



Dear Colleagues,
Dear Friends of the Institute,

Our research efforts intend to contribute to an improvement of future care in family medicine. To be set up for success the needs of all stakeholders need to be understood and properly addressed. „What should research be like?“ is a core question of the Bavarian research network for general practice BayFoNet. Elements such as structured transfer of knowledge and new forms and channels of scientific communication are already being incorporated into our projects and events as potential answers. In 2024, we will offer five trainings on clinically relevant questions and the fundamentals of scientific practice as a webinar series for family medicine practice teams.

People with mental diseases often avoid to see their doctors. Therefore, we are breaking new ground in the POKAL project on suicide prevention by offering low-threshold access to research. For example, those affected or interested can contact us directly via social media. Additionally, their relatives and caregivers may play an important role in treatment, which has only been partly investigated in the GP context to date. This topic will come into focus on our upcoming „Tag der Allgemeinmedizin“ (General Practice Day) in March 2024. We are particularly looking forward to hearing about your experiences.

The results of our work should be visible and understandable for all people involved – at this year’s annual congress of the DEGAM we were able to demonstrate how this could be achieved in the form of a charming and humorous „Science Slam“.

You will find more details in this newsletter – enjoy reading!

Yours, Linda Sanftenberg
and the LMU General Medicine Team

IMPRINT

Institute of General Practice and Family
Medicine

LMU Hospital Munich

Professor and chair: Prof. Dr. Jochen Gensichen
Nußbaumstr. 5, D-80336 Munich

tel: 089 4400-53779 ; fax: 089 4400-53520

email: allgemeinmedizin@med.uni-muenchen.de

www.allgemeinmedizin.med.uni-muenchen.de

„This is how research should be done“: your perspective

Family physicians like to engage in clinical research to generate evidence for better patient care and to enable professionalization of their own practice teams. Therefore, improved communication about research infrastructures such as "BayFoNet" is crucial. Patients see various possibilities for participation in clinical studies and consider their own abilities as sufficient. It is important to develop suitable participation formats to provide patients with clear incentives and transparency on effects of their own participation.

Linda.Sanftenberg@med.uni-muenchen.de

Active participation for caregivers and the public

Active inclusion of patients as well as those involved in their care is gaining in importance in the planning and execution of new research projects. Patient and Public Involvement (PPI) improves the usability of research results as well as their dissemination and increases public trust. Furthermore, we are investigating possible participation formats for clinical practice, especially of family caregivers in the treatment of patients with mental diseases or the support of patients in need of nursing care in the context of the COVID-19 pandemic.

Felix.Bader@med.uni-muenchen.de

1st prize in the DEGAM Science Slam Contest

Our MD student Simon Keppeler won the Science Slam of the German Congress of General and Family Medicine (DEGAM) on September 30th! He presented his paper "Psychological factors of vaccination readiness in COVID-19 and influenza in chronically ill primary care patients - a cross-sectional study" in an exceptionally charming, trenchant and layman-friendly manner, and thus introduced the most important results of his doctoral thesis from the project "Psychological aspects of the vaccination decision in general practice (PIA)" to the public of general practice and family medicine physicians. Chapeau, dear Simon!

Linda.Sanftenberg@med.uni-muenchen.de

New grounds for research on suicide prevention

Suicidal people often go to their family doctor, but only very few of them address their plans proactively. In order to be able to intervene, GPs require adequate training on possible interventions. So far, suitable low-threshold (brief) interventions in the GP setting have been insufficiently studied. For our current study on suicide prevention (www.depression-studie.de) we are also recruiting patients with depressive symptoms via social networks such as Instagram, Facebook, TikTok and GoogleAds. In response to the strong resonance, the data collection will be extended until February to offer participation to even more affected persons from Munich and the surrounding area. A press report on the presentations of our MD and PhD students from the POKAL research training group at this year’s DEGAM congress can be found [here](#). Karoline.Lukaschek@med.uni-muenchen.de

Simple and brief psychological interventions for family physicians

The recently published book by J. Gensichen, M. Härter and M. Berger offers compact know-how in dealing with mild to moderate psychological and psychosomatic clinical constellations for family physicians and all those interested in psychosomatic primary care. On less than 100 pages, primary care physicians can quickly learn and apply evidence based brief interventions via step-by-step instructions, and additionally access video sequences and case studies with practical explanations via QR codes.

