



• 2018

ANNUAL REPORT



EFIM
www.efim.org

AIMS MISSION AND OBJECTIVES

The European Federation of Internal Medicine (EFIM) was established in 1996 through a merger of its predecessor AEMI and the Forum of Presidents of National Internal Medicine Societies in Europe.

From the beginning, the aims of the organisation were as laid down in the Statutes:



To promote internal medicine scientifically (but also ethically and professionally)



To publish research and resolutions



To organize meetings and congresses



To establish communication between specialists



To provide information to private and public organisations

The purpose of EFIM is to re-emphasize the importance of internal medicine in patient care in a world of increasing specialisation. Education, research and the promotion of internal medicine are at the heart of the EFIM mission. The European Congress of Internal Medicine, the European School of Internal Medicine and the Clinical Research Seminar have become popular events, bringing together internists and internal medicine trainees from across Europe and around the world. EFIM will continue to build programmes that will raise the profile of internal medicine and encourage greater collaboration of European internists in years to come.

Internal medicine will remain the cornerstone of every national healthcare system.

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Prof.
**NICOLA
MONTANO**

EFIM President

I am very pleased to introduce the 2018 Annual Report which describes the many activities of EFIM over the last year.

Among the highlights were a very successful congress in Wiesbaden, for which we are grateful to the ECIM 2018 Congress President, Prof. Petra-Maria Schumm-Draeger and the German Society of Internal Medicine, welcoming on board Prof. Giancarlo Agnelli as the new EJIM Editor-in-Chief, and two very successful schools in Finland and in the Netherlands. I am privileged to be taking over from Prof. Runolfur Palsson, the former EFIM President, who led the organization in the past two years and made many accomplishments as well as overcoming a number of challenges he faced.

There are plenty of new initiatives planned in EFIM's development and I see many of our member national societies involved in a joint effort to ensure a stronger position for internal medicine in Europe and worldwide.

The European Congress of Internal Medicine, ECIM 2019, in Lisbon is approaching and the EFIM Executive Committee is working hard on selecting the destination of the 2020 congress with our new partner Kenes Group.

In 2018, we launched a new working group on critical appraisal of guidelines, with the main objective to adapt the existing European guidelines that relate to our daily clinical practice in internal medicine departments and outpatient services.

EFIM is a constellation of different voices and different structures in different healthcare systems. However, by working together EFIM will gain the visibility, recognition and opportunities that many other professional medical organisations have at the European level.

For this reason, we have for instance been working closely with the European Federation of Pharmaceutical Industry and Associates (EFPIA), and attended the European Health Summit in Brussels, a multi-stakeholder event organised from within and across the health community that seeks to bring together European leaders, policy makers and stakeholders in healthcare.

I hope that you will enjoy reading about all the accomplishments of EFIM in 2018.



Prof.
**RUNÓLFUR
PÁLSSON**

EFIM
Past President

I look back with pride on the two years I served as president of EFIM. The organisation has continued to grow and is gradually becoming more visible.

One of my principal goals during the presidency was to increase the involvement of the member national societies in the activities of EFIM. Hence, I am grateful for their increased participation in our working groups and other initiatives. We must constantly bear in mind that it takes teamwork to build a great organisation. In order to further enhance the relationship with the national societies and individual internists across Europe, we must develop an effective communication strategy. EFIM is currently addressing this important issue, revising the website and adopting social media to enhance communication.

It has been a pleasure to observe the development of the European Journal of Internal Medicine, the flagship of EFIM. The recruitment of Prof. Giancarlo Agnelli as the new Editor-in-Chief brings high hopes for the future of the journal. I strongly believe that a successful scientific journal is an important indicator of a professional medical society's status and reputation. In my opinion, the target for the European Journal of Internal Medicine should be to rank among the top 10 general and internal medicine journals worldwide.

The work on postgraduate education carried out by the European Board of Internal Medicine has been very productive. Indeed, nurturing trainees and young internists should be among priorities of EFIM as the future of internal medicine in Europe will rest in their hands. Witnessing the progress of the Young Internists in recent years has been particularly rewarding.

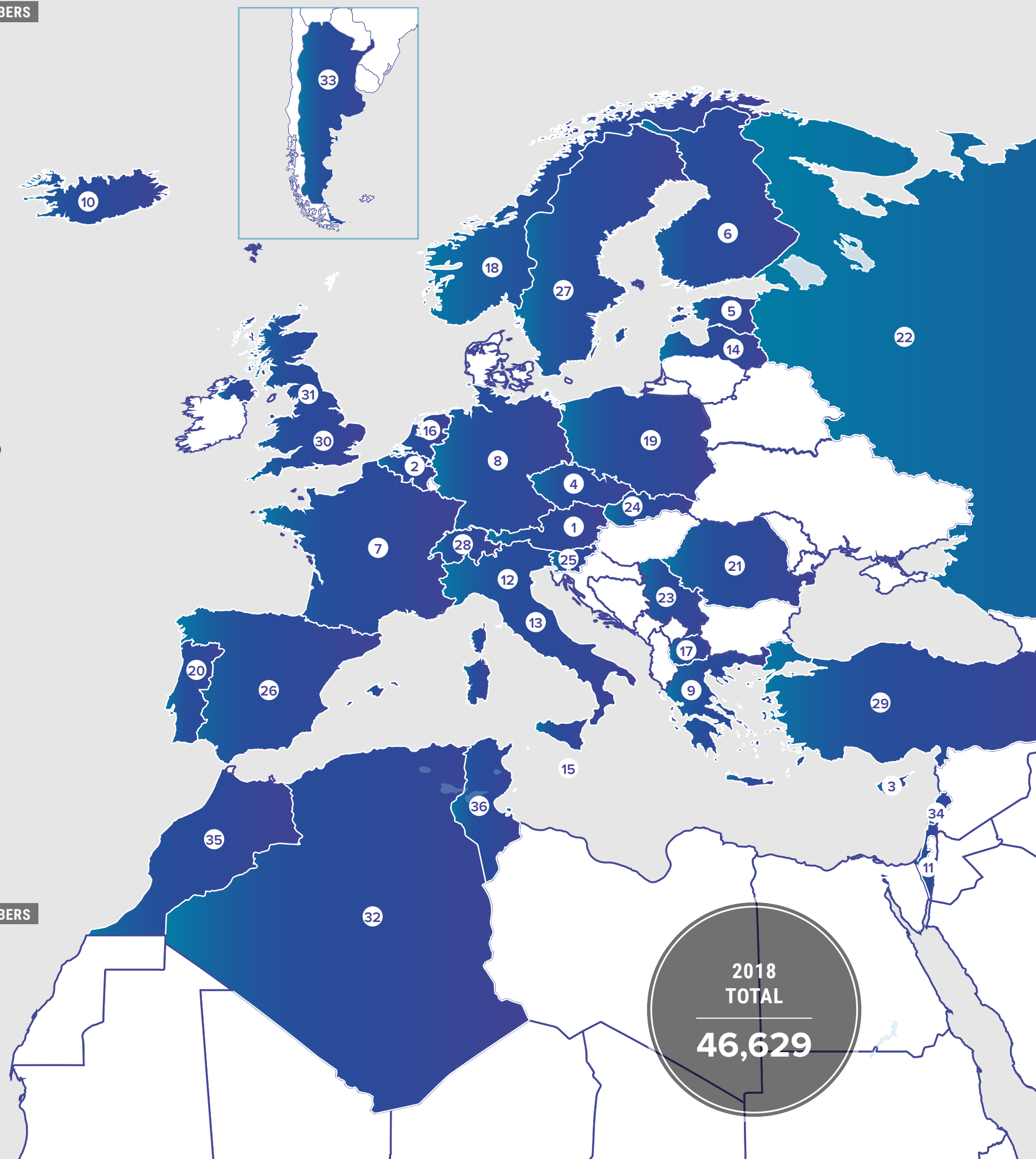
It has been an honour and privilege to lead EFIM. We all share the same passion for internal medicine and our ultimate goal is to create a strong force of European internists.

