

Newsletter LMU General Practice & Family Medicine

March 2023 Issue



Dear Friends of the Institute,

Despite their value in the management of many medical conditions, drug products invariably have undesired effects. However, many serious adverse drug reactions (ADRs) in clinical practice are preventable. The key question is - how?

Answering this question is the core concern of our Pharmacotherapy Working Group at the Institute, and we are pursuing a dual strategy. First, using large databases from Germany and abroad, we are working to better understand the clinical settings in which serious ADRs occur. To do so, we use tools and methods from the field of pharmacoepidemiology, which is devoted to the study of the use, safety and effectiveness of drugs in large populations. But it is not enough to better understand the effects of drugs in different populations and settings. For patients to benefit, new knowledge must be translated into practice. Our second strategy is therefore focused on developing and evaluating interventions to improve medication safety in primary care.

At our last Day of General Practice on March 15th, the thematic focus was also on medication safety: The internist and visiting professor at the Institute, Caleb Alexander, invited the audience to "puzzle along" with tricky casuistry, and Professor Rika Draenert from the LMU Antibiotic Stewardship team provided a practical update on rational antibiotic therapy. Also you could learn a lot on other topics of the institute's work: At the "Science Slam" we presented current studies of the institute in an entertaining way with opportunities for cooperation with primary care physicians. We would like to thank all the participants for a great event!

Best regards Tobias Dreischulte
and the LMU General Practice Team

IMPRESSUM

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This newsletter was edited by Lukas Kaupe

Increasing drug therapy safety

In January 2023, we launched the "INTERventional POLypharmacy - Drug Interactions, Risks" (INTERPOLAR) study. The goal of INTERPOLAR is to improve drug safety among hospitalized adults. As part of the Medical Informatics Initiative (MI-I), an effort to make data from healthcare and research more useful, we will develop and test an IT-supported risk scoring system with 18 academic partners throughout Germany. Our main goal is to validate algorithms for the detection of adverse drug reactions so as to help prioritize patients who should receive specific and targeted drug safety interventions.

For more information, please contact: Miriam.Schechner@med.uni-muenchen.de

Many emergencies due to adverse drug reactions

ADRs can lead to emergency room visits and inpatient hospitalizations. For an update, we found in a systematic review with meta-analysis of 17 studies over the past decade that approximately 8 percent of hospital admissions are due to ADRs - about half of which were preventable! The most common ADRs were gastrointestinal disorders, bleeding events and electrolyte disturbances. The most frequently involved drugs involved were those affecting the nervous system, anticoagulants and cardiovascular drugs.

For more information, please contact: Annette.Haerdtlein@med.uni-muenchen.de

Identifying medication risks in people in need of long-term care

Using data from the BaCoM study (see next page), we investigated the type and the extent of potentially inappropriate medication (PIM) in people in need of long-term care. PIMs were identified using six different instruments. Almost all (91.7 percent) of the 226 BaCoM participants included received at least one PIM. The type and extent varied widely depending upon the specific instrument used, with the FORTA list emerging as the most effective tool in detecting PIMs. By combining it with another instrument (STOPP), the percentage of PIMs detected increased to 79.2 percent, to the publication.

For more information, please contact: Tobias.Dreischulte@med.uni-muenchen.de

International Symposium on Drug Safety & Summer School Pharmacoepidemiology

On June 22-23, 2023, we will host a one and a half day International Symposium on Medication Safety. This event will be attended by about 40 experts from the fields of pharmacoepidemiology, health services research, health policy, and clinical pharmacy and medicine from Europe and North America.

The aim is a highly interactive exchange on current scientific challenges in this field. Subsequently, in cooperation with the University of Harvard we will conduct a one-week pharmacoepidemiology course for young scientists. If you have any questions, or are interested in participating, please contact:

For more information, please contact: Tobias.Dreischulte@med.uni-muenchen.de

PIA Study: Your participation helps Ukrainian children

Many thanks to all practice teams and patients who supported us in our questionnaire survey as part of the PIA study (psychological aspects of vaccination decisions)! Throughout Bavaria, 864 patients participated and made a valuable contribution to better understand vaccination decisions against influenza or Covid-19. Thanks to funding from the Primary Health Care Foundation, three euros for each patient questionnaire were donated to the UNICEF Childran's Fund Ukraine.

For more information, please contact: Linda.Sanftenberg@med.uni-muenchen.de
or: office@stiftung-allgemeinmedizin.de

Events

From concern to confidence: Discussion event at March 20, 2023, 7.00 p.m. in Tutzing

Corona, climate change, Ukraine war, Inflation - for 3 years, one crisis has followed another. How has this changed patients? How can general practitioners help? The Primary Health Care Foundation, together with the evangelical academy Tutzing, invites all interested parties to join in the discussion. Registration and information see here:

office@stiftung-allgemeinmedizin.de

Teaching Physicians Meeting, online on 29 March 2023, 5:00 p.m.