„Psychologische Kurzinterventionen: Für die Hausarztpraxis und die Psychosomatische Grundversorgung“ by J. Gensichen, M. Härter, M. Berger (eds.), Elsevier GmbH Verlag 2023, ISBN: 978-3-437-15270-2. Jochen.Gensichen@med.uni-muenchen.de

Transdiagnostic treatment approaches as potential relief

According to the DSM-5 criteria, each mental disease is linked to a specific treatment manual, although many mental diseases have similar basic symptoms. In order to relieve family physicians, who are often the first point of contact for mental health problems, a transdiagnostic treatment approach could be a helpful option. In the STAR project (STructured, first-Aid geneRic, psychologicAl interventions), funded by the German Centre for Mental Health (DZPG) and the POKAL research training group, a transdiagnostic intervention is being developed and piloted in a general practice and family medicine setting.

Kirsten.Lochbuehler@med.uni-muenchen.de

Dates

Training series „Research practice 2024“ starts on March 6th, 2024

On behalf of the joint project BayFoNet, we invite you to the continuing education series "Research Practice 2024" in order to provide you with the tools for successful research in family practice. The series of events, which is free of charge, is aimed at general practitioners and medical assistants and will take place virtually via ZOOM. BayFoNet member practices will receive a certificate of attendance for Module II.

- 2024-03-06 (Würzburg): Uncomplicated urinary tract infections
- 2024-05-15 (Munich, LMU): Interventions in suicidality
- 2024-07-24 (Munich, TU): Difficulties with mental diseases and psychosomatic primary care
- 2024-09-18 (Augsburg): Digital health applications
- 2024-11-27 (Erlangen): Disease management programs in the family doctor's practice

If you are interested, please register at least 3 days in advance of the event at: https://service.ukw.de/Formular/?u=ver_bayfonet

„Depression in dialog“ – public lecture on November 22nd, 2023, virtually, 1:30pm – 2:30pm CET

The Primary Health Care Foundation and POKAL regularly offer exciting virtual lectures as part of this public lecture series for all interested parties. Prof. Dr. Pim Cuijpers, Department of Clinical, Neuro and Developmental Psychology, Vrije Universiteit Amsterdam, will speak on "Better care right from the start?". Zoom access is available at GRK2621@med.uni-muenchen.de

Save the date: 6th LMU „Tag der Allgemeinmedizin“ (General Practice Day) on Wed, March 20th, 2024, 3pm – 7pm CET

We are excited to invite you to our next „General Practice Day“, this time focusing on informal caregivers in primary care. In addition to a practice update on the DEGAM guideline for family caregivers, the highlight of the event will be an exchange in the "World Café" format, where you can share your experiences on this important topic in a relaxed atmosphere. The poster session will again offer insights into current topics from the institute, as well as the opportunity for collegial discussions and networking. Participation is free of charge - we look forward to seeing you! You can register now via email: allgemeinmedizin@med.uni-muenchen.de

This newsletter was created by Dr. Felix Bader, physician in advanced training in the leadership program „Hausarzt 360“

„Not even in the hallway ...“ – the perspective of nursing home residents

In order to better understand the reality of everyday life for residents of long-term inpatient care during the pandemic, we conducted interviews in 2021 and 2022 with those in need of care. Isolation measures lead to nursing home residents experiencing struggles like reduced mobility and the fear of infection. Nursing staff and family doctors can be trustful contacts contributing to better understanding of and coping with restrictive measures. These and other results of the "Bavarian outpatient Covid-19-Monitor (BaCoM)" will be presented on November 20th as part of a symposium with deputies from politics, nursing and general practice and family medicine.

