



Dear colleagues and friends of the Institute,

In 1996 Berti Vogts led a German football team with limited technical possibilities to the European Championship by way of his mantra "the star is the team". In the spring of 2021, it is obvious, how vital teamwork is in meeting the challenges of the pandemic despite structural problems of the healthcare system. In emergencies like these, interprofessional boundaries become blurred, and conflicts of interest recede into the background. Hopefully, we can learn something from this for post-pandemic times!

To support such learning, the Bavarian Ambulatory Covid-19-Monitor (BaCoM) will examine experiences and needs of Covid-19 patients in need of care as well as their caregivers (primary care physicians, caregivers, family members). The primary goal is to provide a reliable basis for the collaborative management of the current and future pandemics.

How a multidisciplinary team of health care professionals can provide effective and efficient care to elderly, multimorbid and dependent people will remain the challenge for our healthcare system. We hope for new answers through our interdisciplinary graduate program POKAL, in which GPs, psychologists, pharmacists and computer scientists are developing new approaches for multimorbid patients with depression.

Last but not least, we rely on teamwork with you to implement these and other research projects!

Yours sincerely,

*Tobias Dreischulte
and the team
of the LMU General Medicine*

IMPRESSUM

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Watch... listen... launch Covid-19 Monitor

What do people in need of care, their relatives, their caregivers, and their primary care physicians need in the pandemic? The Bavarian Ministry for Health and Care has commissioned the "Bavarian Outpatient Covid-19 Monitor" (BaCoM) to inform the management of the current, but also future pandemics. Over the course of the next three years, we will be investigating and surveying general practitioners, caretakers, family members and other primary care physicians in Würzburg, Erlangen and with the Catholic University of Applied Sciences in Munich. We will be studying and interviewing up to 1,500 people in need of care (care level I-V) living at home or in nursing homes in which Covid-19 has been detected. BaCoM is concerned with the medical as well as the lifestyle aspects of the pandemic.

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Search for drugs against severe Covid progression

Despite successful vaccine development, we need effective strategies to prevent severe courses of COVID-19 disease. It is possible that there are already approved drugs for other diseases that could be used for this purpose due to their ability to support the immune response. The team of Prof. Tobias Dreischulte is investigating this question by collaboration with partners from LMU, Harvard University Boston and the University of Dundee. First results are expected in early summer.

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At the forefront of "POLAR" research

Within the framework of the Medical Informatics Initiative (MII), 15 German university hospitals are developing an infrastructure to make routine data from inpatient care available for research and care. Prof. Tobias Dreischulte, together with Dr. Fady Albashiti lead the use case POLAR (POLypharmacy, Drug Interactions and Risks) at LMU-KUM. Now, LMU-KUM, has been named a "frontrunner" along with three other sites, since many of the necessary process steps for data use have already been established at MedICLMU. Congratulations!

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Social activity, mental health and memory

In the study "AgeWell.de" on the prevention of cognitive decline in elderly primary care, patient baseline data are now available. We are participating in its evaluation with a focus on social participation and depression, and are investigating the question of how (a) social activity and (b) depressive symptoms are related to cognitive performance. The study has been extended by an additional questionnaire on Covid-19. The analysis has just started.

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The Primary Health Care Foundation welcomes new trustees

At the end of the year, the Medical Director of the LMU Hospital, Karl-Walter Jauch, retired. We are therefore pleased that he will continue to use his wealth of expertise gained over decades, to benefit the field of general medicine. It is an honor for us to have our former Medical Director as a member of the Board of Trustees of the "Stiftung Allgemeinmedizin – The Primary Health Care Foundation"! We also welcome the experienced general practitioner Dr. Hannelore Wächtler from Eutin. She was in charge of the development of the S3 guideline on sore throat.

Jochen.Gensichen@med.uni-muenchen.de

...inquired in "Paradies"

Genetic factors can play an important role in how people behave in a crisis. In a follow-up study, we are collaborating with Ruhr University in Bochum to investigate the relationship between genetic factors and attitudes toward the Covid-19 pandemic, and the effectiveness of brief behavioral therapy.

Karoline.Lukaschek@med.uni-muenchen.de

Events

(subject to the current situation)

Virtual mentoring meeting on Wednesday, March 3, 7 p.m.

The pandemic stresses our professional life and there is little room for private things. To remain in contact between mentors and mentees, we want to bring them together via Zoom to discuss experiences, feedback, and improvement requests for the project. Informal registration:

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Family physicians wanted as judges for rural physician quota: Please register by March 15, 2021

Committed family physicians are being sought as volunteer jurors for the selection interviews with the current cohort of applicants for 113 study places currently to be awarded under the rural physician quota. Information and contact at:

Landarztquote@uni-bayreuth.de

Teaching physicians' meeting Wednesday, April 28, 6:30 to 8:30 p.m.

