



Dear colleagues, dear friends of the Institute,

How quickly 2025 has flown by! It feels as though only yesterday our Institute team was paddling for glory and good spirits in the summer heat at the traditional Dragon Boat Race – and now autumn has arrived, bringing its congresses and meeting highlights. From the 59th DEGAM Congress in Hannover to our cooperation visit to China and the POKAL Retreat on Frauenchiemsee, our Institute has been on the move, presenting exciting research results ranging from AI-supported vaccination communication to the DOOR Study on depression in primary care. Once again, we experienced what makes science so inspiring: vibrant encounters, lively debate, fruitful exchange and global collaboration with fellow researchers.

We warmly congratulate our colleague Hannah Schillok, who was named *Medical Scientist of the Year 2025* by LMU Munich for her contributions to depression research. We would also like to extend a very warm welcome to Professor Johanna Löchner, who will join our Institute in spring 2026 as Professor of Mental Health in Primary Care.

The final weeks of 2025 remain busy: the new PRIMA Plus pilot study for women with symptoms of post-traumatic stress disorder after childbirth has just launched. Preparations are already underway for the second LMU Insights: General Medicine on 8 July 2026, and we look forward to welcoming you again in the new year!

Linda Sanftenberg and Team LMU-General Medicine

#### IMPRINT

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## MUNICH, HANGZHOU AND PEKING

We are expanding our international partnerships with new research and teaching collaborations in Hangzhou and Beijing. The focus lies on two highly relevant topics: using artificial intelligence to improve vaccination uptake among at-risk groups, and supporting therapeutic approaches for symptoms of post-traumatic stress disorder (PTSD) following stays in intensive care units (ICUs).

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## CRISP, AVA AND PROGRESS

Under the motto 'Society and the healthcare system in transition', we presented the new CRISP checklist for scientific reporting in general practice research, as well as the AI-supported voice assistant AVA for vaccination counselling among patients with cognitive impairments, at the 59th DEGAM Congress in Hanover. In addition, Jan Ziegler co-led a workshop exploring the digital GP practice of the future as part of the PROGRESS cohort. With these and other projects, we continue to actively shape the future of primary care.

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## DOOR STUDY GAINS MOMENTUM

At the 10th Primary Care Congress of MedUni Graz, we introduced the *DOOR Study – Depression Psychoeducation in Primary Care*, now supported by around 50 dedicated physicians. Combining psychoeducation, monitoring of patient-generated health data and digital medication management, the intervention closely aligned with the congress theme. Interested in participating?

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## POKAL-RETREAT ON FRAUENCHIEMSEE

At the end of October 2025, our POKAL members met on Frauenchiemsee for their annual retreat. The focus was on intensive exchange, networking and advancing joint projects to improve care for patients with mental illness in primary care. Workshops on personal development and rhetoric, as well as a fireside discussion on complex interventions in general practice, offered valuable insights and strengthened team cohesion.

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## GLASGOW: CONNECTIONS DRIVE CHANGE

At the 55th Congress of the European Association for Behavioural and Cognitive Therapies (CBT) in Glasgow, Christopher Ebert and Hannah Schillok presented their work on depression treatment in primary care. Under the congress motto 'People Make Glasgow: Connections Drive Change', Europe's CBT community came together to exchange scientific perspectives. They returned with ideas for brief, practice-oriented interventions, implementation strategies in primary care, and integrated care pathways.

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## BREAKWATERS AT THE DRAGON BOAT RACE

In July, we competed in the 14th LMU-TUM Dragon Boat Race on the Olympic Lake. Highly motivated and full of team spirit our strong paddlers gave their best. The atmosphere was fantastic, with summer weather and enthusiastic cheers from the shore, once again demonstrating the strong sense of community within our team!

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## DRUG-RELATED HOSPITAL ADMISSIONS

We have developed a new method for identifying drug-related hospital admissions using routine data. This approach has proven to be more specific than broad definitions, more sensitive than ICD codes alone, and suitable for automatic monitoring (Schechner et al., 2025, Drug Safety). External validation is currently underway.

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## FAST HELP AFTER CHILDBIRTH

The PRIMA Plus pilot study launched in October 2025. It aims to offer early, low-threshold psychotherapeutic support to women experiencing PTSD symptoms following traumatic childbirth. The study tests MedNET, a short, GP-led version of narrative exposure therapy tailored to this patient group. The intervention consists of only a few structured sessions and is designed for direct implementation in primary care.

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## DATES & EVENTS

### Lecture series Depression in Dialogue

12 November 2025, 1:30–2:30 p.m., Zoom

“Living with someone else’s illness: The role of relatives in the treatment of depression.” Prof. Dr. phil. Elisabeth Schramm, University Medical Centre Freiburg.

Participation via [Zoom Depression in Dialogue](#)

(Meeting-ID: 618 7944 9871, Code: 236007)

### Lecture series Depression in Dialogue

10 December 2025, 1:30–2:30 p.m., Zoom

“Resilience: What makes us resilient to mental illness?” Prof. Klaus Lieb, MD, Leibniz Institute for Resilience Research, Mainz.

