

**EFIM**  
European Federation  
of Internal Medicine



**Annual Report  
2016**

## 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 School of Internal Medicine, the annual Clinical Research Course and the EFIM Congress have become popular events, bringing together internists 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 cornerstone of every national health care system.

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# Introductory Words

by EFIM President

Dear Colleagues,

We can look back at 2016 with pride as this was a very successful year for EFIM. The year marked the 20<sup>th</sup> anniversary of the organisation, which has grown steadily since it was founded in 1996. I would like to take this opportunity to thank everyone who has contributed towards our mission of promoting the science and practice of internal medicine in Europe.

Several changes in the governance and leadership of EFIM were made during the year. Revised Statutes, which include changes in the membership structure and voting rules, were approved at an extraordinary General Assembly in Brussels in March. At the General Assembly in Amsterdam in August, Nicola Montano, from Italy, became the new President-Elect and Antonio Baptista was re-elected as Treasurer. Luis Campos from Portugal has been appointed as the new Chair of the Professional Issues and Quality of Care Working Group, taking over from Mark Kramer who chaired the working group for several years.

It can be fairly stated that the highlight of 2016 was the first independent European Congress of Internal Medicine in Amsterdam. The congress was a major success and we are grateful to Mark Kramer and Frank Bosch, our Past President, who led the organisation of the event. The European Curriculum of Internal Medicine was approved by European Union of Medical Specialists (UEMS) Council in October. This work was carried out by the European Board of Internal Medicine (EBIM), which is a joint venture of EFIM and UEMS Section of Internal Medicine. The new curriculum is an important step

towards harmonisation of postgraduate education and qualification in internal medicine in Europe.

The European Journal of Internal Medicine has continued to do well, although a slight decrease in the impact factor occurred in 2016. It is impossible to assess the relevance of such decline in a single year, so we will have to remain hopeful for a recovery in 2017. The journal is available free of charge to all internists in Europe through the EFIM website ([www.efim.org](http://www.efim.org)). The Winter School in Riga, organised by Ieva Ruza, and the Summer School in Sardinia, led

by Nicola Montano, were highly regarded like in previous years. We are of course appreciative of their outstanding work which has elevated the School to new heights.

As we reflect on our accomplishments, it is important to acknowledge the challenges we face. We need to set our priorities and develop a new strategic plan for the coming years. We should bear in mind that it takes teamwork to build a great organisation. One of the primary objectives will be to further increase the role of the member national internal medicine societies in

the activities of EFIM. Accordingly, it has already been decided to change the composition of the principal working groups, which will include a representative from each member national society.

We look forward to a prosperous 2017.

**Runolfur Palsson**  
EFIM President



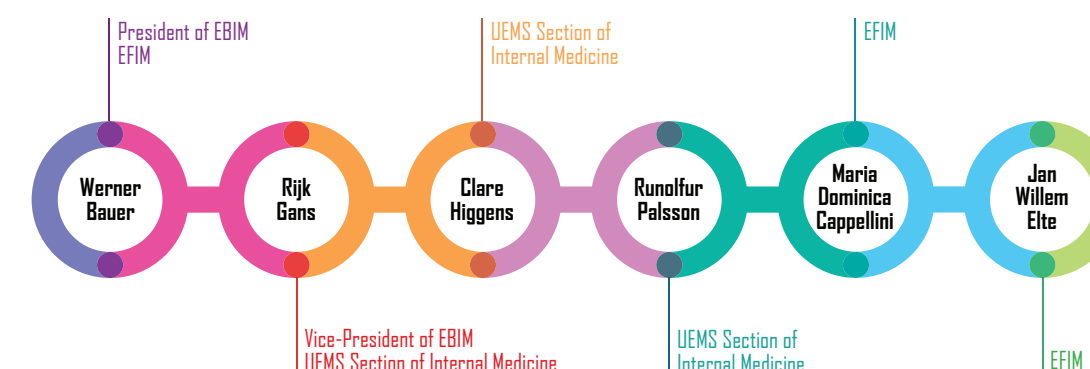
# Report from the European Board of Internal Medicine

In recent years, EFIM has formed a close collaboration with the European Union of Medical Specialists (UEMS) Section of Internal Medicine through the European Board of Internal Medicine (EBIM). The EBIM focuses primarily on postgraduate training and qualification in internal medicine and continuing professional development for internists.

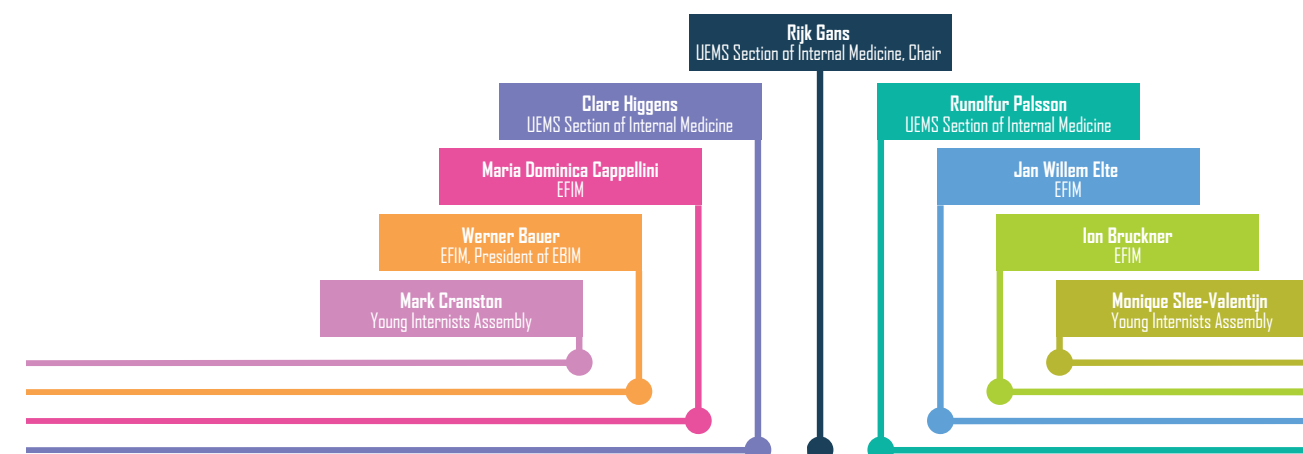
During the past 2 years, the principal activity of EBIM has been the development of a European Curriculum in Internal Medicine. Following close collaboration with the EFIM member national societies, the curriculum was finally completed in April and was approved by the UEMS Council in October of 2016.

