



Young Internists of Europe

Jan Václavík

1st EFIM Winter School

Saas Fee, Switzerland, January 16-22, 2009

5th EFIM Congress



- 1.9.2005 during the EFIM-5 Congress (European Federation of Internal Medicine) in Paris many young internists from all over Europe met at the 1st „Young Internists Meeting Day“

An idea!



An idea?



To establish a young internists working group within EFIM



Young internists



- Doctors after graduation, who are preparing for specialization in internal medicine of some of the internal subspecialties

Do we still need internists?



- With growing subspecializations, becoming more and more extensive and providing, an „identity crisis“ or „shattering“ of internal medicine occurs

Do we still need internists?



- Specialist care sometime loses the perspective of the patient as a whole
- The medical care can get more expensive and less accessible
 - more visits of doctors, many investigations – higher costs
 - more patients' time spent
 - more drugs – more drug interactions
 - incomplete or wrong diagnosis?

46-year old patient having diabetes for 25 years

- Complaints:
- Impotence → urologist
- Orthostatic hypotension → cardiologist
- Dysphagia → gastroenterologist
- The problem is – diabetic autonomic neuropathy...

Our aims



- “Revitalize” Internal Medicine
- Create a network of young internists across Europe
- Promote good quality, Europe-wide research and develop European exchange programs
- Cooperate for harmonization of residency training programs across Europe

Motto



„...to see the patient as a whole
while focusing at a concrete
medical problem...”

EFIM YI Working Group



History

- 1st YI Day
(September 2005, Paris)
- Formulation of the YI Working Group
(April 2006, Copenhagen)
- Approval of the YI website
(September 2006, Katowice)
- Official launch of www.younginternists.efim.org
(March 2007, Paris)
- 2nd YI Day and dinner
(May 2007, Lisbon)

Web page of YI

<http://younginternists.efim.org>



The **EFIM**
Young internists of Europe

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Latest NEWS

First Assembly of Young Internists of EFIM held in Oslo, March 2010

The Norwegian Society of Internal Medicine hosted the first meeting of the Assembly of Young Internists in Asker, Norway in March 2010. This important meeting marks the beginning of an exciting and challenging time in the story of the Young Internists of the European Federation of Internal Medicine. With the support of the EFIM Executive and Administrative Council, the Assembly was established in the EFIM Bye-laws in Amsterdam on 31st October 2009... (for full report, press [here](#)).

European School of Internal Medicine takes a step forward- the first winter school to be launched in the coming winter

The European School of Internal Medicine, held every summer since 1998, will be hosted this year at Brighton, UK. Consecutively, a new innovation by EFIM will be held this winter- with a new and exciting Winter School in Switzerland. For more details, please visit the [EFIM website](#).

CDIME project finalized

The Common Diagnoses in Internal Medicine in Europe 2009: A Pan-European, Multi-Centre Survey, is now finalized. Report has been finalized and published. For further details [click here](#).

European School of Internal Medicine summer 2010

ESIM 2010: July 4-9th. This year's Summer School was held in Brighton, UK, and once again proved EFIM commitment to the education of European physicians. Residents from around the continent gathered for a week of knowledge exchange and intense after-hours program. Full details can be found on the website: www.esim2010.org. Next year's summer School is planned for Sept. 4-9th 2011, again in Brighton; for details contact the Director, Dr Chris Davidson at: Davidson@doctors.net.uk.



Upcoming events

EFIM is delighted to announce its first high-level scientific day, to be taking place in Luzern on the 24th of September 2010. This event will feature 2 panel discussions and 3 update talks from eminent European specialists.

Attendance is free, but space is limited.

