

## Dear readers,

Are you still learning – and are you teaching as well? Learning and teaching is not just part of day-to-day life at the institute, in education and research – it also applies in medical practice, in many other professions and in the family and leisure time. Learning new things, expanding own knowledge and skills is important and good at any age. And “teaching” is simply a part of it: sharing knowledge and conveying skills starts early on, with the phrase “let me show you what to do”.

There is a lot happening in **Medical Studies** at the moment. The Master Plan for Medical Studies 2020 involves a number of fundamental changes and will particularly strengthen training in family medicine as well as in communication and scientific work. The National catalogue of competency-based learning objectives in Medicine (NKLM) breaks the new learning objectives down into levels of competence; knowledge has been replaced by skills and competencies as the primary aim. Its implementation requires a great deal of consideration and initiative. We want to take advantage of the opportunities and further develop

our teaching, establish longitudinal teaching concepts and further expand the outpatient and family medicine field. A range of possibilities is available; we are excited about the continuing development and would be pleased to keep you up to date.

Many of you are involved in training students as academic **GP trainers**. The family medicine internship is currently in full swing. On seminar days we receive a great deal of positive feedback, such as: “Learnt a lot, saw and examined numerous patients, fantastic team at my practice...” - a big thank you to those of you who are currently providing training for students in practice! We are also looking for easily accessible GP trainers and would be pleased to welcome other interested parties - please feel free to get in touch with your colleagues on site.

**Train the trainer** – at the Thuringia Competence Centre for Specialist Training ([www.hausarzt-werden-in-thueringen.de](http://www.hausarzt-werden-in-thueringen.de)). Providing feedback, specialist training in everyday medical practice... are all topics for physicians participating in specialist

training in all subjects in which we are involved. Take a look at our programme!

We would also like to warmly invite you and your general practice team to the **Thuringia Day of Family Medicine on 30/11/2019!** We are preparing a multifaceted programme and look forward to holding discussions and establishing contacts. This year, the Day of Family Medicine will be held in and around the institute at Bachstraße 18 for the very first time.

We hope you enjoy reading the newsletter and look forward to receiving suggestions and questions on our work!

We wish you a relaxing summer period



Yours sincerely

**Prof. Dr. med. Jutta Bleidorn**  
and the team at the  
Institute of General Practice  
and Family Medicine

## Welcome...



... to our new employee, Carsten Bretschneider. He has already gained experience as a physician in the specialist training at the Department of Internal Medicine at the Robert Koch Hospital Apolda and has been supporting our team as a physician in the structured specialist training in family medicine since April. We look forward to the future collaboration!

## Appointment to the physician chamber



Dr Markus Krause, physician in specialist training in the institutes' rotation programme, was elected to the Thuringian physician chamber in March 2019. His stated motivations are: “I put myself up for election to the physician chamber to actively shape the vocational and specialist training policy in Thuringia.” - We would like to offer our congratulations and wish Markus Krause every success in his tasks in the specialist training committee.

## Teaching news

### Students from Jena at the Junior Academy of Family Medicine

The junior academy of the DESAM (German Foundation of General Practice and Family Medicine) provides special funding for students throughout Germany who are interested in family medicine. The 3-year programme provides for an annual weekend retreat as well as participation in the DEGAM congress, individual mentoring to provide support for the degree course and career planning as well as a visit to the DESAM summer school. The new cohort includes Jana Feustel and Enrico Ahr from Jena, who participated in the first weekend retreat.

“I am pleased to be part of the junior academy because it gives me the opportunity to exchange knowledge with students with similar interests as well as professional mentors over an extended period of time.” – is the feedback received from Jana Feustel. Enrico Ahr adds: “It is fantastic to have the opportunity to get in contact with people who are so enthusiastic and proud of their area of specialisation in family medicine. It just adds to the enjoyment of this field.”

We congratulate both on their enrolment!

### DEGAM congress 2019

The work of general practitioners at the interface between patient well-being and the demands of society – what does medical professionalism mean? This is the title under which this year's DEGAM congress will be held in Erlangen between 12 and 14/09/2019. As has been the case in previous years, we are looking forward to a diverse programme on topics from research, teaching and patient care. There may well be something that piques your interest. The programme will soon be available at: <http://www.degam-kongress.de>



Thüringer TAG der  
ALLGEMEINMEDIZIN  
30. NOV. 19

## The institute on the road...



We spent a relaxing summery 34-degree afternoon in and around Cospeda – a successful excursion with hiking, a picnic and Viking chess.

## A guest in Košice

The Friedrich Schiller University Jena and the Pavol Jozef Šafárik University in Košice in Slovakia have been in contact since 1993. The university offers the human medicine degree course in English. Since 2014, the European Union's ERASMUS-plus programme has enabled the direct exchange of students and university employees between both institutions.

