

Newsletter LMU General Practice & Family Medicine**July 2023 Issue**

Dear Colleagues,
Dear Friends of the Institute,

Patients with mental disorders are often seen by general practitioners who need tools to recognize and treat these disorders. Transdiagnostic therapy approaches can be efficient, which we investigate in the STARC project within the framework of the German Center for Mental Health. In our research training group POKAL, I supervise research projects dealing with suicide prevention in primary care.

Some of you have already met my doctoral students, e.g. to talk about experiences in dealing with suicidal patients or to discuss with them our newly developed questionnaire. Thank you for your support! International cooperations bring fresh input into our institute. In the past few months we have been inspired by Visiting Professor Caleb Alexander from Johns Hopkins University. In the future, Prof. Sebastian Schneeweiss from Harvard University will join our team as a cooperation partner and expert in pharmacoepidemiology and pharmacoconomics.

As a team, we also strive for sporting successes: the institute participates in the "Stadtradeln 2023" (City Cycling 2023), with the goal of saving 0.5 tons of CO₂. Moreover, we take on the challenge 'Master of the Olympic Lake' and compete in the dragon boat with TUM for the title. This summer we also have a cultural highlight: we celebrate the 10th anniversary of the "Stiftung Allgemeinmedizin" (The Primary Health Care Foundation). You can find out more details in this newsletter – enjoy reading.

Yours, Karoline Lukaschek

and the LMU General Medicine Team

DZPG: A new national health center

Munich, with the LMU, TUM and the University of Augsburg, Helmholtz Center and Max-Planck-Institute, is the location of the German Center for Mental Health (DZPG / Berlin, Bochum, Halle/Jena, Heidelberg, Tübingen). In the future, research on the major mental disorders will be bundled here. For the first time, general medicine is represented in such an interdisciplinary structure of national health research. The Munich site is working primarily on "Precision Mental Health" (Falkai, Front Psychiatry, 2022).

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Psychological stress: Symptoms instead of diagnoses?

The first point of contact for mental health issues is usually the general practitioner. Could an approach be more suitable that is not diagnosis-oriented but symptom-oriented and that offers cross-disease (transdiagnostic) therapy? As part of the DZPG (see above), we want to develop and investigate such approaches within the STARC project (STRUCTURED, first-Aid geneRIC, psychologiCal interventions).

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Panic disorder diagnostic tool

The prevalence of panic disorders in primary care patients in Germany is 5 percent. To support general practitioners, we have validated the German version of the OASIS (Overall Anxiety Severity and Impairment Scale; 5 items). The psychometric performance was found to be good; thus, the OASIS can be used in everyday practice to identify these patients (Publication: Hiller, Scientific Reports 2023).

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How primary care physicians quickly recognize ADHD in adults

Attention deficit hyperactivity disorder (ADHD) is not only common in children, but also in adults (ADHD) (worldwide: 2.8 percent, Germany: 3.1 percent). In order to recognize them, general practitioners need valid and time-effective screening tools. Based on our literature review, we recommend: WURS (Wender Utah Rating Scale-self-assessment based on 21 items and 4 control items concerning the presence of ADHD at age 8-10 years; CAARS-Conner's Adult ADHD Rating Scale & ASRS Adult ADHD Self-Report Scale).

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Extracting data from natural language

In electronic health records, only a portion of the clinically relevant content is available in a structured form for analysis. The project GeMTeX (German Medical Text Corpus) was recently launched as part of the Medical Informatics Initiative (MI-I). The goal is to compile a comprehensive, anonymized collection of German clinical texts from the information systems of six university hospitals in order to use unstructured data (such as doctors' letters) for research purposes. We are researching mainly adverse drug reactions.

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Good doctor-patient-relationship also helps with ITS stress

Patients who suffer from PTSD-like symptoms after intensive care treatment rely on a good relationship with their primary care physician. This is especially true in the context of treatment approaches that focus on talking through the stressful event (narrative exposure therapy - NET) (Sanftenberg BMC Primary Care 2023).

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Medication management in depression

The use of antidepressants has increased worldwide, especially in older patients with multimorbidity and multimедication. There is a lack of guidelines for discontinuation. Experts have now identified clinical situations that require a timely review of medication. These should support physicians in making decisions and minimize the risk.

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Dates

Dragon boat race LMU vs. TUM on July 21, 2023 from 4 p.m. at the Olympic Lake

Following the British example, teams of students and professors will row against each other for the title "Master of the Olympic Lake". We would be delighted if you would come and cheer us on - preferably in costume!
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Vernissage on July 26, 2023 from 6 p.m.

