of 4 sessions and a gradual introduction to confrontation therapy, as well as monitoring by health care assistants can help relieve panic and anxiety disorders. After 12 months, the patients were less anxious (effect size, ES = 0.37), less depressed and more content than those that did not participate in the program. Cost-benefit analysis also showed the program to be cost effective. Experts from *DEGAM*, *DGPPN* and sickness funds will be discussing the results publicly at the *Aquino conference center*, Hannoversche Strasse 5b, 10115 Berlin-Mitte from 11.00am until 4.00pm on Friday, June 10, 2016. You are cordially invited to join us!
allgemeinmedizin@med.uni-jena.de

DGGÖ, EGPRN, ATS, WONCA and ISBS

On March 14, Dr. Antje Freytag presented the results of our analysis of the GP-centered health care programs sponsored by *AOK PLUS* in Thuringia at the *8th Annual Congress of the German Association of Health Economics* in Berlin. Comparisons with other such programs show that they vary considerably throughout Germany, being designed, for example, for patient populations of differing ages (antje.freytag@med.uni-jena.de). On May 22, Dr. Konrad Schmidt presented the promising results of a pilot study on a new approach to treating patients with PTSD in the family practice at the *82nd European General Practice Research Workshop Meeting* in Tel Aviv (konrad.schmidt@med.uni-jena.de). Almost simultaneously, Professor Jochen Gensichen was discussing possibilities for the treatment of patients in the fa-

mily practice following intensive care at the Annual Meeting of the *American Thoracic Society* in San Francisco on May 17: „The New ICU Recovery Toolkit: 5 Hammers Looking for the Right Nail“. Following the Meeting he visited old and new colleagues in Seattle (jochen.gensichen@med.uni-jena.de). From June 15 onwards, Michael Sommer and Dr. Florian Wolf will discuss the results of a study of German routine family practice care in cases of anxiety disorders and chronic depression at the *WONCA Europe Conference 2016* „Family Doctors with Heads and Hearts“ that will take place in Copenhagen. Overall standards of care are relatively high. (michael.sommer@med.uni-jena.de, florian.wolf@med.uni-jena.de). From June 24, Dr. Katja Brenk-Franz will present her results on self care among elderly patients with multiple diseases at the *7th Congress of the International STRESS AND BEHAVIOR Society* in Miami (katja.brenk-franz@med.uni-jena.de) - a very active research group.

Social support is a decisive factor

Social support is a psychosocial resource that can sustain health and quality of life. People with little social support are not as good at dealing with chronic illnesses. The aim of *Apricare II* is to find out whether certain patients really do lack support in their living environment, or whether they do not take advantage of it despite its availability.

katja.brenk-franz@med.uni-jena.de

Antibiotic therapies in general practice

Multiresistant bacteria are partly caused by inadequate antibiotic therapies (AT). Family doctors prescribe more ATs than any other doctors. We would like to support rational and targeted therapies in Thuringian family practices. This is the aim of *RAI-ambulant*, a sub-project of the *Infectcontrol2020* consortium. New information and communication pathways, for example the so-called tab-tool, are currently being tried out in everyday practice. They provide a short self report on antibiotic therapies. We are also providing CME on AT that is independent of pharmaceutical companies and other special interest groups (2 CME points) at Gera Hospital on August 17, Suhl Hospital on August 31 and the rehabilitation clinic in Bad Langensalza on September 7. You can register at: inga.petruschke@med.uni-jena.de

Successfully completed doctorates in medicine

Relatively few students are currently working on doctorates in medicine at our institute. But we do make sure we have enough time for our young colleagues. Now we have been rewarded for our efforts as Dr. Jana Henße and Dr. Anne Kratz have successfully completed their doctorates in medicine on „Antibiotic therapies in case of Lyme disease“ (J.Henße) and „Self efficacy expectations in multimorbid patients with arthrosis“. Their results will of course be published. Congratulations!