In February 2019, at the invitation of Dr Iveta Nagyova, Director of the Institute for Preventive and Behavioural Medicine, our employee Dr Konrad Schmidt spent a week in Košice as an ERASMUS guest lecturer. He held a number of lectures and seminars as well as an open university presentation. Approaches for future cooperation in research were also explored. The institute works very closely together with general practitioners with a non-drug, behaviour-based intervention approach. The direct implementation in health policy also plays an important role. If you would like to find out more, please contact [Konrad.Schmidt@med.uni-jena.de](mailto:Konrad.Schmidt@med.uni-jena.de)

Programme for the  
9<sup>th</sup> Thuringia Day of  
Family Medicine  
30 November 2019

**09:30-10:00 AM**

**Welcome**

Prof. Dr. Jutta Bleidorn

**10:15-11:45 AM**

**Workshops:**

Osteoporosis I RAI I Back Again  
I Nutrition and Diabetes I  
Subcutaneous Infusion

**11:45-2:00 PM**

**Lunch break/plenum**

**2:00-3:30 PM**

**Workshops**

End-of-Life Care I ARRIBA I  
Adrenocortical Insufficiency  
I Feedback I ECG for Practice  
Nurses

The complete programme as well as the opportunity to register can be found on the following site from end of August: <https://www.uniklinikum-jena.de/allgemeinmedizin/>

**Venue:**

**Institute of General Practice and Family Medicine  
Bachstr. 18, 07743 Jena**

Seminar days at the  
Thuringia Competence  
Centre in Primary Care

**30/08/2019 | Jena-Maua,  
Thuringian physician chamber**

09:00-10:30 AM Basic neurological diagnostics

10:45-12:15 PM Hit list of billing codes, part I

12:45-4:00 PM Therapeutic products or appliances? Do they belong together?

**25/10/2019 | Weimar, Kassen-  
ärztliche Vereinigung**

09:00-12:15 PM "Challenging patients" – difficult communicative situations

12:45-2:15 PM Pitfalls in post-mortems

2:30-4:00 PM Visual diagnosis in ENT medicine

**06/12/2019 | Jena-Maua,  
Thuringian physician chamber**

09:00-12:15 AM "Good pills? – Bad pills?"

12:45-2:15 PM Visual diagnosis in ophthalmology

2:30-4:00 PM Example of primary, secondary and tertiary prevention in general practice

## Research news

### Physicians' health – an ongoing issue

Physicians and their health – not just an issue at this year's physicians' day, but also at an international level and at our institute. At the EAPH conference of the European Association for Physician Health in Oslo, Dr Schulz presented the results of a qualitative study in a speech on the "Use of the health care system by general practitioners - positive and negative factors". The well-organised conference once again provided the opportunity for stimulating discussions. The next EAPH Conference will be held in London in September 2020. Contact: [Sven.Schulz@med.uni-jena.de](mailto:Sven.Schulz@med.uni-jena.de)

### SAVOIR goes Berlin

Our institute was also represented at this year's world congress of the "European Association of Palliative Care" (EAPC) in Berlin.

Initial results of the current SAVOIR collaborative project ("Evaluation of the SAPV (specialised outpatient palliative care) guideline: outcomes, interactions, regional differences") were presented in three articles. Kathleen Stichling presented general practitioners' perception of the importance of specialised outpatient palliative care based on a nationwide questionnaire. Dr Antje Freytag and Dr Markus Krause presented current data on the utilisation of various outpatient and inpatient forms of palliative care in Germany.

All abstracts can be found at:

<https://journals.sagepub.com/doi/pdf/10.1177/0269216319844405>

### vaccination60+: final workshop imminent

The collaborative vaccination60+ project will enter its final phase in autumn. The project involved the development and evaluation of an information campaign on influenza and pneumococcal vaccination for Thuringian citizens over 60 years of age. The results of the project, including the results of our health economics analysis, will be presented to the professional public and experts in healthcare communication at a one-day workshop. The specific characteristics of evidence-informed campaigns will be developed together with participants to contribute to the consolidation of effective vaccination campaigns. Contacts: [Josephine.Storch@med.uni-jena.de](mailto:Josephine.Storch@med.uni-jena.de) and [Antje.Freytag@med.uni-jena.de](mailto:Antje.Freytag@med.uni-jena.de)

## The Institute's current publications

Gensichen J, Hiller TS, Breitbart J, Brettschneider C, Teismann T, Schumacher U, Lukaschek K, Schelle M, Schneider N, Sommer M, Wensing M, König H-H, Margraf J, für die Jena-PARADIES-Studiengruppe. Patienten mit Panikstörungen in der Primärversorgung: Effekte eines Praxisteam-unterstützten Übungsprogramms. Eine Cluster-randomisierte Studie. Dtsch Arztebl. 2019;116(10):159-66.

Lukaschek K, Schneider N, Schelle M, Kirk UB, Eriksson T, Kunnamo I, Rochfort A, Collins C, Gensichen J. Applicability of Motivational Interviewing for Chronic Disease Management in Primary Care Following a Web-Based E-Learning Course: Cross-Sectional Study. JMIR Ment Health. 2019;6(4):e12540.

Afshar K, Engel B, Hellmuth T, Schneider N, Bleidorn J: Fallorientiertes Lernen im Modul Allgemeinmedizin. Z Allg Med 2019;95:224-229.