The next step will be the implementation of the curriculum in the European countries and work towards this important task is already underway by the EBIM. In a meeting in Reykjavik in July of 2016,

the future projects and strategies of EBIM were considered. This resulted in a proposal to establish a European Education Centre for Internal Medicine. In addition, the EBIM believes that a European diploma examination in internal medicine should be relaunched despite the earlier failure of this enterprise. Finally, there was a consensus that the EBIM needs to be strengthened in order to cope with increasing activities in the coming years and to facilitate the contribution from the member national internal medicine societies in the work. There was a consensus among the members of the EBIM to propose a drastic change in the composition of the Board by including representatives from all the member national societies. All these progressive changes in the structure and activities of the EBIM will be formally introduced to EFIM and the UEMS Section of Internal Medicine in 2017 for discussion and approval.



Rijk Gans will become President of EBIM in 2017, as the leadership of the Board alternates between EFIM and the UEMS Section of Internal Medicine every three years.



The European Board of Internal Medicine

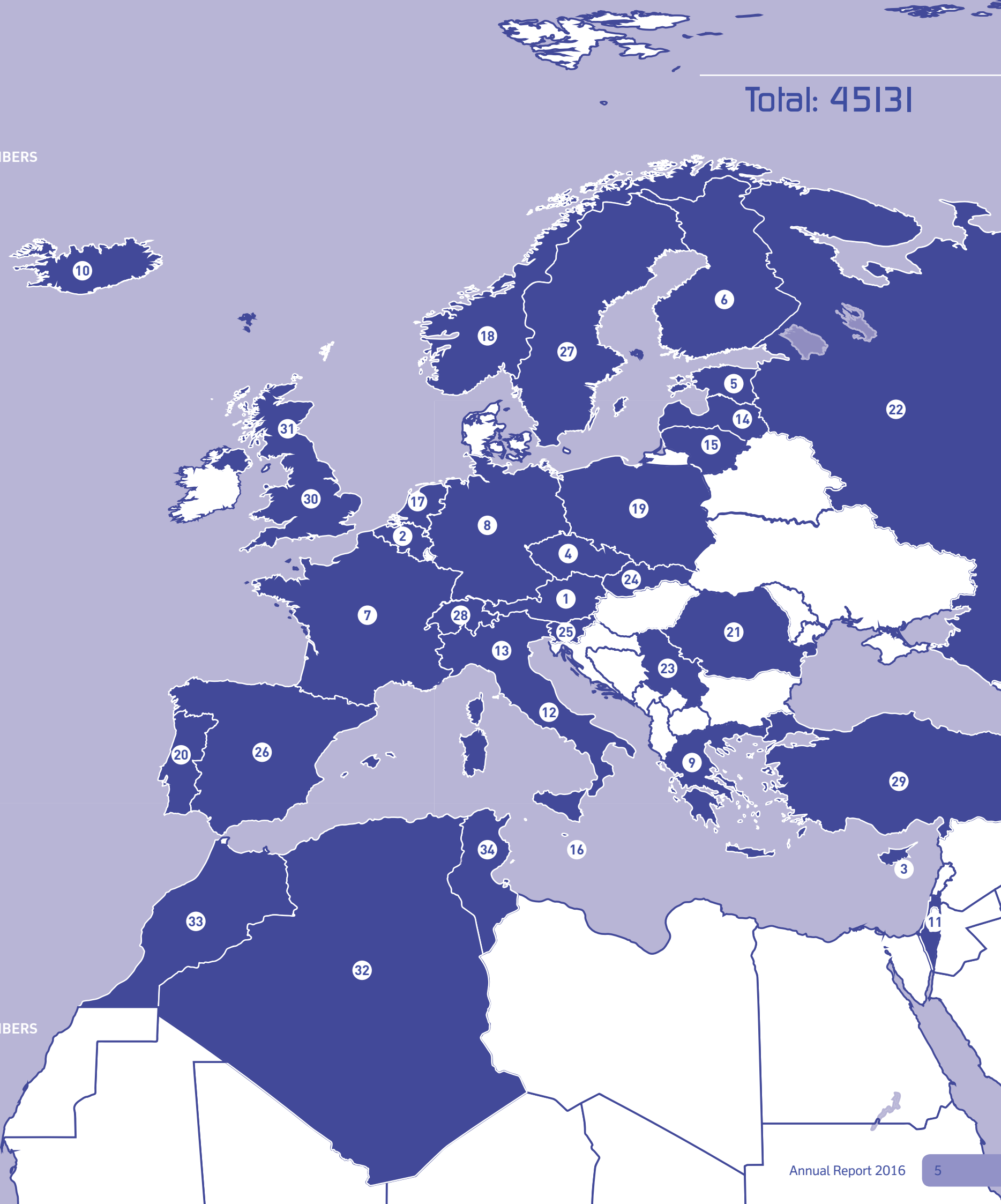
The European Board of Internal Medicine Curriculum Committee

# Membership 2016

Total: 45131

	COUNTRY	ORDINARY MEMBERS	MEMBERS
1	AUSTRIA	Austrian Society of Internal Medicine	844
2	BELGIUM	Belgian Society of Internal Medicine	240
3	CYPRUS	Cyprus Federation of Internal Medicine	89
4	CZECH REPUBLIC	Czech Society of Internal Medicine	1029
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	8223
9	GREECE	Internal Medicine Society of Greece	500
10	ICELAND	Icelandic Society of Internal Medicine	200
11	ISRAEL	Israeli Society of Internal Medicine	539
12	ITALY	Italian Society of Internal Medicine (SIMI)	1511
13	ITALY	Italian Federation of Associations of Hospital Internists (FADOI)	2346
14	LATVIA	Latvian Society of Internal Medicine	315
15	LITHUANIA	Lithuanian Society of Internal Medicine	50
16	MALTA	Association of Physicians of Malta	80
17	NETHERLANDS	Dutch Society of Internal Medicine	2000
18	NORWAY	Norwegian Society of Internal Medicine	1456
19	POLAND	Polish Society of Internal Medicine	400
20	PORTUGAL	Portuguese Society of Internal Medicine	1916
21	ROMANIA	Romanian Society of Internal Medicine	457
22	RUSSIA	Russian Scientific Society of Internal Medicine	965
23	SERBIA	Serbian Society of Internal Medicine	385
24	SLOVAKIA	Slovakian Society of Internal Medicine	485
25	SLOVENIA	Slovenian Society of Internal Medicine	200
26	SPAIN	Spanish Society of Internal Medicine	5300
27	SWEDEN	Swedish Society of Internal Medicine	1457
28	SWITZERLAND	Swiss Society of General Internal Medicine	6330
29	TURKEY	Turkish Society of Internal Medicine	1531
30	UNITED KINGDOM	Royal College of Physicians, UK	2415
31	UNITED KINGDOM	Society of Acute Medicine, UK	975

	COUNTRY	ASSOCIATE MEMBERS	MEMBERS
32	MOROCCO	Moroccan Society of Internal Medicine	210
33	ALGERIA	Algerian Society of Internal Medicine	443
34	TUNISIA	Tunisian Society of Internal Medicine	101