On a personal note, I would like to thank my colleagues in the Executive Committee and our Executive Manager, Aneta Trajkovska, for their support.

I extend my best wishes to my successor, Prof. Nicola Montano, and EFIM for a bright and prosperous 2019.

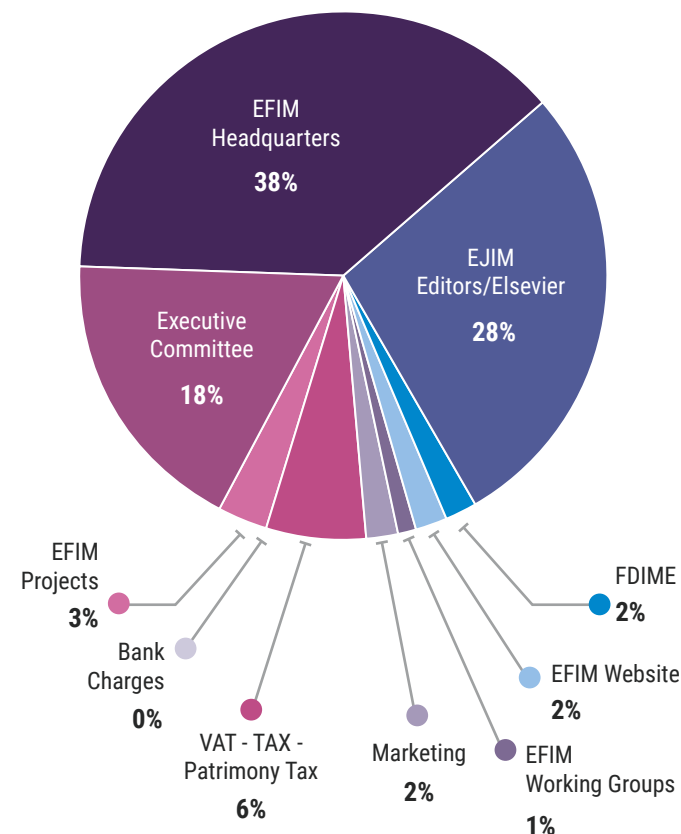
| | COUNTRY | ORDINARY MEMBERS | MEMBERS |
|----|--------------------|---|---------|
| 1 | AUSTRIA | Austrian Society of Internal Medicine | 902 |
| 2 | BELGIUM | Belgian Society of Internal Medicine | 141 |
| 3 | CYPRUS | Cyprus Federation of Internal Medicine | 85 |
| 4 | CZECH REPUBLIC | Czech Society of Internal Medicine | 1068 |
| 5 | ESTONIA | Estonian Society of Internal Medicine | 94 |
| 6 | FINLAND | Finnish Society of Internal Medicine | 1070 |
| 7 | FRANCE | French Society of Internal Medicine | 975 |
| 8 | GERMANY | German Society of Internal Medicine | 8608 |
| 9 | GREECE | Internal Medicine Society of Greece | 600 |
| 10 | ICELAND | Icelandic Society of Internal Medicine | 220 |
| 11 | ISRAEL | Israeli Society of Internal Medicine | 430 |
| 12 | ITALY | Italian Federation of Associations of Hospital Internists | 2320 |
| 13 | ITALY | Italian Society of Internal Medicine | 2552 |
| 14 | LATVIA | Latvian Society of Internal Medicine | 333 |
| 15 | MALTA | Association of Physicians of Malta | 80 |
| 16 | NETHERLANDS | Netherlands Society of Internal Medicine | 2000 |
| 17 | NORTH MACEDONIA | Macedonian Association of Internal Medicine | 170 |
| 18 | NORWAY | Norwegian Society of Internal Medicine | 1475 |
| 19 | POLAND | Polish Society of Internal Medicine | 300 |
| 20 | PORTUGAL | Portuguese Society of Internal Medicine | 2130 |
| 21 | ROMANIA | Romanian Society of Internal Medicine | 560 |
| 22 | RUSSIAN FEDERATION | Russian Scientific Society of Internal Medicine | 988 |
| 23 | SERBIA | Serbian Society of Internal Medicine | 385 |
| 24 | SLOVAKIA | Slovakian Society of Internal Medicine | 498 |
| 25 | SLOVENIA | Slovenian Society of Internal Medicine | 300 |
| 26 | SPAIN | Spanish Society of Internal Medicine | 5325 |
| 27 | SWEDEN | Swedish Society of Internal Medicine | 1072 |
| 28 | SWITZERLAND | Swiss Society of General Internal Medicine | 6138 |
| 29 | TURKEY | Turkish Society of Internal Medicine | 1531 |
| 30 | UNITED KINGDOM | Royal College of Physicians, UK | 2415 |
| 31 | UNITED KINGDOM | Society for Acute Medicine, UK | 365 |

| | COUNTRY | ASSOCIATE MEMBERS | MEMBERS |
|----|-----------|--|---------|
| 32 | ALGERIA | Algerian Society of Internal Medicine | 443 |
| 33 | ARGENTINA | Argentinian Society of Internal Medicine | 650 |
| 34 | LEBANON | Lebanese Society of Internal Medicine | 95 |
| 35 | MOROCCO | Moroccan Society of Internal Medicine | 210 |
| 36 | TUNISIA | Tunisian Society of Internal Medicine | 101 |



