



Dear Colleagues and Friends of the Institute,

We have been confronted by the following questions in the last 15 months: "Who will get through the pandemic and how will we get through the pandemic?" "What do we learn for the future?"

The answers have often remained unsatisfactory. We still know too little from the care outside the hospitals, in the care facilities, in the general practitioners' surgeries and in and in schools. And so the mission of the hour is: "Look and listen!" - inviting those affected to tell us about their experiences and suffering in order to find answers that will last today and in the future. Our BaCoM project on "Covid and Care" aims to contribute to this.

During the Covid 19 pandemic GPs and nurses are more than ever in need of mutual support and with this Bavarian-wide study, we want to and we can do a lot together.

Our second, very large future project is teaching. The next generation of doctors is waiting and needs us. We want to equip them with the best possible tools so that they can start their professional future as good family doctors for our patients, as convincing teachers for the next students and as excellent researchers for the important questions of our subject. Our continuing education programme "GP 360°" and our graduate college "POKAL" are designed to contribute to this.

Best wishes for a pleasant summer,

Jochen Gensichen

and the LMU Institute for General Practice and Family Medicine Team

Thinktank spurs institutional development

After countless digital events, it was good to finally meet colleagues in person in June. We discussed digitalisation, evidence-based medicine, practice organisation and prevention, as well as their significance for mental health and general practitioner pharmacotherapy at Frau-enchiemsee. A basic unit on "Good Clinical Practice" (GCP) prepared everyone for their work as investigators. We also took a close look at the contents of our lecture, our seminar and our block practical course. This part of our development of the institute, which is to lead to a new mission statement for our work in order to define our long-term goals, our concrete missions and our institute culture even more clearly.

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Risk of Falls: Specialist information more useful than assumed

For patients with an increased risk of falling, guidelines recommend, among other things, an examination of whether and how the medication can be adjusted. Can the specialist information be available to all physicians and pharmacists (e.g. Red List) to help to assess the risk of falls in our patients?

We find: The more medicines a patient takes at the same time, the more their expert information side effects (e.g. "dizziness"), the higher the risk of fall-related fractures. Even if specialist information often warns of unspecific risks, they seem to be more useful when it comes to drug-related fall injuries.

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Covid-19 in care

There are many reports on the performance of intensive care units for COVID patients. What about patients who are treated in GP practices? What long-term burdens must they, their relatives, their caretakers and their GPs expect? And what can we learn? The Bavarian Outpatient Covid-19 Monitor (www.bacom-studie.de) is intended to provide for the first time a solid basis on which to answer these questions as well. The Bavarian Ministry of Health and all those involved are working hand in hand according to the motto "look - listen". The Minister of Health, renowned advisory boards and we are asking patients, relatives, caregivers and doctors to report on their experiences. Please get in touch with:

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... and with Long Covid Patients?

About 20 percent of Covid patients have long-term consequences. These are similar to the stress after intensive care treatment, such as Post Intensive Care Syndrome (PICS).

In fact, many of these patients have been treated in intensive care. This is where our PICTURE study takes on an unexpected new meaning. We are asking ourselves in this nationwide DFG study whether discussions with general practitioners help to alleviate the psychological consequences of the ICU stay. The final spurt is on! We are still accepting patients after intensive care until autumn.

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Medication already on the market as treatment for Covid-19?

Effective medicines to prevent or treat severe courses of Covid-19 are still important and even continue to be important after successful vaccination. In cooperation with the Techniker Krankenkasse, a health insurance company (TK), we are investigating whether drugs that have been on the market for some time. This is being analysed in large international data sets – but also in those of the TK.

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Anxiety at the GP

The severity and duration of anxiety symptoms at the start of a short course of anxiety treatment by a GP determine its success. This is indicated by our data. Additional depression exacerbates the symptoms. If the brief GP exercise programme is combined with regular MFA, this can help with anxiety/panic (PARADIES study) (N=419; 230 intervention, 189 control; mean age: 46.2 years; 74% women).

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IMPRESSUM

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Events

Nationwide JADE meeting on 18th July 2021 from 10-3 pm

The nationwide JADE network ("Junge Allgemeinmedizin Deutschland") invites you to an exciting Zoom meeting. In addition, regional regulars tables will be offered. Registration and information see www.jungeallgemeinmedizin.de or [Bernadett Hilbert-bayern@jungeallgemeinmedizin.de](mailto:Bernadett.Hilbert-bayern@jungeallgemeinmedizin.de)

Seminar for further training in general medicine, counseling for fatigue and depression on 28th July 2021

Due to the pandemic, some of the full-day SemiWAM® lessons on 28th July 2021 will take place online. This year's schedule and information can be found at: <http://kwab.info/semiwam/>

Work in Progress for POLAR-Study on 22nd September 2021

Once a month, we hold seminars on various research topics (for the complete program, see our homepage). In September, we will be discussing the current status of a sub-project of the POLAR study, which deals with drug-related hospital admissions. If you would like to attend, please contact:

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LMU General Medicine Day, Wed., 29th September 2021, 1 pm-8 pm

The program includes, among other things, a workshop on dealing with traumatised patients in general practice and a workshop on Advanced Care Planning. For more details, please see the website, where you can also book directly. The event will take place during the traditional "Wiesn" period and we are planning a joint Pretzel & Beer snack at the end.

www.lmu-klinikum.de/institut-allgemeinmedizin
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Hufeland-Lecture: Dr. Jane Goodall Fri., 17th September 2:30 pm in Lübeck

This year's Hufeland Lecture of "Stiftung Allgemeinmedizin - The Primary Health Care Foundation" will be read by the environmental activist Dr Jane Goodall. Her lecture, for which she has chosen the title "The Planet as Patient", will take place as part of the DEGAM Congress and will also be available afterwards on the homepage of Primary Health Care Foundation.

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Our Newsletter appears 3x year. If you no longer wish to receive it, please send us an e-mail to:

allgemeinmedizin@med.uni-muenchen.de

DMP for Depression

The Disease Management Program (DMP) for depression will start soon. Do GP depression programs also reduce suicidality? Our data were analysed together with 27 other RCTs (11,165 patients). Suicidal thoughts of the participants improved compared to usual care (SMD -0.11 [95% CI -0.15 to -0.08]; I², 0.47% [95% CI 0.04% to 4.90%]). An integrated psychotherapeutic treatment additionally improved a little (SMD -0.15 [95% CI -0.19 to -0.11]). Suicidal ideation was reduced more in patients over 65 years of age than in younger patients (SMD, -0.18 [95% CI -0.25 to -0.11]). Conclusion: GP depression programmes with integrated psychotherapeutic interventions are effective ways to reduce suicidal ideation (Grigoroglou, GenHospPsychiatry, 2021).

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... They will arrive in October – POKAL College begins

The POKAL College in Munich ("Prädiktors and Outcomes in primary depression care", DFG-GRK 2621, www.pokal-kolleg.de) accompanies the next generation of re-searchers on GP diagnosis and treatment of mental illnesses. We have recruited 16 enthusiastic young researchers from over 150 interested parties and 76 outstanding applications in a transparent selection process. Over the next three years, they will work with their nine senior colleagues to further improve depression treatment in GP practices.

Anja.Drescher@med.uni-muenchen.de

Teaching

Doctors and pharmacists work together

The online seminar "Pharmacotherapy in Practice", which is always fully booked, aims to promote cooperation between trainee pharmacists and general practitioners. Contents are drug interactions, tips on dealing with multi-medication and case studies that are worked on jointly by pharmacy and medical students. The increased use of the "Moodle" learning platform is intended to make the seminar even more interactive. Tobias.Dreischulte@med.uni-muenchen.de

International Guest

We are pleased to welcome our first international guest scientist, Ms. Faiza Shahid. Ms. Faiza Shahid is a pharmacist from Islamabad, Pakistan. She has been awarded a scholarship by the German Academic Exchange Service (DAAD) and will be with us for three years to conduct research on "cascades of writing". Faiza.Shahid@med.uni-muenchen.de

Covid-19 in care – a podium discussion

Most people in need of care are cared for at home: How are they, their caregivers and relatives faring in the pandemic? The Evangelische Akademie Tutzing and "The Primary Health Care Foundation" invited a panel of experts to discuss this. The panelists were: Dr. Marianne Koch, "Notebook Health Talk" in BR2-Radio and curator of the Primary Health Care Foundation; Kristine Lütke, senior care manager and coordinator at St. Otto Residence in Lauf a. d. Pegnitz; Joachim Görtz, Bavarian Office of the Federal Association of Private Providers of Social Services e.V.; Armin Heil, Ambulant Healthcare in Tutzing e.V.; Prof. Dr. Jochen Gensichen, The Primary Health Care Foundation.

Dr. Hendrik Meyer, Magister from the Academy moderated the panel, which you can see on YouTube channel of the Evangelische Akademie. Andrea.Bischoff@med.uni-muenchen.de

Big thank you – Feedback for students!

We continue to maintain the personal expert discussions with each individual of our approximately 500 students per year during the Corona pandemic. Individual contact is particularly important to us during this time. In addition to clinical casuistry, we also hear a lot about the experiences during the block internship. Time and again, the large amount of work involved in testing and vaccination in the practices is noticeable. Against this background, we would like to thank our teaching physicians very much! Elisabeth.Debold@med.uni-muenchen.de

Online Course „Functional Body Complaints“

This course is designed to help participants improve quality of life and functionality for their patients. However, they should also help to ensure a sensible use of health resources, e.g. no overdiagnosis with many technical examinations. TUM Psychosomatics has developed this free course together with us. It is now accessible via the Virtual University of Bavaria.

<https://open.vhb.org/blocks/ildmetaselect/detailpage.php?id=215>

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