

S U M M E R 2 0 1 3

EFIM News

European Federation of Internal Medicine - Newsletter 2



Happy Summer!

Welcome to the second newsletter from the EFIM Exec team and Young Internists. We would like to 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 2012 and into 2013.

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



A word from the President: Nica Cappellini

Dear Colleagues, dear Friends - back to you with the second EFIM newsletter to keep you informed on activities over the last 3 months and what is ongoing. The program for the meeting in Prague has been finalised and you can find it on the web. I am looking forward to meeting many of you there and to gathering your feedback on EFIM in order to improve the EFIM mission according to your expectations. I will be at the EFIM booth sometime during the days so please visit. The 2014 meeting will be held in Geneva: the scientific committee is already working with the Swiss society on a program that sounds very promising.

The Administrative Council was held in Helsinki in May and it was very successful. The Finish Society were brilliant hosts, new ideas were suggested, the working groups finalised some of the papers on education and everyone had a very good time. The next Administrative Council meeting will be in Geneva in Spring 2014.

I am very proud of the EFIM initiatives that have become concrete: the Exchange Program is now a reality and EFIM and FDIME will support 20 bursaries for this program. This is a great step forward and we hope to be able to lengthen the exchange period in the future.

The Journal (EJIM), thanks to the Editor and to the scientific contributions that come from you, is increasingly a worldwide-recognised Internal Medicine journal and I encourage you to submit more good papers. Exciting news is a new on-line "Case-Reports Journal" which has 3 main aims: CME with interesting cases and the option of working up a diagnostic and therapeutic approach; provide an opportunity for Young Internists to publish and learn how to prepare a paper while keeping the submission fee as low as possible. We aim to start this journal by the end of the year and I hope that it will quickly become an EFIM flagship project.

The Executive Committee is working to increase the cooperation with UEMS, with EMA and with the European Alliance of Scientific Medical Societies. Promoting Internal Medicine at EU level is not something national societies can do individually: EFIM's role is to represent its members at EU level and keep them informed of matters that could affect our profession as Internists. We need to improve the contact with the national societies and their members. It is essential that the representatives of all the societies are in direct contact with the governing body of their own society and that they communicate what is happening in EFIM. We would like to structure the EFIM activities better through a permanent, professional and efficient secretariat. To be able to progress in this way we need your help and your *active participation*. I am very confident and I hope that working together we can achieve at European level the respect, recognition and opportunities that other societies have. I wish to all of you and to your families a pleasant and relaxing summer.

Nica Cappellini

BioSketch

Past President – Ramon Pujol

Name: Ramon PUJOL FARRIOLS
 Head of Internal Medicine Department
 Bellvitge University Teaching Hospital
 Professor of Medicine, University of Barcelona (Bellvitge campus)

- M.D; University of Barcelona (Barcelona, Spain), 1972
- Specialist in Internal Medicine, Spanish Ministry of Education and Health, 1977
- Ph.D; University of Barcelona, 1993
- President of the Spanish Society of Internal Medicine (2008-2010)
- President of the European Federation of Internal Medicine (2010-2012)
- Currently, member of the Executive Committee of EFIM as past-president
- Member of the board of the College of Physicians of Barcelona
- Fellow of the Royal College of Physicians of London

Main areas of research:

- Medical Education
- Aging
- Autoimmune disorders



European Exchange Programme

The EFIM “Exchange Working Group” would like to introduce to you this Project:

- The aim of this Programme is to promote short internships among prestigious Internal Medicine Departments across Europe in order to provide a high-level education and work experience.
- The “Exchange” is open for Internal Medicine trainees.
- Each National Society will select their candidates (2 up to 5) depending on the support of each country.

For applications the resident should send the following documents: *Application form *Short Curriculum vitae *Statement of purpose for the Exchange Programme tutor *Letter of support from your National Society.

EFIM and FDIME (The Foundation for the Development of Internal Medicine in Europe) will sponsor 20 scholarships.

To date several applications were sent to National Societies and new hosting department joined the Programme including 3 Centers from Germany. Until now several residents applies from Italy, Spain, Portugal, Turkey and Slovakia; 34 Centers across Europe are involved.

Please take a look to the feedback of a Turkish Resident who started the Project this year in Barcelona:

"One month of stay with the Exchange Programme in Spain Bellvitge Hospital was really an amazing and enriching experience. It was interesting to see how it worked in a health care system and hospital in another country and learn to look at it from a different point of view. In fact despite many differences between countries and health care systems, it is easy to realize that we are all working for the same ambition, of course patients and medicine. I would definitely recommend it to all other residents and it would be great to have the chance for staying longer."

Tugba Akin Telli.

For further details please visit the EXCHANGE webpage:

<http://www.efim.org/en/european-exchange-programme-950>

Do not miss the opportunity to participate in this European experience!