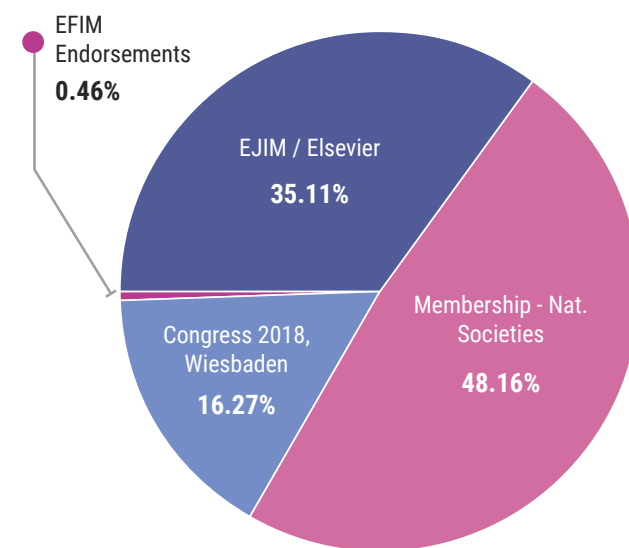
Expenses

| | EXPENSES APPROVED | FINAL 31.12.2018 |
|---------------------------|---------------------|---------------------|
| Executive Committee | € 40,000.00 | € 45,077.63 |
| EFIM Headquarters | € 91,941.40 | € 96,517.97 |
| EJIM Editors / Elsevier | € 69,300.00 | € 70,234.05 |
| FDIME | € 5,000.00 | € 5,000.00 |
| EFIM Website | € 8,300.00 | € 4,295.06 |
| EFIM Working Groups | € 5,500.00 | € 2,833.58 |
| EFIM Subcommittees | € 0.00 | € 0.00 |
| Marketing | € 5,031.15 | € 5,103.36 |
| VAT - Tax - Patrimony Tax | € 13,500.00 | € 13,965.47 |
| Bank Charges | € 500.00 | € 447.09 |
| EFIM Projects | € 8,000.00 | € 7,732.76 |
| TOTAL EXPENSES | € 247,072.55 | € 251,206.97 |



Income

| | INCOME APPROVED | FINAL 31.12.2018 |
|-----------------------------|---------------------|---------------------|
| EJIM / Elsevier | € 80,000.00 | € 99,065.13 |
| Interest | € 200.00 | € 0.00 |
| Membership - Nat. Societies | € 130,000.00 | € 135,880.37 |
| Fellowship | € 300.00 | € 0.00 |
| Congress 2018, Wiesbaden | € 35,000.00 | € 45,901.00 |
| EFIM Endorsements | € 1,500.00 | € 1,300.00 |
| TOTAL INCOME | € 247,000.00 | € 282,146.50 |



2018 - Results Preview

| | ACCOUNTS APPROVED | FINAL 31.12.2018 |
|--|-------------------|--------------------|
| Income | € 247,000.00 | € 282,146.50 |
| Expenditures | € 247,072.55 | € 251,206.97 |
| Provision - legal & social obligations | | – € 22,000.00 |
| Provision - website 2018 | | € 12,000.00 |
| RESULT | – € 72.55 | € 20,939.53 |

Another successful EFIM Day was organised at the EFIM Headquarters in Brussels on 16 March, bringing together more than 60 EFIM representatives from 25 national internal medicine societies in Europe. Presidents, board members and Young Internists representatives had an opportunity to take part in discussions about current and future EFIM projects.

The EFIM President, Runolfur Palsson, welcomed the attendees to the 4th EFIM Day sharing his perspectives on the achievements of the past year which have made EFIM stronger and more visible in Europe. Next, Runolfur presented the 2017 Annual Report and reflected on a sound year for EFIM overall, emphasising the success of the European Congress of Internal Medicine in Milan. The congress, hosted in a spectacular venue, was a truly inspirational experience, thanks to Nica Cappellini, the Congress President, and Nicola Montano, the EFIM President-Elect, who jointly led the organisation of this successful event. Runolfur highlighted the key EFIM activities in 2017 and introduced the 2 upcoming congresses, ECIM 2018 in Wiesbaden and ECIM 2019 in Lisbon. Runolfur also announced the nomination of a new Editor-in-Chief for the European Journal of Internal Medicine, Prof. Giancarlo Agnelli, who was selected following thorough evaluation of several outstanding candidates.

Two new working groups were presented. Frank Bosch introduced the Point-of-Care Ultrasound Working Group, while Nicola Montano presented plans to launch a working group on critical appraisal of clinical guidelines. Updates from the Choosing Wisely, Professional Issues and Quality of Care, and the IMAGINE working groups offered insight into the current projects and the progress made during the past year.

Ieva Ruza, the Chair of the Young Internists Subcommittee, reported on the activities of the Young Internists Assembly and proposed a new postgraduate course for young specialists in internal medicine, the European Advanced School of Internal Medicine.



An update from the European Board of Internal Medicine was given by Rijk Gans, the President of the UEMS Section of Internal Medicine. Rijk presented the next steps in the implementation of the internal medicine curriculum in the EFIM member states. Relaunching of a European Diploma examination was introduced as well as the concept of an educational center in internal medicine.

Petra-Maria Schumm-Draeger, the President of ECIM 2018, updated the representatives on the preparations for the congress to be held in Wiesbaden, Germany, from 30 August to 1 September. Petra-Maria presented a very attractive scientific programme and encouraged the participants to attend the congress.

The 4th EFIM Day featured two keynote lectures addressing clinical practice guidelines and translation of knowledge. First, Prof. Iannone Primiano from the National Centre for Clinical Excellence, Healthcare Quality & Safety in Italy gave an interesting insight into clinical practice guidelines. Prof. Iannone focused on several points, ranging from why we need guidelines and the types of guidelines available (consensus vs evidence-based) to the flaws of guidelines and the adoption of new methodological standards.