Our next meeting with our teaching physicians will hopefully take place as a face-to-face event in room E0.81 in the "alten Polyklinik" or digitally, but this still has not yet been decided. There are education points, please register at:

Tamara.Hartmann@med.uni-muenchen.de

BayFoNet, Networking Meeting of Bavarian Research research practices, June 10, 6 p.m. to June 11, 1 p.m. at Frauenchiemsee.

We invite you to the continuation of our think tank "General Medicine - Shaping the Future in Teaching & Research Together"! This event aims at physicians who attended the last event in 12/2019 AND colleagues who would like to attend for the first time! Depending on pandemic events, we hope to meet again in person on Frauenchiemsee Island, where we plan to discuss and develop our ideas with you. As of now, you can get to know BayFoNet online on our new website www.bayfonet.de and find out about current studies and events. Registration is already possible at:

Linda.Sanftenberg@med.uni-muenchen.de

55th DEGAM Congress from September 16-18 in Lübeck

The annual congress of the German Society of General Practice and Family Medicine had to be held online last year, we are therefore looking forward to meeting in Lübeck this year. This year's congress topic is: Digitalisation - Opportunities and Risks for General Practice.

www.degam-kongress.de

LMU Day of General Practice 2021 Wednesday, September 29, 2-8 p.m.

This year our General Medicine Day will take place on a Wednesday. Afterwards we want to say "Prost" at the "Wiesn". Preregistrations are already possible at:

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Cutting-edge research for people with depression

In the DFG-funded POKAL-Kolleg (Prädiktoren und Klinische Ergebnisse bei depressiven Erkrankungsformen in der hausärztlichen Versorgung), LMU, KUM and TUM want to contribute to earlier and safer detection and treatment of depressive disorders. POKAL bundles top-level research in this area in Munich and enables young researchers from the fields of medicine, psychology, pharmacy, and health and nursing sciences to pursue a PhD/doctoral studies/Dr.med. degree. Particularly committed future family doctors can achieve this in parallel to their specialist training. Over a period of three years, one day per week ("Kollegstag") is reserved for research, plus a 6-month full-time phase in research. In addition, there are pure research projects over 3 years (including Ph.D. Medical Research) for post-doctoral colleagues. Anyone who would like to contribute to helping family physicians provide better care for patients with depression, is invited to apply now through the application portal, see www.pokal-kolleg.de contact for more information:

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ADHD in adults - short intervention by family physicians

Six family physicians and eleven patients tested a family physician brief intervention for adult ADHD patients. The intervention was based on cognitive behavioral therapy (4 sessions of 30 min each) and was adapted for family practice by a panel of experts. In our feasibility study, the program was rated as helpful and feasible by both patients and physicians. Now, the follow-up study will examine whether the care of adult ADHD patients can be improved through appropriate involvement of primary care physicians by way of a stepwise model (Ballmann, ZFA 2021).

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Teaching

Vaccination against Covid-19 – in the family practice

Family physicians will soon be administering Covid-19 vaccinations in their practice. Therefore, on February 15, 2021, we prepared and trained all students in the upcoming general practice block clerkship. This means that by the start of their general practice block, students will have the basic knowledge they need to actively support general practices with vaccination, storage, documentation, and administration of all Covid-19 vaccines currently licensed in the EU. On April 12, students will also be appropriately prepared for the 2021 summer semester.

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Good marks for digital teaching

Students and lecturers have given a positive assessment of our pandemic-adapted teaching concepts with online solutions or a mixture of synchronous and asynchronous teaching for lectures and seminars. The unanimous assessment supports the quality of our measures, even if the corresponding exam performance was lower this time in comparison to the last semester (Lukaschek et al, ZFA 2021).

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Polypharmacy in teaching

Therapeutic decisions in elderly patients with multimедication are often very complex. In order to teach medication optimization strategies, we rely on interactive discussion of case studies. Such interactive elements can also be implemented virtually. Small groups of students first work on the cases in breakout rooms, then the group results are collected via surveys and immediately evaluated. In this way, we can check the learning success in real time, clarify misunderstandings and focus the discussion in the plenum on controversial therapy decisions.

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In 3 years to a 360° GP

"...that was my idea when I first started working at the Institute of General Practice at LMU in April 2018. Today, I look back on the hospital part of my further training. Working in the different departments of the hospital (gastroenterology, trauma surgery, psychiatry, geriatrics, pediatrics) gave me a very broad basis for working as a general practitioner. At the same time, the work at the institute showed me the many facets of general medicine. Through research and teaching I had contact with many people, who are passionate about our subject. I would like to thank the entire team for the collegial, supportive and challenging exchange. I will continue my outpatient training in a teaching practice of the institute, so that I will remain within the extended circle of the institute." Paul.Delker@med.uni-muenchen.de

Publications

Our publications you find at our [Homepage](#).

Our Newsletter is published three times a year.

In case you don't want to receive it any longer please send us an E-Mail:

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