

## Our team is growing

While launching two new projects at the institute, we are also happy to present two new employees.

Mrs Liliana Rost, M.A. (right hand) assumed study assistance in the Get.Feedback.GP project in September. Mrs Juliane Poeck, M.Sc. in psychology (left hand), has been part of our team as a research assistant since October. We are looking forward to working together!



## Teaching news

### General Medicine Summer school



Foto: UKJ/Martinez Reyes

For the first time, the General Medicine Summer school organised by DESAM (German Foundation of General Practice and Family Medicine) was held in Jena in August this year. The school's motto was „from the cradle to the grave“, and the institute's employees developed a diversified program for 25 students from 18 university centres. This also included a visit to the general practices run by Dr Jana Henße and Dr Rudolf Wolter in Camburg. Thank you very much to everybody involved in supporting and organising this event! Contact: [Inga.Petruschke@med.uni-jena.de](mailto:Inga.Petruschke@med.uni-jena.de)

### Looking back on the seminar program of the Competence Centre for Further Training

The past seminar days offered a colourful program to the participants joining in at the Competence Centre for Further Training. At the end of August, Prof. Axer, neurologist from the Jena University Hospital, demonstrated tips and tricks for neurological differential diagnostics in GP care. This was followed by advice on the contents to be covered during travel consultations given by Mrs Stula, family practitioner in Weimar. To wind up the day, a lively round of questions and answers about prescribing allied health visits and durable medical equipment was directed by Dr Möckel from the Thuringian Association of Statutory Health Insurance Physicians.

ciation of Statutory Health Insurance Physicians.

The seminar day in October started with exercises on how to convey difficult news guided by Mrs Scheibe, psychotherapist from Dresden. An entertaining lecture was given by Dr Rommeiß, forensic pathologist from the Jena University Hospital, addressing the pitfalls involved in post-mortem examinations and providing many practical hints. The day was completed by explanations on visual diagnosis in ENT given by Dr Lundershausen from an otorhinolaryngologic practice in Erfurt.

### Junior Academy of General Practice and Family Medicine

Medical students in their fourth to eighth semester can apply to the German Foundation of General Practice and Family Medicine (DESAM) until the 15th of January 2020. More information are available at <https://www.desam.de/bewerbungsunterlagen.html>. Contact person: [Inga.Petruschke@med.uni-jena.de](mailto:Inga.Petruschke@med.uni-jena.de)

### Upcoming events for GP trainers

**30 November 2019** | 9<sup>th</sup> Thuringian Day of Primary Care

**22 January 2020** | Meet-up of GP trainers (in Gotha)

**26 February 2020** | Further training in medical teaching methods for practical year training practices

### Dear readers,

The Thuringian Day of Primary Care (TTdA) is just around the corner, and we are looking forward to welcoming many of you personally on 30 November. For the first time, the TTdA will be celebrated directly in front of and inside the Institute of General Practice and Family Medicine at our premises in the "Old Surgery" ("Alte Chirurgie") located at Bachstr. 18.

We have prepared a varied program which includes lectures and workshops covering topics like „The Back Again?“, osteoporosis, or subcutaneous infusions, and look forward to your lively participation. Dr Steffen Rabe from the association „Ärzte für individuelle Impfentscheidung“ (Physicians for Individual Decisions on Vaccination), and Prof. Dr. Pfister from the Hospital Hygiene Department of the Weimar Clinical Centre kindly accepted our invitations to chair a panel discussion and address the „The Pros and Cons of Compulsory Vaccination“.

For those running future training practices (or wishing to do so), an information event will take place following the afternoon program. In addition, information booths will be provided for everybody interested in learning more, e.g., about Ärztescout Thüringen (consulting service for outpatient medicine), Kompetenzzentrum Weiterbildung (Competence Centre for Further Training and Education), or Verband Medizinischer Fachberufe e.V. (healthcare professional association).

But we also have breaks, and, to benefit from this day even more, you are also welcome to use this opportunity and personally meet our team and myself, strike up conversations with colleagues, have a look at our rooms, or get information about our research projects.

Conflicting interests? The TTdA is funded by attendance fees, and receives support from the Thüringer Hausärzterverband (Thuringian Family Practitioners' Association), and from KVT (Association of Statutory Health Insurance Physicians in Thuringia). So, come and enjoy our independent further education program.

See you soon.

Best regards from this institute,



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

## Research news

### DEGAM highlights in retrospect

This year, the 53<sup>rd</sup> Congress of General Practitioners and Family Physicians had invited its participants to the Franconian city of Erlangen. Employees from this institute were also in attendance, and presented research results on posters, during „one slide five minutes“ lectures, or in a symposium. Inga Petruschke showed the results obtained by a student survey on the outpatient elective quarter during the practical year, and the results of „RAI ambulanz“. Acting in representation for Michael Sommer, she also presented an outlook on the PjenAmbulanz2020 project involving blended learning during the tertial on general medicine. Antje Freytag gave a report on the factors influencing the scope of palliative care provided by general practitioners. The study results were generated by a Germany-wide survey conducted as part of the SAVOIR project.

