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General practice and health services research news from the Institute of General Practice and Family Medicine at the Jena University Hospital

Farewell after eight years

Professor Jochen Gensichen is moving to LMU München

In February 2008, Jochen Gensichen received his Certificate of Appointment for the professorship of the Jena University Hospital (JUH) and became Director of the newly established Institute of General Practice and Family Medicine that was then established. The reorganization of teaching in the General Practice discipline was just one of the challenges that had to be faced. In the years following his appointment, he established what was at the time an unique, integrated specialty training a unique concept, "To cure, to lead, to create", conducted numerous research projects,

cooperated on the Health Care Management course at the Ernst Abbe University of Applied Sciences in Jena, initiated the Thuringian General Practice Day and played a key role in reorganizing medical studies at Friedrich Schiller University (JENOS). At the same time, he was able to rely on an excellent team, a top-class infrastructure and existing cooperation between the JUH, the Friedrich Schiller University, in Jena and throughout Thuringia. We wish him all the best in his new position as Institute Director at the Ludwig Maximilian University of Munich.

The 50th Congress of the German College of General Practitioners and Family Physicians

Many of our staff represented the Institute and its projects

Twelve of our colleagues presented our ideas, methods and results in 17 different ways (lectures, posters, workshops and symposia) at the anniversary Congress in Frankfurt/Main. Mr. Hiller gave a lecture entitled, "Clinical impact of a study of anxiety and panic disorders" (Jena PARADIES study), Mrs. Eissler (doctoral student) gave a talk on "Depression following severe sepsis", and Dr. Schmidt on "Long-term developments following sepsis follow-up treatment in the family practice" (both belonging to the SMOOTH study). Dr. Freytag, Professor Szecsenyi/Heidelberg and Mr. Beyer/Frankfurt on Family practice-based

health care (HzV), Mr. Krause (doctoral student on HzV project) presented the results for patients with depression. Professor Vollmar presented projects from his work in Dusseldorf. Further results were depicted on posters: physician health (Dr. Schulz), prescribing antibiotics and antibiotic resistance (Dr. Petruschke, Mrs. Schmuecker), medical pedagogy (Professors Gensichen and Saenger), chronic depression (Dr. Wolf), PTSD (Mrs. Gehringer), standard therapy (Dr. Sommer) and the computer-assisted treatment of panic disorders (Mr. Breitbart). The posters can be found on our home page.

News on teaching

Inga Petruschke, MD: From May to July, 258 students completed an en-bloc internship in general practice at one of the 131 teaching practices in Thuringia. An evaluation showed that at that time 77% of the students had already carried out the 4-week internship. That means the majority of students already had some experience which they could then broaden and intensify.

From 2017, the costs incurred by completing such an internship at a remote practice in a rural area (places with fewer than 25,000 inhabitants) will be reimbursed. This problem

has thus at last been solved and should encourage students to get to know the work of a family physician in a rural area. We would like to thank the Foundation for the Promotion of Outpatient Medical Care in Thuringia for their support.

We are delighted to welcome seven new general practitioners to our practice network. The next meeting of teaching practices will take place on 25.01, 26.04 and 27.09.2017. We would also like to announce our next training on "Critical appraisals and feedback" on Wednesday, 08.03.2017 from 2:00 – 6:00 pm.

Dear readers,

Since September 1, 2016 I have been the new professor for health services research at the Institute of General Practice. Having originally come here to support the highly successful institute in its research plans and to complement health services research with my own new ideas, Jochen Gensichen's departure has opened up new challenges for me. In this respect, I am looking forward to getting to know the focal point of general practice teaching better, and meeting the teaching physicians at the Sixth Thuringia General Practice Day on November 12, 2016.

A short description of my person: I was born and grew up in the beautiful Ruhr district, and it was in Dusseldorf that I completed my medical studies and specialist training as a General Practitioner. After doing scientific work at a number of locations (Witten, Karlsruhe, and Witten again) I came to the Heinrich Heine University in Dusseldorf where I led research in "Dealing with health and illness in older age". In addition to doing a Masters degree in Public Health, I qualified as a university lecturer (Privatdozent) in health services research in 2010. The question that forms the main focus of my medical work is, "How do the people that need it get hold of relevant and evidence-based knowledge?" As far as teaching is concerned, my work includes the development of the concept and content, as well as the coordination, of the "Diagnostic Thinking and Acting" program for the new Dusseldorf model medical education course.

