LMU KLINIKUM
Institut für Allgemeinmedizin

Newsletter General Practice & Family Medicine

November 2026 issue



Dear Colleagues,
Dear Friends of the Institute,

for a good two years now, we too have been exploring the various aspects of artificial intelligence (AI) within our discipline. To begin with, we were able to familiarise ourselves with the new tools through excellent training sessions led by AI specialists from LMU. We then got straight down to work with 'AVA': how does a bot like this work, one that advises people with mild cognitive impairments on vaccination? We then incorporated AI feedback into our main lecture. In short: both approaches were helpful and any feelings of embarrassment could also be taken into account. We are now testing 'Lily', a bot that talks to people about their powerful experiences in the intensive care unit. Now the bot also has to tackle extremely disturbing memories…is that possible without 'tact and sensitivity'?...and what about prevention? ´UNIty` is investigating whether a bot can help students in stressfull situations. In all of this, what matters is not what is technically possible, but what actually benefits patients, practice teams and trainees. AI is not a new 'promise of a cure' and will not replace medical expertise, but perhaps it will create space for us to listen, to make good decisions and to provide safe support. I discuss my initial experiences with the new tools in the #DIGDEEP podcast. We were truly delighted by the many genuine encounters at the numerous events, such as 'Insights into General Practice', fireside chats, 'Depression in Dialogue', BayFoNet training sessions, quality circles and, most recently, the Foundation's celebration. We'd like to thank you for these stimulating and warm exchanges.

Have a lovely winter, and we look forward to seeing you again next year.

Yours, Jochen Gensichen
and the LMU General Practice team

UNIty:
Early detection and prevention of mental health issues amongst students

The multicentre DZPG project UNIty (September 2026 – June 2029) is investigating how mental health issues amongst students can be detected at an early stage and addressed preventively. Individual stress profiles are recorded using a monitoring app. Nationwide, 1,000 students will be recruited who, if they experience relevant levels of stress, will receive either a chatbot intervention or a buddy programme for social support as part of a randomised controlled trial. The aim is to explore the potential of digital technologies for prevention and care in the field of young adults' mental health.
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Targeted improvements to medication safety

We are investigating how medication-related risks can be better identified and avoided in general practice. A cohort study involving over 120,000 people aged 65 and over shows that the risk of hospitalisation due to falls can be assessed in greater detail based on specific groups of active substances. This enables patients to be identified more precisely for preventive medication reviews. The digital identification of contraindications also offers potential for greater medication safety: furthermore, the contraindications for the 688 most commonly prescribed medicines in Germany have been systematically recorded and formatted for machine-readable use. This lays the groundwork for digital decision-making tools that can identify risks at an early stage and improve medication safety.
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LILY – Language-based trauma management following intensive care

Building on the findings of the PICTURE study (see the video here), we are now investigating in the LILY pilot study: Can an AI-based voice assistant safely and practically deliver a brief, trauma-focused intervention? We are comparing the AI-supported intervention with telephone-based support provided by trained GPs to patients with post-traumatic stress symptoms following intensive care treatment. To this end, we are looking for GP practices that would like to take part in the study. Interested? We look forward to hearing from you!
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"The ring was my friend"

The DOOR study is investigating how GP care for people with depressive symptoms can be improved. Four structured consultations incorporating psychoeducation, digital monitoring via a smart ring, and support with decisions regarding medication are designed to optimise GP care. We recently reached an important milestone: the enrolment of the 300th patient. We are motivated by the feedback from patients: "I thought the psychoeducation was really brilliant. The handouts were excellent, and I'm still using them even though it's been a while. The ring was my friend." Further GPs are invited to take part in the study. We look forward to hearing from you! Further information:
pokal-kolleg.de/door-studie. DOOR-Studie@med.uni-muenchen.de.

