

The 2014 European School of Internal Medicine (ESIM) was held from June 15th to June 21st at the Free Beach Club Costa Rei- Muravera (Sardinia-Italy).

Forty-three young internists among 22 countries (1 from Albania, 1 from Canada, 3 from Cyprus, 1 from Czech Republic, 1 from Estonia, 3 from Finland, 1 from France, 2 from Germany, 3 from Israel, 4 from Italy, 1 from Latvia, 2 from Norway, 3 from Portugal, 3 from Spain, 4 from Switzerland, 1 from Russia, 1 from Serbia, 1 from Slovakia, 3 from The Netherlands, 1 from Tunisia, 3 from Turkey, 1 from United Kingdom) joined the school. All the participants appreciated the venue of the meeting for the outstanding and easy-reachable beach of the resorts, the tasty of the food and the sport facilities.

The school was organized by the Italian Society of Internal Medicine (SIMI) and was directed by prof. Nicola Montano from Milan University. The faculty of the meeting was composed by prof. M.D. Cappellini (EFIM president), prof. Lorenzo Dagna, prof. Chris Davidson, Dr. Giorgio Costantino, Dr. Giammarco Podda and by three member of the board of the Italian Young Internists (YIs) group-GIS (Dr. Lorenzo Falsetti-chair of the Italian YIs group, Dr. Maristella Masala-Sardinia regional delegate of Italian YIs group and myself as Italian delegate at the YIs assembly). I represented the Young Internists group because, unfortunately, Dr. Carla Araújo couldn't attend the meeting, as planned because of changing in the schedule of her flight that was deleted due to technical problems.

The course was organized with the following scheme:

-13 Lectures ("Internal Medicine in Europe"- prof. M.D. Cappellini/ Dr. A. M. Marra; "End of Life"- prof. F. Bosh; "Fluid Therapy"- prof. R. Sbrojavacca; "Sepsis"-prof. D. Coen; "Critical Aspect in monitoring acute patients"-prof. R. Gans; "Pulmonary Embolism diagnosis"- prof. G. Agnelli; "Variability of diagnostic test evaluation"- prof. R. Gans; "Anticoagulation therapy in the elderly"- prof. D. Gavish; "Chest Pain management" prof.L. Kotik; "Biomarkers in Emergency Medicine" prof. N. Montano; "Acute Aortic Syndromes" prof. G. Vescovo; "Critical Aspect in ANA" prof. L.Dagna; "Is clinical Autopsy useful for internists nowadays" prof. R. Pujol).

-3 workshops ("Internal Medicine in Europe/Young Internists network"- leded by prof. M.D. Cappellini; "Young Internists workshop on end of life decision making"- leded by Italian Young Internists group-Dr. Falsetti, Dr. Masala, Dr. Marra; Atrial Fibrillation guidelines-critical comparison, leded by Dr. Costantino, Dr. Podda, Prof. Dagna, Dr. Falsetti, Dr. Masala, Dr. Marra)

-4 Clinico-Path Conferences (prof. C. Davidson, prof. S. Rigby, Dr. G. Costantino, Dr. G. Podda)

-2 Clinical Case Scenario (Dr. G. Costantino, Dr. G. Podda)

-3 session of clinical case presentation made by the residents.

Moreover the school has a very prestigious guest, prof. Richard Smith, former editor of British Medical Journal that had three very interesting lectures on the main topic of the school that was "Less is more in medicine" (the 3 lectures was entitled respectively: "too many mistakes", "too many pills", "too many doctors").

The topic was also addressed by prof. Primiano Iannone that had an interesting lecture on "less is more: guidelines" in which were showed all the caveats of clinical guidelines.

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This lectures was also followed by a workshop in which all the participants were divided in 5 groups that had the task of comparing critically 3 Atrial Fibrillation Guidelines (European Society of Cardiology, American Heart Association and Canadian Society of Cardiology) on 5 issues regarding Atrial Fibrillation in the emergency department (1. *When do you choose rate control or rhythm control strategy ?* 2. *When do you choose electrical or pharmacological cardioversion ?* 3. *In case of pharmacological cardioversion which drug do you use ?* 4. *In case of rate control strategy which drug do you use ?* 5. *Considering the setting of acute-onset AF, which patient without indication for long-term anticoagulation would you anticoagulate and how long?*). The ambition of this workshop is to write a paper with the results of this critical comparison of guidelines and submit it to *European Journal of Internal Medicine*.

This rich and interesting, scientific program was also surrounded also by a noteworthy social program. On Wednesday 18th there was a boat trip to Serpentara Island that unluckily was shortened in the length because of critical weather condition. Furthermore, the same evening there was a tasty dinner with Sardinia typical food followed by a “workshop” on typical Sardinia dance (ballo sardu). Moreover, the last night there was the final dinner followed by a party in which the residents spontaneously presented their “ESIM 2014 Oscar Award Ceremony” where they took the opportunity to thank and “award” each member of the organizing committee for the really appreciated work. This last event was unplanned and it was really nice and funny.

The residents spent lots of time together having good meals on the seaside, dancing together, going to the beach and dancing and everything was in the magic atmosphere that the European School of Internal Medicine can give.

Finally as a last comments, lots of residents asked me several times how to be more involved in the European Young Internists network both in a national levels as well as at European levels. I guess that the next years challenge of the Young Internists of Europe will be to involve more our young colleagues in our activities and to promote the implementation of national subgroup.

In conclusion, the 2014 ESIM was a successful event and we are looking forward to welcome you the next year for the 2015 summer ESIM that will be also held in Italy.

Dr Alberto M. Marra

on behalf of

Italian Young Internists Group (GIS)

and

European Young Internists Group Subcommittee