Dear colleagues and dear friends of the Institute,

We are accustomed to the latest achievements in medical specialties and laboratory sciences. Some of it affects our work – and some not so much. We at the Institute want to develop more general practitioner innovations “on the spot” – applying them directly in our practices. To this end, we have joined forces to form a network in Bavaria, so that in the future we, as general practitioners, will be doing more research. In this way, we learn from and with each other, improving our work and our decision-making according to the rules of science. This convinces our patients, our colleagues and, last but not least, the payers of health care. Our topics have broadened. Prof. Tobias Dreischulte brings with him decision-making aids for pharmacotherapy in the GP’s practice, but he also analyses specific risks of common medicines, thus supporting our daily work.

Through the country doctor quota, a committed next generation comes into our field (5.8%), with a special selection procedure organized by the Bavarian state government. At the same time, experienced LMU lecturers are desiring of recognition, but they will be bowing out. We would therefore be very pleased, if you became active by helping students to choose our profession. It is well known that the General Practitioners Association (Bayerische Hausärzteverband) takes care of the next generation of doctors. It is now possible for doctors in the "Hausarzt 360°" program to co work with each other, improving our work and our decision making with each other, improving our work and our decision-making according to the rules of science. This convinces our patients, our colleagues and, last but not least, the payers of health care. Our topics have broadened. Prof. Tobias Dreischulte brings with him decision-making aids for pharmacotherapy in the GP’s practice, but he also analyses specific risks of common medicines, thus supporting our daily work.

The time for the "PREMA" study in general practitioners' practices in Hesse was accompanied by training and informational events. The interest of general practitioners and their patients is high. The treatment is supported by the use of practical digital aids.

With good wishes for the upcoming chilly season,

Jochen Gensichen
and Team LMU-General Medicine

BAVARIAN RESEARCH NETWORK

Most studies in Germany are carried out in hospitals, which leaves many questions unanswered for the GP’s practice. The Institutes for General Medicine of the LMU, Technical University of Munich, Friedrich Alexander University (Erlangen) and the Julius Maximilian University in Wuerzburg founded the Bavarian research practice network (BayFoNet). The network, which is funded by the Federal Ministry for Education and Research (BMBF), wants to actively integrate 240 practices and train them for joint research projects. Here, a committee consisting of family doctors and patient representatives will identify important questions to be investigated. We will start with pilot studies on the effectiveness of a new rapid test for uncomplicated urinary tract infections and on the effects of online asthma training for patients.

MEASURES FOR MORE GENERAL PRACTIONERS

We have surveyed support measures for young general practitioners in Bavaria. Approximately thirty measures are supported by the self-government, health insurance companies or the public sector, and include information and financial incentives in training, further education or at the respective workplace (Alberer et al., Infection, 2018).

POLYPHARMACY

It is well known that polypharmacy, also referred to as multimedications, in addition to having positive effects, also increases the risk of side effects. The avoidance or optimization of polypharmacology remains a challenge. The National Health Service in Scotland has intensively faced this challenge since 2010. Practice guidelines have been drawn up, decision aids for doctors and patients developed and national quality indicators implemented. As a member of the Scottish Polypharmacy Working Group, Professor Dreischulte and co-authors explain these initiatives in a review article in the Annual Review of Pharmacology and Toxicology.

THIAZIDE-INDUCED HYponATREMIA

Thiazide diuretics are among the cheapest and most frequently prescribed drugs in outpatient care and are the first choice for the treatment of hypertension. Professor Dreischulte describes the risk of severe hyponatremia with thiazide therapy in a guest article for the U.S. Patient Safety Network of the Agency for Healthcare Research and Quality (AHRO). He examines frequency, mechanisms, risk factors and strategies for the prevention of severe hyponatremia.