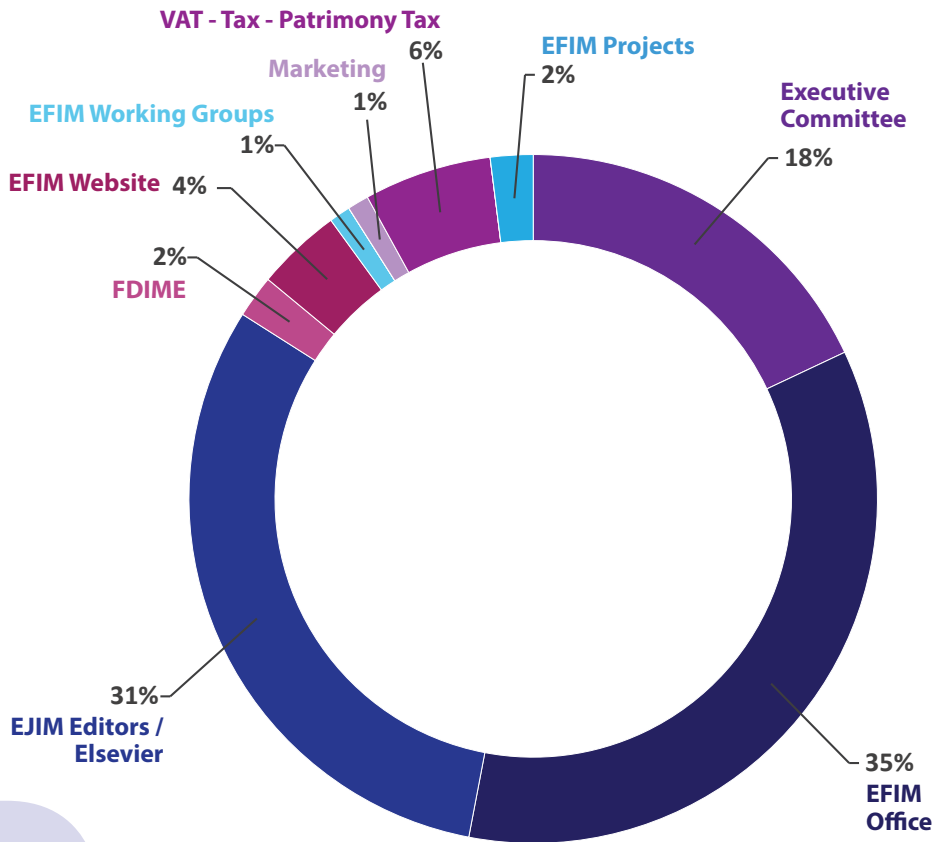


# EFIM Accounts 2016

Revenues and Expenditures

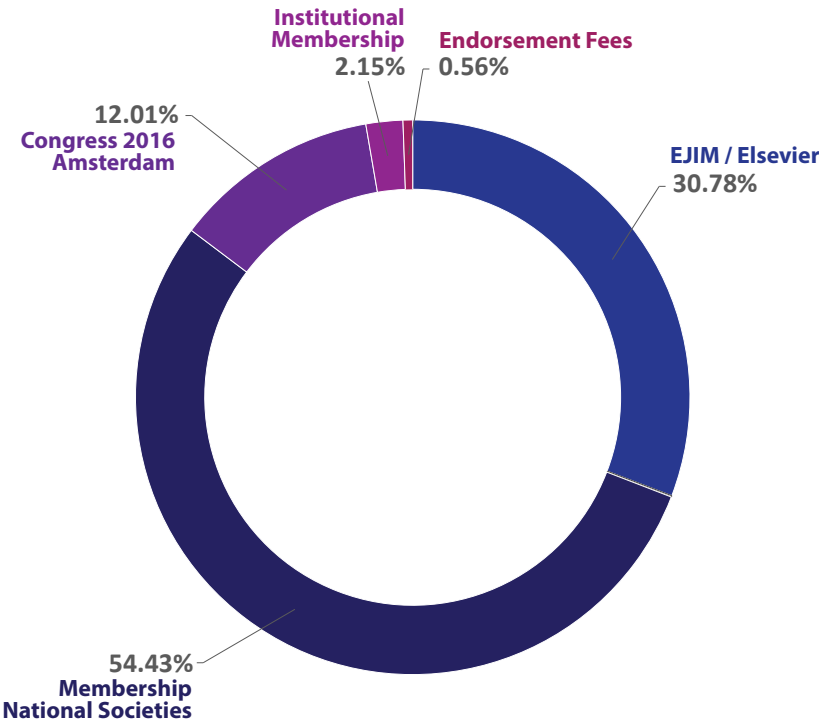
EFIM 2016 - EXPENDITURES

	ACCOUNTS APPROVED	FINAL 31 DECEMBER 2016
Executive Committee	€ 35,000.00	€ 37,679.96
EFIM Office	€ 74,857.70	€ 74,163.34
EJIM Editors / Elsevier	€ 68,700.00	€ 65,200.00
FDIME	€ 5,000.00	€ 5,000.00
EFIM Website	€ 11,120.00	€ 8,245.26
EFIM Working Groups	€ 7,000.00	€ 1,471.83
EFIM Subcommittees	€ 2,500.00	€ 0.00
Marketing	€ 5,578.30	€ 1,928.49
VAT - Tax - Patrimony Tax	€ 13,000.00	€ 13,433.92
Bank Charges	€ 500.00	€ 356.23
EFIM Projects	€ 4,000.00	€ 4,037.16
TOTAL EXPENDITURES	€ 227,256.00	211,516.19



EFIM 2016 - INCOME

	INCOME APPROVED	FINAL 31 DECEMBER 2016
EJIM / Elsevier	€ 65,000.00	71,687.86
Interest	€ 1,500.00	€ 182.80
Membership - National Societies	€ 120,000.00	€ 126,765.20
Fellowship	€ 300.00	€ 0.00
Congress 2016 - Amsterdam	€ 30,000.00	€ 27,960.19
Institutional Membership - Amgen	€ 5,000.00	€ 5,000.00
Endorsement Fees		€ 1,300.00
TOTAL INCOME	€ 221,800.00	€ 232,896.05



2016 - RESULT PREVIEW

	ACCOUNTS APPROVED	FINAL 31/12/2016
Expenditures	€ 227,256.00	€ 211,516.19
Income	€ 221,800.00	€ 232,896.05
RESULT	- € 5,456.00	€ 21,379.86

# EFIM Congresses

## Welcome to Milan!

The European Federation of Internal Medicine has the pleasure to invite you to the 16<sup>th</sup> European Congress of Internal Medicine to be held at the University of Milan from 31 August - 2 September 2017.

Milan is a seething metropolis in the heart of Europe, the home of fashion, industry and design, old and modern art collections, unparalleled shopping and one of Europe's biggest trade fair center. There is no better place to discuss exciting internal medicine topics and learn about recent progress in a pleasant environment.