Participation via [Zoom Depression in Dialogue](#)

(Meeting-ID: 618 7944 9871, Code: 236007)

### BayFoNet – Training Series Research Practice 2025

12 November 2025, 4:00–6:15 p.m., Zoom

Part 5: Climate adaptation. Bavarian Research Network in General Medicine, speakers: Dr. Susann Hueber, Dr. Alina Herrmann, Dr. Stefanie Stark, Dr. Claudia Quitmann, Laura Link. Registration at [BayFoNET - Training Series Research Practice 2025](#)

### Training on vaccination for medical staff

19 November 2025, 3:00–5:30 p.m., Zoom

Training for medical staff by the Bavarian Association of Statutory Health Insurance Physicians. Registration at

[Training on vaccination for medical staff](#)

### Pharmacotherapy Quality Circle

17 December 2025, 5:00–6:30 p.m., Institute of General Medicine, LMU Munich

Guideline-compliant therapy with levothyroxine. Dr. Robert P. Kosilek, Prof. Tobias Dreischulte, Pharmacology Team, Institute of General Medicine, LMU Munich. Registration & contact:

[Robert.Philipp.Kosilek@med.uni-muenchen.de](#)

### 11th Bavarian General Practitioners' Congress

24 January–30 January 2026, Ötztal

11th Congress of the Bavarian Association of General Practitioners. Registration and programme available at the following link: [11. Bayerischer Hausärztekongress im Ötztal](#)

### Federal Training Congress General Medicine

5 June 2026–6 June 2026, Berlin

Congress of the German Society for General Medicine and Family Medicine and the Association of General Practitioners, information and registration at <https://www.bam-kongress.de/>

### LMU *insights* General Medicine

08 July 2026, Institute of General Medicine, LMU

Save the Date! Independent, practical, evidence-based: continuing education format from the LMU Institute of General Medicine. Programme and speakers to follow.

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## NEWS FROM THE PRIMARY HEALTH CARE FOUNDATION

Hufeland Lecture 2025: Prof. Dr. Peter Strohschneider was honoured by The Primary Health Care Foundation with this year's Hufeland Lecture for his life's work. In his lecture 'Crisis of Evidence?', he highlighted how scientific knowledge and social perception can drift apart – a topic of great relevance to science and medical practice.

Mourning Manfred Kock: The Foundation mourns the loss of its long-standing board member Manfred Kock, retired president, who passed away on 11 September 2025 at the age of 89. Our sympathy goes out to his family and loved ones.

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## AWARDS

Hannah Schillok (PhD) has been named *Medical Scientist of the Year 2025* by LMU Munich for her work on collaborative depression care. Prof. Dr Tobias Dreischulte has been appointed to the Scientific Advisory Board for the Further Development of Risk Structure Compensation at the Federal Social Security Office. Prof. Dr med. Jochen Gensichen has been admitted to the National Academy of Sciences Leopoldina. Congratulations to all!

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## WELCOME PROF. LÖCHNER

From 2026, Prof. Dr. Johanna Löchner will be joining our team as Professor of Mental Health in Primary Care. Her research focuses on the early detection and prevention of mental illness using digital technologies, as well as on risk and resilience factors in coping with stress. With her expertise, she will strengthen the interface between psychology, digitalisation and general practice, and deepen our collaboration with the German Centre for Mental Health. We are very much looking forward to working with her!

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## TEACHING

### VIRTUAL CASE VIGNETTES

Since this year, our students have been able to access ten interactive cases from the Virtual University of Bavaria via the Moodle learning platform. Using practical case studies, e.g. on herpes zoster, urinary tract infections or vaccination recommendations, they deepen their knowledge and practise diagnostic decision-making. This helps ensure optimal preparation for their internship in general practice.

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### LMU INSIGHTS

Evidence-based, practical, independent: On 8 July 2025, we launched our new continuing education format *LMU insights* General Medicine with 'Safe Multimedication & Deprescribing'. Prof. Dr. Tobias Dreischulte presented strategies for safe prescribing practices, while PD Dr. med. Cornelius Schüle from the Clinic for Psychiatry and Psychotherapy offered evidence-based approaches to reducing psychotropic medications. We look forward to the next *LMU insights* General Medicine event on 8 July 2026. Programme details and speakers will follow soon. Mark your calendars!

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### 300 PATIENTS DISCUSSED

In our weekly case conference, over 300 clinical cases relevant to general practice have now been presented and discussed. Resident doctors jointly reflect on diagnostic and therapeutic decisions. A format that promotes continuous learning and collegial exchange!

If you are interested, we would be happy to discuss your patient cases with you: simply call our Mental Health Hotline on 089 4400-53779 (Monday to Thursday, 10 a.m. to 2 p.m.).

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Further information on our **COURSE OFFERINGS** can be found on our [Homepage](#).

The current list of our **PUBLICATIONS** can be found on our [Homepage](#).

**JOB VACANCIES:** From January 2026, we are looking for a resident doctor to work as a **Clinician Scientist in the Hausarzt 360° programme**. Information on how to apply can be found on our [Homepage](#).

Our newsletter is published three times a year. If you no longer wish to receive it, please send an e-mail to: [allgemeinmedizin@med.uni-muenchen.de](mailto:allgemeinmedizin@med.uni-muenchen.de)

This newsletter was created by Dr. Sophie Schneider, Resident doctor in the Hausarzt 360° programme.