

# Newsletter General Practice & Family Medicine

## 2025 March Issue



Dear Colleagues,  
Dear Friends of the Institute,

this issue of our newsletter once again highlights the wide spectrum of our activities at the interface of research, teaching and practice: from innovative treatment approaches for depression to AI-supported predictions of drug risks and digital solutions for vaccination counselling. Speaking of vaccination counselling: we are particularly pleased about the habilitation of our colleague Linda Sanftenberg, who co-founded the Institute around 10 years ago.

With this issue, we would also like to share a strategic decision in our digital communication: We have ended our presence on Twitter. Over the last years, the platform allowed us to rapidly exchange information, but the takeover of ownership, the quality of the debates and the increasing polarisation have led us, like many other academic institutions, to take this step. Instead of fragmented discussions, we are focussing on well-founded, sustainable communication: our newsletter, our website and our new (!) "Pharmakotherapie-Qualitätszirkel" and the event "Insights Allgemeinmedizin" will play a central role in communicating scientific findings in a differentiated and practice-oriented manner.

General practice is facing major challenges and exciting opportunities. Our success depends on how we combine research, teaching and clinical practice. With this in mind, we look forward to continuing our dialogue with you - in both established and new ways.

Best regards,

Yours, Tobias Dreischulte  
and the LMU General Medicine Team

### IMPRINT

Institute for General Practice and  
Family Medicine  
LMU Klinikum München  
Campus Innenstadt  
Professor and chair: Prof. Dr. Jochen Gensichen  
Nußbaumstr. 5, 80336 München  
tel.: 089 4400-53779; Fax: 089 4400-53520  
e-mail: [allgemeinmedizin@med.uni-muenchen.de](mailto:allgemeinmedizin@med.uni-muenchen.de)  
[www.allgemeinmedizin.med.uni-muenchen.de](http://www.allgemeinmedizin.med.uni-muenchen.de)

### New ways out of depression - with digital support

Our new 'DOOR' study combines brief conversations with safe accompaniment to explore new ways out of depression. With the help of new digital applications - such as a medication analysis tool, a smart ring and a mobile phone app - we want to better understand depression and develop individualised treatment approaches for primary care settings. DOOR stands for 'Depression psychOeducatiOn in primaRy care' and is a joint project of the POKAL colleagues from LMU and TU. Interested GPs can now take part, please contact us on 0152-57906953 or [door-studie@med.uni-muenchen.de](mailto:door-studie@med.uni-muenchen.de).

### Vaccination advice made easy via voice assistant

Voice assistants offer an efficient and resource-saving way to improve vaccination counselling for patients aged 60 and over with mild cognitive impairment. Early feedback from primary care teams and interested citizens is essential for the development of well-coordinated vaccination counselling via voice assistants. If you would like to test the user-friendliness, technical stability, appropriateness and accuracy of our prototype, we look forward to hearing from you!

[Linda.Sanftenberg@med.uni-muenchen.de](mailto:Linda.Sanftenberg@med.uni-muenchen.de)

### Reduce adverse drug reactions

Recognising patients with an increased risk of serious adverse drug reactions (ADRs) at an early stage and preventing hospital admissions: this is the aim of the new TARGET-ADE project. With the help of routine data from statutory health insurances and artificial intelligence, tools are being developed to predict ADR risks and hospital admissions. Together with general practice researchers from Bielefeld University and the Techniker Krankenkasse, we examine tools for practical use as part of this project, which is funded by the G-BA's Innovation Fund.

[Tobias.Dreischulte@med.uni-muenchen.de](mailto:Tobias.Dreischulte@med.uni-muenchen.de)

### We celebrate a habilitation - congratulations!

Linda Sanftenberg has been researching and teaching at our Institute for General Practice and Family Medicine for over 10 years. On 18 February 2025, the faculty colloquium on her habilitation took place, which thematized 'Strategies for increasing vaccination rates against seasonal influenza and Covid-19 in adults with risk factors in primary care'. We warmly congratulate!