[The Primary Health Care Foundation](#) is celebrating its 10th anniversary by sponsoring an art project: students of art sciences at the LMU are designing screen prints on the topic of general medicine. If you would like to join the celebration please register at:
Andrea.Bischoff@med.uni-muenchen.de

Lectures: Depression in Dialogue: Continued on Sept. 13 and Nov. 22, 2023

Public lecture series of [The Primary Health Care Foundation](#) and the POKAL-Kolleg:
- "Sports therapy for mental illness - what works?" Prof. Peter Falkai, Department of Psychiatry and Psychotherapy, LMU, Sept. 13, 1:30-2:30 p.m.
- "Psychological treatment of depression in primary care: possibilities and challenges." Prof. Pim Cuijpers, Vrije Universiteit Amsterdam, Nov. 22, 1:30-2:30 p.m. Zoom access at: GRK2621@med.uni-muenchen.de

BayFoNet, Continuing Education Series Research Practice, Sept. 20 and Nov. 15, 2023 - 'Climate Talk', Sept. 20 - 'Deprescribing' on Nov. 15, 4-6:15 pm each day. For flyer and registration see [here](#)

DEGAM Annual Congress 2023, Sep 28-30 in Berlin.

This year under the title "The family practice as a place for teaching, research and training - vision or reality?"
degam-kongress.de/2023

Funding Initiative for Health Services Research: Application until September 30, 2023

Please send your applications for research projects to the Central Institute for Health Care. Information and application at:
smangiapane@zi.de

Mental Health Week, October 6, 2023, approx. 2:30 - 5:30 p.m.

Series of events sponsored by the General Practice Foundation. "All digital or what: What do digital applications bring to the care of people with mental illness?" with:
- Prof. Angelika Erhardt, Max Planck Institute of Psychiatry I "What is the evidence of APPs and webbased intervention for mental illness?"
- Prof. Markus Bühner, LMU Psychology: "What can wearables and smartphones do for mental illness?"
- PD Susanne Karch, LMU Klinikum Psychiatry: "How do virtual reality interventions work in mental illness?"
- Prof. Daniel David Ebert, TUM Sports and Health Sciences, 'DIGAs in ambulant practice, what, for whom and how?'
www.woche-seelische-Gesundheit.de

General Medicine Compact, Nov. 9-11, 2023

The 3-part course prepares AIW for the specialist examination in general medicine, registrations via:
<https://maaf.de/veran-staltung/allgemeinmedizin-kompakt>

6th LMU Day of General Practice

Wednesday March 20, 2024, from 1 pm, again with Science Slam.
Sabine.Salomon@med.uni-muechen.de

Suicide prevention: Our questionnaire is intended to help

It is very important to recognize potentially suicidal patients in time! A short questionnaire is intended to help here. In cooperation with general practitioners, the POKAL group "Suicide prevention" is developing an easy-to-use questionnaire. Would you like to test it?

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Dealing with suicidal patients

When we recognize suicidal tendencies, interview guidelines can help us to deal with the topic appropriately. In order to develop such a guideline, we ask general practitioners about their experiences with suicidal patients. In addition, we search the scientific literature for low-threshold interventions for suicidality or suicidal ideation in order to make a recommendation for general practitioners.

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Practice-based research practice networks RESPoNsE

In addition to the Bavarian research practice network (BayFoNet), five other regional research practice networks have been established nationwide. The two institutes of general medicine in Jena and Berlin, for example, form the RESPoNsE research practice network. The VeCo project is retrospectively examining the care situation of people not suffering from Covid under pandemic conditions: At what points did underuse occur? Was there a reassessment of what was really needed?

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Welcome Prof. Sebastian Schneeweiss!

Evidence for therapeutic decisions - especially for patients with polypharmacy - needs to be further developed. Prof. Sebastian Schneeweiss, Harvard University, is an important cooperation partner in this regard. The expert in pharmacoepidemiology and pharmacoconomics will be visiting our institute for eight weeks this summer as part of a fellowship from the LMU Center of Advanced Studies.

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Teaching

Masterplan 2020: Implementation planned for October 2027

The German Federal Ministry of Health (BMG) presented a revised draft of the Masterplan 2020 this April. The aim is to bring medical training closer to practice and to strengthen general medicine. The block internship in general medicine will be upgraded: students will now complete 5 weeks of internship in three sections starting in the 2nd - 4th semesters, also in rural practices. An outpatient elective is also being introduced in the practical year (PJ); in the future, there will be four PJ quarters, including an outpatient elective, and general medicine will become a compulsory subject in the 3rd state examination alongside internal medicine and surgery.

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Survey: How well do we care for people with disabilities?

An anonymous online survey on general practitioner care for people with disabilities aims to provide better insights. For the 10-minute survey, please contact Dr. Jörn Rohde at the Institute of General Practice in Würzburg: rohde_j@ukw.de

Hufeland Lecture: The prize for 2023 goes to Prof. Ursula Münch

[The Primary Health Care Foundation](#) organizes the annual Hufeland Lecture: an award to the lecturers for their life's work. This year it goes to Prof. Dr. Ursula Münch, Director of the Academy for Political Education. The political scientist will deliver her Hufeland Lecture, "Lessons from the pandemic for family physicians - an assessment from a political science perspective," on September 29, 2023, at the DEGAM Annual Congress in Berlin.

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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

This newsletter was created by Constantin Brand, physician in advanced training in the management program Hausarzt 360° and doctoral student in the DFG graduate program POKAL.