The meeting concluded with the second keynote lecture entitled “Knowledge Translation: From Guidelines to Policy Makers”, delivered by Prof. Holger Schünemann, Chair of the Department of Health Research Methods, Evidence, and Impact at McMaster University in Hamilton, Canada. Prof. Schünemann outlined the work of COCHRANE and the reshaping of the guideline development methodology and provided insight into the GRADE approach.

Runolfur thanked all the delegates for their active participation in the meeting and for their dedication and hard work for EFIM. Finally, Runolfur invited the participants to the next General Assembly during ECIM 2018 in Wiesbaden, Germany.

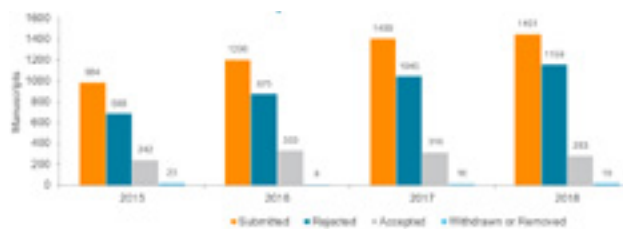




Executive Summary

Elsevier is happy to report that The European Journal of Internal Medicine (EJINME) shows strong increases in all relevant metrics for 2018. Most importantly, 2018 was marked by EJINME receiving an Impact Factor of 3.282, breaking the 3.0 threshold for the first time. Three strong special issues were published in 2018: Medical Cannabis, Frailty and Hematological Malignancies. Furthermore, a new Editor-in-Chief, Prof. Giancarlo Agnelli, and a new Editorial Board were appointed. The transition period commenced on October 15th, 2018, with the new Editorial Team taking over sole responsibility for the journal as of 2019.

Submissions



There has been a 3% growth in the number of submissions in 2018 in comparison to 2017, with a strong rejection rate of 80% (69% of articles were rejected without going out to peer review). As before, the highest number of accepted articles was coming from Italy and Spain, with Italy still showing an increase in submissions in comparison to 2017. There has been an increase in the number of published articles of about 11% in comparison to the previous year (186 published articles in 2018 vs. 168 in 2017). The editorial handling times have remained extremely competitive, with a slight increase in the average time from submission to first decision of 5.1 weeks in comparison to 4.2 weeks in 2017. This can be attributed to the transition of the Editorial Team. The time from submission to online publication was around 12.2 weeks in 2018 and was

slightly slower in comparison to 9.4 weeks in 2017. The journal's fast editorial handling times should continue to be in the focus of its promotion as it confers a strong competitive advantage.



Usage

The journal is primarily an online journal and is being downloaded through a number of platforms. Please note that the statistics for full text downloads provided in the table below reflect ScienceDirect downloads and downloads from www.ejinme.com and Clinical Key, showing a very strong performance in comparison to 2017 (+24% increase) with a gain in downloads on www.ejinme.com of 96% reflecting the attractiveness of the journal's content.

| Type | 2015 | 2016 | 2017 | 2018 |
|--|----------------|----------------|----------------|----------------|
| ScienceDirect | 289,097 | 306,305 | 280,526 | 295,992 |
| www.ejinme.com | 22,982 | 36,457 | 59,562 | 116,940 |
| Clinical Key | 28,043 | 31,207 | 29,635 | 44,993 |
| Total | 340,122 | 373,969 | 369,723 | 457,925 |

Top 15 Journal Titles Ranked by 2017 Impact Factor (and EJINME)

The Impact Factor in the 2017 JCR Science edition has increased from 2.960 in 2016 to 3.282 in 2017. The journal is now ranking at 27 out of 154 journals listed in the MEDICINE, GENERAL & INTERNAL category of JCR. This is a strong gain, finally taking the journal over the 3.0 threshold. This will increase the journal's attractiveness to submitting authors.

Financials

The journal's finances have not yet been finalised. However, based on an unaudited overview, the journal would appear to have performed well. Preliminary findings show hardly any change in overall revenues in comparison to 2017 with a minor decrease of 1.7%, resulting from lower sales of commercial reprints. It is too early to predict the royalties in 2018.



The indexing of the European Journal of Case Reports in Internal Medicine (EJCRIM) by PubMed Central has made 2018 an important year for the journal.

Acceptance into PubMed Central has become a far slower and more demanding process as a result of the ever-increasing number of predatory journals. It was initially assumed that EJCRIM was yet another such journal, which would publish anything by anybody in order to make a profit. It, therefore, has taken the journal some time to establish that it will only publish papers that have a clear educational message (i.e. at least one learning point) and that its fee is the lowest possible to cover costs.

The number of submissions to EJCRIM continues to increase. In 2018, a further increase by 26% has been recorded, along with a slightly lower rejection rate of 42% (51% in 2017), suggesting that the quality of the articles has improved. The journal has passed from 10 to 12 issues per year.

The geographical origin of the manuscripts still sees Portugal leading the way (48% of the total), with Italy and Spain following in the chart. More submissions from other countries would be highly appreciated.

Although we have now convinced PubMed Central that we only wish to publish educational papers, we still have difficulty with some submitting authors who do not provide, or pay little attention to the "learning points" of their submissions. The "learning points" are the most important determinants of whether or not a paper is accepted. Also, the title should be informative, and if possible, capture the learning point. Authors often indulge their artistic imagination with obscure titles that would be more appropriate for a mystery

novel, but contain no "key words" or other search engine identifiers and hence will ensure the paper will never be found or cited.

The editorial handling times are unvaried: 10 days from submission to first decision on average. Publication times range from 6 to 100 days (median 30 days), depending on the timely author's approval of the copyedited proofs and checkout payment. It is now customary to wait until the publication fee is paid before copyediting the article.

Web traffic has remained stable since 2017, with most of the traffic coming from direct search (including EJCRIM newsletters, social media and referrals). GDPR regulations have cut down a number of contacts due to the request for confirmation that has a tendency to remain unnoticed.

Facebook is still a big part of the journal's footprint, as 20% of the traffic is generated by our social network activity. Our readership seems to appreciate this outlet for newly published articles, forthcoming events and flash "useful news" and announcements. Plus, they get to share their articles with their friends. The EJCRIM Facebook page can now count on 2,600 spontaneous likes.

The EJCRIM's Best Case Report Award was hosted at the 2018 European Congress of Internal Medicine, and the winners were awarded with free-publication vouchers.

EJCRIM is also starting to accept Letters to the Editor and series of articles called Hospital Grand Rounds, from invited institutions. A series of educational quizzes are in the works in collaboration with the Young Internists.