New Approaches to Depression Care: DSSG Fellowship

At the closing event on 2 October, five fellows presented their findings from the analysis of data from our depression study as part of the Data Science for Social Good (DSSGx Munich) programme. A key outcome was the 'Collaborative Care Compass', a research prototype designed to support GPs and patients in the future by providing structured, personalised depression care within the GP setting. The project was the first medical DSSGx project and was carried out in collaboration with partners from the fields of statistics, machine learning, medicine and patient advocacy. The next step is to further develop the prototype and prepare it for use in general practice.
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A long-standing partnership: Delegation visit to China

The Institute of General Medicine has been an active partner in the LMU China Academic Network (LMUChAN) since 2016. This September, to mark the tenth anniversary of the partnership, an interfaculty delegation visit took place. Linda Sanftenberg travelled with eight colleagues from LMU to Beijing, Shanghai, Hangzhou and Hong Kong to maintain existing contacts and get to know new universities and research groups. The first joint publications on vaccination willingness among healthcare staff in Germany and China have already been published (Sanftenberg et al., 2026).
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Dates & Events

BayFoNet – Training Series Research in Practice 2026 (via ZOOM)
Wednesday, 25 November 2026, 4:00 – 6:30 pm. Topic: Osteoporosis. Registration and information about 2027 available at: ww.bayfonet.de

Public lecture series 'Depression in Dialogue' (via Zoom)
Wednesday, 11 November 2026, 1:30 - 2:30 pm. 'General practitioners, psychiatrists and psychologists: Fragmented care – or integrated care?", Prof. Peter Brieger (Medical Director, kbo-Isar-Amper-Klinikum, Haar).
No registration required; the Zoom-Link for the event and information about 2027 can be found at Stiftung Allgemeinmedizin

PTQZ – Interdisciplinary Pharmacotherapy Quality Circle 2026
Wednesdays, 5.00 pm – 6.30 pm
St. Vinzenz Haus, LMU Campus INN
16 December 2026: Recoupment claims.
Participation is free of charge; new participants are welcome at any time.
PTQZ 2027 dates (subject to change):
17 March 27, 23 June 27, 22 September 27, 15 December 27
Please register at allgemeinmedizin@med.uni-muenchen.de

Spring School, Munich Centre for Pharmacoepidemiology
5-day programme in effectiveness and safety research using healthcare databases. Monday, 5 April 2027, 08:30 am – Friday, 9 April 2027, 5:00 pm. Institute of Anatomy, LMU Munich, Pettenkoferstraße 11, 80336 Munich. Register at esr-school@med.uni-muenchen.de

LMU *insights* General Practice 2027
Wednesday, 9 June 2027, 5.30 pm – 7.30 pm. Topic: Mental health in general practice. St. Vinzenz Haus, LMU Campus INN. Free to attend & 2 CME credits. More information here. Please register by email at allgemeinmedizin@med.uni-muenchen.de

International Symposium 'Beyond the Couch' – New Perspectives for Psychotherapy Research.
Thursday and Friday, 10 and 11 June 2027, St. Vinzenz Haus, LMU Campus INN. Further information and registration details will follow shortly. johanna.schuller@med.uni-muenchen.de

Closing Retreat of the DFG-funded Graduate College "Pokal"
Tuesday, 6 August 2027 – Thursday, 8 August 2027, in Tutzing. Group discussions, project presentations, involving citizens in research (citizen science). Mehring.Li@med.uni-muenchen.de

2027 Lecture Series: Brief Psychological Interventions in Outpatient and Inpatient Care
9 online webinars, Wednesdays, 6.00–7.30 pm, 2 CME credits.
20 Jan 27 (Introduction), 24 Feb 27 (Anxiety disorders), 17 Mar 27 (Depression), 21 Apr 27 (Psychoeducation), 2 June 27 (PTSD), 23 June 27 (Sleep Disorders), 15 September 27 (Addiction), 10 November 27 (Chronic Pain), 1 December 27 (ADHD). Further information and registration at Oberbergkliniken.