[more details](#)

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Lisbon 2007

EFIM Young Internists Subcommittee



Roger Duckitt
England
Chairperson



Lorenzo Dagna
Italy
Scientific Board



Lenka Bosanska
Czech Republic
Secretary



Carla Araujo
Portugal

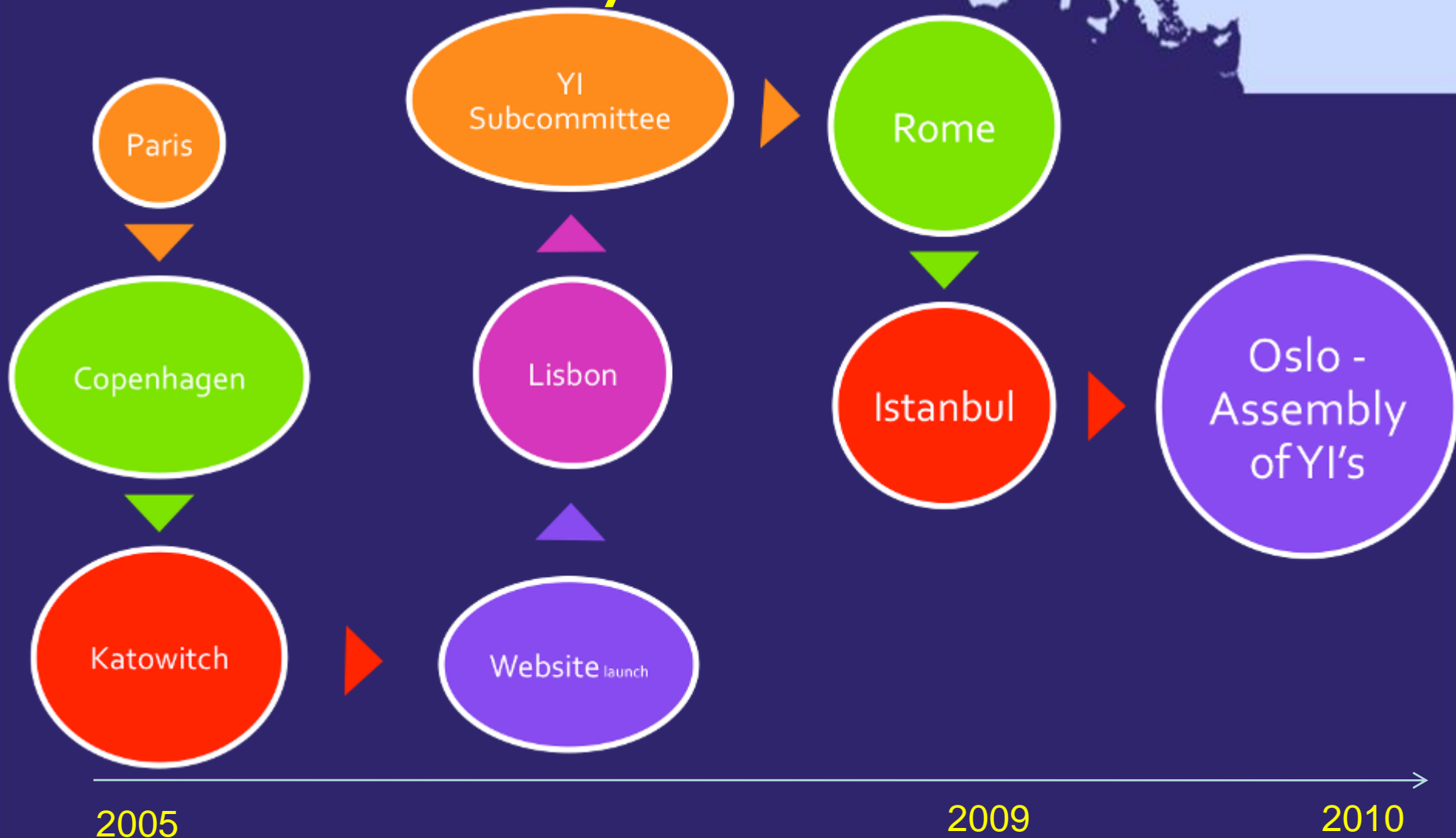


Ivan Moreno
Spain
Webmaster



Monique Slee
Netherlands

YI Subcommittee... a brief history



How have we been doing so far?