On behalf of the European Federation of Internal Medicine, it is a great pleasure to invite you to the 18th European Congress of Internal Medicine (ECIM), that will take place in Lisbon, Portugal. The congress will be held at the Lisbon Congress Centre, from 29th to 31st August, 2019.

The theme of the congress is “Innovation in Health Care: New Opportunities for Internal Medicine”.

The choice of this theme was motivated by our conviction that the demographic evolution, the super-specialisation trends and growth of healthcare costs underscores the need for a medical specialty with the characteristics of internal medicine.

Topics like the future hospital, internal medicine worldwide, dedicated units, co-management of surgical patients, ambulatory medicine, palliative care, new models in emergency care, eHealth, medical education, narrative medicine, translating evidence into practice, health and social care, health outcomes measurement, as well as clinical themes such as diabetes, heart failure, stroke, autoimmune diseases, infections associated with healthcare, liver diseases, anticoagulation, clinical genetics, rare diseases, ageing, obstetric medicine, preventive medicine, new imaging techniques and others, will be highlighted.

ECIM 2019 will provide an excellent opportunity to consider changes we can implement, to share successful experiences and to discuss the latest knowledge in clinical areas related to internal medicine, presented by the best experts, as well as a great setting for networking.

Voted as Europe’s Leading Destination, Lisbon is a trendy city with a unique light, beautiful buildings and streets, warm hospitality of the people and excellent food and wine. It is a multicultural and multiethnic city and a place of innovation. Lisbon has also been, throughout its history, a point for convergence of civilizations.

We wish that ECIM 2019 will be the meeting place for all internists from across Europe and from other countries worldwide

All of you are welcome to Lisbon. We will make you feel at home!

REGISTER NOW

www.efim.org/ecim2019



Adopting a more global view was the principal objective when the European Congress of Internal Medicine (ECIM) – hosted by the European Federation of Internal Medicine (EFIM) – returned to Germany for the first time in 15 years. With its slogan “The Art of Managing Clinical Complexity: an Integrated, Patient-Centred Approach” the event attracted well over 1,000 delegates from 70 countries to the recently opened RheinMain Congress Centre in Wiesbaden, from 30 August to 1 September 2018. Almost half of the attendees were trainees and young physicians who belong to the Young Internist Group within EFIM. At the opening ceremony, the Lord Mayor of Wiesbaden, Sven Gerich, welcomed the attendees and praised the importance of the congress for European collaboration in the science and practice of medicine.



Despite some degree of subspecialty perspectives, focusing on the big picture and a patient-centred approach was one of the concerns of Munich-based Congress President, Prof. Petra-Maria Schumm-Draeger, when setting the agenda. Hence, ECIM 2018 covered a wide range of topics. Alongside important subjects from the fields of endocrinology, gastroenterology or cardiology that were geared towards everyday clinical practice, well-known speakers from inside and outside of Europe focused on healthcare inequalities, gender medicine, ethical aspects and the doctor-patient relationship.

EFIM Young Internists were responsible for part of the programme content. In addition to a plenary session dedicated to civility in the workplace, the Young



Internists’ Corner was a highlight, offering delegates a chance to speak with eminent medical experts in an informal manner. This included a debate with Prof. John Ionnidis from Stanford University, an international expert on evidence-based medicine, on whether medical screening programmes are a blessing or a curse. Another important feature of the congress was the e-poster area where almost 1,200 submitted abstracts from 50 countries were presented, including more than 560 abstracts from Portugal, 271 from Spain and almost 50 from Turkey.

One of the goals of the three-day event was to be a platform for interdisciplinary interaction of European internists, and this was achieved according to the organising team. Outstanding plenary lectures shed light on different aspects of the congress theme, including the impact of health economics across Europe and clinically relevant proposals for coping with the “obesity tsunami” and the increasing multimorbidity burden among the expanding aging population.

The 18th ECIM will take place in Lisbon, Portugal, from 29 to 31 August, 2019. The Congress President, Prof. Luis Campos from Lisbon, and EFIM President, Prof. Nicola Montano from Milan, will be in charge of the scientific programme. The theme of the congress is “Innovation in Health Care: New Opportunities for Internal Medicine”.



Advice is like snow; the softer it falls, the longer it dwells upon, and the deeper it sinks into the mind.

”

Samuel Taylor Coleridge



The eighth winter school took place for the first time above the Arctic circle. The cold weather of Lapland's January did not scare away the forty-seven trainees with warm internist hearts from all over Europe and its surroundings. The atmosphere of the school was tangible with a great scientific programme and exciting social events.

The trainees had the privilege to hear world class experts give lectures on a wide range of topics, from glomerular disease to antibiotic resistance, and from rheumatic emergencies to cardiomyopathies, just to mention a few. Excellent workshops included ECG Olympics, Hands-on Ultrasound Workshop and Interesting Clinical Cases. A Choosing Wisely Workshop was held by the Young Internists.

Photo credit:
© 2018 Tuomas Aro

The social programme offered unforgettable memories. The School Administrator, Kim Pettersson-Fernholm, taught cross-country skiing to enthusiastic students. Many courageous internists went downhill skiing in the beautiful slopes of Levi Mountain. The participants also enjoyed a unique experience of a Husky safari, sang their way to Lappish hearts with Finnish karaoke and visited a stunning ice castle.

The fantastic week concluded with a traditional gala dinner with each country performing a show. As a certificate for again the truly amazing "ESIM spirit" the ancient gods of Lapland gave us the opportunity to enjoy the colourful dance of Aurora Borealis in the sky.

We thank all the participants and teachers for a truly unforgettable week and are looking forward to hosting another edition of the Winter School in Lapland!



Thirty-nine trainees from Europe, North Africa and the Middle East were supported by their respective national societies to attend the summer school held at the Akoesticum, a grand, prestigious performing arts center in the rural town of Ede in the East of the Netherlands, from 24 to 30 June, 2018. It was apparent from the moment when the trainees from 18 different countries arrived in Ede, that this would be a highly interactive, worthwhile and stimulating week of lectures, workshops and practical activities dedicated to all aspects of internal medicine, and of course social interaction.

The central theme was "Internal Medicine in Harmony", and the following topics were included:

- Sonography for the internist
- Patient safety
- Multidisciplinary work in harmony
- Clinical reasoning
- Basic problems in internal medicine
- Patient care in a virtual world



Lectures on clinical topics, interactive case presentations, and a practical ultrasound workshop were organized with the participation of 32 national and international speakers. Furthermore, participants from each country were tasked with presenting an interesting clinical case. There was also a strong emphasis on emerging challenges that affect all internists, for example the ageing population, antibiotic resistance, physician burnout, patient safety and resource allocation during global recession. In addition there were sessions on cognitive reasoning and cognitive bias and errors in clinical decision-making.