### Workshop to conclude the „vaccination60+“ project

To complete the „vaccination60+“ cooperative project promoting the willingness of elderly people to be vaccinated in Thuringia, a final workshop was held on 19 September 2019. Representatives from federal and state health ministries, from the Federal Centre for Health Education, from Robert Koch Institute, from health insurance funds, and from other authorities and foundations active in providing patient information met in Erfurt on this occasion. Apart from a presentation of the project results by the study team, participants attended consecutive workshops to learn more about the bandwidth covered by campaign development. The topics ranged from addressing target group specific circumstances which prevent vaccination, to evidence-informed campaign design and evaluation concept design. As confirmed by the final evaluation of the workshop, the participants, some of them actively running information campaigns themselves, received a number of valuable impulses for their own practical work. 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)

### Physician health

Physician wellbeing was the central topic addressed on this year's American Conference on Physician Health organised by the AMA in Charlotte from 19 to 21 September. In this context, wellbeing should not be confused with the German usage of the word „wellness“ which rather refers to a spa feeling as the prevalence of illness and especially of psychological disorders including, e.g., depression or burnout, is high among physicians. Many well-being programs were presented on the conference to address these problems on individual, institutional, and systemic levels. Our institute presented a contribution dealing with the illness behaviour of general practitioners. Contact: [Sven.Schulz@med.uni-jena.de](mailto:Sven.Schulz@med.uni-jena.de)

### Treatment of uncomplicated urinary tract infections - REDARES

The purpose of REDARES is to contribute to the adequate treatment of uncomplicated urinary tract infections in accordance with the guidelines during outpatient care. The scope of this study covers the effects of a complex intervention comprising the provision of local resistance data, revised guideline recommendations, and personalised prescription feedback.

Beginning in the summer of 2020, the Institute for General Practice and Family Medicine in Jena will become involved in the study's performance in Thuringia, while it will start with the accompanying evaluation of the feasibility and acceptance of the intervention right away.

Want to learn more? Go to the project home page: <http://redares.de>  
Contact: [Kathleen.Stichling@med.uni-jena.de](mailto:Kathleen.Stichling@med.uni-jena.de)

### „Novelle“ project started

The „Novelle“ project receives funding from the Federal Joint Committee, and aims at improving emergency care for nursing home residents. The focus is on taking a multi-professional approach, and on making certain that the patient's will is observed. The target region is the city of Brunswick. To identify emergency situations and develop instructions on how to act, interprofessional expert workshops will be organised in close cooperation with the Institute for General Medicine in Hanover. Contact: [Juliane.Poeck@med.uni-jena.de](mailto:Juliane.Poeck@med.uni-jena.de)

## The Institute's current publications

Afshar K, Müller-Mundt G, van Baal K, Schrader S, Wiese B, Bleidorn J, Stiel S, Schneider N. Optimal care at the end of life (OPAL): study protocol of a prospective interventional mixed-methods study. *BMC Health Serv Res.* 2019;19:486.

Breitbart J, Hiller TS, Schöne E, Schelle M, Sauerbrey U, Sommer M, Blank W, Schulz S, Vollmar HC, Wensing M, Margraf J, Gensichen J. Panikstörung und Agoraphobie hausärztlich behandelt: Vorzüge und Fallstricke eines Praxisteam-unterstützten Expositionstrainings aus Sicht von Hausärztinnen und Hausärzten - eine qualitative Studie. *Z Evid Fortbild Qual Gesundhwes.* 2019;143:15-20.

Delker P, Jung-Sievers C, Niebling W, Wolf F, Bschor T, Hautzinger M, Kühner C, Matzat J, Schauenburg H, Schneider F, Berger M, Schulz H, Härter M, Gensichen J. Leitlinienorientierte Diagnostik und Therapie unipolarer Depressionen in der Hausarztpraxis. *ZFA.* 2019;95(10):413-8.

Nikelski A, Keller A, Schumacher-Schonert F, Dehl T, Laufer J, Sauerbrey U, Wucherer D, Dreier-Wolfgang A, Michalowsky B, Zwingmann I, Vollmar HC, Hoffmann W, Kreisel SH, Thyrian JR. Supporting elderly people with cognitive impairment during and after hospital stays with intersectoral care management: study protocol for a randomized controlled trial. *Trials.* 2019;20(1):543.

Sauerbrey U, Schick C, Wobig S, Petruschke I, Schulz S. Essenlernen durch ostensives Zeigen. Eine Dokumentenanalyse zu Elternratgebern über Kinderernährung. In: Ratgeberforschung in der Erziehungswissenschaft Grundlagen und Reflexionen: Klinkhardt; 2019.p.153-73.

### Seminar days offered by the Thuringian Competence Centre for Further Training

#### 06 December 2019 | Jena-Maua, Landesärztekammer Thüringen (Thuringian State Chamber of Physicians)

09:00-12:15 „Good Pills? – Bad Pills?“  
12:45-14:15 Visual diagnosis in ophthalmology  
14:30-16:00 Primary, secondary and tertiary prevention illustrated by examples from general practice

#### 24 January 2020 | Weimar, Kassenärztliche Vereinigung (Association of Statutory Health Insurance Physicians)

09:00-12:15 Time management in day-to-day practice  
12:45-16:00 Wound care in general practice

#### 28 February 2020 | Jena, Institute for General Medicine

09:00-12:15 „More than the sum of its parts“  
12:45-16:00 Differential diagnostics and therapy of mental illness in general practice