The main objective of EFIM is to promote internal medicine and enable internists to provide better care for patients across Europe. Management of elderly individuals with multiple chronic conditions in a safe and cost-effective manner has become a major

challenge for physicians. While internal medicine continues to advance, the provision of health services to patients is fundamentally a humane process. Therefore, the slogan of the 16<sup>th</sup> EFIM Congress will be **"Thinking outside the box in a world of limited resources"**.

The congress will offer plenty of attractive opportunities for learning and networking in the field of internal medicine. This will be a great opportunity to meet internists from all over Europe and beyond and share the experience of practising internal medicine, which remains the cornerstone of every national health care system.

We look forward to welcoming you to Milan for the most exciting event in the internal medicine.

Register NOW: [www.ecim2017.org](http://www.ecim2017.org)



## Mark Your Calendar!

31 Aug – 1 Sep 2018  
Wiesbaden, Germany



## Report from the European Congress of Internal Medicine in Amsterdam

More than 1200 internists from across Europe and the world gathered in Amsterdam to attend the 15<sup>th</sup> European Congress of Internal Medicine on September 1-2. Prof. Mark Kramer, the Chair of the ECIM 2016, and Dr. Frank Bosch, the EFIM President, welcomed the participants during the opening ceremony. The largest number of participants came from Portugal (319) and Turkey (273), followed by Spain (134), the Netherlands (85), Romania (47) and the UK (42).

The scientific programme focused on topics relevant for internal medicine in the 21st century, in line with the slogan of the congress: "Connecting with the Patient". 12 Plenary sessions, 24 parallel sessions and 2 workshops were presented by well know clinicians from around the world. Prof. Rudi Westendorp from the Center for Healthy Aging at the University of Copenhagen addressed the audience with his presentation entitled "Ageing People - Who is at Risk?", discussing innovative solutions for promoting healthy living and active aging. Prof. Victor Montori presented the challenges associated with caring for patients whose life is complex because of accumulation of multiple chronic conditions. Other sessions included global climate change and health, patient advocacy, and education in the 21st century. Participants at the congress had the honor to listen to Prof. Wouter Bos, Netherlands former Minister of Finance and Deputy Prime Minister, discussing the modern society, changing expectations and the impact on the medical sector. A one day Ultrasound for Internal Medicine Workshop was organised in collaboration with VU Amsterdam and Phillips on Sunday 4 September for all practicing internists and internists in training interested in gaining proficiency in the use of ultrasound in clinical practice.

A total of 1023 abstracts from authors in 45 different countries were accepted for electronic poster presentation. The greatest number of submitted abstracts came from Portugal, Spain and Turkey, followed by Tunisia, Greece and UK. During the congress, 3 outstanding posters were selected for presentation by the authors in a special session. FDIME presented the Research Grant for 2015 and gave 3 awards for best posters. Like in previous congresses, the best case reports were selected jointly by EFIM Young Internists and the European Journal of Case Reports in Internal Medicine. In addition to the inspiring and innovative lectures, the congress offered a serious game "The Battle", which was introduced using an interactive format developed by the Section of Acute Medicine of the Erasmus University Medical Centre in Rotterdam. In this battle, teams consisting of 3 to 4 participants competed with each other in treating acutely ill patients. The 3 winning teams received their prizes at the Best Poster Award session. During the congress, a Young Internists Corner was organised where varied and interactive programme of debates and meet-the-expert sessions were held. The young internists had the opportunity to debate on Choosing Wisely at the End-of-Life session with well-known experts.

The two-day event concluded on Saturday 3 September, with a short introduction of the new EFIM President, Prof. Runolfur Palsson, who welcomed the participants to the next European Congress of Internal Medicine in Milan in September of 2017. The congress was granted 12 CME credits by the European Accreditation Council for Continuing Medical Education (EACCME) of the European Union of Medical Specialists (UEMS).





# Report from EFIM Working Groups

## Advice Working Group Activities, 2016 Report

### ADVICE for a Healthier Life: ADult Vaccination Campaign in Europe

Immunization is one of the most effective public health measures to prevent disease. Despite relatively good vaccination rates in childhood in many parts of the world, vaccines to prevent diseases are underused in the adult population and adult vaccination rates are still far below the target. The European Federation of Internal Medicine (EFIM) declared that "internal medicine must focus on better care for individuals, better health care for populations and lower costs".

Adult vaccination is a good example of a public health initiative aimed at reducing morbidity and mortality, but awareness of the need for adult vaccination and uptake of programmes across Europe is variable. The Adult Vaccination Campaign in Europe (ADVICE) was developed with the aim of raising awareness for adult vaccination and understanding the dynamics of the vaccination practices and the possible barriers against achieving targeted vaccination rates in Europe.

In this regard, the working group has published a review article in the European Journal of Internal Medicine to declare a leadership in this field and set the background scientific knowledge and practices. (cited as Ozisik L, Tanriover MD, Rigby S, Unal S; European Federation of Internal Medicine ADVICE Working Group. ADVICE for a healthier life: Adult Vaccination Campaign in Europe. Eur J Intern Med. 2016 Sep;33:14-20. doi: 10.1016/j.ejim.2016.04.021.)

Leadership at the European level and a firm research and action agenda are crucial. The European Federation of Internal Medicine can take the lead as it has declared its interest in "better care for individuals and better health care for populations".

With this mission, the ADVICE Working Group is trying to build relationships with other global stakeholders and civil societies in the area of adult vaccination.

are over 30 hospitals across Europe participating in the Exchange Programme and are offering trainees a one-month stay. In 2016, we welcomed 4 new hospitals from Greece under the leadership of the Board of the Internal Medicine Society of Greece. Since January 2016, the EFIM Office has received more than 23 applications for participation in the Exchange Programme. EFIM strongly believes that this project will continue to grow in the future and will become one of EFIM's flagships.

## Exchange Programme, 2016 Report

The Exchange Programme remains a popular project among internal medicine trainees in Europe, providing them with an opportunity to gain additional knowledge and skills by experiencing medical and educational activities in another country. Furthermore, such experience is likely to enhance their professional development. Each national internal medicine society can select candidates for the programme with a maximum of 5 trainees per country. EFIM, FDIME and AMGEN Europe support the Exchange Programme with 20 scholarships of 600€. There



## FEEDBACK FROM OUR EXCHANGE TRAINEES IN 2016

"In conclusion, there isn't a perfect health care system in the world to my actual knowledge and the key is to learn from each other and thereby improve the performance of each country's health system. The only true discovery would be not to visit strange lands but to possess other eyes and to behold the universe through of another."