- YI sub-committee - 2 positions on the EFIM Executive
- YI Database – 800 members from 35 countries
- Research Projects:
 - European Diploma of Internal Medicine (EDIM) survey – 220 participants
 - Current Diagnoses in Internal Medicine (CDIME) survey – 45 participants
- EJIM – Young Editor, CME project
- Website

Group affiliations



➤ EFIM Working groups:

Competencies

Professional issues

Exchange scheme

Scientific Committee

Quality of care

EFIM conferences

- Young Internists Days (1st through 4th)
- Conferences committees
- Social program

ASSEMBLY of the YOUNG INTERNISTS of EFIM



First Meeting, March 2010, Norway





Assembly Membership



Belgium - Sabine Allard

Czech Rep. - Jan Vaclavik / Lenka Bosanska

Finland - Noora Ritamäki

France - Xavier Roux

Germany - Alexis Müller-Marbach

Greece – Maria Stamatelatou

Iceland – Berglind Johansdottir

Israel - Moshe Vardi

Italy - Massimiliano Anzaldi / Lorenzo Dagna

Latvia - Ieva Ruza

Lithuania - Viktorija Matuleviciene

Morocco - Jamal Fatihi

Netherlands - Monique Slee-Valentijn

Norway - Monica Bivol

Poland - Ilona Szypula

Portugal - Carla Araujo

Romania - Ana-Maria Vintila

Slovakia - Martin Caprnda

Spain – Ivan Moreno / Ana Torres

Turkey - Ozan Yazici

UK - Roger Duckitt (Chairman)

Assembly of Young Internists



Czech Republic	UK	Germany	Iceland	Latvia
Italy	Morocco	Norway	Lithuania	Slovakia
Turkey	Israel	Finland	France	Belgium
Poland	Netherlands	Portugal	Sweden	Serbia
Spain	Romania	Slovenia	Algeria	Austria
Denmark	Greece	Hungary	Luxembourg	Tunisia
Russia	Switzerland	Malta	Estonia	

 YI Selected

 YI Interest

 No YI

Why work together?



- To share experience
- To compare knowledge
- To improve the working conditions
- To improve the quality of patients' care
- To meet, to talk, to learn from others

Research...

- Work-life balance survey – Turkey
- ALCHIMIE - Alcohol consumption among Internal Medicine Inpatients in Europe – Spain
- Risk evaluation in Medical Emergency Treatments – using Simple Clinical Score – UK

ALCHIMIE STUDY: objectives



- To determine the prevalence of alcohol use and spectrum of alcohol related disorders among general internal medicine inpatients across Europe
- To evaluate the rate of identification and the methods used by medical staff
- To describe possible differences among countries



ALCHIMIE, participating countries



Efim
YOUNG INTERNISTS

National coordinators

- Austria: Rudolf Stauber
- Czech Republic: Jan Václavik
- Estonia: Margus Member
- France: Pascal Perney
- Latvia: Ieva Ruza
- Lithuania: Virginijus Sapoka
- Portugal: Jose Barata
- Spain: Beatriz Roson
- Russia: Alexander Arutyunov
- United Kingdom: Deepak Bathia



FUTURE



Dr. Mine Durusu Tanrioever:

Internal medicine should survive

Internal Medicine should overcome
fragmentation/attack from the
daughters

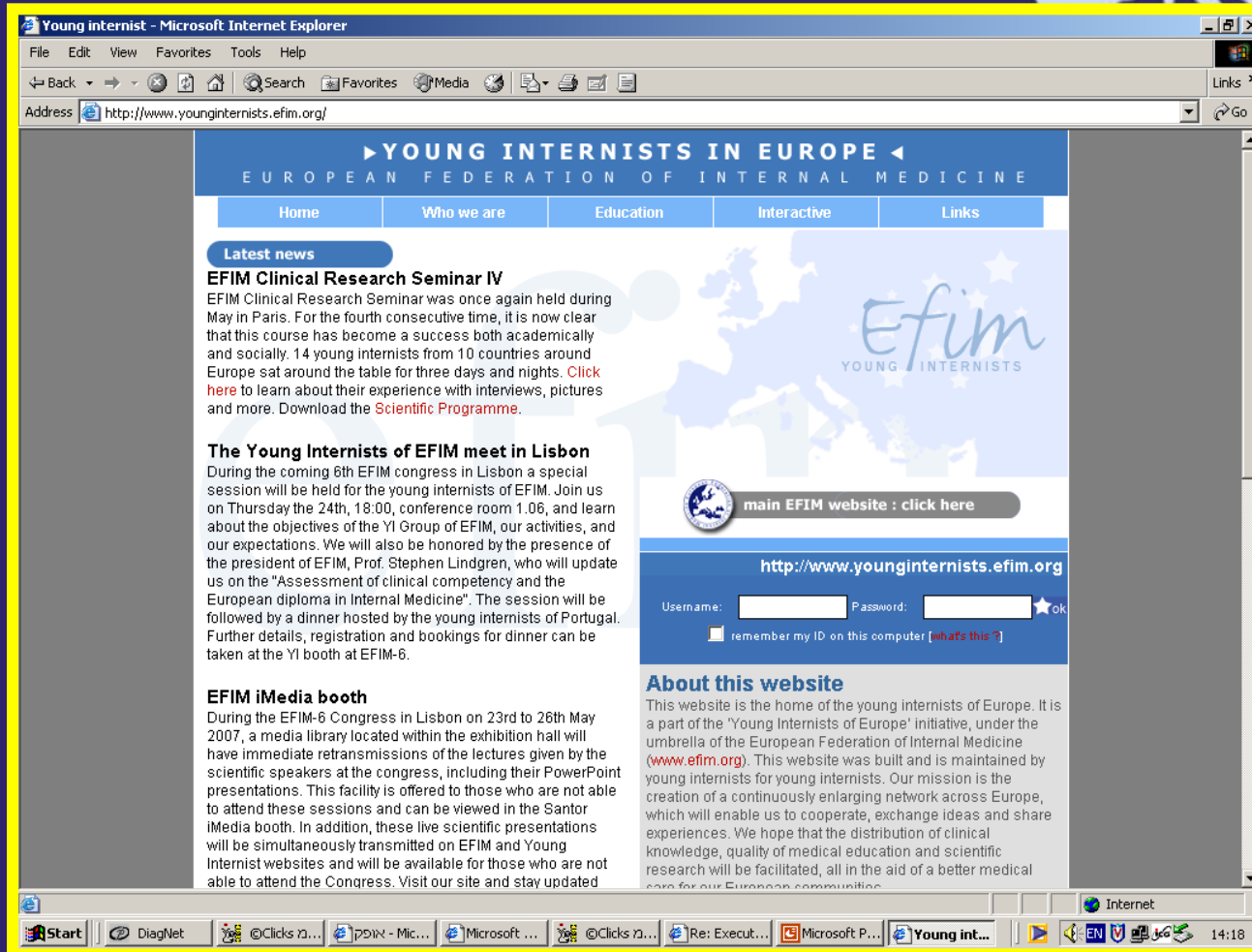
Internists should be proud of being who
they are!





HOW TO BE A PART OF THE YOUNG INTERNISTS COMMUNITY?

Young Internists Website



<http://www.younginternists.efim.org/>

ESIM Winter school facebook page



- Created for ESIM winter school participants
- Available on line
- Exchange of ideas between participants, keep in touch, photo exchange...
- <http://www.facebook.com>

Ultimate goal



A platform for an evolving European Young Internists network

