



Dear Colleagues, Dear Friends of the Institute,

In February 2019, Professor Tobias Dreischulte started work as a clinical pharmacist at the institute. In addition to physical examinations and doctor-patient consultations, one of our main tasks when diagnosing illnesses and treating patients is to prescribe drugs. Furthermore, we general practitioners are the doctors that prescribe the most medications. After all, dealing with patients with multiple illnesses (multimorbidity) is one of the major challenges facing our profession, and it commonly manifests itself in questions about polypharmacy. It is therefore essential that a good general practice institute devotes as much attention as possible to pharmacotherapy.

As a university teacher, Tobias Dreischulte will be able to communicate his wealth of knowledge to students and his practicing physician colleagues.

I would like to warmly wish you, dear Tobias, and your young family a good start here in beautiful Munich - and we hope you enjoy the latest news from our institute!

Yours sincerely

Jochen Gensichen

and
the LMU-Family Medicine-Team

WELCOME PROFESSOR DREISCHULTE !



We are pleased to announce that Professor of Health Services Research Tobias Dreischulte joined our team in February! After 10 years of scientific research at the University of Dundee, Scotland, the apothecary, clinical pharmacist and pharmaco-epidemiologist has returned to Germany. His research interests include the identification and quantification of risks involving pharmaceutical drugs, as well as the development and evaluation of interventions to improve drug therapies, particularly for multimorbid patients in primary care.

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WHAT HAPPENS AFTER THE ICU ?

Where do patients go after leaving an intensive care unit where they have received treatment for a critical illness? Based on results from the population-based study SHIP, we were firstly able to confirm previous research results of an increase in the use of medicinal resources and reduced quality of life in this group of patients, and secondly to analyze changes in the distribution of outpatient consultations in detail. As part of our residency research program "Hausarzt 360°", we have written a paper on the subject that is currently under peer review.

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

... NEXT STOP AFTER THE ICU IS A GP ?

Some patients are troubled by strong memories of their stay in an Intensive Care Unit. Consultations with your GP may help. But how? Do you have patients in your medical practice that have spent three or more days of the past year in an ICU and, in your opinion, are still upset by the experience? You can get in touch with us and get to know a special detailed patient interview. Amongst other things, we can then jointly investigate whether it helps these patients to get back on their feet in their everyday lives.

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NO PANIC OF PANIC

With the support of their family practice team, exercises for patients with panic disorders with / without agoraphobia can help - they reduce symptoms of anxiety and the number of panic attacks, limit retreats, and improve concomitant depression. The "Jena-Paradies-Studie", funded by the BMBF, examined 419 patients in 73 GP practices. Half of them received the exercise program for 23 weeks, and the other was treated as before. Overall, patients regarded the treatment they received in their GP practices positively (Gensichen et al., Dt. Ärztebl. Inter., 2019, in press). Jochen.Gensichen@med.uni-muenchen.de

ADHD IN ADULTS

... has received little attention from researchers. Pharmacotherapy, and behavioral therapy in particular, appear to be effective. How can GPs help these patients? Maybe by "helping you to help yourself"? Our systematic review of psychosocial approaches describes basic behavioral interventions that we may be able to use in our practices. Now we are continuing our research in line with the protocol (PROSPERO CRD42018115927).

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HEALTHY AGING

By changing their diet, doing physical and mental exercises, and enjoying effective support, it may be possible for elderly patients to improve fitness in old age. Perhaps you would like to offer this program to some of your patients? A nurse from the institute would be happy to support your patients as part of the AgeWell study (Prof. Steffi Riedel Heller, Leipzig).

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REFUGEES IN GERMANY

Pediatricians and family practitioners are helping Syrian and Iraqi families cope with life in Germany. In a BMG-funded study (Prof. Silvia Schneider, Bochum) we aim to investigate whether exercises to support mental health and to help deal with one's own children help entire families. In Munich, we are looking for colleagues who count Arabic-speaking families among their practice patients. Jana.Werle@med.uni-muenchen.de

PROF. GENSICHEN APPOINTED TO STATE HEALTH COUNCIL

As a representative of the Medical Faculties of Bavarian Universities, Prof. Gensichen has been appointed to the "Bayerischer Landesgesundheitsrat", or Bavarian State Health Council, for the 18th legislative term. The Council advises the state parliament and state government in all questions relating to health and nursing care.

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IMPRESSUM

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EVENTS

**LMU General Practice Day
from 8 am to 5 pm on March 16th**



We would like to invite you
to the premiere!

The first "LMU General Practice Day" will offer continuing medical education for family practice teams, which means for you! The topics are aimed at directly benefiting you in your daily practice.

It will take place at Alte Poliklinik, Pettenkoferstr. 8a and will provide a varied program including workshops for you and your health care assistants.

You can select 4 of a total of 16 courses on such topics as: thyroid disease, rational antibiotic therapy, physiotherapy, anticoagulants, vaccination updates, telemedicine, suicide prevention, the doctor as a patient, and more.