50th Congress for General Practice and Family Medicine

From September 29-October 1, the *DEGAM German College of General Practitioners and Family Physicians* is going to celebrate its 50th Anniversary under the motto „Maintain traditions – Prepare for a new start – Energize family doctors. Following the official opening ceremony at the historic Frankfurt Paulskirche, there will be a varied and ambitious interactive congress program with exciting topics and many national and international guests. www.degam2016.de



JENA@LLGEMEINMEDIZIN

New management for teaching department

After 8 years, Dr. Sven Schulz is passing on the baton. Dr. Schulz has been responsible for developing the institute's teaching department since 2008. The new internship, the revised lectures, the innovative electives, the structure of the specialist training program in general practice (cure, guide, create), as well as being largely responsible for the design and launch of Thuringia's biggest continuing education program – the *Thuringia General Practice Day*. Fortunately, he will continue to work for the faculty and to develop „out-patient-oriented medicine“ for Jena's reformed curriculum *JENOS*. Dear Dr. Schulz, I would like to express my warm thanks to you. I am very pleased that with your help we can now deepen our understanding of scientific questions relating to physician health.

Dr. Inga Petruschke will take charge of the teaching department. She is a clinically experienced GP and specialist in internal medicine who joined us six months ago after completing her Master's degree in Public Health in Berlin. She quickly discovered that teaching is her vocation. With the support of Dr. Schulz, she will review our teaching program and adapt it to meet today's requirements. To this end, I would like to wish us all the necessary good luck.

Thuringia General Practice Day – Nov. 12, 2016

Before we provide preliminary details on the 6th TGPD, we have some information on the 5th.

The well-known education researcher Prof. Dr. Gerd Gigerenzer from Berlin gave the [Primary Care Foundation's 2015 Hufeland Lecture](#). Entitled „The century of the patient – dealing with risks and opportunities“, the lecture was about correctly analyzing the risks involved in screening examinations and when making forecasts. How? You can read about it in the latest issue of *Zeitschrift für Allgemeinmedizin* (German - Z Allg Med. 2016;92(5)).



The 6th TGPD is under preparation. The workshops have more or less been fixed. Here is a first overview of the topics: New drugs, prevention and therapy of obesity, GP-centered care in Thuringia, medicine for refugees, new infections, physician-patient and physician-carer, the PRACMAN software for multimorbid patients, diagnosis and therapy of somatoform disorders, targeted antibiotic therapies, every mistake counts!, and quality promotion to suit the individual. From July on, you will find the names of further workshops and the lecturers, as well as registration details on our homepage. We are looking forward to seeing you all again in Jena under the motto „colleagues meet colleagues“.

Find us on Facebook?



We now have almost 130 followers on facebook. Join us to get the latest interesting news!

Silver anniversary

The 25th physicians' meeting on teaching in general practice took place on April 27. Around 30 highly motivated colleagues joined us on the occasion of this tri-annual event. Some of them have been coming to our meetings since the beginning, some have been coming for a relatively short time because they have only fairly recently set up in private practice, and others are still training to become specialists in general practice in preparation for private practice. The discussion benefited from this mixture of doctors in different stages of their careers.

Internship 2016

On May 17, the internship in general practice began for students in their eighth semester. The internship is split into four parts, each lasting two weeks, and 258 students will take part in it at 131 Thuringian academic teaching practices. The aim is that they should actively use what they have learned on a case-by-case basis. We would like to thank all the family doctors that offer students the chance to train at their practices.

Seminars in outpatient-oriented medicine

The new series of seminars entitled „Fundamentals of ambulatory medicine“ began for the first time in the 2016 summer term. The wide range of topics that were covered in the seminars was very popular among students, so we will certainly be offering the seminars again next year.

General Practice summer school 2016

From August 24-28, DEGAM is inviting interested medical students to the 6th general practice summer school in Luebeck. Workshops, courses and an introductory program are on the agenda. You can find further information at: <http://www.degam.de/summerschool.html>

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!

Specialist training for doctors – times and topics

- 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)