[Linda.Sanftenberg@med.uni-muenchen.de](mailto:Linda.Sanftenberg@med.uni-muenchen.de)

### Mentees meet mentors

Numerous new mentoring partnerships were formed in January 2025, when Prof. Berberat (TUM, Medical Didactics) spoke on 'Medical role models - what shapes us in the profession?', opening the new year for the KWAB mentoring programme. The participants also exchanged views on their own roles as doctors and their experiences from work in general practice or the hospital.

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

### Cross-diagnostic therapy approach for the GP practice

Transdiagnostic treatment approaches are also effective in primary care settings - particularly for depression, anxiety and somatoform complaints (Vogel 2024). A transdiagnostic treatment approach containing a brief psychological intervention to understand emotions, cognitive flexibility or dealing with emotion-based avoidance, is currently being tested by GPs in our STARC study (Ebert 2025). For further information, please contact [Christopher.Ebert@med.uni-muenchen.de](mailto:Christopher.Ebert@med.uni-muenchen.de).

### Advice among colleagues: Mental health hotline launched

Our Mental Health Hotline offers exchange and support for questions about your patients' mental health. We discuss your questions in a case conference with experts from general medicine, psychiatry and psychology. You will receive detailed feedback to support you in your treatment decisions. This service not only helps young colleagues to cope better with sometimes complicated situations in everyday life. Please call us on 089 4400 53779 or write to us: [allgemeinmedizin@med.uni-muenchen.de](mailto:allgemeinmedizin@med.uni-muenchen.de).

## Dates

Training series for doctors and medical assistants (BayFoNet online training 2025)  
The Bavarian Research Network in General Practice invites you to the 2025 training series. Five online events will provide information on relevant topics for general practitioners.

Part 1: 'Thyroid gland', 19th March

Part 2: 'Transdiagnostics', 7th May

Part 3: 'Dealing with uncertainty', 9th July

Part 4: 'Prevention', 24th September

Part 5: 'Climate adaptation', 12th November

The events take place from 4:00-7:15 p.m. Participation is free of charge. The programme and registration form can be found here:

[Sign up BayFoNet-Online courses](#)

„Insights Allgemeinmedizin – Impuls für die Praxis“ on Wednesday, 16th July 2025, 5:30-7:45 p.m.

How can GPs safely manage multi-medication and use deprescribing in a targeted manner? What are the challenges in discontinuing psychotropic medication - and how can this be done successfully? These and other questions are at the centre of 'Insights Allgemeinmedizin', our new annual event. You can look forward to a scientific lecture with the latest findings on drug safety, a clinical perspective from practice with concrete case studies and a poster session with a networking break for professional exchange and new impulses for practice. Registration here: [allgemeinmedizin@med.uni-muenchen.de](mailto:allgemeinmedizin@med.uni-muenchen.de)

Teaching Physicians Meeting as part of 'Insights Allgemeinmedizin' on Wednesday, 16th July 2025

The Teaching Physicians meeting for the summer semester 2025 will take place for the first time as part of the "Insights Allgemeinmedizin" event at the City Centre Campus. [Anja.Sommer@med.uni-muenchen.de](mailto:Anja.Sommer@med.uni-muenchen.de)

From our society: 59th DEGAM Congress for General Practice and Family Medicine in Hanover: 1st – 3rd October 2025

This year's DEGAM Congress will take place under the motto 'Society and healthcare system in transition - perspectives for general practice'. For three days, participants from practice, science, politics and society will discuss challenges and new solutions in general practice. As part of the DEGAM Congress, the *Hufeland-Lecture* of The Primary Health Care Foundation will once again take place on 2nd of October at around 1 pm. This time, Prof. Peter Strohschneider will give this honorary lecture and award ceremony - on the topic 'Crisis of Evidence'. The medievalist was Chairman of the German Council of Science and Humanities and President of the German Research Foundation. More information here: [DEGAM website 2025](#)

This newsletter was created by Mira Woll, physician in advanced training in the leadership program „Hausarzt 360°“.