*Cristiana Gonzalves, Portugal*

"I have to say that I had an excellent experience during my stay in the emergency ward. This exchange programme is a very good opportunity for the trainees to see the way the work is done in other countries, learn new things and try to develop them in their own countries. And why not to have other options for work in the future. I think I could apply some of the new knowledge I have learned in my daily practice."

*Vanesa Munoz Mendoza, Spain*

"I am really grateful to EFIM and Prof. Zeuzem for this opportunity. In the future, I would love to join the Exchange Programme and have this experience again"

*Mert Oztas, Turkey*

"Despite the brief period I spent at the Hôpital Cochin, the internship has been excellent for my personal and professional development. It has allowed me to become familiar with another manner of working, to learn new diagnostic techniques and acquire a deeper knowledge of systemic autoimmune diseases and their management. It is an option that I will, of course, recommend to my companions."

*Pablo Segovia, Spain*

"My experience at Bellvitge University Hospital was enjoyable, extremely interesting and useful for expanding my perspective about medicine and lifestyle. In the future, I would love to join the Exchange Programme again and have a similar experience in another participating country."

*Nihan Sentürk Öztas, Turkey*

"I'm very glad with the Exchange Programme, because I believe it is essential to know how the working life is in another hospital, how to make contact with people doing the same things you do, and of course learning what is called «medicine». What's more, living a season in another country is always an enriching experience, as the famous ad says: «there are some things money can't buy». Thank you very much, EFIM, for this opportunity you have given me."

*Lucas Corral Nieri, Spain*

"I wish to warmly thank The European Federation of Internal Medicine (EFIM) for giving us (young internists) the opportunity to attend the Exchange Programme which is a great opportunity to get to know each other better and understand the realities of other European countries. Also, to gain knowledge and skills and become more confident and self-reliant in professional life. I know one thing, I came here to carry out an internship but I have had more: «friends!» that I'll surely keep in touch with."

*Farouk Benmediouni, Algeria*

"I am really grateful to have received the honour to be part of this great team. I have learned a lot on a medical and human level. My thinking has changed in many areas. I really feel inspired by this training and I am sure my practice is going to improve. Thanks for this incredible experience."

*Dial Upinder, Italy*

"My participation in the EFIM Exchange Programme in Frankfurt was an amazing experience that gave me the opportunity to learn about different clinical care methods and a different health care system, through attending an excellent European centre. I am grateful for this wonderful experience."

*Simone Lucia, Italy*

## FDIME Activities in 2016

Daniel Sereni • FDIME President



The Foundation has provided 4 educational bursaries to young internists for participation in the European School of Internal Medicine (ESIM). The FDIME bursaries are exclusively dedicated to young internal medicine trainees whose national internal medicine society cannot afford the fee for ESIM. The FDIME has supported Dr. Abire Allaoui from Morocco and Dr. Rita Alaseviciene from Lithuania to attend the Winter School in Riga, Latvia, in February 2016; and Dr. Hana Zoubeydi from Tunisia and Dr. Gordana Kovacevic from Serbia to attend the Summer School in Sardinia, Italy, in June 2016.

The Foundation organised the 12<sup>th</sup> Clinical Research Seminar in Paris from 4 to 6 July 2016. There were 40 applications to attend the seminar; 17 applicants were selected, coming from 12 different European countries. The seminar comprised lectures and workshops given or moderated by senior academic speakers. The programme included lectures on various topics, including protection of persons in clinical research, clinical epidemiology, how to build a protocol, reflections on career development and how to publish a scientific paper. Short presentations

were made by the participants on their own work. The participants have anonymously given a very positive evaluation of the seminar.

The Foundation offers research grants to support young internists in their research projects on rare diseases in adults. The Foundation is pleased to acknowledge a partnership with "Association Enfance et Maladies Orphelines" (AEMO), a Swiss charity dedicated to helping patients and families stricken by rare diseases. In 2016, two 10,000€ grants were awarded. One of the grants will support Dr. Giulio Cavalli from Milan, Italy, who will study pathways of intense inflammation observed in adult Still's disease in the Netherlands. The second grant was presented to Dr. Maxime Samson from Dijon, France, who will work in Barcelona on the prospect of cellular therapy in giant cell arteritis.

During the European Congress of Internal Medicine in Amsterdam, the President of FDIME handed 20,000€ to Dr. Stéphanie Guillet, corresponding to the research grant awarded to her in 2015. Dr. Guillet is currently working on genetic factors in familial forms of severe systemic lupus erythematosus. In addition, prizes for the best poster were presented to young internists from Iceland, Switzerland and Israel. The Foundation organised a Benefit concert in the Geneva Victoria Hall on 4 March 2016. The profits from this event will be used to support the promotion of research in rare diseases. The Foundation wishes to thank everyone who has contributed to its success during the current period, including donors, professional organisations and members of the council.

## European Medicines Agency



EFIM is a member of the Healthcare Professionals Working Group (HCPWG) of the European Medicines Agency (EMA). EFIM delegates at the HCPWG are Daniel Sereni (France) and Lorenzo Dagna (Italy).

The main objective of this working group is to facilitate communication between EMA and healthcare professionals. Important news on medicines like safety alerts are communicated and circulated to EFIM member states. EMA may also need an

advice from practising internists on a particular topic: in 2016, we provided input from internists on issues regarding diabetes, cancer, and treatment for severe bacterial infections. Furthermore, the HCPWG organises discussions with professionals and patients' representatives on EMA projects. Recent debates were dedicated to the involvement of academia in drug information and pharmacovigilance, personalised medicine and the use of social media for distributing information on prescription drugs.

## 2<sup>nd</sup> EFIM Day, Brussels 2016



The 2<sup>nd</sup> EFIM Day was held on 11 March 2016 at the EFIM Headquarters in Brussels, bringing together 55 participants from 23 EFIM member societies all over Europe. National Society Presidents, Board Members and Young Internists participated in a lively discussion on the Choosing Wisely Campaign, in addition to sharing ideas, networking and discussing the latest development in internal medicine.

The EFIM Day was opened by Dr. Frank Bosch, the EFIM President, who welcomed all the delegates to the EFIM Headquarters in Brussels. Frank presented the 2015 EFIM Annual Report, reflecting on the results of the collection of membership fees in 2015 and the evolution of the different activities and projects carried out at the EFIM office.

EFIM welcomed a new member on board, the Internal Medicine Society of Greece, who will improve the communication with Greek members and bring many internists on board.

Mark Kramer, the ECIM 2016 Chair, provided an update on the progress of the Amsterdam Congress and discussed the scientific programme



with the participants. Runolfur Pálsson, the EFIM President-Elect, presented the European Board of Internal Medicine Curriculum Project, informing the participants that a final version of the curriculum, entitled "Training Requirements for the Specialty of Internal Medicine", had been submitted to the UEMS Council for discussion and approval at the upcoming meeting in Brussels in April of 2016.