Linda.Sanftenberg@med.uni-muenchen.de

Challenges of migration for general practice and family medicine

Traumatic experiences from war zones as well as language barriers may lead to significant challenges for family doctors when treating refugees. Therefore, we are currently investigating the effectiveness of intercultural competence training for medical professions. Can training interventions improve cultural competence? Which additional training courses are recommended? Besides, we are assessing effects of brief behavioral therapies for refugee parents suffering from mental health challenges in cooperation with the Ruhr University Bochum. Further information about the „IMPROVE-Mental Health“ trial can be found [here](#). In case of any questions or need for advice in caring for refugees, please feel free to reach out.

David.Roesgen@med.uni-muenchen.de

Assessment and reduction of medication risks

The benefits of medications are often overestimated, while potential risks may be underestimated. In the course of the EMMA-study, three family medicine practices and one medical care centre were equipped with a self-developed prototype software for structured analysis of patient medication. Potential risks with specific relevance in primary care are pointed out automatically. In addition, we investigated „fall risk increasing drugs“ (FRIDs) in a case-control study. The absolute risk, shown as Number Needed to Harm (NNH), was 53 for selective serotonin reuptake inhibitors, 81 for tricyclic antidepressants, 75 for antipsychotics, and 66 ≤ for the combined use of three or more FRIDs in persons ≥75 years of age.

Tobias.Dreischulte@med.uni-muenchen.de

News from The Primary Health Care Foundation

Vernissage „Diagnosis Art“: For its 10th anniversary, [The Primary Health Care Foundation](#) commissioned students from the LMU Department of Arts to illustrate the profession and responsibilities of family doctors via artworks. As part of this interdisciplinary exchange, 15 screen prints were designed and presented at our yearly institute summer fair, part of the project is also a comprehensive [exhibition catalog](#).

Hufeland lecture and fireside chat: This year's Hufeland lecture, a prize awarded by The Primary Health Care Foundation, went to the political scientist Prof. Ursula Münch. The director of the „Akademie für Politische Bildung“ gave her honorary keynote lecture „Lessons from the pandemic for general practitioners – an assessment from a political science perspective“ (*translated*) on September 29th at the German Congress of General and Family Medicine (DEGAM). She was also a guest and speaker in our leadership program for medical residents „Hausarzt 360“ with an exciting impulse lecture: „Committee work in health policy – who decides what goes on the agenda?“ (*translated*).

Alumni program: The participants of the leadership programs for medical residents at the LMU Munich and Jena university hospitals came together again at the DEGAM congress for a networking event. The foundation is planning to expand the program to create an even more sustainable network. Medical residents from other institutes for general practice and family medicine are very welcome. If interested, please reach out to: Andrea.Bischoff@med.uni-muenchen.de

Teaching

Mourning for Dr. med. Ulf Schelling

The humanist and general practitioner Dr. med. Ulf Schelling was committed to his patients and the specialty of general medicine throughout his life. Born in Tübingen, he opened his first medical practice in Martinsried in a former farmhouse in 1980 and fulfilled his childhood dream of becoming a country doctor. The practice is still in family hands today and has continued to grow. As a lecturer at the LMU, he has conveyed his enthusiasm for this profession to thousands of medical students in countless lectures and seminars since the 1990s. Dr. med. Ulf Schelling passed away a few weeks ago at the age of 77. We have lost an inspiring clinician and insightful teacher. Our sympathy goes above all to his family.

Jochen.Gensichen@med.uni-muenchen.de

Publications

You can find our publications on our [Homepage](#).

Our newsletter is published 3 times a year. If you no longer wish to receive it, please send us an email to: allgemeinmedizin@med.uni-muenchen.de