We are pleased that the President of the Bavarian State Medical Association, Dr. med. Gerald Quitterer, has agreed to give a speech. The exact program for general practitioners, doctors in specialist training, and health care assistants can be found on our [homepage](#), along with a registration form > Teaching> Further education. Please feel free to contact us by phone: 089 4400 54928.

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Mentoring in General Practice: April 5th, May 10th

What knowledge would you like to pass on to the next generation? The Competence Center for Continuing Education in General Practice, provides a mentoring module for physicians undergoing specialist training, as well as an online matching platform to bring together mentors and mentees. Moreover, the mentoring seminars "take responsibility" and "give feedback" will also be offered in Munich and later in Wuerzburg.

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Teachers' Meeting:

6.30 pm – 8.00 pm on May 8th

Teaching physicians at the LMU General Practice Institute should attend one of our training events once a year. After the LMU General Practice Day, the next training events will be on May 8 and October 16. Seminar room 81, Pettenkoferstr. 8a. CME points awarded for participation.

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Seminar: Train the Trainer:

**July 12-13th, October 11 – 12th,
and December 6-7th**

Continuing education programs are provided by the Competence Center for Continuing Education in General Practice for those eligible to receive continuing medical education. Location Effeltrich, near Erlangen.

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VACCINES FOR CHRONICALLY ILL PATIENTS

Influenza vaccination coverage is low, which is particularly risky for chronically ill patients. What measures can be taken by general practices to improve vaccination rates? Studies that we are currently examining as part of a systematic review suggest it may be useful to link vaccinations to chronic diagnoses and their treatment strategies. The study protocol can be found at PROSPERO: CRD42018114163. Linda.Sanftenberg@med.uni-muenchen.de

TEACHING

NEW SEMINAR FOR STUDENTS IN PRACTICAL YEAR

Medical students in their final year (practical year), who have chosen to do a four-month elective in general practice, will now be able to attend seminars provided by the institute. The seminars will take place quarterly and sometimes be attended by physicians undergoing specialist training too. They will enable students to gain personal experience and make contacts, thus facilitating the transition from medical studies to their professional careers (Homepage> Teaching> Training> PJ). Lina.Lauffer@med.uni-muenchen.de

MOTIVATIONAL INTERVIEWING

... is intended to promote healthy behavioral changes in patients. We have developed an online-course for medical professionals and have tested resulting learning success and the course's practicality on participants with different levels of education and experience. 94% of students rated the course as "good", while 51% of general practitioners and 89% of physicians undergoing specialist training thought it was "excellent". (Lukaschek et al., JMIR Mental Health, 2019, in press). Karoline.Lukaschek@med.uni-muenchen.de

GENERAL PRACTICE LECTURE

The University Lecture in General Practice is developing into a forum on the subject. We have included new topics such as: Rational Laboratory Diagnostics, Sports Medicine, Pain Management, and Dermatology. Our final session will end with a discussion of future perspectives in general practice. (Homepage> Teaching> Training> VL).

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FEEDBACK TO STUDENTS

During their internship in GP practices, our students work particularly intensively with one individual patient. Feedback on the written report they prepare is provided during a telephone discussion with one of our medical doctors. We also gather feedback from students: 80% rate the opportunity to provide care to patients especially positively. This enables practice physicians and doctors from the institute to support every individual student at our large university.

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TAKE FIVE

The introductory day for internships in GP practices now consists of five seminars, enabling us to reduce the average group size even further. As long-distance travel is becoming more common and some holidaymakers inevitably return with diseases, we have launched a new seminar entitled "Travel Medicine". The same day we also provide seminars on "Polypharmacy", "General Practice Toolbox", "E-Health" and "Pharmaceutical sales representative", making this a busy day for the 600 participating students.

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THE PATIENT, THE SMARTPHONE AND I

We prepare students specifically for the increasing importance of e-health communication. What criteria should be used to assess health apps? How can family doctors deal with the increasing amount of information provided to patients by "Dr. Google"? How should we react to online medical portals? We have also created educational films - once again with the support of the so-called LMU multiplier program - and would like other institutes to adopt our module.

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BOOKS (GERMAN):

- General Practice and its role in managing the health care of mentally ill persons. Jochen Gensichen, Caroline Jung-Sievers. In Public Mental Health: Managing the care of mentally ill people. Anke Bramesfeld, Manfred Koller, Hans-Joachim Salize (ed.). Hogrefe, Bern 2019.
- Practical Guide to Mental Illnesses. Detlef E. Dietrich, Cornelia Goesmann, Jochen Gensichen, Iris Hauth, Iris Veit (ed.). Hogrefe, Bern 2019
- Behavioral Therapy in General Practice; Jochen Gensichen, Andreas Linde. In: Textbook of Behavioral Therapy. Jürgen Margraf, Silvia Schneider (ed.), Springer, Berlin 2018.
- Traumatized Patients After Intensive Care. Konrad Schmidt, Rebekka Gehringer, Sabine Gehrke-Beck, Jochen Gensichen. In: Textbook of Psychotraumatology. Julia Schellong, Franziska Epple, Kerstin Weidner (ed.), Thieme, Stuttgart 2018

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