Focus On:

Suomen Sisätautilääkärien Yhdistys: The Finnish Society of Internal Medicine

The Finnish Society of Internal Medicine (SSLY) was founded in 1931. The languages of the society are Finnish and Swedish. Currently there are 1596 members, which comprise most of the physicians that are specialised in internal medicine in Finland. A majority of these, however, are sub-specialized in cardiology, haematology, endocrinology, nephrology, rheumatology, gastroenterology or infection diseases as well, but after they have received their sub-speciality they usually remain a member of SSLY. You may apply for membership if you are an internist, or while doing your specialization. You will need the recommendation of two members.

The main task of the society is to provide high-class versatile courses in the field of internal medicine for its members and there are currently 5 yearly meetings. The "Year meeting" takes place in February in Helsinki, where occasionally honorary members are elected and, after a one-day program with lectures and patient cases, the yearly administrative meeting follows where the new executive committee is elected. The day finishes with a traditional gala-dinner. The "spring meeting" has traditionally been held in Lapland during 3 days. There are lectures during the morning and late afternoon. Noon is reserved for skiing. This meeting has usually been sponsored by 1-2 medical companies, although the lectures are strictly independent and have been planned by the executive committee of the society. This rule applies to all the meetings. The spring meeting has sometimes been a bilateral meeting together with another speciality, i.e. neurology, pulmonology or intensive care medicine.

The "Trainees meeting" takes place in the Helsinki region at the end of May and is attended by trainees only. Its a two-day meeting during Friday afternoon-Saturday noon including a banquet on Friday night. In September the venue of the "Autumn-meeting" is circulating, and takes place in one of the 25 central hospitals. It is mainly arranged by the central hospital itself, although the executive committee often handpicks the organisers and will adjust the program if needed.

Finally, the "Internal Medicine Day" is a one-day meeting in Helsinki and is arranged at the end of November and has perhaps the highest status of the 5 meetings together with the Year meeting. The medical companies have their stands and there is usually a pre-symposium by the main sponsor the previous evening.

SSLY executive committee has currently 9 members, a president, past president, president elect, secretary, treasurer, international secretary and 3 other members. The president is elected for 2 consecutive years. The EC will meet 6-7 times per year. It also stays in contact with the authorities and hospitals regarding different statements and opinions etc. The society has sponsored 5 trainees yearly to the ESIM course and has regularly sent the international secretary and occasionally one other member of the board to the EFIM-meetings.

The members stay in contact with the society through the home pages:

<http://www.ssly.fi/>

Bulletins are regularly sent through e-mail 4-5 times per year plus 1-2 letters that are sent to the home address. The membership fee is currently 40 euros/year.

Prof. Kimmo Kontula, President, Finnish Society of Internal Medicine

Report: EFIM Administrative Council Meeting in Helsinki

On May 10th an EFIM Administrative Council (AC) meeting was held at the Kalstajatorppa Hotel in Helsinki. A long agenda was handled efficiently by the President Nica Cappellini. A selection of the most important items will be reported.

Activities: The activities of EFIM are increasing steadily and although the financial situation is stable thanks to the profit of the Madrid Congress (the previous 2 years no profit was obtained) more money is needed to finance all activities. In cooperation with Congrex Brussels (our professional secretariat) EU projects are being activities. Not only to find alternative financial sources, but also to make EFIM more visible and to try to emphasize the importance of "General Internal Medicine" as the only specialty with a good vision of the complex patient as a whole. Besides this it was asked from the National Societies to agree with a raise of the fees up the € 2 per member. A proposal was made to intensify the cooperation between EFIM and the UEMS Section of Internal Medicine through its new President Rijk Gans. The new President of the combined European Board of Internal Medicine (EBIM) is Werner Bauer. After reconstruction of the website (in progress) all members of national society EFIM members will get access to EJIM after registration. Reports of EJIM (expected IF 2012 2.35) were delivered by the Editor-in-Chief Pier Mannucci and Karena Grundy from Elsevier. A new on-line case report journal will be launched in the autumn of 2013.

Elections and new member: Serhat Unal and Lubos Kotik were reelected as Executive Committee members for another two years. Albania (not present) and Cyprus were welcomed as new members.

Communication: Bilateral meetings with National Societies have been fruitful, but communication with the National societies still is insufficient. It was asked to appoint one English-speaking secretary at every National Society secretariat to take care of EFIM affairs and to communicate with. A special meeting for them to make them more aware of EFIM could be arranged. Also direct contact with the President and Secretary General of each National Society is essential and contact data should be obtained.

Meetings/ESIM: A combined internists and specialists meeting is under consideration. About 4-5 topics should be covered. The ultimate goal is to create adapted and practical guidelines/consensus document for the internist. Preparation beforehand by groups of internists and subspecialists is necessary. Prevention and detection (diagnosis) should be one of the important issues. The future congresses in respectively Prague (2013), Geneva (2014) and Moscow are well on schedule. After 2015 the European Congress of Internal Medicine will be changed considerably with more emphasis on professional and ethical issues and independent of the National congresses. The first EFIM 1/2 day during a national congress took place in Romania, April 2013. The session seems to be well received and suitable for repetition in other national congresses, preferably as a plenary session. Reports of the winter- and summer school (ESIM) were presented and it was stressed that a good subject would be multimorbidity and especially polypharmacy. Also new roles for the internist, such as consultant on several non-internal Medicine wards were discussed. The Summer School 2014 – 2015 (2016) will be organized in Sardinia by the Italian Society of Internal Medicine (SIMI).

