

**Suomen Sisätautilääkärien Yhdistys r.y.  
Förening för Invärtes Medicin i Finland r.f.  
Finnish Society of Internal Medicine**



**ESIM Winter School  
Levi, Lapland, Finland  
January 20-24, 2020**



**Report for the General Assembly  
25.9.2020**

**Kim Pettersson-Fernholm, Director 2019-20**

# Kittilä



Location



Kittilä in Januari

# Venue: Levi, Hotel Crazy Reindeer



# Lecture hall



# **ESIM WS 2018-20 Levi - 15 cold facts**

- 1. 47-51-48 residents from 22-21-21 countries**
- 2. 18-18-19 speakers from 9-10-11 countries**
- 3. 24-21-23 case reports in 4 sessions**
- 4. 15 lectures**
- 5. 4 workshops**
- 6. 2 clinico-pathological conferences**
- 7. 1 pre-test and 1 post-test evaluation, highest scores premiered!**
- 8. 6 breakfasts, 10 coffee breaks**
- 9. 5 lunches before midday spare time**
- 10. 1 faculty dinner**
- 11. 5 dinners including 1 get-together party, 1 gala dinner**
- 12. 5 days with at least 3 hours of spare time during light hours**
- 13. 1 husky safari adventure in 2 groups**
- 14. 1 cross-country-skiing-school-afternoon, 0-1-0 broken bones!**
- 15. 0-1-1 piano recital: "Sibelius 5 Trees Op 75" and "Aurora Borealis improvisation for S Rigby, northern lights specialist"**

