

AllgmedNews

For cooperating partners, academic training practices and interested people

26th edition - July 2017

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

Welcomes and goodbyes

In May, our team received further assistance, namely Bianka Ditscheid and Kathleen Stichling. Dr. rer. nat. Ditscheid is a nutritional scientist and has been member of the UKJ quality management team before. She will support us in the analysis of secondary data of the current evaluation projects "SAVOIR" and "Cardiology-contract". Ms. Stichling is an licensed physician and is preparing a survey on palliative patient care amongst family doctors within "SAVOIR". We look forward to working with you! Sadly, we also have to say goodbye to two of our



long-standing employees. Katja Schmücker, doctor in training for general medicine, is changing workplaces to occupational medicine in the UKJ after finishing her training time. Her work in the SMOOTH-study provided us with valuable new stimuli for the area of data management. Another valued contributor to the SMOOTH-study, Heike Kuhnsch, is also leaving us. She was working as a study nurse, caring for patient contact and data acquisition. We would like to thank both of them very much for their work.

News from teaching

Master plan for medical studies 2020

Dr. med. Inga Petruschke: On May 31st, the "Masterplan 2020" was passed by the health ministers of the federal states. Thereby, it is aspired to medical students not only in the highly specialised patient care at university hospitals, but also in the ambulatory sector. In order to achieve this goal, students are supposed to spend 3 months in outpatient care during their final year of training. Teaching contents of general medicine are therefore to be imparted from the first semester and are to be examined during the final state examination (M3). These changes will likely come into force as of 2018. Despite uncertainties considering the financing, substantial changes are about to challenge our teaching in general medicine. One of these challenges will be attracting new family physicians who are willing to teach medical students.

First year of "ambulatory-oriented medicine" (AOM)

Dr. med. Sven Schulz: In the current semester, the first cohort of students has completed the AOM-programme as part of the interest-oriented medicine studies (JENOS) in semester 6-10. In AOM, managed by our institute, students learn about various additional aspects of ambulatory medicine. This includes regular internships in ambulatory teaching practices in particular. We would like to thank all participating medical practices and lecturers. The AoM-programme ended with a comprehensive OSCE (Objective Structured Clinical Examination), examining the competence of students in 12 stations over six days. We were participating with one case and three examiners.

DEGAM Junior Academy

Dr. med. Inga Petruschke: The academy constitutes a special promotion for students interested in general medicine. Over the recent years, this programme has become more and more popular. Participating students receive individual mentoring by experienced general practitioners as well as advice for their studies, scientific working and for their individual career. Supported by our institute, Mr. Bleile from the UKJ has successfully applied for the programme, we congratulate cordially!

Dear readers,

How fast time passes. I cannot believe I have already worked at this institute for 10 months, so many interesting things have happened! We are happy to present you a small excerpt of these in our current newsletter. For example, the last meeting of teaching doctors on 26th of April, a gregarious get-together providing me the opportunity to get to know a few of our active teaching doctors more closely. The practical presentation held by Prof. Hubertus Axer (Clinic for Neurology) earlier was a perfect start for this. Since we acquired the impression that this evening was as much fun for you as it was for us, we would already like to invite you to the next event of this kind on the 27th of September for a meeting of teaching doctors in the form of autumn celebrations. The seventh run of Jena companies is another event I enjoy



remembering. Providing three out of 3000 participating runners in total, we are motivated to increase this number next year and are looking forward to welcome more of our colleagues as participants. For now, I hope you enjoy exploring our newsletter!



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

News from science

Impfen60+ campaign for Thuringia starting this autumn

Josephine Römhild / Dr. rer. pol. Antje Freytag: After the successful launch of our partner project for increasing the willingness to receive vaccinations against pneumococcal diseases and influenza in over sixty year-olds in Thuringia, we are now beginning our target-group oriented information campaign this autumn. It is supported by the Ministry of Health and Social Affairs as well as the Thuringian Association of SHI-Accredited Physicians (KV), the Thuringian physician chamber (LÄK), the Thuringian family doctors' association and the Social Health Insurance (SHI) Funds AOK PLUS, BARMER GEK, DAK and TK. From September on, information materials for medical practices are retrievable from impfen60.bestellen-wir.de and can be ordered free of charge. Further information can be found on www.thueringen-impft.jetzt from the end of September.

