

# LMU General Practice & Family Medicine Newsletter

## March 2024 Issue



Dear Colleagues,  
Dear Friends of the Institute,

We will complete two major research projects in 2024: The Covid monitor for people in need of care provides insights into the situation of those affected in Bavaria. With its holistic approach, it has provided more perspectives on the pandemic than is often the case. In addition, such a tool may also be able to provide support in future crises.

A study on the treatment of post-traumatic stress in general practice will again raise the question of whether we as general practitioners could and should engage with this at all. We repeatedly demonstrated that we could do so in our previous studies. In view of the fact that up to a third of our consultations are also determined by mental stress, in my opinion, the question of whether we should is also superfluous. Safe and efficient treatment approaches are based on interdisciplinary and integrated concepts. General practice, with its great tradition of "talking medicine", can make a good contribution to this.

But a lot of water will pass under bridges down the Isar from the Alps...and good research is still needed in this field. We are therefore delighted that the first 16 colleagues will graduate from the DFG-POKAL program this fall – but also look forward to the next group of motivated colleagues, as well as to our new professorship for "Mental Health in Primary Care". They all want to support us and our patients with their work.

Yours, Jochen Gensichen

and the LMU General Medicine Team

### ADHD: Medical assistants can help

In order to improve GP care for adult ADHD patients, we have developed a short multi-professional brief intervention in which MAs are also involved. The effort involved is low: GPs conduct four sessions of 15 minutes each and the MAs spend 5 x 20 minutes with the patients. Alternatively, the brief intervention can also be carried out solely by doctors (approx. 4 x 30 minutes). The pilot study is sponsored by the WiFoMed e.V.. Would you like to participate with your medical assistants?

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### Exchange on Mental Health with the University of Melbourne

At this virtual meeting, we discussed analyses of depression based on individual participant data (IPD) from around 20,000 participants worldwide. The cooperation is intended to investigate what a disease management program for depression should look like. Under the leadership of Dean Prof. Jane Gunn and Prof. Jochen Gensichen, we presented further projects on mental health.

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### Transdiagnostic mental health approach in the GP office

Patients often show symptoms of more than one mental illness at the same time. As many psychological illnesses are based on similar underlying mechanisms, a more standardized (transdiagnostic) form of treatment may be conceivable. As part of the German Center for Mental Health (DZPG), we will soon be launching the STARC project (STRUCTURED, first-AID geneRIC, psychologiCAL interventions), in which a transdiagnostic treatment approach will be investigated. Would you like to take part?

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### Strengthening European vaccination programs

The "Mission Board on Vaccination in Europe" (MBVE) network was founded last year to improve the vaccination situation in Europe. Four areas in particular are being addressed: 1. data and evidence-based decision-making; 2. vaccination attitudes and trust in vaccinations; 3. social access to vaccines; 4. policy convergence and alignment of European vaccination programs. Linda Sanftenberg has been on board at the MBVE since November last year.

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### Hausarzt-360°-Fireside Chat on Data and Digitization

In December 2023, the head of the Techniker Krankenkasse in Bavaria, Mr. Christian Bredl, visited us to discuss 'Digitization in Healthcare.' In addition to the opt-out system for electronic patient records, low thresholds, avoidance of parallel systems, and timely availability of health data proved to be particularly important. In January 2024, we discussed questions about data quality and AI-based research with Prof. Frauke Kreuter from the Institute of Statistics at LMU. Her conclusion: algorithms also require medical expertise; clinical knowledge is crucial! We thank Mr. Bredl and Prof. Kreuter for the exciting impulses!

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### How can I participate in research?

In the Bavarian Research Network in General Practice (BayFoNet), we ask GP practice teams and patients how clinical research should be designed so that it can be implemented well, and its results can be put to good use.

What does it take for an interested patient, a committed practice and an academic institute to conduct good research together? For further information, please contact:

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#### IMPRINT

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## Dates

**BayFoNet-training series on Research Practice 2024 – Part 1: Update on urinary tract infections, March 6, 2024, 4:00-6:15 p.m.**

The joint project BayFoNet – Bavarian Research Network in General Practice – invites you to the [training series 2024](#). The first event in the training series will focus on the topic "Update on urinary tract infections". You'll find the program and more information [here](#) and can register here: [https://service.ukw.de/Formular/?u=ver\\_bayfonet](https://service.ukw.de/Formular/?u=ver_bayfonet)

**Deep Dive "Effectiveness and Safety Research with Health Databases", April 8-12, 2024**

Prof. Tobias Dreischulte together Prof. Sebastian Schneeweiss from Harvard Medical School is organizing this 2<sup>nd</sup> intensive course. It offers a comprehensive introduction to the use of health databases for research purposes. The exact time is not yet fixed, registration and more information at:

[Miriam.Schechner@med.uni-muenchen.de](mailto:Miriam.Schechner@med.uni-muenchen.de)

**Bavarian General Practitioners' Conference, Augsburg, April 19-20, 2024**

Under the motto „GP team practice – best care from a single source“, GPs and their practice teams can look forward to two days of collegial exchange, health policy information and discussions as well as an extensive training program at the "Kongress am Park" in Augsburg, Registration: [www.bayerischer-hausarzt-tetag.de](http://www.bayerischer-hausarzt-tetag.de)

**Depression in Dialogue: Public POKAL lecture series on April 24, Oct. 9 and Dec. 11, 2024, online 1:30-2:30 p.m**

The public lecture series brings the latest scientific findings first-hand into practice and promotes interdisciplinary dialog. We cordially invite you to see and hear Prof. Ulrich Voderholzer, Medical Director of the Schön Klinik Roseneck and Chief Physician for Psychosomatics & Psychotherapy, next. He will speak on the subject of "Antidepressants: Facts and myths."

Please also note the next date of the series: Prof. Sylvia Sängler will be speaking on "Humour Therapy" on 9 October from 1:30-2:30 p.m. The 3<sup>rd</sup> event will take place on December 11<sup>th</sup>, title and speaker to follow. For the Zoom links just send a short email to: [GRK2621@med.uni-muenchen.de](mailto:GRK2621@med.uni-muenchen.de)

**58<sup>th</sup> Congress for General Practice and Family Medicine of DEGAM in Würzburg: September 26-28, 2024**

This year's DEGAM Congress will take place in Würzburg in September. Under the motto "New paths into general practice; inspiring the next generation for care and research", three days will be spent exploring how the promotion and integration of young GPs, scientists and teachers can succeed and what is needed to continue to inspire young people to pursue general practice. Further information can be found here:

<https://degam-kongress.de/2024/>

## Case report on PTSD

The case report of a 58-year-old female patient shows how GPs can use narrative exposure therapy (NET) to support patients with mild to moderate symptoms of post-traumatic stress disorder (PTSD). The patient developed PTSD after surviving an episode of critical illness (ZFA, 2024).

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## Drug-related hospital admissions

Between 2010 and 2020, the prevalence of potentially drug-related hospital admissions with gastrointestinal bleeding as the main diagnosis fell by over a third. Miriam Schechner presented these results from analyses of a Scottish data set at the 30th Annual Meeting of the Society for Drug Utilization Research and Drug Epidemiology (GAA9 in Cologne). She was awarded 2<sup>nd</sup> prize for her short presentation – congratulations!

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## Become a partner in the PARTNER study!

Can better cooperation between GPs and pharmacists increase medication safety in older patients with multiple medications? Until the end of March, we are looking for interested GPs for our PARTNER study ([www.partner-studie.de](http://www.partner-studie.de)) to test a new cooperation concept together with one or more pharmacies from their area using the example of 6 to 15 patients. We look forward to your participation! For more detailed information, please contact us by March 31, 2024 at the latest:

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## Teaching

### 14 doctoral positions in our DFG Research Training Group POKAL

A future generation of doctors and scientists is being trained here to provide scientific support for the care of people with depression. In large-scale studies, the researchers are investigating whether depression can be detected earlier and more reliably using a combination of biomarkers and general practitioner heuristics. They are also investigating whether modern psychoeducation and more patient data can optimize treatment (degrees: PhD. Medical Research, Dr.med., Dr. phil.). You can find out more at our online information event on February 29, 2024. Further information: [www.pokal-kolleg.de](http://www.pokal-kolleg.de)

### Lecture for seniors

You never stop learning: In order to create a medical course for elderly citizens, we took part in the senior lecture series for the first time. Dr. Rita Schwaiger gave a lecture on Sepsis and discussed the topic with around 90 participants. Further lecture dates can be found [here](#).

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### Digitalization: tablet-based exam

The general medicine exam with 289 students is a logistical challenge every semester: In February, this was done online via iPads for the first time – successfully. This means that in future, medical results – such as diagnostic photos, ECG recordings or X-rays – can be integrated easily and in reliably high resolution. This will allow exam questions to be even more practical and relevant to everyday life in general practice. Last but not least, the digital examination procedure also benefits the environment and saves a lot of paper and toner.

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## Publications

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

## Vacancies

Would you like to join the team? See our vacancies. [Homepage > Jobs](#)

This newsletter was created by Marie Vogel, resident in the Hausarzt 360° program.

Our newsletter is published three times a year. If you no longer wish to receive it, please send us an e-mail to:

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