This newsletter was created by Ronja Volz, physician in advanced training, leadership program „Hausarzt 360°"

AVA Update: AI-supported GP vaccination advice for older patients

Providing vaccination advice to patients aged 60 and over can often be time-consuming, particularly when they are already showing signs of mild cognitive impairment. We have therefore developed a digital voice assistant tailored to the needs of these patients, which offers empathetic and personalised vaccination advice for seasonal influenza: AVA (AI-supported vaccination assistant) (Sanftenberg et al., 2026). To better understand the limitations and potential of artificial intelligence in general practice, it is important to be able to test its use under real-world conditions. We appreciate your interest! linda.sanftenberg@med.uni-muenchen.de

33rd Annual Conference of the GAA

On 29 and 30 October 2026, we hosted the 33rd Annual Conference of the German Drug Utilisation Research Group (GAA) at St. Vinzenz Haus. The focus was on current challenges relating to the safe and evidence-based provision of medicines – ranging from overtreatment and deprescribing, through the use of routine data, to self-medication and electronic health records. Our institute contributed to the scientific programme, including a workshop on complex interventions to improve drug therapy and a keynote presentation on the initial analyses of our PARTNER study on collaboration between GPs and pharmacies in the context of deprescribing. tobias.dreischulte@med.uni-muenchen.de

News from the Primary Health Care Foundation

Annual Symposium on 16 October 2026: Centred on the theme 'The Stigma of Obesity – Between Flaw and Self-determination', the symposium featured inspiring presentations, lively discussions and a cheerful garden party. Professor Katharina Timper (TUM/MRI) and the Viennese writer Dr Nastasja Penzar examined the topic from scientific and literary perspectives. Their complementary contributions vividly highlighted both the medical fundamentals and the personal consequences of stigmatisation, and provided impetus for an unbiased approach to obesity.
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Hufeland Lecture 2026: Honouring Prof. Wilhelm Niebling: With this annual honorary lecture, the Foundation honours speakers for their life's work. Traditionally, the Hufeland Lecture is delivered at the annual DEGAM Congress, which took place in Göttingen this year. On 1 October 2026, Prof. Wilhelm Niebling, a general practitioner from the University Medical Centre Freiburg, delivered his honorary lecture entitled 'Pharmacotherapy in General Practice: Developments, Opportunities and Risks – A First-hand Account' and was presented with the award by the Foundation.The lecture will soon be available to read in the ZFA. andrea.bischhoff@med.uni-muenchen.de
Lecture Series on Brief Psychological Treatment: Starting in 2027, experts will present, on a monthly basis via online sessions, simple approaches and exercises—in the best sense of the word—for clinicians working in hospitals and (primary care) practices. This series is being held in collaboration with Oberberg Kliniken, which has many years of experience with continuing education events, and Elsevier, which is also publishing the accompanying book with illustrative video material (Gensichen et al., 2023). andrea.bischhoff@med.uni-muenchen.de

Teaching & Professional Education

New elective module: Pharmacotherapy in general practice

With the new elective module 'Pharmacotherapy, Polypharmacy and Deprescribing in General Practice', we are expanding our range of courses for medical students in the clinical phase of their studies. The teaching concept combines direct patient contact in our general practice teaching practices with structured case analyses and joint case discussions. In doing so, students learn to critically weigh up the benefits and risks of medicines and to incorporate scientific evidence and patient preferences into decisions regarding the initiation, adjustment or discontinuation of a course of treatment.
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Data collection for the 'AI in Teaching' project completed

At the end of the 2026 summer term, we successfully completed the data collection phase of our AI in teaching project. Initial analyses show positive results. For instance, lecturers rated the feedback as high-quality, practical and actionable. Particularly noteworthy is the high level of acceptance amongst lecturers regarding the AI feedback. This was also reflected in the high implementation rate: almost three-quarters of lecturers adapted their lecture slides; in some cases, up to 70 per cent of the slides were revised, redesigned or completely rewritten. We look forward to seeing the further results. anja.sommer@med.uni-muenchen.de

Healthcare requires connection: Informal discussion with St. Bonifaz Practice

How can medical care be provided without secure housing or health insurance? This was the topic discussed by Oliver Gunia, Dr. Kuhn and Dr. Bollin of the St. Bonifaz Wound Center, during a fireside chat on October 21, 2026, alongside the physicians in residency training as part of the Hausarzt 360° program at the LMU Institute of General Medicine. The medical practice, which has been in operation for 25 years, combines guideline-based medicine with practical, everyday solutions at its specialized Wound Center. The evening focused on low-threshold medical care, the work of St. Bonifaz, and opportunities for closer collaboration between primary care and clinical care. The event provided valuable insights and starting points for stronger cooperation. jan.ziegler@med.uni-muenchen.de

Publications

Our publications can be found here on our Homepage.

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