Review about post-traumatic stress disorders

Rebekka Gehringer: Patients suffering from post-traumatic stress disorder (PTSD) often find it hard to gain access to psychotherapeutic treatment. In a systematic review on literature treating the effects of low-threshold interventions of family doctors, we were able to include three studies only. In all of these studies, the interventions (based on cognitive behavioral therapy) were carried out not by family doctors, but by case managers. PTSD-symptoms seem unaffected in the short-term, but there are indications for a positive long-term effect achieved by the intervention.

Standard therapy for panic disorder in patients with/without agoraphobia in family doctors' practices

Dr. Michael Sommer: Our survey on 38 family doctors in the control group of the 'Paradise'-study was published in the magazine 'Psychiatrische Praxis'. We were able to show that the standard therapy consists of a mixture of psychosocial (talking psychosocial problems, 83%) and pharmacological (SSRI, 62%) interventions. This seems adequate against the

background of current guidelines. However, there seems to be room for improvement in terms of sufficiently long maintenance treatment when prescribing SSRI, a more restrained use of benzodiazepines and an enhanced use of validated diagnostic instruments. We are very thankful for the participation of all involved colleagues.

Healthcare researchers' meeting

Prof. Dr. med. Horst Christian Vollmar: On the 22nd of March 2017, a meeting of 20 persons who are dealing with aspects of health service research at the UKJ was held in our institute for the first time. Discussions and the following responses were greatly positive; therefore we

already set a date for a follow-up meeting on 29th of November 2017. Ideally, we want to integrate members of other faculties because of the multidisciplinary character of health service research.

Current publications from the Institute

Sommer M und die „Jena-PARADISE“ Study Group. Standardtherapie für Panikstörung mit/ohne Agoraphobie in der Hausarztpraxis. Psychiat Prax. 2017. doi: 10.1055/s-0043-105058. [Epub ahead of print]

Brenk-Franz K et al. Patient-provider relationship as mediator between adult attachment and self-management in primary care patients with multiple chronic conditions. J Psychosom Res. 2017;97:131-5.

Vollmar HC & Thyrian JR. 110 years after Auguste Deter – current evidence and future perspectives in dementia care research. Z Gerontol Geriatr. 2017;50 (Suppl. 2):29-31. This is an editorial for a special issue-magazine, Published by Prof. Vollmar and PD Dr. Thyrian together.



Programme for the 7th Thuringian day of general medicine 18th of November 2017

For the first time in cooperation with the international advanced training course in practical-clinical diabetology. Participants can take part in both events on Saturday.

8.30-8.45

Welcome

Prof. Vollmar und Prof. Müller

9.00-10.30

Further training for doctors:

Contact points family doctors' practices and oncology / Pneumococcal and influenza vaccination / Different diabetology events

Further training for MFA:

Triage at the counter / At the workplace: Sitting correctly and doing gymnastics

12.30-13.30

Lunch break

13.30-14.00

Keynote

“Who will be caring for our patients in the future? – About substitution, delegation and new role profiles in health care”

Prof. Wilm and Prof. Meyer

14.15-15.45

Further training for doctors:

Dialogues about balancing / Chronic stomach pain / Antibiotic stewardship / To what extent do doctors need company physicians?

Further training for MFA:

Medical practice management and QM / Health care counseling for your patients – changes in care dependency from 2017 on / Chronic pain patients

New event venue:

Campus of Friedrich Schiller University Jena, Ernst-Abbe-Platz, 07743 Jena

This event is free from the influence of pharmaceutical industry, therefore participation fees will arise.

Further information and registration at <http://tinyurl.com/TTdA2017>