## European School of Internal Medicine in Levi 2020 – Winter School

### Final Program at a Glance

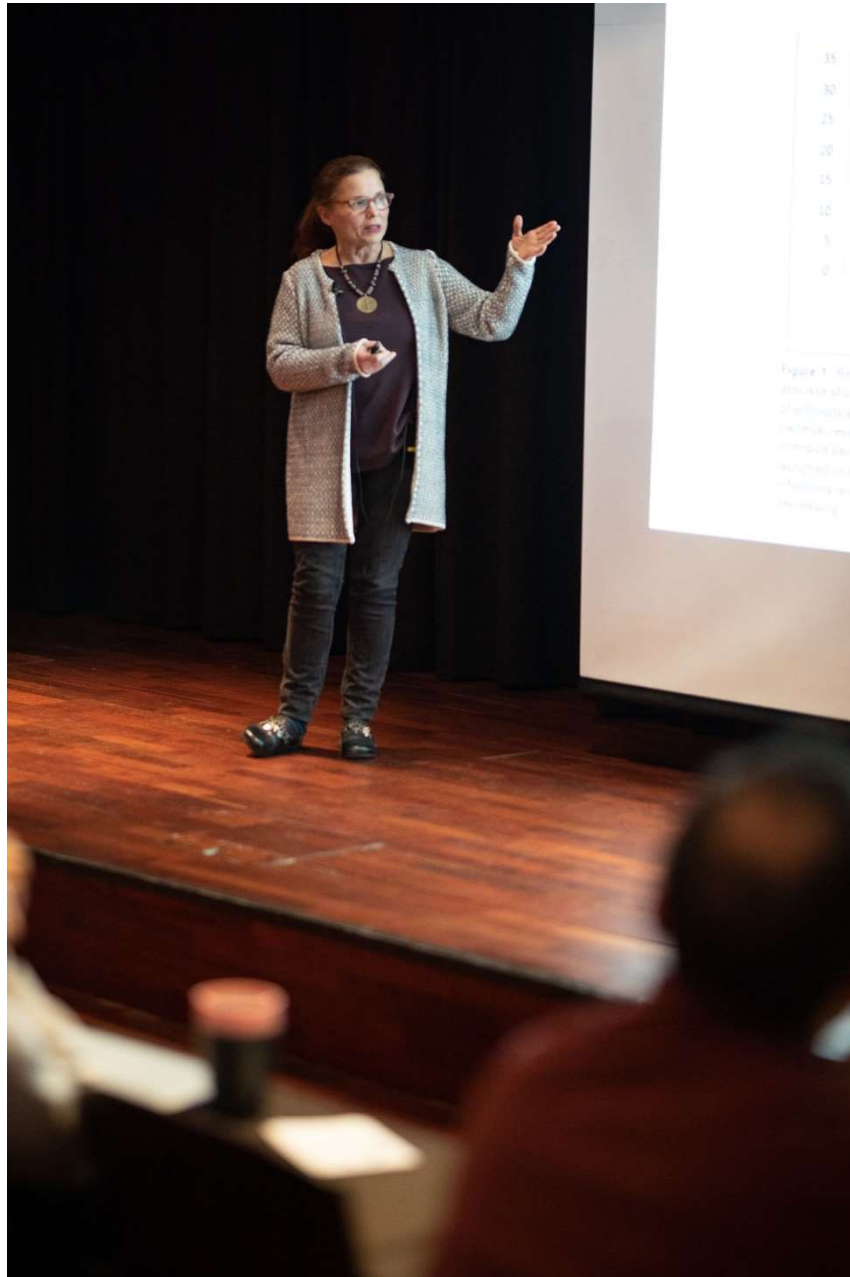
Sunday 19.1.2020	Monday 20-Jan-2020	Tuesday 21-Jan-2020	Wednesday 22-Jan-2020	Thursday 23-Jan-2020	Friday 24-Jan-2020	Saturday 25.1.2020
	7:30-8:00 Breakfast	7:30-8:00 Breakfast	7:30-8:00 Breakfast	7:30-8:00 Breakfast	7:30-8:00 Breakfast	7:30-10:30 Breakfast
Welcome!	8:00-8:45 Welcome, Pre-test, Introduction K. P-Fernholm	8:00-8:45 Lecture 5 V. Kokorin "Anticoagulat"	8:00-9:00 Lecture 8 A. Burbridge "Another Cough"	8:00-8:45 Lecture 10 W. Meersseman "Porphyria"	8:00-8:45 Lecture 13 S. Rigby "Rheu Emerg"	Residents depart in the morning
	8:45-9:30 Lecture 1 A. Carneiro "End of Life"	8:45-9:30 Lecture 6 H. Amital "Therapies in RA"	9:00-10:00 Clinico-path conference 1 S. Rigby "Diagnosis"	8:45-10:15 Clinico-path conference 2 I. Ruža "Stubborn Puzz"	8:45-9:30 Lecture 14 I. Ruža "Endo Masks"	
	9:30-10:15 Lecture 2 M. Parry "Poisoning"		10:00-10:30 Coffee break	10:15-10:45 Coffee break	9:30-10:00 Coffee break	
	10:15-10:45 Coffee break	9:30-10:00 Coffee break	10:00-10:30 Coffee break	10:15-10:45 Coffee break	9:30-10:00 Coffee break	Have a safe trip home!
	10:45-12:15 Workshop 1 V. Kokorin "EKG"	10:00-12:30 Social Program  Husky Safari Group 1	10:30-12:00 Workshop 2 A. Burbridge S. Rigby "City Tales"	10:45-13:00 Workshop 3 A. Müller- Marbach "Ultrasonograph"	10:00-11:30 Workshop 4 Aro & Parry "Less is more"	
	12:15-15:30 Lunch and free time	12:30-13:30 Lunch and free time	12:00-15:15 Lunch and free time	13:00-15:15 Lunch and free time	11:30-15:15 Lunch and free time	
	Residents arrive today	15:30-16:15 Lecture 3 S. Unhal "Adult Vaccin"	13:30-16:00 Social Program  Husky Safari Group 2	15:15-16:00 Lecture 9 M. Lember "D-vitamin"	15:15-16:00 Lecture 11 R. Kaaja "Health Mirror"	15:15-16:00 Lecture 15 A. Müller- Marbach "Help Icteric"
		16:15-17:00 Lecture 4 A. Kantele "Antib Resist"		16:00-16:45 Lecture 12 J. Kuusisto "Cardiomyopath"	16:00-16:45 Post-test, Closing K. P-Fernholm	
	Evening: 19:00 Reception	17:00-17:30 Coffee break	16:00-16:30 Coffee break	16:00-16:30 Coffee break	16:45-17:15 Coffee break	16:45-17:15 Coffee break
		17:30-18:45 Clinical case present. 1-5 M. Granér	16:30-17:15 Lecture 7 N. Montano "Sleep and heart"	16:30-18:00 Clinical case present. 12-17 M. Granér	17:15-18:45 Clinical case present. 18-23 T. Aro	17:15-21:00 Free time
Dinner At Hotel		17:15-18:45 Clinical case present. 6-11 T. Aro				
	18:45-20:00 Buffet Hullu Poro	19:30-20:30 Buffet Hullu Poro	18:00-20:00 Trip to Ice Castle 20-21 Buffet Poro	18:45-20:00 Buffet Hullu Poro	21:00-23:30 Gala dinner Hullu Poro	
	20:00- Free time	20:30- Free time	21:00- Free time	20:00- Free time	23:30- Sleep well!	