## Networking among research practices - summary and outlook

More than 15 GP practice teams and scientists from the Bavarian faculty for general practice (LMU, TUM, Augsburg, Erlangen and Würzburg) met in January for the BayFoNet network meeting. The meeting contained a review of what has been achieved so far, research experiences of the GP practice teams and an outlook on the next projects, as well as an exciting international perspective by Prof. Alistair Hay, who is actively supporting the establishment of a practice-based research network in the UK.

[Linda.Sanftenberg@med.uni-muenchen.de](mailto:Linda.Sanftenberg@med.uni-muenchen.de)

## The Primary Health Care Foundation: The future of health in Germany

On 14 January, the Primary Health Care Foundation hosted a discussion on the Bundestag elections. What can we hope for? What do we expect? What should we be worried about? And how can we become active? The event was aimed at interested citizens and was very well received. Around 50 visitors discussed with our hosts Prof Ursula Münch (Director of the Academy for Political Education), Prof Markus Lerch (Medical Director of the LMU Clinic) and Prof Thomas Kühlein (Director of the Institute for General Medicine in Erlangen). Around 100 other guests took part online.

[Jochen.Gensichen@med.uni-muenchen.de](mailto:Jochen.Gensichen@med.uni-muenchen.de)

## Teaching

### “Pharmakotherapie-Qualitätszirkel” starts in March

With our "Pharmakotherapie-Qualitätszirkel" (PTQZ) 'Multimedication', a new format for professional exchange on drug safety in primary care will be launched on 19th March 2025. We will discuss cases from practice, medication topics and current challenges in deprescribing in an interdisciplinary group. We look forward to exchanging ideas with you! The PTQZ is offered quarterly, further dates and topics can be found [here](#) on our homepage.

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

### New elective course for students: Mental Health

In the elective course 'Mental health in primary care', medical students deepen their knowledge in psychological approaches for general practice with exercises, role-playing and case discussions. Topics include dialogue management, crisis management, suicidality as well as coping with stress, depression and anxiety. Current research results are discussed, and own research questions and study concepts are developed - always with the patient's perspective in mind.

[Karoline.Lukaschek@med.uni-muenchen.de](mailto:Karoline.Lukaschek@med.uni-muenchen.de)

### Pharmacoepidemiology - Spring School upcoming

The 'Spring School Pharmacoepidemiology' is entering its third round. From 12th to 16th May 2025, a five-day course with scientific lectures and journal clubs, as well as practical exercises on working with real-world data, will once again take place. Participants will undergo intensive training in the theory and practice of pharmacoepidemiology under the direction of Prof. Tobias Dreischulte and Prof. Sebastian Schneeweiss (Harvard Medical School). Registration at [Saskia.Pohl@med.uni-muenchen.de](mailto:Saskia.Pohl@med.uni-muenchen.de).

### EU-wide exchange on mental health care

The care for mentally ill patients requires creative solutions to face the lack of therapy places, fragmentation of mental health care and bureaucratic hurdles. Our physician Patricia Landmesser took part in a two-week exchange programme in Den Bosch. 25 participants from the EU discussed various approaches and learnt from the Dutch experience.

[Patricia.Landmesser@med.uni-muenchen.de](mailto:Patricia.Landmesser@med.uni-muenchen.de)

### New Contact Person in the team - welcome!

Since October 2024, Ms. Alexandra Rittweger has been working as assistant to the Director. If you have any questions regarding the institute, you can reach Ms. Rittweger from Monday to Friday between 9:00 a.m. to 4:00 p.m. by telephone on 089 4400-53779 or via e-mail at [Alexandra.Rittweger@med.uni-muenchen.de](mailto:Alexandra.Rittweger@med.uni-muenchen.de)

## Publications

Our publications can be found on our [Homepage](#).

## Job Openings

Would you like to join our team? Visit our website for job listings: [Homepage > Jobs](#)

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](mailto:allgemeinmedizin@med.uni-muenchen.de)