



Dear Colleagues and Friends of the Institute,

We are currently expanding as an institute. Numerous new staff members in research and teaching have joined us. What do we have in common? What holds us together? To this end we developed the institute's mission statement in a series of team workshops: "General practice will continue to play the role in evidence-based health care in the future". To this end, we are increasingly relying on patients, interdisciplinary practice teams and on application-oriented, practical digitalisation. The Institute is a 'bridge' between university medicine and practice. To this end, we relay scientific results to the GP practices and respond to new questions from the GPs. Promoting young researchers is a special investment for the future. More information can be found soon on our homepage.

The last point leads us directly to the management program 'General Practitioner 360°'. We were able to celebrate the first group, which has finished this structured leadership program, at the LMU Day of General Practice in September 2022. After three years training in internal medicine, surgery, psychiatry, general practice etc. at the hospital, completion of a personal project in general practice research, a comprehensive qualification program and support by senior colleagues, the first six candidates have just completed this program and are now entering the practical field of primary care.

Congratulations!

Best regards,

Jochen Gensichen

and the LMU General Practice Team

Berlin Tagesspiegel Vaccination Summit prepares for the coming vaccination season

This event of the Berlin Tagesspiegel newspaper (see YouTube [here](#) and [here](#)) brought the topic of vaccination into the public consciousness, where "vaccination communication" is central. Linda Sanftenberg spoke about new approaches, including how teams in primary care practices can adequately advise their patients. Appropriate information material, training and questionnaires on vaccination decisions are being investigated in the current PIA+ study after drawing on the initial results of the PIA study (psychological aspects of vaccination decisions). Linda Sanftenberg also represents our institute in the recently initiated "National Action Alliance Vaccination" by Prof. Dr. Heidrun Thaiss (former president BZGA). If you are interested in receiving a training, contact Linda.Sanftenberg@med.uni-muenchen.de

Long Covid at the Bavarian Health Council

All stakeholders consult with each other on relevant issues of the health care system at the Bavarian Health Council. The most recent topic was Long-COVID and Post-COVID. Based on the "Bavarian Outpatient Covid-19 Monitor - BaCoM" study, we were able to point out that the incidence of Long-COVID and Post-COVID among people in need of care is similar to that in the general population. However, the special life situation of people in need of care requires efforts that are more extensive. Chairwoman Kathrin Sonnenholzner (ret.) emphasized: "The long-term consequences of Post-COVID and Long-COVID are a pronounced burden for those affected. There is an urgent need for research towards the causes and mechanisms and, based on this, the development of effective therapies." If you would like to support the COVID-19 Monitor study as a physician or patient, please contact:

Isabel.Zoellinger@med.uni-muenchen.de

Social participation is a protective factor

Social participation can become a protective factor especially for older people at risk for cognitive impairment. At the beginning of the AgeWell study (N=1030), 17.2 percent were at risk of social isolation. Patients with depressive symptoms reported significantly smaller social networks than patients without depression. Encouraging non-family contacts and weekly social activities are key factors that should be supported by primary care physicians (Wendel: Journal of Clinical Medicine 2022) Isabel.Zoellinger@med.uni-muenchen.de

Ability to work after severe trauma

Patients with polytrauma are currently being followed up on long-term consequences in 60 German hospitals. Johanna Dohmann from our PICTURE study team (general practitioner's care of psychological stress after intensive care) provides expert advice, from the time of the accident to the recovery and the ability to work. Above all, good communication with patients and between the professional groups for improved care is required. The psychological trauma suffered by patients must be taken into account as well as involvement of family members and the general practice team. Should you wish to provide optimal support for your post-ICU patients with psychological distress, please contact:

Johanna.Dohmann@med.uni-muenchen.de or Linda.Sanftenberg@med.uni-muenchen.de

The Primary Health Care foundation

The civic, charitable, non-profit foundation is based primarily on the promotion of three pillars: 1. awareness of general practice; 2. leadership in general practice; 3. research projects for general practice (information: www.stiftung-allgemeinmedizin.de). The board of trustees, including Dr. Marianne Koch and Prof. Dr. Karl-Walter Jauch, the former medical director of the LMU Hospital, has now appointed Lisbeth Heckel from the city of Lorch a.M. as a new member of the board of trustees and Andrea Bischoff from Munich as the managing director. This will enable further activities, such as the public POKAL lecture series "Depression in Dialogue". Contact: office@stiftung-allgemeinmedizin.de and Andrea.Bischoff@med.uni-muenchen.de

IMPRESSUM

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Events

Work in Progress on the POLAR Study:

December 7th, 2022, 5:00 – 6:30 pm

Once a month we hold seminars on various research topics.

The status of a subproject of the POLAR study which deals with drug-related hospital admissions will be presented in December.

You are welcome to attend these meetings! The dates and topics of the further Work in Progress seminars can be found [here](#) on our homepage. If you would like to participate, please contact:

Tobias.Dreischulte@med.uni-muenchen.de

General Practice Compact, November 24th -26th, 2022

This time the three-part course will take place as a hybrid event. It prepares physicians in further training for the examination in general practice. Places are still available. Register here:

<https://maaef.de/veranstaltung/allgemeinmedizin-kompakt>

Depression in Dialogue: Public lecture series of the POKAL Kolleg and the Primary Health Care Foundation

- **January 11th, 2023, 1:30 - 2:00 p.m.:**

Prof. Dr. Dr. Katharina Domschke, Department of Psychiatry and Psychotherapy, University Hospital Freiburg: "Practical Diagnostics and Therapy of Anxiety Disorders".

