

Newsletter LMU General Practice & Family Medicine

July 2022 Issue



Dear colleagues and friends of the Institute,

State-of-the-art medicine in a historic building: St.-Vinzenz-Haus, a former monastery, is a piece of Munich's medical history and our new home. Under the same roof, there are now also the departments of adult and adolescent psychiatry, and we work holistically for our often common patients and, according to the Mother Superior of the Sisters of Mercy, Rosa Maria Dick, we thus continue in the spirit and charisma of the patron. As general and family physicians, our work focuses on the primary care setting outside the hospital, i.e. in practices in and around Munich. Together with you, we are now also launching two new research projects: one on vaccinations and one on prescription behaviour in primary care. The building, which was constructed 180 years ago according to plans by Friedrich von Gärtner, is listed as an individual monument in the Bavarian monument register. The restorations and upgrades to current technical and energetic standards were challenging and costly. The former monastery garden is now an area of mindfulness and recreation for patients as well as for us employees. It is a gem in the immediate vicinity to Sendlinger Tor - one of the busiest squares in Germany. On the upcoming LMU Day of General Practice on Sep 28th, 2022, you can explore our new home in person during our open house event - be sure to let us know what you think of our "giant lemon" in the atrium!

Best regards from Munich

Jochen Gensichen
& the LMU General Practice team

IMPRESSUM

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Psychological aspects of decision-making in vaccinations (PIA)

Chronically ill people in particular are often inadequately vaccinated against influenza and Covid-19. We are now investigating psychological factors of decision-making with regard to vaccinations in the chronically ill. For this purpose, we will survey primary care patients enrolled in Disease Management Programs (DMPs). Contact:

Linda.Sanftenberg@med.uni-muenchen.de

Kick-off for medication safety – the PARTNER study

The PARTNER study is kicking off these days. It aims to help increase medication safety in elderly patients. The study on patient-centered deprescribing of potentially inappropriate medications in elderly patients on multiple medications, funded by the German Federal Innovation Fund (G-BA) and led by Prof. Dreischulte, is looking for GP practices in and around Munich, Bielefeld and Witten/Herdecke, which then work closely together with a partner pharmacy for their common patients as part of the intervention. If you are interested, please contact:

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First results on PTSD after intensive care

At the American Thoracic Society's (ATS) 2022 Annual Meeting in San Francisco, Linda Sanftenberg presented initial preliminary insights from the PICTURE study (ATS Abstract No. 516). Based on the first 223 patients with PTSD after critical illness and ICU treatment, we see emerging evidence that a short psychological intervention, (a version of narrative exposure therapy (NET) adapted for the primary care setting, leads to a lower burden of PTSD symptoms than in the standard care control group. The main topic of discussion with international colleagues was how relatives could be more involved in the follow-up care of these patients. Contact:

Linda.Sanftenberg@med.uni-muenchen.de

Look and Listen – the first BaCoM interim report

For the past year, we have been studying the long-term burden of SARS-CoV-2 among nursing care recipients, relatives, caregivers and primary care physicians in order to draw lessons from this pandemic for future crises. "The pandemic was and continues to be a heavy psychological burden for those in need of care as well as for caregiving family members," said Bavaria's Secretary of Health, Klaus Holetschek, upon receiving the interim report. To better understand the impact on patients in the ambulatory primary care setting, we are looking for practice teams that want to work with us on this project. Visit www.bacom-studie.de for more information. Contact:

Isabel.Zoellinger@med.uni-muenchen.de

Research award for suicide prevention

The POKAL research project "Suicide prevention in primary care" achieved the 2nd place in the DESAM-ForNet awards in the category "New tools for clinical practice". In this project, we are investigating questions that can help determine the risk of suicide. Contact:

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BayFoNet welcomes new collaborating site

The Bavarian Research Network in General Practice (BayFoNet, funded by the BMBF) plans and conducts clinical research projects in primary care practices. For two years, this network consisted of four Bavarian universities (Würzburg, Erlangen, Munich: LMU and TUM). Now the General Practice of the University of Augsburg is also on board - welcome to the network!

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News from us – now faster via Twitter

For a few months now, we have also been reporting news about our work at the institute and primary care in general via Twitter. Have a look: https://twitter.com/LMU_Allmed.

Hannah.Schillok@med.uni-muenchen.de is happy to receive your tips and suggestions.

