

# Newsletter LMU General Practice & Family Medicine

## November 2020 Issue



Dear colleagues and friends of the Institute,

Who would have thought that? The LMU General Practice Day on October 3, 2020, the Day of German Unity, was impressive. Two days in advance it was still not certain how we would organize it, whether everyone would meet in the virtual network or "on site" in the large meeting rooms of Großhadern. Then it worked after all: fixed groups of max. 20 colleagues spent the day together in one room. A total of 15 events was offered. The "Hufeland Lecture" of the Primary Health Care Foundation which focuses on basic questions in our field was broadcast in all rooms: Prof. Norbert Donner-Banzhoff provided us with his thoughts on the relevance of statistics for the individual patient to the immediate interface between science and practice and built "bridges" between the two ... and of course there was also the food "on site" and with a lot of AHA (= German acronym for social distancing, hand washing and wearing a mask) and FFP2 masks, we had joy, but also luck with this "Colleagues meet Colleagues" meeting. The next day of General Practice in 2021 is already planned optimistically: During the best time, "Oktoberfest" on Wednesday, September 29, 2021, 2:00 - 8:00 pm ... and then: "Off to the Oktoberfest!" Until then, however, we cordially invite you to continue to actively participate in teaching and research for general medicine despite Corona. The subject of general medicine, the institute ... we need you - right now!

With thanks and greetings, sincerely yours,

Jochen Gensichen  
and the team of the  
LMU General Practice

### IMPRESSUM

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### +++ Breaking news +++ Bavaria wins DFG CUP!

The German Research Foundation (DFG) supports the General Practice Graduate College "POKAL", predictors and clinical results for depressive illness in Primary Care. Nine colleagues from LMU and TUM (Speaker: J. Gensichen, Co-Speaker: A. Schneider) will accompany about 20 doctoral students in this research field in the next four and a half years. The DFG is making around 5 million euros available for this, see [press release](#).

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### Reduce high-risk drugs in the elderly

The PARTNER project deals with the reduction of high-risk drugs in older people who are vulnerable. The study focuses on psychotropic drugs and centrally acting analgesics (Gabapentinoids and opioids). In addition to a hoped-for reduction in medication risks, such as the tendency to fall and the loss of mobility, possibilities of a cooperation between general practitioners and pharmacist will be explored. General practitioners and pharmacist should work together as much as possible to achieve sustainable reduction of this group of drugs. A pilot study is scheduled for this year to start. We're still looking for general practitioners. If you are interested, please contact:

[Tobias.Dreischulte@med.uni-muenchen.de](mailto:Tobias.Dreischulte@med.uni-muenchen.de)

### How does good research work in general practice?

How does it work? How can it be well supported? For this purpose, we will start the pilot project "PARTNER" to take a closer look at Prof. Tobias Dreischulte's on how to stop medication. We examine the way (process evaluation) how the project is introduced in the practice and is implemented and how it is then evaluated and the results disseminated. So if you take part in the project, we will be happy to ask you "How"?

[Linda.Sanftenberg@med.uni-muenchen.de](mailto:Linda.Sanftenberg@med.uni-muenchen.de)

### PICTURE... the picture fits!

With over 90 patients, the PICTURE study is making great strides. We're investigating one approach for general practitioners to accompany patients who develop mental stress after an intensive care stay (ICU). Some very structured conversations can possibly help the patient. Here, too, we examine the effects of the conversations on the patients, as well as how the conversations can be integrated into our daily work in the family doctor's practice. After all, this should be applicable in as many practices as possible. If you treat patients after an ICU stay, please contact:

[Chris.Friemel@med.uni-muenchen.de](mailto:Chris.Friemel@med.uni-muenchen.de)

### Fidgeter... in adults?

We are increasingly seeing patients with adult attention deficit hyperactivity disorder (ADHD). Our review shows that behavior therapy is an effective treatment for reduction of inattention. Our review shows that behavior therapy is an effective treatment, but it is not certain if longer interventions versus shorter ones are superior (Scholz et al, 2020). We General Practitioners should recognize those affected with certainty, so that they can receive pharmacological and/or psychological help. The English "Adult ADHD Self-report Scale for DSM 5" (ASRS-5) is such a short instrument. With funding by the Primary Health Care Foundation and together with the developer Prof. R.C. Kessler, Cora Ballmann ("Hausarzt 360°" and "Munich Clinical Scientist Program") will find out whether a German version of the six questions is as good as the English original version. We will also ask here whether and how well the questionnaire can be used in primary care.

[Cora.Ballmann@med.uni-muenchen.de](mailto:Cora.Ballmann@med.uni-muenchen.de)

### The refugee families...

"Improve Mental Health" is now available for refugee families living in the Ruhr area or in greater Munich. The study takes a look equally at mental health of parents and their children. In addition to the usual treatment for anxiety and depression for parents, they also attend a kind of "parenting school" (online Triple P, Positive Parenting Program) so that they can be able to get along well with their children, despite their mental illness. Together with the Bochum Psychologist Prof. Silvia Schneider (PI) and the General Practitioner Prof. Horst-Christian Vollmar, we examine the question how this can be applied well in primary healthcare under specific cultural conditions.