Prof. Nicola Montano from the Italian Society of Internal Medicine gave the audience a unique insight into the Choosing Wisely Campaign from different perspectives, taking examples from the American Board of Internal Medicine, Swiss Society of General and Internal Medicine, Italian Federation of Associations of Hospital Internists (FADOI) and Italian Society of Internal Medicine (SIMI). Nicola presented "Choosing Wisely in Internal Medicine: European Campaign (5-steps-to do)".

Finally, Dr. Terje Peetso, Policy Officer from the Health and Wellbeing DG Communications Networks Content and Technology at the European Commission, presented a Keynote lecture on how digitisation in healthcare can help you and your patients from the perspective of the European Union. Dr. Peetso presented the eHealth Action Plan and other activities that the European Commission is currently undertaking to improve digitisation in the healthcare.

This was another fruitful EFIM Day which concluded with a networking cocktail, where the participants could further discuss important topics and share their ideas with peers from other European countries.



# Winter and Summer Schools

## ESIM Winter 2016

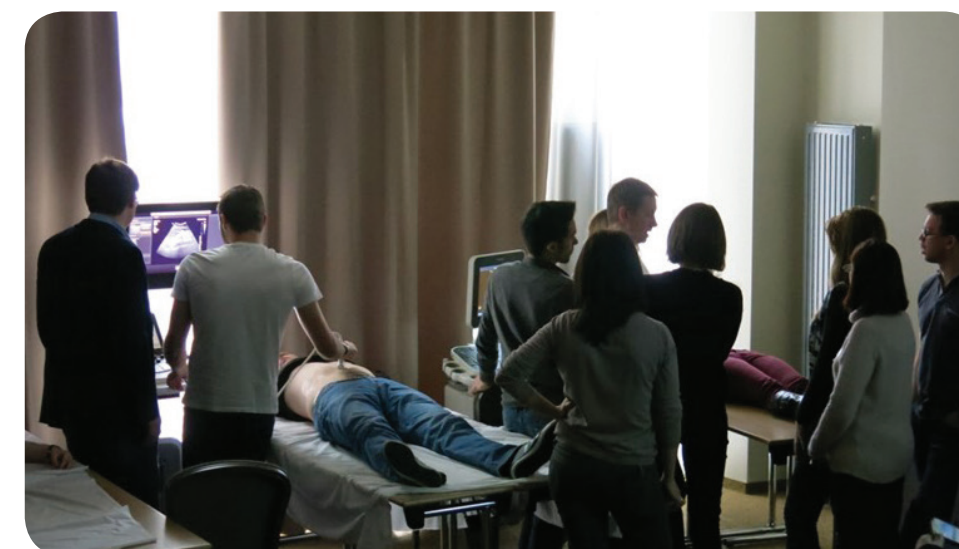
*Ewelina Biskup • EFIM Young Internists Subcommittee Member, Treasurer*



©Tuomas Aro

A second excellent European Winter School of Internal Medicine has taken place in Riga, Latvia in February of 2016. It was yet another intensive course of internal medicine, combined with an amazing social programme, allowing residents and faculty members to network, exchange experiences and ideas, debate and critically elaborate on subjects such as specialty curricula, working conditions, patients' management, health care systems and many more.

A total of 47 internal medicine trainees from 21 countries in Europe attended this outstanding course. The venue was remarkable, located in the heart of the historic city of Riga. The course was organised by the Latvian Society of Internal Medicine under the direction



of Dr. Ieva Ruza. The programme was outstanding, containing various formats of teaching. The School was opened by an introduction and pre-test conducted by the director, I. Ruza. The lectures included topics such as end-of-life decisions, hypertension, rapidly progressive glomerulonephritis, sepsis, bridging of inpatient and outpatient care, sleep apnea, vitamin D, hyponatremia, masks of endocrine disorders, acute porphyria and IgG4-related disease.

Each day was concluded by a round of residents' case presentations. An important part of the programme was an introduction of the European Young Internists, that was followed by a lecture and workshop entitled "Migration health and caring for refugees" by E. Biskup. The participants worked in small groups on prepared questions and presented their answers. This year, the programme was enriched by clinicopathological conferences by S. Rigby and I. Ruza, which permitted another interactive teaching option. The trainees

also had the opportunity to improve their clinical and diagnostics skills through workshops on the doctor as a patient led by C. Davidson, bedside ultrasound by A. Mueller-Marbach and ECG by V. Kokorin. The compassion of the participating professors once again met the inquisitiveness of the trainees.

A perfect social programme was prepared with a passion for detail, aiming to let the participants engage in the culture of Latvia and learn about the history of Riga. In addition to a guided tour, a ballet performance "Anna Karenina" in the National Opera and Ballet, a jazz concert and a Gala dinner were organised for the entire team.

The Winter School reflected the beauty and creativity offered by EFIM. This international, interactive and truly inspiring event was enriched by tremendous efforts and academic excellence of the teachers.



# Winter and Summer Schools

## ESIM Summer 2016

**Ewelina Biskup** • EFIM Young Internists Subcommittee Member, Treasurer

This year's European School of Internal Medicine (ESIM) - Summer School - has exceeded any possible dimension of excellence. It was mirrored in every aspect: scientific programme, world-class speakers, motivated and knowledgeable trainees, engaged faculty and an exceptional atmosphere. The magic of Costa Rei, Sardinia, has yet again inspired an intensive course in internal medicine, combined with empowering young internists in their careers, enabling networking, global exchange and debates that shape the future of our specialty.

Prof. Nicola Montano and his team from the Italian Society of Internal Medicine (SIMI) has once more organised and carried out an outstanding event, with a fine mélange of an excellent scientific programme, humour and team spirit. This year "the compassion of the participating professors met the inquisitiveness of the trainees". Efficient lectures, workshops and group discussions reached everyone despite heterogeneous educational backgrounds and professional levels. The enthusiasm of all parties was tactile and very inspiring.



The great success of this year's ESIM was a result of several factors and their harmonic confluence.

ESIM hosted two special guest speakers from the USA: Prof. Rita Redberg and Prof. John Ioannidis. Not only the trainees, but the entire faculty, was amazed by the excellent input from both lecturers who eagerly taught us about the editorial process, including how to improve clinical research and how to publish as young physician. The programme was carefully prepared and offered the participants a variety of topics. Excellent lectures were presented by leading specialists. A total of 47 trainees from all over Europe were selected and awarded the participation in the Summer School. Every single trainee represented his/her country in an admirable way, not only through case presentations, which were of high quality, but also by engaging in workshops and giving input on the health care system in his/her home country.

Beyond the intensive scientific work, the participants were offered a social programme to network, become inspired by the EFIM spirit and to get an impression of the local scenery.



The School could not be such a great success without the immense input from the director, Prof. Nicola Montano, and his team. A collaborative work resulted in an excellent programme, both scientifically and socially.

