

LMU General Practice and Family Medicine Newsletter

November 2021 Issue



Dear Colleagues and Friends of the Institute,

I started my work here at LMU Klinikum in October 2016. President Huber, Dean Hickel, and Prof. Jauch - but also you - all had the same mission: to bring general practice "fully and completely" to this university. Previously, for more than 20 years, a circle of seasoned GP colleagues had taught our subject to students from their practices, in part with concepts that are still groundbreaking today.

Now there will be a chair to achieve this in research-based general practice as well. What has happened over the years? We started under the baroque staircase in the old polyclinic, then we moved to the top floor of an adjacent building (with sun terrace) and now - after five years - we are moving to the former monastery building of St. Vincent in the "mother house".

We started the management program "Hausarzt 360°". The doctors in further training/education are our top ambassadors in the clinic. With numerous colleagues in the practices, we were able to launch initial research projects (primarily on mental health, but now also on COVID-19). Together with the other institutes, we have established a good network in Bavaria. With the appointment of Prof. Tobias Dreischulte, we have also focused on pharmacotherapy in general practice. He had a successful start, so that we are now doing quite well in the typical "university currency" (publication, third-party funding). Ultimately, however, all our efforts must serve our work as family physicians, so that our patients feel better. So we are, as always, happy about the refreshing exchange between colleagues.

Jochen Gensichen

and the Team
of LMU General Practice Institute

IMPRESSUM

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Innovation Fund – Funding for the PARTNER Study

The PARTNER Study (zum PATientenzentRierTeN dEpRescribing) will be supported by the Innovation Fund of the German Federal Joint Committee (G-BA). Many thanks to all of the physicians, pharmacists and subjects in the pilot study that made this possible! The study will start in Bielefeld, Witten-Herdecke and Munich in the summer of 2022 with 10 partners. If you are interested in becoming involved, please contact:

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POKAL College celebrates its start

The POKAL College in Munich ("Predictors and Outcomes in primary depression care", DFG-GRK 2621, www.pokal-kolleg.de) has started with 16 doctoral students. The LMU president Prof. Dr. Bernd Huber greeted them on October 13th, which was followed by a seminar on the topic chronic care model. In the afternoon Prof. Dr. Jürgen Margraf (Ruhr University in Bochum) held the opening speech with the title „More than the flipside of the coin: Positive mental health“, which was followed by a "fireside chat". The colleagues introduced their own projects during this first retreat in November at Frauenchiemsee in southern Germany.

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Dr. Jane Goodall read the Hufeland Lecture 2021 of the Primary Health Care Foundation

The highlight of the DEGAM Congress was the very personal Hufeland Lecture 2021 of the Primary Health Care Foundation ([Stiftung Allgemeinmedizin](http://StiftungAllgemeinmedizin.de)) by the UN Peace Messenger Dr. Jane Goodall. The world-famous environmental activist and UN Messenger of Peace was online in the lecture hall. Her lecture "The Planet as Patient" can now also be seen [here](#) on the Foundation's homepage.

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Four for BayFoNet!

The first meeting of the four general medical BayFoNet partners from Erlangen, Munich (LMU and TUM) and Würzburg took place in October with the renowned international advisory board. Together we drew a first balance for the ambitious general medical research practice network in Bavaria. Numerous general practices are now participating, a number of new projects have been initiated, and many more plans have been made. The advisory board gave advice on qualification, data management, but also on networking and patient participation.

www.bayfonet.de

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Nurses and GPs working together for our COVID patients!

We are documenting the long-term burden of SARS-CoV-2 (Bayerischer ambulanter Covid-19 Monitor, www.bacom-studie.de) experienced by caregivers, nurses, nurse's aides, and GPs to ultimately find out what can be learned by their experiences. Bavaria is at the forefront engaging all participants: politics, local authorities, care support points, health and care advocates, associations, health insurance funds, the family doctors' association, the Association of Statutory Health Insurance Physicians and, last but not least, caregivers and family doctors. Everyone, including of course the Bavarian State Ministry for Health and Care, is calling for participation. So, dear patients and relatives, dear nursing staff and colleagues: Please sign up for the study and tell us about your experiences with COVID-19!

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Inaugural Lecture from Prof. Dr. Tobias Dreischulte

Prof. Dreischulte held his inaugural lecture in front of numerous invited guests during the LMU General Practice Day on September 29th, 2021. After a laudation by Prof. Gensichen, Prof. Dreischulte elaborated on his thoughts on "Medication Safety in Outpatient Care". Based on selected studies, he thus presented an insight into his research activities, partly obtained in Scotland, where he lived for more than ten years. Since February 2019, he has enriched our institute as a professor for clinical care research with a focus on pharmacotherapy.

