

A U T U M N 2 0 1 3

EFIM News

European Federation of Internal Medicine – Newsletter 3



A word from the President

Dear Colleagues and friends - the end of the year is approaching and everyone is prone to recapitulate the 2013 activities finding that good and bad things occurred. For sure the economical crisis affected the health care system in many countries with the shortage of positions, reduction of research grants etc., however I would like to encourage all of you to be continuously positive and promoting our value as Internists at national and European level.

In 2013 EFIM was very proactive with many initiatives involving the Young Internists particularly regarding the exchange program and the schools that are updated in this news. We can officially announce that the online-case journal is open for submission and we expect to have several submissions just to start. I invite the Chiefs of the units to support their residents to submit interesting cases that could be the subject of clinical discussion.

The meeting in Prague was the major EFIM event of the year and was very successful, well attended and the scientific content was of great value. Although participants attended from many countries across Europe I hope for the future meetings to have more and more delegates from all EFIM affiliated societies. The next EFIM meeting will be combined with the Swiss society meeting and held in Geneva in May 2014 with a very interesting program on offer.

The activities that were announced during the administrative council in Prague are in progress and the Presidents of the National Societies will receive soon the invitation for selecting their delegates in those initiatives (committees, working groups etc.). During the last AC, the past secretary Jan Willem Elte finished his mandate and Pedro Conthe has been nominated as new Secretary General. I express my personal thanks to Jan Willem Elte who has been for many years a very important person for EFIM growth and to Pedro Conthe I wish a fruitful future service for EFIM.

This is the 3rd EFIM news letter and we plan for 2014 to maintain the schedule for a letter every 3 months: please share the news with as many colleagues as you can and use it to share the EFIM initiatives; moreover do not hesitate to write to EFIM secretariat if you have any comments or concerns.

I wish to all of you and your families Merry Christmas and Happy New Year
Nica Cappellini
EFIM President

Winter is almost here!

Welcome to the third newsletter from the EFIM Exec team and Young Internists. We extend a very warm greeting to all of the EFIM members. As announced earlier this newsletter will be produced every quarter to update you on events and activities from 2013 and into 2014.

The European Federation of Internal Medicine (EFIM) is a scientific organisation founded in 1996 and dedicated to the progression and development of Internal Medicine across Europe.

[More EFIM info](#)

We welcome contributions from all of the EFIM member countries and from individual members who would like to share ideas opportunities and pictures from EFIM events that you have attended. Please contact us via e-mail at info@EFIM.org



The 12th European Congress of Internal Medicine (ECIM) Prague October 2nd – 5th 2013



The 12th European Congress of Internal Medicine (ECIM) took place October 2 – 5 2013 in the beautiful city of Prague. The Congress Center had a wonderful view of the Charles bridge in the old city and at a distance of only 2-3 minutes walking there was Vyšehrad, the oldest fortified part of the city with extensive gardens and a church with the national cemetery, including the graves of the great composers Dvořák and Smetana.

The congress was the first one with the new name ECIM and the president was Prof Richard Ceska. There were 1600 non-Czech participants and as usual most of them came from the south of Europe, especially Portugal and Spain. The Czech congress in the same building at the same time attracted a

similar number of participants. Before the congress there was the meeting of the EFIM Administrative Council, where the new Secretary General Pedro Conthe from Spain was elected. The Foundation (FDIME) celebrated its 10th birthday and was able to provide three grants to young investigators in the field of rare diseases. The focus of the congress was Cardiovascular and Metabolic but many other subjects were covered. The president of the ACP, Molly Cooke and Ramon Pujol presented the opening session "Opportunities of Internal Medicine in Europe and the USA". The scientific sessions had a high scientific content and had very diverse subjects, such as "the poly pill concept", "fatty heart in diabetes", "gender medicine in cardiovascular disease" - even the comparison between the classic stethoscope and the modern ultrasound was subject of discussions.

As usual the Young Internist half day attracted many, not always that young, internists. The FDIME grants were presented, exchange program was discussed, but the highlight was the "clinical gymnasium" where difficult clinical cases kept the attention of the audience in the best possible way. At the end of the congress we concluded that the congress had been very successful and that the Czech organizing committee had to be thanked for that, which we obviously did.



We have the privilege of inviting you to the European and Swiss Congress of Internal Medicine. The Swiss Society of General Internal Medicine (SSMI) has longstanding ties with the EFIM, including sharing one past president of both societies. Geneva was an obvious choice of venue considering its international character and ease of access. It has a large international airport and is a beautiful city with astounding landscapes of both lake and mountains. We expect a rich and exciting program covering all the main aspects of internal medicine. The learning formats will be diverse and will include clinical symposia, updates in various specialties of medicine, keynote lectures, oral presentation and poster sessions, workshops as well as learning centers. To accommodate the attendants of all participating European countries, all plenary sessions will be held in English. Integrated care is a modern concept that encompasses multidisciplinary care but goes beyond that since it includes reflection on patient trajectories and process of care across the entire spectrum of community, home and hospital. The now traditional Young Internists' Day will of course be an exciting feature of the meeting. Prominent international lecturers will enlighten us on diverse very important issues.

ESCIM will be an important scientific venue for internal medicine and we are expecting a high number of abstracts to allow European internists to share their research and advance our knowledge. The **deadline for abstract submission is 31 January 2014**.