One lunch session was devoted to saxophone lessons. After only 45 minutes, all participants were able to play a melody together!

According to the trainees, the programme was busy but very manageable by virtue of the varied timetable of lectures, workshops, interactive sessions and group sessions, as well as the very relaxing and comfortable surroundings and refreshments.

The social programme included a trip to Amsterdam where the trainees enjoyed a boat tour and a dinner. A splendid bicycle ride through the Dutch countryside to see a large collection of Van Gogh paintings in the Kröller-Müller Museum, located in the midst of De Hoge Veluwe National Park., was a special treat.

The second edition of the summer school was incredibly successful and we look forward to welcoming a new group of trainees to the Netherlands in 2019 for a third and final edition of ESIM.



One of the greatest achievements in 2018, inspired by EFIM Young Internists, was launching of the 1st European Advanced School of Internal Medicine (EASIM), held in Riga, Latvia, from 24 to 26 November, under the direction of Dr. Ieva Ruža. It was a small international course organised by EFIM, tailored to fill the void felt by early career internists in Europe following the completion of postgraduate education in internal medicine. The EASIM design was based on the well-proven format of the European School of Internal Medicine for trainees.

Besides providing participants with clinical updates based on the "learn and teach" concept and discussing clinical cases, the school included workshops on the development of non-technical skills, such as communication, conflict management, giving feedback and leadership skills. Everyone participated

in Balint groups. In spite of a very packed educational programme, the group also took a short walking tour around the Old Riga and spent time on friendly networking during breaks.

We are sincerely grateful to EFIM for all the support but, first and foremost are we thankful to the EASIM participants who made the course successful! Special thanks go to the course faculty from EFIM - Dr. Ieva Ruža (Latvia, Director), Dr. Frauke Weidanz (UK, Co-Director), Prof. Rijk Gans (The Netherlands), Dr. Valentin Kokorin (Russia), Dr. Mikko Parry (Finland) - and our guest faculty - Prof. Uģis Gruntmanis (USA) and Dr. Roberts Klotiņš (UK).

We are looking forward to welcome you to the 2nd EASIM in Riga, Latvia, from 23 to 25 November, 2019.



Since the pilot project was launched back in 2012, more than 100 internal medicine trainees have participated in the EFIM Exchange Programme in hospital centres across Europe. The Exchange programme remains one of the principal activities of EFIM, providing internal medicine trainees with a wide range of learning experiences and an opportunity to enhance their global knowledge, skills and understanding of cultural differences. The Exchange programme remains a very successful project that is expected to grow further in the future.

Each national internal medicine society can select up to three trainees for participation in the programme.

EFIM and the Foundation for Development of Internal Medicine in Europe support the Exchange Programme with 20 scholarships of €600 per year.

In 2018, 15 internal medicine trainees participated in the EFIM Exchange Programme. Excellent feedback has been received from the trainees.



Feedback from our exchange trainees in 2018

"I have no doubt that I have achieved all the results and goals that I had initially established, and I would like to thank for the opportunity I was given of taking part in such unforgettable experience. Finally, I strongly recommend this exchange programme to every young internist."

Dr. Alba Garcia Villafranca
Spain

"I would like to congratulate all EFIM Exchange Programme staff: thank you because this was an experience that can help the physicians in the globalized today world to open their mentalities and to understand different and better ways to be doctors and to practice medicine."

Dr. Damiano D'Ardes
Italy

"This experience has been for me a scientific, professional and motivational progress."

Dr. Calota Carmen
Romania

"It was a great experience to see another country's health care system and compare and bring new knowledge and vision back home."

Dr. Ulla Rozenberga
Latvia

"Concluding the internship in Israel was for me a tremendous opportunity, not only to achieve medical knowledge and to see a new health care system but also to learn about a different culture, enlarge my horizon and to build new friendships. I would like to thank the European Federation of Internal Medicine for organizing such great learning programmes."

Dr. Vlad Pavel
Germany

"The time at the Worthing Hospital was a great experience for me as I learned about a new culture, improved my English, and broadened my vision, besides enriching my professional experience. I would like to thank everybody for giving me this amazing opportunity."

Dr. Hatice Oner
Turkey

"What I saw and experienced in Worthing Hospital filled me with enthusiasm to try and, within my abilities, alter my future work environment, to make it safe and friendly for my future patients, to make it a place where people come to work with pleasure and a place that offers career development as well as wonderful support from co-workers."

Dr. Wanda Lutognewska
Poland

● Professional Issues and Quality of Care Working Group

The EFIM Working Group on Professional Issues and Quality of Care comprises 23 members, representing 16 national society members. The working group under the leadership of Luís Campos held two meetings in 2018. One of the meeting was held during the 4th EFIM Day, at the EFIM Headquarters in Brussels, and the other one during the European Congress of Internal Medicine in Wiesbaden. Two papers by the working group were published in the European Journal of Internal Medicine:



1. Hospital ambulatory medicine: A leading strategy for Internal Medicine in Europe
2. Medical and surgical co-management: A strategy of improving the quality and outcomes of perioperative care

The working group organised an educational course during the 27th Congress of the European Association of Hospital Managers held in Portugal in September, focusing on “Leading Change”. The course was organised in partnership with the Center for Primary Care of the Harvard Medical School, offering participants an opportunity to learn from the interactive lectures given by Xavier Corbella, Luís Campos and Erin Sullivan.

The members of the working group are actively involved in many activities, including the organisation of a pre-congress course at the ECIM 2019 in Lisbon. The theme of the course will be “Quality of Care, Patient Safety and Doctor-Patient Communication”.

● Ultrasound Working Group

The usefulness of ultrasound in the clinical practice of internal medicine is considerable and includes numerous clinical scenarios and settings (emergencies, hospital ward, general and specific consultations and home care). Ultrasonography has a relevant impact on the practitioner's ability to resolve issues, increasing the diagnostic reliability and safety and providing important information on the prognosis. In recent years, ultrasonography has been incorporated as a tool in undergraduate medical education with excellent results. The use of ultrasonography needs to become widespread across Europe. To accomplish this, the EFIM Ultrasound Working Group, under the

leadership of Dr. Frank Bosch, was launched during the 2018 European Congress of Internal Medicine in Wiesbaden. Twelve EFIM member societies are currently involved in the activities of the working group. The initial project is to produce an EFIM position paper on point-of-care ultrasound in internal medicine which hopefully will be ready for publication at time of the next European Congress of Internal Medicine in Lisbon. The competencies defined in this document will be included in the European Curriculum of Internal Medicine. At the working group meeting which will take place during the 5th EFIM Day in Brussels, the next steps of the working group will be established.