All teaching physicians will receive an invitation email with program and zoom link with dial-in data beforehand. For more information, please contact:

Sabine.Salomon@med.uni-muenchen.de

"What maintains our health?" Public lecture, online on April 12, 2023, 1:30 p.m.

The lecture by Dr. Sarah Schäfer from the Leibniz Institute for Resilience Research Mainz is part of our public lecture series "Depression in Dialog" (to the program) of the POKAL College and the Primary Health Care Foundation. Zoom link on request at:

GRK2621@med.uni-muenchen.de

DEGAM Congress, September 28-30, 2023 in Berlin

Under the congress title "The general practice as a place for teaching, research and residency training - vision or reality?" the DEGAM Congress will take place this year in Berlin. www.degam-kongress.de/2023

Munich Mental Health Week, October 05 - 13, 2023

For the 8th time, the Munich Alliance against Depression e.V. is organizing a theme week in cooperation with us, this time focusing on "everything digital?!"

More [on our homepage](#).

BaCoM Symposium on November 23, 2023, 13:00 to 18:00 in Munich

We are conducting the final symposium of the Bavarian Covid-19 Outpatient Monitor at St. Vinzenz Haus, Nußbaumstr. 5. (see Newsletter-page 1).

For more information, please contact:

Susan.Mueller@med.uni-muenchen.de

Making well-informed vaccination decisions

As part of the study "Psychological aspects of vaccination decision-making in general practice" (PIA+), the feasibility of a brief intervention by primary care physicians to increase the vaccination rate of chronically ill patients with and without depression or anxiety was investigated. The influence of an active patient approach and a low-threshold vaccination information offer on the informed decision-making of patients was examined in five GP practices. Results are expected in May 2023.

For more information, please contact: Nadine.Heithorst@med.uni-muenchen.de

Help for refugee families

"Improve Mental Health" targets refugee families with young children. To help even more people, we now offer the complete study material in English as well. For this, we are still looking for English-speaking colleagues who can support refugees with a low-threshold intervention for mental illness such as depression, anxiety disorder or post-traumatic stress disorder (PTSD). For more information, please contact: Karoline.Lukaschek@med.uni-muenchen.de

Research term at the Institute of General Medicine

In the course of the BaCoM study (Bavarian Outpatient Covid-19 Monitor), medical students at the LMU are able to complete Module VI for the first time as part of a pilot project at the Institute. BaCoM is investigating the physical and psychological effects of the Covid-19 pandemic on care recipients, caregivers, family caregivers, and primary care physicians. We are about halfway to our goal of recruiting 1,000 study participants for BaCoM at the sites Würzburg, Erlangen and Munich by the end of June 2023. That means we are still looking for participating primary care physicians!

For more information, please contact: Susan.Mueller@med.uni-muenchen.de

Teaching

5th LMU Day of General Practice

On March 15, it was that time again. We welcomed visitors from primary care, pharmacy, mental health and other fields of medicine to the 5th LMU Day of General Practice, at the Campus inner city, with an entertaining update from the clinic and research. In addition to two lectures on pharmacotherapy, we organized a "Science Slam" on current projects from the Institute - and, as always, there was the opportunity for collegial exchange. Impressions of this event can be found on our homepage. For more information, please contact:

allgemeinmedizin@med.uni-muenchen.de

Mentoring during residency training

To provide the best possible support for our young colleagues in residency training in general medicine, we are in charge of the Competence Center Residency Training General Medicine Bavaria ("KWAB = Kompetenzzentrum Weiterbildung Allgemeinmedizin Bayern"), which represents a mentoring program that is held in conjunction with the University of Würzburg. Experienced mentors can register on a platform and meet with young colleagues. If interested, please register at: kwab.info/mentoring

New mandatory elective seminar

Beginning in the summer term of 2023, the new mandatory elective seminar "Mental Health & Primary Care" will be offered in the curriculum. In terms of content, we introduce students to the basic elements of 'Therapeutic Tools', 'Conversation Skills' and 'Psychological Case Understanding'. For more information, please contact: C.Haas@med.uni-muenchen.de

Research Practice 2023

On behalf of the joint project BayFoNet (www.bayfonet.de), we cordially invite you to our new training series "Research Practice 2023"! On five dates, we would like to inform you about current practice-relevant topics and provide you with the tools for successful research in general practice. The series of events is aimed at primary care physicians and medical assistants and takes place virtually via ZOOM. Participation is free of charge, and BayFoNet member practices receive a certificate of participation for Module II. If you are interested, please register at least 3 days before the start of the event at:

http://service.ukw.de/Formular/?u=ver_bayfonet

For more information, please contact: Linda.Sanftenberg@med.uni-muenchen.de

Publications

Please see our [Homepage](#).

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