I am looking forward to getting to know you all better and would welcome the chance to meet you personally!



Yours
Professor Horst Christian Vollmar, MD, MPH
Deputy Director, Institute of General Practice and Family Medicine

Research news

Sepsis study published in a renowned journal

Konrad Schmidt, MD: The main results of our Smooth study on follow-up treatment for sepsis in the family practice was published in the Journal of the American Medical Association (JAMA), one of the leading medical journals worldwide. The family practice showed itself to be a reliable partner for the care of severely-ill patients following intensive therapy.

Jena PARADIES wins MSD health prize 2016

Thomas S. Hiller: On September 14, an independent jury awarded the [2016 MSD Health prize](#) to a total of 6 nominees. Jena-PARADIES achieved second place. Family doctors participating in the PARADIES program treat patients with panic and anxiety disorders in a cost-effective manner that is based on behavior therapy. Practice-based case management enables the treatment to be stabilized. The patients and the practice team create a strong alliance against anxiety. Scientific investigations have been able to prove the beneficial effects of the program.

Research visit to the U.S.

Konrad Schmidt, MD: "I had the opportunity to work as a visiting researcher at the [University of Washington, Department of Family Medicine, Seattle, U.S.](#), in July and August of this year. With more than 200 employees, the institution is the biggest of its kind in the country and has to teach students and provide specialist training in an area stretching from the equivalent of Lisbon to Moscow. Even if the size of the region is not comparable, family medicine in rural areas is in

Targeting the prescription of antibiotics

Inga Petruschke, MD: In the presence of increasing resistance to antibiotics, it is extremely important to target prescription behavior. In the RAI project (rational antibiotics therapy through information and communication), tools have been developed for use in family practice. Posters and patient information brochures on Upper respiratory tract infections, as well as an iPhone-app, can be tested immediately. The project is not sponsored by the pharmaceutical industry. We look forward to your participation.

Social support helps improve self management

Katja Brenk-Franz, PhD: Family doctors provide health care to patients with several chronic diseases on a daily basis, and this represents a major challenge to both practices and relatives. We were able to show that the social support of patients with type 2 diabetes and additional chronic diseases has a positive influence on personal self-management behavior (blood glucose monitoring, physical activity and sticking to appointments with doctors).

danger there, as it is in Thuringia. For this reason a [Rural Health Research Center](#) has been set up.

Along with colleagues on site, I was able to analyze additional data from the Smooth Sepsis Study as well as make new contacts for future information sharing in teaching and research. The stay was generously supported by a scholarship from the German interdisciplinary Association of Critical Care and Emergency Medicine."

Current publications from the Institute

Schmidt et al. Effect of a primary care management intervention on mental health-related quality of life among survivors of sepsis: a randomized clinical trial. JAMA 2016;315:2703-11.

Freytag et al. Impact of GP-Centered Health Care in Germany: A case-control study based on claims data. Dtsch Arztebl Int 2016;133.

Brenk-Franz et al. Quality of the physician-patient relationship – evaluation of the German version of the Patient Reactions Assessment (PRA-D). Z Allg Med 2016;92:103-8.

Schulz et al. Illness Behavior of General Practitioners – a cross-sectional survey in Germany. Occup Med 2016.



Agenda of the Sixth Thuringia General Practice Day

9.00 – 9.30 Opening
Professor Gensichen says goodbye

9.45 – 11.15
First further education program for doctors:

With heart and soul | Naturopathy in the family practice | Pragmatic antibiotic therapy | Family practice-based case management by the HCA:PracMan health care model | Vaccination as prevention | QM for doctors

Further education program for HCAs:

Reanimation part 1 | Toolbox for HCAs | Case management for patients with panic disorders/agoraphobia | HCAs make patients fit

11.15 – 12.00 lunch break

12.00 – 13.30 Awards ceremony
Accreditation of teaching practices and lecture by Professor Vollmar, "How can we introduce 'knowledge' into health care?"

13.30 – 15.00
Second further education program for doctors:

Doctors health | Excess weight and obesity | Refugees | Error reporting systems | Dealing with new medicines | Intermittent claudication

Second further education program for HCAs:

Reanimation part 2 | QM for HCAs | Wound management | Treatment of patients with PTSS following intensive therapy

Venue: Jena University Hospital, Am Klinikum 1, 07743 Jena

This event is not sponsored by the pharmaceutical industry and there are no attendance fees.

You can find further information at <http://tinyurl.com/TTdA2016>