Another Summer School reflected the beauty and creativity enforced by EFIM. This international, interactive and truly inspiring event was enriched by tremendous efforts and academic excellence of the teachers.



# European Journal of Internal Medicine, 2016

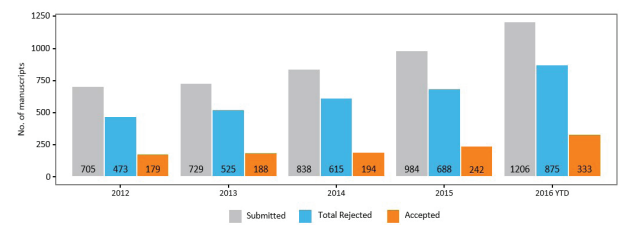
Helen Habernickel • Executive Publisher, Elsevier

## Executive Summary

The European Journal of Internal Medicine has again had a successful year in 2016. When looking at the various measurements, we can see increases and declines in all the right metrics.

## Submissions

There has been an almost 23% growth in the number of submissions in 2016 in comparison to 2015, with a rejection rate of 73%. The highest number of accepted articles is still coming from Italy and Spain with Italy and France showing the largest increase in comparison to 2015. In 2016, there was a growth in published articles of about 30% in comparison to 2015. The Editorial handling times have remained extremely competitive, with an average handling time from submission to final decision at 4.3 weeks in comparison to 4.8 weeks in 2015. The time from submission to citable web publication was around 16.6 weeks in 2016 and slightly slower in comparison to 14.7 weeks in 2015. This could be further reduced if the journal moves to Article Based Publishing which will be on the agenda at the Editorial Strategy meeting in March 2017 in Brussels.



## Impact Factor

The Impact Factor in the 2015 JCR Science Edition has slightly decreased from 2.891 in 2014 to 2.591 in 2015. It is now ranking at 30 among 151 journals listed under MEDICINE, GENERAL & INTERNAL. While this drop in the Impact Factor is unfortunate, the 2014 peak at 2.891 should be viewed as an exception to the steady development of the Impact Factor performance. Using Scopus, it is too early to predict how well the Impact Factor has done in 2016.



Journal	IF	IF year 2015		IF year 2014	
		Rank/151		Rank/153	
LANCET	44,002	2	←	2	←
BRIT MED J	19,697	4	↑	5	↓
PLOS MEDICINE	13,585	7	←	7	↓
BMC MED	8,005	8	↑	10	↓
J INTERN MED	7,803	10	↑	12	↑
PALLIATIVE MED	3,685	19	↑	27	↓
BRIT MED BULL	2,921	23	↓	22	↓
QJM-INT J MED	2,84	25	↑	36	↓
BRIT J GEN PRACT	2,741	26	↑	39	↓
EUR J CLIN INVEST	2,687	27	↑	30	↓
CURR MED RES OPIN	2,643	29	↑	32	↑
EUR J INTERN MED	2,591	30	↑	26	↑
INTERN EMERG MED	2,34	33	←	33	↑
BMC FAM PRACT	1,641	56	↑	61	↓

## Usage

EJIM 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 (SD) downloads and downloads from www.ejinme.com (JBS) and Clinical Key (CK), showing an impressive overall increase in downloads by 10% from 2015.

Platform	2011	2012	2013	2014	2015	2016
JBS	6,970	15,647	16,602	29,370	22,982	36,457
CK	0	1,926	24,462	68,466	84,129	93,621
SD	201,947	249,451	262,069	282,582	289,345	306,570
Totals	208,917	267,024	303,133	380,418	396,456	436,648

## Financials

The journal's finances have not yet been finalized, although based on an unaudited overview it would appear to have performed very well. Preliminary findings show an increase in overall revenues in comparison to the previous year of approximately 40%, with the greatest increase of around 400% coming from circulation and copy sales. While it is too early to predict the royalties in 2016, it is expected to be at least comparable to 2015.

# European Journal of Case Reports in Internal Medicine, 2016

Silvia Malosio • Publisher, SMC Media

The European Journal of Case Reports in Internal Medicine (EJCRIM) has grown steadily in 2016.

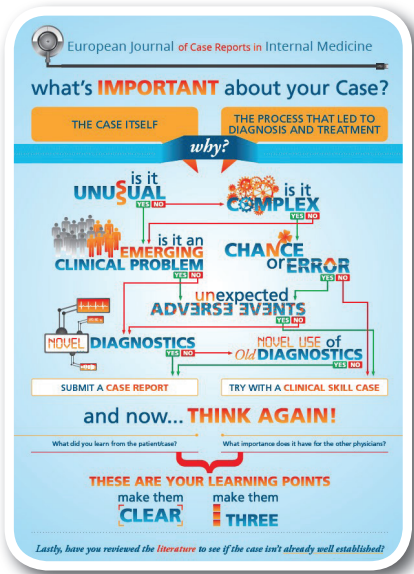
The elimination of the submission fee from the start of the year has impacted on the number of submissions (increase of 45% compared to the previous year). However, the number of published articles has increased to the same extent (22%) because of a slightly higher rejection rate (9%). The journal aims at progressively increasing the number of published articles and the publication frequency without reducing the quality threshold for acceptance. The highest number of submissions are from Portugal and Italy, followed by Spain. An increase in submissions from the US was also noted.

The editorial handling times are relatively short. The time from submission to first decision averages 10 days. Publication times average 8 weeks from the final decision to online publication and include copyediting, author's proof approval and checkout payment. The latter two steps are responsible for most of the delays.

The web traffic has not increased from the previous year. However, indicators show a fidelization of the journal's audience. A part of the traffic comes from Facebook, which is mainly used to announce newly published articles and forthcoming events, as well as to keep the discussion open. Authors like to share their published articles with their peers, which helps

increasing the journal's reach. EJCRIM's Facebook page has an average of 3,350 spontaneous likes.

Promotion of the journal during the year was mainly focused on clarifying the importance of case reports and the format that they should have in order to be instructive for the internist's knowledge, clinical skills and decision-making ability. The Case Report Model and the Case Report Decisional Flowchart give guidance and a new outlook to the question "What do we want from case reports?". The model and the flowchart can be downloaded from the website and are also available in print.



A special series of videos on "How to write a case report" hosted by the Editor-in-Chief John Kellett has been produced in 2016 and is going to be issued soon, along with special issues and themed issues.

New developments include a Quiz Section, set up in collaboration with EFIM's Young Internists. This new feature is meant to attract more readers and increase interaction.

Although indexing had not been considered a priority by EFIM, there is a high demand for PubMedCentral and Scopus indexing among the authors. EJCRIM may apply in 2017. For now, Google Scholar and CNR-SOLAR cover this role.

EFIM National Societies Members are welcomed to register on EFIM website for a FULL access to the Journal

The banner features a stethoscope and a doctor in a white coat. Text includes: 'European Journal of Case Reports in Internal Medicine', '50% rejection rate', 'NO CHARGE for submission', 'AN EFIM JOURNAL', and 'THE LESS EXPENSIVE open access journal'.



