

Newsletter LMU General Practice & Family Medicine

March 2022 Issue



Dear Colleagues and Friends of the Institute,

In the last newsletter, we were able to look back on the past five years, but now we turn our attention to the coming years. What is in store?

The institute is expanding its networking. The DFG Graduate College (POKAL), the German Center for Mental Health (DZPG, which is currently being founded), and the Bavarian Research Practice Network (BayFoNet) are excellent opportunities for us: together with the next generation of physicians and researchers in the POKAL College; with our specialist colleagues in the Center; and in the BayFoNet with the General Medical Institutes in Würzburg, Erlangen, Munich, and in the future also in Augsburg. But, most importantly, the teams in the general practices are at the forefront for us: In the College, all innovations are focused on our work. In the Center, we are driven by the long road from the basics to implementation in everyday clinical practice on the ward and in the practice. In the research network, we invite all Bavarian family physicians to identify and investigate the important questions of our work.

In university teaching, we will actively participate in the reorientation of medical studies and, of course, we will continue to try to better accompany the leaders of our specialty on their way in "GP 360".

Best regards,

Jochen Gensichen

and the LMU General Medicine Team

Institute News – now on Twitter !

For the new year we start a new chapter: We are now active on Twitter for you. Follow us at @LMU_Allmed for the latest news, updates and event tips from research and teaching in general medicine and stay up to date with our work. [LMU Allgemeinmedizin \(@LMU_Allmed\) / Twitter](https://twitter.com/LMU_Allmed)

Hannah.Schillok@med.uni-muenchen.de

Our POKAL College Projects

Within the framework of the interdisciplinary and interinstitutional DFG research training group POKAL ("PrediktOren und Klinische Ergebnisse bei depressiven ErkrAnkungen in der hausärztlIchen Versorgung"), three different research projects with a focus on depression care in the primary care setting are starting at our institute. In the project "Suicidality", headed by Karoline Lukaschek, a suicidality questionnaire for primary care will be developed and tested (C.Haas@med.uni-muenchen.de). In addition, low-threshold interventions will be identified (Puya.Younesi@med.uni-muenchen.de). The monitoring project, supervised by Jochen Gensichen, uses a meta-analysis with individual patient data (IPD) to test the effectiveness of different elements of a primary stepped care intervention and to evaluate them in terms of health economics (Hannah.Schillok@med.uni-muenchen.de, Jonas.Raub@med.uni-muenchen.de, Lukas.Kaupe@med.uni-muenchen.de). The pharmacotherapy working group headed by Tobias Dreischulte is working on the topic of deprescribing, i.e. the discontinuation or dose reduction of antidepressants, and is looking for interested parties to participate in an expert panel. (Vita.Brisnik@med.uni-muenchen.de, Jochen.Vukas@med.uni-muenchen.de).

POKAL Coordinator: Anja.Drescher@med.uni-muenchen.de

COVID-19 Report with the Techniker Krankenkasse (health insurance company)

Prof. Dreischulte (LMU Klinikum) and Prof. Schmiedl (University of Witten/Herdecke) prepared a comprehensive report on COVID-19 for the Techniker Krankenkasse (TK), on disease development and diagnostics, drug prophylaxis and therapy approaches, and vaccinations. In addition, strategies for identifying new approaches (including drug repurposing), economic aspects and the importance of health care data are presented.

<https://www.tk.de/techniker/gesundheit-und-medizin/behandlungen-und-medizin/infektionen/corona-virus/covid-19-report-2121758?tkcm=aas>

Tobias.Dreischulte@med.uni-muenchen.de

AgeWell Study Concluded

Thank you very much, dear colleagues, for your committed participation in this large collaborative project on dementia prevention! As part of the study (lead: Prof. Steffi Riedl-Heller, Leipzig), patients at increased risk were visited by us in their home environment and individually counselled to benefit from a wide-ranging program to strengthen body, mind and psyche. We expect first results on depression and social participation in summer 2022.

Isabel.Zoellinger@med.uni-muenchen.de

To the GP after intensive care stay !

Thanks to you, we have now been able to enroll 220 patients in our aftercare program PICTURE. This low-threshold program, which is offered by the family doctor with whom patients have been familiar for many years, is intended to alleviate the psychological stresses following intensive medical care. GPs are also prepared and regularly supported by our psychologist. An initial insight into the lives of affected patients is provided by a radio report: "I couldn't breathe" at: <https://www.br.de/mediathek/podcast/radioreport-age/ich-habe-keine-luft-mehr-bekommen-trauma-nach-intensivstation/1845185>

We are recruiting patients until June 2022.