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## Events

(subject to the current situation)

### **Influenza vaccination action day for medical students, 9th + 10th Dec. 2020, Alte Poliklinik**

In order to protect our students in the best possible way and to prepare them for contact with patients, two further vaccination campaign days will take place, during which students will vaccinate their fellow students. [Vanessa.Ferrari@dek.med.uni-muenchen.de](mailto:Vanessa.Ferrari@dek.med.uni-muenchen.de)

### **DEGAM and WONCA Congress, 16.-19. December virtual**

The 25th annual WONCA conference this year will be combined with the 54th Congress of the German Society for General Practice and Family Medicine. Due to the pandemic, the event is now taking place as a purely online congress. Information and registration see: [www.familydoctorseurope2020.org/degam-einleitung](http://www.familydoctorseurope2020.org/degam-einleitung)

### **Discussion of professional policy for students, January 27th, 2021, from 2.30 p.m.**

We end our semester with a discussion about the prospects for our profession and the way to get there. To this end, we invited Dagmar Schneider (Head of the Coordination Office for General Medicine KoStA in Munich), Oliver Abushi (Chairman of the Bavarian Family Doctors Association) and the Munich family doctor Ahmad Sirfy to discuss with our institute director Jochen Gensichen. Bookable via moodle, information: [Tamara.Hartmann@med.uni-muenchen.de](mailto:Tamara.Hartmann@med.uni-muenchen.de)

### **Teaching physician meeting, April 28, 2021, 6:30 p.m. - 8:30 p.m.**

Our next teaching doctor meeting will take place again on a Wednesday. The type of meeting (digital or as a face-to-face event in room E0.81 in the Alte Poliklinik) and the exact date have not yet been set. As always, there are training points. Please register at: [Tamara.Hartmann@med.uni-muenchen.de](mailto:Tamara.Hartmann@med.uni-muenchen.de)

### **Relocation to the "Mutterhaus" April / May 2021**

Our team is growing steadily - and our institute rooms are gradually getting tight! We are all looking forward to move to the newly renovated historical building in Nussbaumstrasse 5 in April, at the latest in May of the coming year. [Sandra.Nauerz@med.uni-muenchen.de](mailto:Sandra.Nauerz@med.uni-muenchen.de)

### **LMU General Practice Day 2021, Sept. 29, 2021, 2-8 p.m.**

The date for the coming year has already been set: This time our general medicine day is to take place on a Wednesday after the consultation hour. Afterwards we want to toast together at the Oktoberfest! [Anja.Sommer@med.uni-muenchen.de](mailto:Anja.Sommer@med.uni-muenchen.de)

## ...Recovering from sepsis

Elderly patients with multiple illnesses and a lower level of education are at higher risk of ongoing impairment after sepsis. Psychological stress is also a predictor of the course of recovery. This is shown in a current publication the SMOOTH study with 294 primary care patients after sepsis (Puthuchery et al, 2020).

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## Teaching

### Welcome country doctors!

For the 2020/21 winter semester, 5.8% of the medical study places were given to students who want to work as rural doctors in the future. We – the institutes for General Practice at LMU and TUM – would like to support you from the start of your studies. Normally we would greet you in real life with pretzels and beer – but now the greeting will take place online on Friday, November 20, 2020 from 4 p.m. to 5 p.m. Please register so that we can send you the access data.

[Tamaral.Hartmann@med.uni-muenchen.de](mailto:Tamaral.Hartmann@med.uni-muenchen.de)

### BHÄV board at the "fireside talk" on the corona policy

On September 30, 2020, Dr. Markus Beier und Dr. Wolfgang Ritter (BHÄV board members) visit the "fireside talk" at "Hausarzt 360°". Together with the interns, the current situation, the tasks of the General Practitioners, but also the role of the Bavarian General Practitioners Association (BHÄV) in the corona pandemic were discussed. The series of discussions is intended to prepare the doctors for their shaping role in General Practice in order to be able to get involved successfully in professional politics.

[Robert.Philipp.Kosilek@med.uni-muenchen.de](mailto:Robert.Philipp.Kosilek@med.uni-muenchen.de)

### Structured residency training program and the practice

The concrete management of a family doctor's practice needs to be learned. The TÜV-Süd-Akademie will impart the basics of the interns in the LMU management program "Hausarzt 360°" as part of an intensive course. From November 2020 to July 2021 they will complete five modules specially adapted for doctors and conclude with a "Practice Manager" certificate.

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### Mentoring inspires...

This is shown by our two interviews with participants in the mentoring for General Practitioners, which were conducted in August. The individual mentoring between a General Practitioner and a doctor in further training is intensive, confidential and specially designed for individual questions. As a future mentor, you can take part directly in our [online training here](#) (approx. 25 min) and then accompany colleagues whom you first get to know via a platform. Doctors in training can also register as a mentee on our website and find a mentor directly: <https://mentoring.kompetenzzentrum-weiterbildung.de/mentor-suchen>.

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### Influenza... students vaccinate each other

A highlight on the introductory day for General Practice block internship was our vaccination seminar. Our students learned facts about influenza vaccination and the vaccinated each other. On October 5, 2020, 102 seminar participants were vaccinated together with the LMU company medical service. On several days that followed, the students were able to vaccinate 208 other fellow students and dental students from the LMU clinic against influenza. In December, action days are planned for more students.

[Tobias.Dreischulte@med.uni-muenchen.de](mailto:Tobias.Dreischulte@med.uni-muenchen.de)

### GP and Corona

#### – a discussion in the Evangelische Academy in Tutzing

On October 5, 2020, the Primary Health Care Foundation organized a panel discussion with the Evangelical Academy Tutzing on the role of General Practitioners in the corona pandemic. Dr. Marianne Koch and Prof. Jochen Gensichen, as representatives of the foundation, discussed together with the medical director of the LMU Clinic Prof. Karl-Walter Jauch. The event was moderated by the academy director Udo Hahn. To watch the panel discussion, click [here](#) on the Academy's YouTube channel. The [Primary Health Care Foundation](#) is currently looking for family doctors to report in front of the camera about their particular challenges due to Covid 19. Your experiences are important to us!

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## Publications

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

Our Newsletter is published three times a year.

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