# Young Internists Report, 2016



Frauke Weidanz • EFIM Young Internists Chair

Here at the Young Internists, we were very excited about the new congress structure and brought lots of ideas and activities to the Amsterdam Congress to make sure it met the needs of young specialists and trainees. We encouraged junior residents to contribute case reports, organised a competition for the best case report submission, and ensured affordable registration fees for Young Internists, and of course we promoted the congress widely through our social media networks. The congress venue in the beautiful city of Amsterdam worked in our favour of course and it was fantastic to see so many young faces at the European Congress of Internal Medicine, ECIM - more than half the delegates were Young Internists!

Within the main ECIM programme, we prepared two sessions of interest to internists of all levels of experience and seniority: A stimulating debate on how the approach to end-of-life decisions differs between European countries and a very interactive session on the philosophical and psychological aspects of clinical decision making.



©Tuomas Aro

In collaboration with the European Journal of Case Reports in Internal Medicine (EJCRIM) we organised the very popular case report competition, which attracted over 400 submissions, including some great cases. The nine finalists were invited to present their cases during the judging session in the Young Internists Corner. This proved to be a very popular and interactive session with some really good learning points and take home messages.

The Young Internists Corner is a new and innovative addition to ECIM, with the aim of bringing new formats, more interaction and better networking opportunities to the congress. We wanted to facilitate better connections between delegates and the faculty and invited a few select speakers to come and join

us for informal debates and discussions. It proved to be a great success and both speakers and delegates enjoyed the more intimate and informal atmosphere. The "Meet the Expert" sessions in particular were inspiring and fun - a great way of learning and sharing, challenging and being challenged, and getting inspired by some great speakers. We were impressed with the creativity and enthusiasm of the faculty and delegates alike in this format and all seemed to enjoy the networking opportunities, the informality and the interaction.

We discussed topics from shared decision making and end-of-life decisions to how to publish your best cases and how to learn the non-clinical skills that are essential for a fulfilling career in medicine. We shared common problems faced by internists in modern health care systems and how to cope with them.

We took from the sessions in the Young Internists Corner new motivation, new inspiration and a reminder of the purpose of it all - and we are already full of ideas for Milan.

While the congresses have kept us busy, we are working on several other new projects - including a new online case-report quiz in collaboration with EJCRIM, and a new working group on gender medicine. I will complete my term as Young Internists Chair in March of 2017, but we have welcomed several new members to the Young Internists Assembly, who undoubtedly will bring fresh ideas.



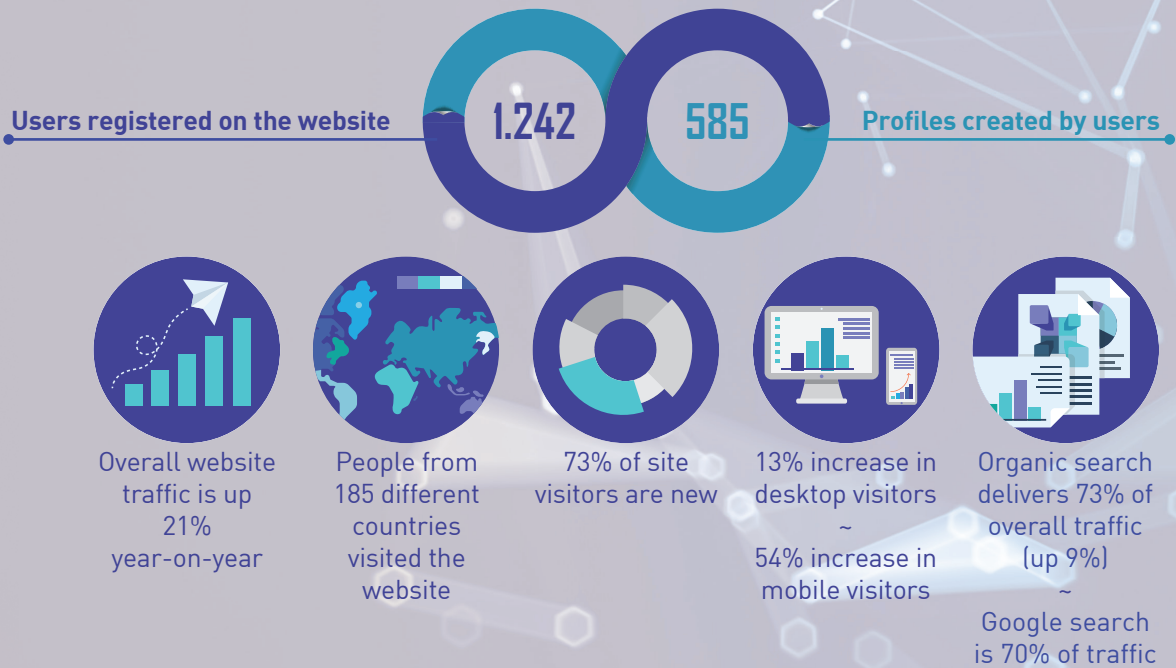
# EFIM Website

EFIM is continuing to update the contents of its website with useful information about the latest EFIM news and events and internal medicine-related issues, allowing EFIM members to connect with peers and stay up-to-date.

The EFIM website offers members access to online secure forums where internists can share their experiences and pose questions, by creating their own member page. To better connect with our members and partners, EFIM is committed to providing information in a clear, usable and accessible manner. It is important that we share perspectives to facilitate generation of our position on key issues in internal medicine.

Social media is included via the congress website, allowing congress participants to join the online conversation and connect with other members on Facebook, Twitter and Instagram.

The EFIM website allows free access to the European Journal of Internal Medicine, free access to the European Case Reports Journal in Internal Medicine and free subscription to the EFIM Newsletter.



Visiting countries on EFIM's website		50,234 % of Total: 100.00% (50,234)
1. Turkey	4,932 (9.82%)	
2. Spain	3,578 (7.12%)	
3. United Kingdom	3,389 (6.75%)	
4. United States	2,924 (5.82%)	
5. Romania	2,597 (5.17%)	
6. Greece	1,687 (3.36%)	
7. Germany	1,639 (3.26%)	
8. Italy	1,612 (3.21%)	
9. India	1,503 (2.99%)	
10. Canada	1,502 (2.99%)	
11. Netherlands	1,460 (2.91%)	
12. Belgium	1,400 (2.79%)	
13. France	1,228 (2.44%)	
14. Russia	1,200 (2.39%)	
15. Switzerland	1,138 (2.27%)	
16. Philippines	1,054 (2.10%)	
17. United Arab Emirates	952 (1.90%)	
18. Saudi Arabia	745 (1.48%)	
19. Israel	686 (1.37%)	
20. Israel	552 (1.10%)	



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