● Choosing Wisely Working Group

EFIM launched the Choosing Wisely Project under the leadership of Prof. Nicola Montano during the first meeting of the working group in Milan in 2017. The initial aim of the Choosing Wisely WG was to discuss research methodology and implement a plan to test whether this kind of “appropriateness approach” might have relevant implications for patient outcome and healthcare costs. Twenty-six member societies from 24 countries accepted an invitation to participate in the EFIM Choosing Wisely Project. The first selected activity was to collect the TOP-5 lists from national Choosing Wisely projects and publish the results on the EFIM website.

A second meeting was held during the 3rd EFIM Day in Brussels, where contribution of national societies (SSGIM, FADOI and SIMI) already involved in the EFIM Choosing Wisely Project was presented. Several other national societies are engaged in ongoing Choosing Wisely initiatives in Europe, including those of Belgium, France, Germany, Israel, Poland, Portugal, Romania, Slovakia and Turkey. During ECIM 2017, the

representatives of the Choosing Wisely WG met to discuss the progress of the TOP-5 lists. A position paper on the challenge of “Less is More” medicine in Europe, proposed by Dr. Omar Kherad from the Swiss Society of Internal Medicine, has been planned and drafted and will be published in EJIM in April 2019. Another meeting took place during ECIM 2018 in Wiesbaden, Germany, where the first half-day “Less is More” course was organised, with the participation of Sanket Dhruva, Section Editor of JAMA Internal Medicine (USA), Frauke Weidanz (UK), Omar Kherad (Switzerland), Javier Garcia Alegria (Spain) and Antonio Brucato (Italy). The 1st “Less is More” course was attended by 50 colleagues.

The next meeting will be held during the 5th EFIM Day in Brussels.



● Gender Medicine Working Group

The IMAGINE WG includes one representative from each member country of EFIM, as well as from other countries (Canada). We are privileged to have representatives who are leading experts in gender studies, like Prof. Alexandra Kautzky-Willer from Austria and Prof. Vera Regitz-Zagrosek from Germany. At the 2018 European Congress of Internal Medicine in Wiesbaden, a session on gender medicine was moderated by IMAGINE WG chairs, Dr. Alberio Marra and Dr. Ewelina Biskup. Prof. Regitz-Zagrosek and Prof. Kautzky-Willer delivered lectures which focused on gender differences in cardiovascular diseases and diabetes, respectively. The session received a very positive feedback from the audience, including a number of collaboration enquiries. Furthermore, the IMAGINE WG published its first article in the European Journal of Internal Medicine, presenting its objectives, methodology, planned survey and future goals.

The IMAGINE WG has initiated a European survey on physician's knowledge on gender and sex in internal medicine. Over 1000 answers have been received from all participating countries. A publication of the results is planned in 2019.

A second round of the survey is being prepared, elaborating on the attitudes and knowledge after implementation of education materials on gender science among internal medicine physicians.

Various groups have expressed interests in collaborative work with the IMAGINE WG. A collaboration is planned with the Women Initiative for Stroke in Europe (WISE), a group within the European Stroke Organization (ESO). Another project that will commence in 2019 will be a collaborative effort with the Women's Brain Project, a Swiss network where Dr. Biskup is a board member. Moreover, collaboration with the Gender Studies Institute in Lausanne will begin in 2019.

Finally, Prof. Raparelli presented IMAGINE and the survey results at the Organization for the Study of Sex Differences conference in Atlanta, USA.



The European Board of Internal Medicine (EBIM) is currently working on several important projects. One of the most important tasks is to generate statutes of the EBIM, establishing a formal collaboration between the UEMS Section of Internal Medicine and EFIM.

Among other initiatives is a survey on the implementation of the European Curriculum of Internal Medicine (European Training Requirements in Internal Medicine) across Europe and the barriers and specific needs experienced by individual countries. The EBIM will launch the survey in the first half of 2019.

The EBIM is also preparing a European Internal Medicine Passport that will serve as a self-evaluation instrument for trainees as well as established

specialists in internal medicine in order to benchmark their training and competencies against the European Curriculum of Internal Medicine. This should pave the way towards recognition as an internist at the European level. Another important project is production of a self-evaluation form for the accreditation of training centers in Europe. It is expected that both self-evaluation instruments will be completed in 2019.

A future project of the EBIM is the development of an online educational platform for internal medicine in Europe.

The progress and aims of the EBIM were presented at the 4th EFIM Day in Brussels, as well as at the General Assembly during the 2018 European Congress of Internal Medicine in Wiesbaden.

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CAPPELLINI

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The Foundation for Development of Internal Medicine in Europe issued 4 scholarships to fully support young internists for their participation in the European School of Internal Medicine. The recipients were Dr. Peska from Latvia and Dr. Felsoci from Malta in January 2018, and Dr. Madesova from Latvia and Dr. Derbal from Tunisia in June 2018. Furthermore, the Foundation provided financial support to 4 internal medicine trainees for participation in the EFIM Exchange Programme in 2018. The Foundation organized the 13th edition of the Clinical Research Seminar in Paris from 1 to 4 July 2018. Fifteen candidates were selected to participate in the seminar.

A grant for clinical research in internal medicine, supported by "Association Recherche et Enseignement en Medecine Interne" (REMI), was awarded to Dr. Penelopi Arvaniti from Greece who will perform studies on epigenetics in autoimmune liver diseases in Brest, France. Finally, the Foundation awarded three prizes to the winners of the best posters during the European Congress of Internal Medicine in Wiesbaden, Germany.



EUROPEAN MEDICINES AGENCY ||

EFIM is represented at the European Medicines Agency (EMA) as a member of the Health Care Professionals Working Group (HCPWG). The EFIM representative is Prof. Daniel Sereni. In 2018, there were two meetings, one in April and another one in September. Among the principal topics discussed during these meetings were precision medicine, ehealth at the EU level, real word evidence on risk/benefit ratio of medicines, and information on medicines in social media. Prof. Sereni participated in the European Immunization Week in April 2018. Through collaboration with EMA, a video was circulated to all members and published on the EMA and EFIM websites. EFIM members were invited to participate in an EMA survey on transparency and independence

in post marketing studies. Finally, Prof. Sereni had the opportunity to present the EFIM/FDIME Seminar on Clinical Research as an outstanding example of education and training in drug development and evaluation for young European physicians.