We hope you will be many to come and join us in Geneva and invite you to consult the preliminary program on our website

www.escim2014.org



19th European School of Internal Medicine

Born in 1998 in Spain and developed by Dr. Jaime Merino in Alicante, the European School of Internal Medicine (ESIM) was held in Cappadocia, Turkey in 1-7 September 2013 for the 19th occasion. Cappadocia is well known with its ancient history, untouched nature and multicultural way of living, which made this school experience an unforgettable event. As Turkey hosted the School for the second and the last time, 41 young internists in training from 19 countries attended this year's Summer School. The Foundation for the Development of Internal Medicine in Europe supported 3 residents. The scientific program consisted of lectures, workshops, clinic-pathological conferences (CPCs) and interactive lectures as well as innovative sessions such as poster discussions and small group workshops on leadership. The participants actively get involved in evidence-based patient management issues in acute and chronic diseases and problems of adult medicine through keypad questions in each lecture. 'Soft science' as the School director Dr. Erdal Akalin calls, has been introduced to the School program for the last two years and included workshops on quality and patient safety, leadership, surfing for scientific information through the internet and teaching skills for residents. The social program drifted the scientific discussions to amazing views of the mystic land, at times on glasses of delicious local wines. The feedback on the scientific and social program showed that the School was very well received by the attendees and the CPCs and clinical case presentations were again very highly rated by the audience.

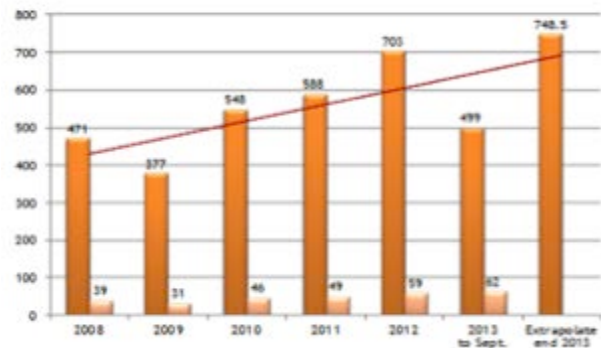


The School director Dr. Erdal Akalin and the co-directors Dr. Mine Durusu Tanriover and Dr. Mustafa Arici conveyed their special thanks to EFIM, to the Turkish Society of Internal Medicine, FDIME and all the national societies who had generously supported this flagship event of the Federation. The Summer School will move to Italy from 2014 under the directorate of Dr Nicola Montano, sure with more innovations to come strengthening the spirit of the School!

EJIM News

Submissions

Continued increase in submissions to EJIM – a 6% increase on previous year is forecast – Top 5 countries that have submitted so far in 2013 are Italy; China; Turkey; Spain and Israel.



New Initiatives

Internal Medicine Flashcards - offers a platform to publish educational and interesting materials, in the form of pictures (medical photos, clinical images, typical findings) and a brief clinical case, depicting

AudioSlides - Brief, webinar-style presentations in which an author explains what their paper is about, using slides and audio; complimentary, optional service to authors; freely available on Science Direct:

<http://linkinghub.elsevier.com/retrieve/doi/10.1016/j.ejim.2013.05.014?goto=sd>

EFIM launches new Journal:

**A free-access, online-only
publication for internal medicine**



The aim of the journal is to provide a forum to internal medicine doctors for the description of interesting cases, or a series or cluster of cases as suggested in my editorial published in *EJIM Volume 14, Issue 8, 2003*. The journal would also consider brief reasoned reports of issues relevant to the practice of Internal Medicine. We are confident that the journal will be an important educational tool for young internists.

John Kellett

SUBMIT to www.ejcrim.com

Welcome to our new Secretary General



Dr Pedro Conthe (Madrid 1956) has been elected as new General Secretary of EFIM during the Prague Congress in October 2013. He was President of the Organizing Committee of European Congress of Internal Medicine Madrid 2012 and coordinator of Exchange Program last two years. He was President of Spanish Society of Internal Medicine (SEMI) and now replaces Jan William Elte and he declares his admiration for the great work done by the previous secretary in recent years and expressed his desire and commitment to continue improving the perspective and achievements of the Internal Medicine across Europe.

Young Internists

The Young Internists Group is promoting high quality training in Internal Medicine across Europe participating actively in all activities promoted by EFIM: European School of Internal Medicine, Exchange Programme (one of the new flags of EFIM), Clinical Research Seminary and Young Internist Day as part of each EFIM Congress.



During last October in Prague was held the 8th YI Assembly, with 23 Internal Medicine trainees from 16 EFIM countries members. The group also organized the 7th Young Internists' Day as part of the European Congress with an interactive programme including the clinical gymnasium and training discussion:

over 100 people attended and the feedback was very positive.

The next EFIM Congress will be held in Geneva on 14-16th May 2014, there is a reduced registration fee for Young Internists. The group is organizing a dynamic 8th YI Day.

The EFIM YI Group is developing Research Projects such as: **Working conditions survey** – the goal is to analyze the quality of life of young specialists and their vision of Internal Medicine as a specialty and the **European Internists' attitudes to End-of-Life Decisions** - survey with four case vignettes exploring decisions about provision of life-sustaining treatments.

We work together as friends! We are very proud to be part of the EFIM family!
We hope you can join us in this great challenge!

Details of all activities are on the EFIM Young Internists website at <http://younginternists.efim.org>.

Carla Araújo
Chair of the EFIM Young Internists Group



Website Update

The EFIM Executive has engaged the services of Tim Aldiss and ThinkSearch to redevelop the EFIM Website. The new website will involve individual login, customizable interface, new social media interface and direct link to the European Journal of Internal Medicine. The new website will enhance communication between members of EFIM and deliver a modern and responsive interface. The website is currently under development and will launch in the second quarter of 2014.

www.efim.org



Save the Date!

E.S.I.M. Winter School

13th-18th January 2014

4th European School of Internal Medicine will be in Saas Fee, Switzerland.

E.C.I.M. + EC Meeting

14th-16th May 2014

European Congress of Internal Medicine will be held in Geneva, Switzerland

EC + AC Meeting

26th – 27th September 2014

Summer Administrative Council Meeting to be held in Estonia.



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