Events

"Mental Health in Children and Adolescents, public lecture, 13. July 2022, 12:30 p.m. - digital

In the lecture series "Depression in Dialog" (www.pokal-kolleg.de), Ms. Prof. Dr. Silvia Schneider (Ruhr-University Bochum) will present the recognition and treatment of mental illnesses in children and adolescents in a generally understandable way. Please register at:

GRK2621@med.uni-muenchen.de

Summerschool General Medicine, September 5-9, 2022, in Hausach in the Kinzigtal

The motto of this year's Summer school is "Primary Care - Shaping Health Care Together". Accompanied by experts, medical students will take a close look at an integrated GP-based care concept. Registration:

<https://desam.de/summerschool-2022>

DEGAM Congress, September 15-17, 2022 in Greifswald

This year's DEGAM congress has the main topics "Between individualization and standardization imparting health knowledge" and "Shared decision making". <https://www.degam-kongress.de/2022/>

Hufeland Lecture 2022, September 17, 2022 in Greifswald

The Hufeland Lecture of [The Primary Health Care Foundation](#) will again take place at the DEGAM Congress in Greifswald. The honorary lecture, which comes with a prize, will be held by the Berlin-based family physician Harald Kamps. The title of his lecture is: "Spürend denken, verwoben handeln. Skizzen eines allgemeinmedizinischen - best account".

Andrea.Bischoff@med.uni-muenchen.de

LMU General Practice Day 2022, Wednesday, September 28, 2022, from 12:30 p.m.

The 4th LMU Day of General Practice of our institute will again take place on the second "Wiesn-Wednesday", this time with an open house event in our new home at St.-Vinzenz-Haus. We look forward to seeing you there!

Elisabeth.Debold@med.uni-muenchen.de

Primary care "compact" – preparation course for the specialist licencing examination, November 24-26, 2022

The 3-part course, this time as a hybrid format, prepares resident physicians for the specialist licensing examination in general practice. Registration: <https://maaeef.de/veranstaltung/allgemeinmedizin-kompakt>

Team-based treatment for panic disorders

In the treatment of panic disorders with and without agoraphobia, active patient involvement can achieve higher effects and patient satisfaction. Accompanying calls by the practice team are perceived by the patients as particularly supportive and can, among other things, better aid the patients in phases of low energy and motivation. (PARADIES sub-study, n=16, age: 44.3 y., 87.5% women, Lukaschek et al, ZfA, 2022. 2/2022).

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Teaching

Visit of the delegation of the Korean National Assembly

On June 22, 2022, a delegation of the Korean National Assembly visited us at our new premises at St.-Vinzenz-Haus to exchange ideas with our residency team about support measures against the shortage of family physicians. We particularly discussed the question of which opportunities and perspectives leadership programs such as "Hausarzt 360°" at LMU Klinikum offer in this context. Once again, the importance of promoting the next generation of GPs became clear - with similar challenges in both countries. We extend our thanks for the visit!

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Start of the POKAL public lecture series "Depression in Dialog"

As part of the POKAL research training project (DFG-GRK 2621), a lecture series has been launched to further raise public awareness of the topic of depression and mental health. The online series started with lectures from Prof. K.-H. Ladwig on psychocardiology and Prof. S. Riedel-Heller on online psychological services. Prof. S. Schneider will speak on July 13 on the topic of psychological problems in children and adolescents and Prof. S. Zipfel will speak on October 26 about eating disorders – both on Wednesdays at 1.30 pm. www.POKAL-Kolleg.de Registration: grk2621@med.uni-muenchen.de

Environmental activist Jane Goodall addresses general practitioners

In the Journal of General Practice "[Zeitschrift für Allgemeinmedizin](#)", world-renowned environmental activist and UN peace ambassador, Dr. Jane Goodall, once again asks us family physicians to support her work. Her impressive and very personal article is the Hufeland-Lecture 2021 of [The Primary Health Care Foundation](#), entitled "The Planet as a patient", which she presented at the DEGAM Congress in Lübeck. Information on the [Hufeland Lecture](#) 2022 can be found under 'Events'.

Andrea.Bischoff@med.uni-muenchen.de

Comprehensive training in vaccines & immunization

In the summer term, we train our students on topics including "Vaccines. incl. Covid-19" and "Travelers' emergencies in primary care", among other topics. This prepares them in the best possible way for patient-centered vaccine communication, including the current guidelines and recommendations, as well as the most common reasons for consultations after international travel.

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Physician & Entrepreneur – a seminar on starting a practice for students

Our seminar is designed to stimulate interest in starting a practice at an early stage and to alleviate fears. Two experienced coaches work with the students in small groups to develop a detailed concept, supported by experts from business and practice. At the final event on July 27 from 6:30 p.m. to 8:30 p.m. (Physiological Institute, Pettenkoferstr. 12, room PET12-D0.24), the resulting concepts will be presented. The course program can be found here. Contact:

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Publications

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Vacancies

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