DIGITAL SUPPORT FOR ANXIETY AND DEPRESSION

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RESEARCH AWARD FOR JOCHEN GENSCHEIN

At this year’s DEGAM Congress, the "SMOOTH Study Team" led by Prof. Jochen Gensichen and Dr. Konrad Schmid from the Berlin Charité Hospital for "GP care after critical illness" received the "German Research Prize for General Medicine - Dr. Lothar Beyer Prize". Originally developed from the clinical picture of sepsis, the results enable family doctors to improve individual care in the outpatient part of their continuing education in the LMU management program, thus advancing continuing education in the LMU.

VACCINATION DISCUSSED IN BAVARIAN PARLIAMENT

On October 8th, Dr. Linda Sanftenberg, was among others who spoke at a hearing in the Bavarian Parliament: More than 96% of the children in Bavaria receive the first measles vaccination, but only 93% receive the second. A coverage of 95% is necessary for herd protection. Therefore, the vaccination consultation and advice should be intensified. At the same time, the experts were reserved when it came to a general vaccination requirement.

ENQUIRING ABOUT SUICIDAL THOUGHTS

How can we best treat patients with suicidal thoughts? Which questions help us to better assess it? We are investigating this in our P4 project and are looking for colleagues who want to address four key questions in discussions with their patients in the short term – i.e. by the end of the year. The time required is manageable. If you are interested, please contact Sabine.Schluessel@med.uni-muenchen.de
TEACHING

FAMILY DOCTORS AS ENTREPRENEURS

The course “Doctor and Entrepreneur” prepares you for the professional economic, legal and ethical challenges of an entrepreneurial activity as a physician in private practice under the guidance of experienced experts from business and practice. In small working groups a complete concept for a medical practice is developed. The course takes place on Wednesdays from 6:30 – 9:30 pm.

Lina.Lauffer@med.uni-muenchen.de

ONLINE TRAINING FOR MENTORS IN BAVARIA

Mentors accompany, support, learn and pass on important information to others. For colleagues who want to act as mentors in further education in general medicine, we are offering an online training. The training, found on the Bavarian Competence Center for Continuing Education in General Medicine website, provides short and concise content and suggestions for mentoring.

Lina.Lauffer@med.uni-muenchen.de

MEDICAL CASES FOR TEACHING PURPOSE

The student doctor’s reports, as part of the block internship and case discussions of the resident physicians in the continuing education program, form a growing collection of concrete GP case histories. We would now like to process this resource - anonymously - for teaching purposes.

Lina.Lauffer@med.uni-muenchen.de

FAMILY DOCTORS 360° NOW IN GP PRACTICES

As the first graduate of the program Family Doctor 360°, Dr. Robert Philipp Kosilek now begins the outpatient section of the continuing education. With the support of the Bavarian General Practitioners’ Association, we are pleased to be able to offer the LMU leadership program over the entire 5-year training period, and are now able to build a bridge to general practitioners with the managers of tomorrow.

Lina.Lauffer@med.uni-muenchen.de

GREEN LIGHT FOR COUNTY DOCTORS QUOTA

The Bavarian cabinet has decided to allocate 5.8% of medical study places from the winter semester 2020/21 to prospective students who want to work as country doctors after their further training. This means that the Numerus Clausus is partly omitted, but a medical test must be passed, and training in health professions or rescue services is also taken into account. The prospective students commit themselves to 10 years of work (after further training) as general practitioners in under-served areas by accepting a place in the rural doctor quota. For questions about application, regulations and deadlines please write to:

landartzquotelsgl.bayern.de

BEING A TEACHING DOCTOR MEANS BEING A ROLE MODEL

Become the clear and convincing role model for the next generation of doctors: Take part as an LMU lecturer in the block internship (2 weeks) or in the PJ (a tertial) or as a seminar leader (on the Wednesday seminar). An expense allowance can also be provided by the LMU.

Lina.Lauffer@med.uni-muenchen.de

PUBLICATIONS:

The current list of our publications can be found on our homepage:

http://allgemeinmedizin.klinikum.uni-muenchen.de

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

allgemeinmedizin@med.uni-muenchen.de