Jochen.Gensichen@med.uni-muenchen.de

IMPRESSUM

Institut für General Practice and Family Medicine
University Hospital of Ludwig-Maximilians-University of Munich
Professor and chair: Prof. Dr. Jochen Gensichen
Pettenkoferstr. 10 D-80336 München
tel: 0049(0)89 4400-53779 fax: 0049(0)89 4400-53520
email: allgemeinmedizin@med.uni-muenchen.de
www.allgemeinmedizin.med.uni-muenchen.de

Events

Forum for Traffic Safety 11-12 March 2022

The Forum for Traffic Safety in Munich takes place every two years. The main objective is to promote young scientists working on topics relevant to traffic safety. If you are interested in a workshop, please send an email to:

Forum-VS@med.uni-muenchen.de

Homepage:

<https://www.rechtsmedizin.med.uni-muenchen.de/aktuelles/news/forum-verkehrssicherheit/index.html>

60th EQUIP Online Meeting 11-12 March 2022

At the "EQUIP Virtual Spring Conference 2022" two of our projects will be presented: "Bavarian Covid-19 Outpatient Monitor (BaCoM)" (Isabel.Zoellinger@med.uni-muenchen.de) and

"Shared decision making enhances adult influenza vaccination rates in outpatient care - a systematic review and meta-analysis". (Linda.Sanftenberg@med.uni-muenchen.de). Register here:

<https://equip.woncaeurope.org/events/60th-equip-conference-virtual>

Teaching Physicians Meeting, 4 May 2022, 5:00 pm

As usual, there will be a meeting of teaching physicians in the spring. We will discuss with which knowledge the students come to you in the block internship and present the contents of the block internship introduction day in comparison with everyday practice. <

Karoline.Lukaschek@med.uni-muenchen.de

LMU General Medicine Research Day, 29 June 2022, 2:00 pm

We invite family physicians with their team to our first research afternoon (online). In addition to our newly established research network structures (POKAL, DZPG & BayFoNet), we will present two current studies on the topics "Multimedication" and "Suicide Prevention". In addition, we would like to discuss with you the first ideas of a study (STARK: "First Aid Psycho") next year, in order to better address your questions and ways from the start. Linda.Sanftenberg@med.uni-muenchen.de

LMU Day of General Practice 2022, Wednesday, 28 Sept. 2022, 12.30 pm

Save the Date: The General Medicine Day of our Institute will take place from now on the 2nd Wednesday of the Oktoberfest. We are looking forward to a large number of participants! Elisabeth.Debold@med.uni-muenchen.de

DEGAM Congress, 15 -17 Sept. 2022

This year's DEGAM congress will be held in Greifswald and will focus on the topics of "Communicating health knowledge between individualization and standardization" and "Participatory decision-making".

<https://www.degam-kongress.de/2022/>

Psychological Help for Refugees

The IMPROVE-Mental Health study aims to strengthen the mental health of refugees with children (lead: Prof. Sylvia Schneider, Bochum). Parents suffering from anxiety, depression or post-traumatic stress disorder receive a guideline-oriented treatment from their family doctors, as well as supportive telephone counseling and online training as a parenting aid. If you know patients or practices or if you yourself might be interested, please feel free to contact us: David.Roesgen@med.uni-muenchen.de

Adult ADHS News

Our evaluation of the German version of the Adult ADHD Self-Report Screening Scale for DSM-5 (ASRS-5) showed good psychometric criteria (sensitivity 95.6%, specificity 72.3%). In addition, it was evaluated as convincing and feasible by the surveyed primary care physicians. (in review).

Cora.Ballmann@med.uni-muenchen.de

Depression Care Principles

The contributions on the topic of depression emphasize interdisciplinary as well as intersectoral collaboration - from eHealth to inpatient treatment. Our contribution addresses the special role of primary care: A large part of depression treatment is carried out with the involvement of family physicians. In many cases, family physicians are the first or only point of contact, which results in a high level of responsibility, not least for suicide prevention:

<https://www.laekh.de/heftarchiv/ausgabe/2022/februar-2022>.

C.Haas@med.uni-muenchen.de

What influences the decision to vaccinate?

The project "Factors Influencing the Vaccination Decision for or against Seasonal Influenza Vaccination" focuses on vaccination decision factors among chronically ill patients with depression or anxiety disorder in primary care. We will start recruiting patients in the research practices in the second half of the year with the aim of starting the evaluation at the end of the year and first results in the coming year. Linda.Sanftenberg@med.uni-muenchen.de

Teaching

Expansion of our 360° GP Program

With the successful start of the DFG Research Training Group POKAL in the fall of 2021, five new residents have also been accepted into the 360° GP program. They are now completing a structured training at the LMU University Hospital and are doing their doctorates in parallel in the graduate program. We are pleased that our 360° GP team has currently grown to 10 participants who will represent and advance all general medicine in the clinic, research and teaching during the three years of inpatient training!

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

New Paths in Digital Teaching

The Institute of General Practice and Family Medicine is constantly working on ways to optimize its teaching offering for students. Our latest project within the framework of the virtual university of Bavaria is an interactive case collection from the fictitious family practice "Dr. Klug". The modern H5P program is used, which enables, among other things, sound inserts and multi-way scenarios. Thus, classical cases of general medicine can be worked on in a modern way by the students from their desks or with a mobile connection David.Roesgen@med.uni-muenchen.de

COVID-19 and Society

After "COVID and GP" and "COVID and Care", the Primary Health Care Foundation most recently addressed the question: "Is Covid making our society sick?" The sociologist Prof. Armin Nassehi from Munich gave new impetus to this topic. You can find this and all events at www.stiftung-allgemeinmedizin.de.

Andrea.Bischhoff@med.uni-muenchen.de

Publications

Please see our [Homepage](#).

Job Offers

Would you like to work in our team? Please see [Homepage > Jobs](#)

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