Young Internists (YI)/working groups: The YI group has been active as always and is thinking about new roles within EFIM for those leaving the group. Lenka Bosanska stepped down as a YI President after two very fruitful years and she will be replaced by Carla Aurujo. Frauke Weidanz will be the new Secretary. The Exchange group (Pedro Conthe and Carla Aurujo) have developed the new 1 month program very energetic. Thanks to EFIM and the Foundation (FDIME) twenty applicants may receive financial support.

From the Professional Issues group two papers are nearly finalized, one about "Putting the patient in the center" and one about "Academic Medicine". Quality standards have been sharpened. The Competences group/EBIM will try to create a basic competency-based curriculum. The papers reporting the questionnaires on Internal Medicine in Europe are under final revision.

A new working group on vaccination, chaired by Serhat Unal, will be launched soon (in Prague).

The next AC/General Assembly meeting will be in Prague October 1st/2nd. In autumn 2014 the AC meeting will take place in Tartu, Estonia.

Dr. Jan Willem F Elte, EFIM Secretary General



Young Internists' Report

The Young Internists Assembly celebrated its 7th meeting in Helsinki in May, and three-and-a-half years after the inaugural assembly the group is alive and well. There have been many changes recently. Most importantly, we reluctantly say goodbye to our outgoing Chair Lenka Bosanska, who has driven the successes over the last couple of years and has become a role model for many young internists. We are sad to see her go but are delighted to have her support and continued contribution as Ex-Chair.

The Assembly unanimously voted for Carla Araujo as the succeeding Young Internists Chair. As well as successfully leading the trainee group at the Portuguese Society of Internal Medicine, Carla has been involved with the Young Internists since 2009 and has also been instrumental in re-establishing and promoting the EFIM Exchange Programme. We are looking forward to a productive time and as the new YI Secretary I will support her in her new role, which I am sure she will fulfil brilliantly.

The Assembly welcomed new representatives from Italy, Switzerland and Finland, and with them new ideas have arrived. The enthusiasm for improving training in Internal Medicine and promoting the role of the specialty is infectious - so much so that the time allocated for the Assembly meeting was insufficient to discuss all areas of interest. There is now an established network and it is great to see so much cooperation between Assembly members, with experienced Young Internist group leaders supporting those eager to set up trainee representation in their countries. Outside the Assembly meetings, we are strengthening links

through the exchange of speakers at national congresses and Young Internists Days and are exploring new ways of communicating to ensure the enthusiasm and momentum kept going. Our YI Facebook group now has almost 600 members and is becoming a fantastic platform for exchanging information and ideas.

Work is progressing on several YI projects: The large-scale survey on trainee satisfaction and work-life balance is due to be launched in September, and the error-reporting project has concluded its pilot phase. Following the success of last year's Young Internists Day, we hope to reach an even bigger audience in Prague on 4th October and have a very exciting keynote lecture lined up, addressing the often difficult transition from trainee to fully qualified specialist. The clinical gymnasium is now a regular feature and will hopefully stimulate much audience participation once again.

As a group of young physicians, we are fortunate to be part of an organisation that respects and values our opinion. We are thankful to EFIM for the support and encouragement that has helped the group grow, and are working hard to strengthen the specialty by connecting trainees throughout Europe. See you in Prague at the Young Internists Day!

Frauke Weidanz
 Young Internists Secretary
 Contact at: younginternists.efim@gmail.com

For the diary!



12th

European Congress of Internal Medicine
(European Federation of Internal Medicine EFIM)

2-5 October, 2013 | Prague, Czech Republic
www.efim2013.org



Dear Colleagues,

I am privileged to welcome you to the **European Congress of Internal Medicine** to be held in **Prague from October 2-5, 2013**. The congress will cover the broad spectrum of topics connected with internal medicine. Before all we are going to focus on cardiovascular diseases, metabolism – diabetes, obesity and cardiometabolic syndrome included endocrinology and new developments in pharmacological treatment in internal medicine. This is an impressive collection of topics but the congress promises much more. See the full text of the [WELCOME MESSAGE](#).

Prof. Richard Ceska, MD, PhD. President of the Czech Society of Internal Medicine
Congress President EFIM 2013

9th EFIM Clinical Research Course

The 9th FDIME / EFIM Clinical Research Course will be held from 8 – 10 July 2013 in Paris.

Funding is available to provide accommodation and travel expenses for 15 Young Internists who are interested to progress their career in Clinical Research.

For more information on the clinical research course please visit: <http://www.efim.org/en/seminars-920>

Save the Date - 2013

Summer School

September 1st – 7th

ESIM summer school to be held
in Capadocia, Turkey

EFIM GA & AC Meeting

October 1st – 2nd

The Administrative Council
autumn meeting will be held in
Prague during ECIM congress.

EFIM Congress

October 2nd-5th

The Czech Society will host the
next EFIM Congress in Prague.



EFIM Newsletter 2 – July 2013
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