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Events

Influenza Vaccine for Medical Students on November 10th & 11th

During this year's Block Internship Introduction Day, we once again vaccinated students against influenza and immediately instructed them to become "vaccination assistants". Under the expert supervision of the company medical service, they will vaccinate their fellow students across semesters on November 10th and 11th. Flu vaccination will also be particularly relevant in the 2021/22 season in the context of Covid-19.

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The Primary Health Care Foundation Citizens' Discussion: "Does Covid-19 make our society sick?", on November 19th in Cologne and online

The pandemic becomes a social stress test. Prof. Dr. Armin Nassehi, head of the Chair for Sociology at the LMU, will give a lecture and discuss with the audience. This evening at the Melanchthon Academy in Cologne is the third part of a series of events organized by the Primary Health Care Foundation on Covid-19. A video will be posted on the [Homepage der Stiftung Allgemeinmedizin](#). Please click [here](#) for information how to participate online.

office@stiftung-allgemeinmedizin.de

Online Course "Functional Body Complaints": Registration starts again

This course is designed to help participants improve quality and functionality for their patients. TUM Psychosomatics has developed this free course together with us. It is now accessible via the Virtual University of Bavaria: <https://open.vhb.org/blocks/ildmetase-lect/detailpage.php?id=215>

BayFoNet Upcoming events on November 12th and December 1st

At the BayFoNet location in Erlangen, the online event "Advanced Training Module I" will take place on November 12th from 15:00 -17:00. Registrations under:

<https://www.allgemeinmedizin.uk-erlangen.de/forschung/veranstaltungen/bayfonet/anmeldung/>

The team of the BayFoNet site in Würzburg invites GP practices interested in research to the first "regional idea workshop" on December 1st from 16:30 - 18:00. Registration under:

bayfonet@ukw.de

Bavarian General Practice Continuing Education Competence Center (KWAB)

The SemiWAM® (Seminartage Weiterbildung Allgemeinmedizin) is an interactive, hands-on continuing education series that accompanies continuing education. You can find this year's schedule at:

<http://kwab.info/semiwam/>

Center for Advanced Studies LMU (CAS)

Prof. Gensichen, as speaker of the "POKAL College", will now become a member of the interdisciplinary Center for Advanced Studies at LMU. The Center sees itself as a forum for intensive scientific exchange across established disciplinary boundaries. It raises topics of overarching importance in the academic discussion within the university and supports the integration of international guest scientists (www.cas.uni-muenchen.de).

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Short-term treatment by family physicians for panic still likely works after five years

A follow-up survey of 100 patients of the PARADIES study five years after the end of the study indicates a difference ($p=0.01$) in anxiety symptom burden measured by the Overall Anxiety Severity and Impairment Scale (OASIS) (IG: 7.2, KG: 9.6). The combination of VT-based exposure and case management in the family practice team is likely to be supportive even after five years in the particularly stressful context of the Corona pandemic (Lukaschek et al, DEGAM Kongress 2021 Abstract).

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News about „Post-Intensive Care-Syndrome“

Survivors of severe illness and intensive care often suffer from physical and psychological impairments that are summarized as "post-intensive care syndrome" (PICS). We investigated the frequency and combination of these impairments using data from the SMOOTH study, and recently published the results in the international "Journal of Critical Care": Kosilek RP et al., Journal of Critical Care 65, 268-273 (2021).

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Teaching

LMU General Practice Day – this time with “Wiesn” feeling

Our LMU General Practice Day took place this time on a Wednesday afternoon (September 29th, 2021). The diverse range of workshops on various topics was aimed at general practitioners in private practice and especially at our teaching physicians, but also at physicians in further training, medical students and practice staff. Many thanks to all speakers and participants for this successful day! It was good to finally get together again under strict hygienic regulations - but in time for Munich's "fifth season" in a Bavarian festive atmosphere.

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General Practice Seminar is more important and more practical

The seminar on general practice will now become even more important for our teaching. By anchoring content that is particularly relevant for examinations - such as differential diagnoses of leading symptoms or selected DEGAM guidelines - the seminar will become even more important for the students. The seminar is even more practice-oriented through the regular presentation of patients from family practice. At the end of the winter semester, we will evaluate the changes by a student and teacher evaluation.

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Rural Physician Quota with the next GP generation

The students who are now starting through the rural physician quota (LAQ) have committed themselves to working as GPs in a rural region after their studies. Therefore, the two institutes for general practice of LMU and TUM jointly offer them a special LAQ networking and event program. You will be personally invited to this via email by the Department of Health in the coming days. If you have any questions, suggestions or even contributions to our program, please feel free to contact:

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Publications

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Jobs

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