- **April 12th, 2023, 1:30 - 2:00 p.m.:**

Dr. Sarah Schäfer, Leibniz Institute for Resilience Research, Mainz, Germany: "Resilience across the lifespan - What keeps you healthy?"

- **September 13th, 2023, 1:30 - 2:00 p.m.:**

Prof. Dr. Peter Falkai, Department of Psychiatry and Psychotherapy, LMU Klinikum, Munich: "Sport therapy for mental illnesses - What works?" For security reasons, the Zoom link will be delivered on request at the following email address:

GRK2621@med.uni-muenchen.de

LMU Day of General Practice 2023

Wednesday, March 15th, 2023

The next General Practice Day of our institute will take place in March 2023. This time we will present a "roadshow" on our research results. Save the date! Please contact:

Jochen.Vukas@med.uni-muenchen.de

DEGAM Congress, September 28th - 30th, 2023 in Berlin

We participated with 15 different contributions at this year's congress of the German Society for General Practice and Family Medicine (DEGAM) in Greifswald. A list of the contributions can be found [here](#) on our homepage. Next year the congress will take place in Berlin. For more information, see

www.degam.de

Dealing with suicidality

Dealing with suicidality is not easy - not just for primary care physicians. All specialized personnel within the medical profession, affected persons and relatives shall now be supported by an evidence-based and consensual S3-guideline: among other things, early recognition, suicidal crises, suicide preventive measures and the handling after suicides and suicide attempts in a Federal Joint Committee Innovation Fund project (headed by Prof. Dr. Andreas Reif). The question of whether a questionnaire is useful, and if so, what the length of it should be, as well as which initial measures in family practice are helpful will certainly be discussed. The aim of our SuPr-X study (Suicide Prevention in Primary Care, POKAL Kolleg) is to provide initial information on how to deal with suicidal tendencies in the early diagnostic phase. Do you wish to help in evaluating the short questionnaire or contribute ideas on first measures? C.Haas@med.uni-muenchen.de

... and the relatives?

Relatives can be a support but also a burden for patients with mental illnesses. At the same time, they are often heavily burdened themselves. A new project in the POKAL Kolleg aims to investigate how family members can properly be included in primary care in a way that helps both patients and their relatives. Regina.Wehrstedt@med.uni-muenchen.de

A warm welcome to Prof. Caleb Alexander

The internationally renowned pharmacoepidemiologist Prof. Caleb Alexander from the Johns Hopkins Bloomberg School of Public Health, Baltimore, Maryland (USA), is a visiting professor and will be working in the team of Prof. Dreischulte until August 2023 on pharmacotherapy and medication safety in ambulatory care. It is an honour for us and we welcome him to the team!

Tobias.Dreischulte@med.uni-muenchen.de

Teaching

Doctoral Award for Vaccine Research

The Bavarian Family Physicians Association honours Flora Wendel, a graduate of our Family Physician 360°-program, for her dissertation on "The impact of participatory decision making on the vaccination rates of adults in outpatient care" with a doctoral prize of 1500 euros. Congratulations!

Robert.Philipp.Kosilek@med.uni-muenchen.de

First generation of "General Practitioner – 360°"

Our LMU leadership program "General Practitioner -360°" started in November 2017. In addition to training in general practice, graduates receive leadership training at a top international level: from budgeting to personnel planning, from research to politics, from public relations to communication training. The projects were: Cora Ballmann: Feasibility study for an interview intervention and the validation of a screening questionnaire for patients with ADHD in adulthood in the family practice; Sabine Schüssel: Validation of the P4-questionnaire on suicidality for the family practice; Robert Kosilek: co-authorship Study protocol of the PICTURE study (in 2017/2018), speaker and coordinator of our LMU Leadership Programm "Hausarzt 360°", Elisabeth Debold: systematic review and meta-analysis on drug-related hospital admissions, collaboration in the design of the PARTNER pilot study; Flora Wendel: Impact of participatory decision making on vaccination rates of adults in ambulatory care; Paul Delker: Survey on Bavarian Support Measures to ensure Family Physician Care. Robert.Philipp.Kosilek@med.uni-muenchen.de

Online training for companies with refugee employees

240 entrepreneurs who employ refugees were trained on the psychological consequences of fleeing their country with the network 'Companies that are integrating refugees' in an online seminar on June 14th, 2022. How can psychological stress be recognized? How can one address this issue to employees, if necessary? One way to support them is the 'IMPROVE - Mental Health' Study.

This nationwide project is aimed specifically at refugees with children and their parents who are suspected of having mental distress. As a brief intervention, parents are treated by trained family doctors and receive online training on parenting issues to protect their children. Learn more from David.Roesgen@med.uni-muenchen.de and Karoline.Lukaschek@med.uni-muenchen.de

Publications

Please see our [Homepage](#).

Our Newsletter is published 3x a year. If you no longer wish to have it sent to you, please send an email to: allgemeinmedizin@med.uni-muenchen.de