Due to the "Brexit", the EMA Headquarters will move from London to Amsterdam in the spring of 2019.



EUROPEAN MEDICINES AGENCY
SCIENCE MEDICINES HEALTH



The Young Internists Group took an active part in the organization of the 18th European Congress of Internal Medicine in Wiesbaden, Germany, contributing 2 parallel sessions and the closing session. The topic of the first parallel session was “Are hospitals safe places for patients?”, in which the main issues of patients’ safety were discussed. The second session dealt with burnout. Dr. Roberts Klotins lead the discussion about “When doctors become patients”. Finally, the congress organizers gave the honor to the Young Internists Group to organize the closing session, which was entitled “Why Civility Saves Lives?”, focusing on workplace culture. The topic was addressed by Dr. Chris Turner from the UK and was followed by an active discussion among the whole audience.

In addition, the Young Internists Corner was an important feature of the congress, providing the Young internists an opportunity to meet and discuss with senior internists. Several topics were addressed at the corner, where expert speakers were moderated by YIs. In a special session about the role of women in the healthcare system and academic setting, we had the pleasure to have as a guest the first female president of EFIM, Prof. Nica Cappellini.

Finally, the case report competition in collaboration with the European Journal of Case Reports in Internal Medicine (EJCRIM) was among the activities of the Young Internists Corner.

In addition to the congress organization, the Young Internists took active part in the winter and summer editions of the European School of Internal Medicine. Caterina Delcea represented the group at the 2019 winter school in Levi, Finland, conducting a workshop on “Choosing Wisely”, whereas Vikas Kumar Sarna led a workshop on gender medicine at the 2018 summer school in Ede, the Netherlands.

Moreover, the first edition of the European Advanced School of Internal Medicine (EASIM) was held in Riga, Latvia, directed by Dr. Ieva Ruža. EASIM is a small international course tailored for early-career internists in Europe.

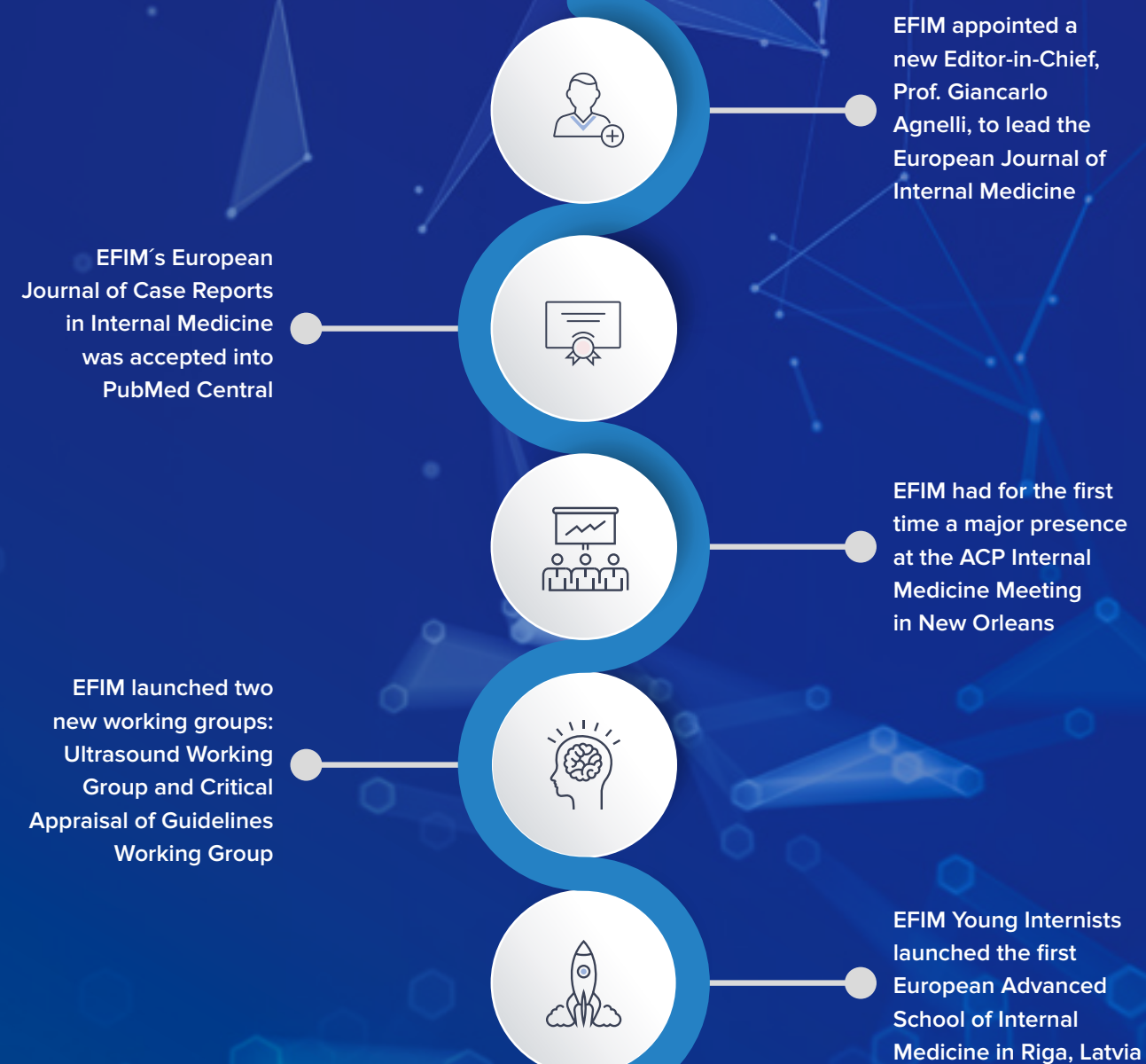
The Young Internists continued to be actively involved in each of the EFIM working groups. The Internal Medicine Assessment of Gender Differences in Europe (IMAGINE), that was proposed by the Young Internists, has remained very active.

The Young Internists Group feels proud to be part of EFIM and feels honored to contribute to the vision of bringing together European internists.



EFIM
young internists

EFIM 2018 MILESTONES





EFIM
www.efim.org



Grensstraat 7
1831 Diegem - Brussels
Belgium
TEL +32 2 725 9424
FAX +32 2 660 3821
E-MAIL info@efim.org