# Intensive Learning



Photo: Tuomas Aro

# First Covid-19 information





# Ultrasound teaching



Photo: Tuomas Aro

# Cross country skiing school



Photo: Tuomas Aro

# Downhill skiing at 2.40 P.M.



Photo: Tuomas Aro

# Towards the North Pole



Photo: Tuomas Aro

# Nice husky dogs



Photo: Tuomas Aro

# A reindeer from the UK



Photo: Tuomas Aro

# Aurora highlights



Photo: Tuomas Aro

# Night life and karaoke



Photo: Tuomas Aro



# No Corona distances kept yet



Photo: Tuomas Aro

# Back from the karaoke

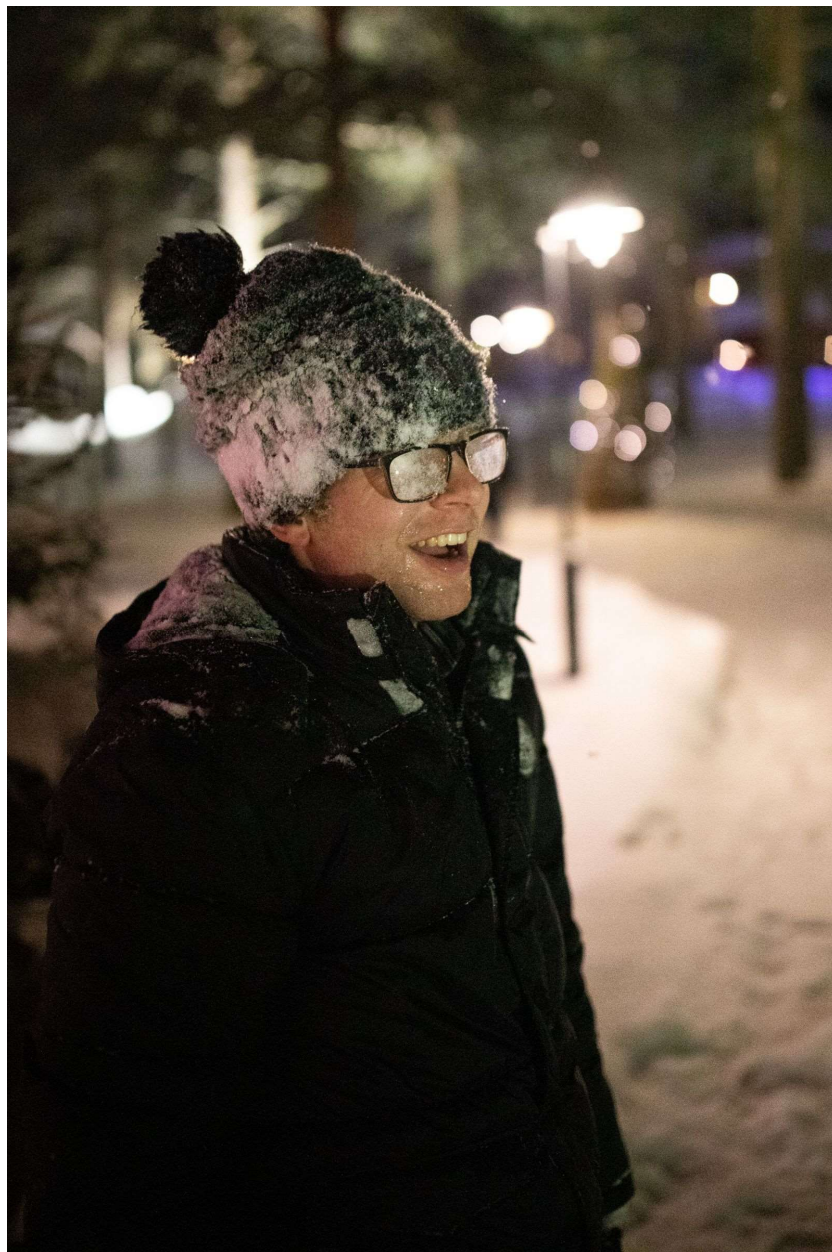


Photo: Tuomas Aro

# Performance at the gala dinner



Photo: Tuomas Aro

# Goodbye!



Photo: Tuomas Aro

# Director's humble thank you!

## **Co-directors and administrators:**

Dr. Tuomas Aro, MD, Finnish Society of Internal Medicine

Dr. Mikko Parry, MD, PhD, Finnish Society of Internal Medicine

## **Co-directors:**

Dr. Marit Granér, MD, PhD, Finnish Society of Internal Medicine

Prof. Risto Kaaja, MD, PhD, Past President of the Finnish Society of Internal Medicine

Dr. Shirley Rigby, BSc, MBBS, FRCP, MD, MMedEd, Royal College of Physicians, UK

Dr. Ieva Ruža, MD, Latvian Society of Internists, Director for ESIM in Riga 2015-17

# Thank you for coming!

## Speakers:

Prof. Wouter Meersseman, Belgium, 2019-20

Prof. Margus Lember, Estonia, 2018-20

Prof. Anu Kantele, Finland, 2018-20

Prof. Johanna Kuusisto, Finland, 2018-20

Dr. Jussi Pohjonen, Finland, 2018

Dr. Alexis Müller-Marbach, Germany, 2018-20

Prof. Runólfur Pálsson, Iceland, 2018-19

Prof. Howard Amital, Israel, 2020

Prof. Nicola Montano, Italy, 2020

Prof. António H. Carneiro, Portugal, 2020

Dr. Caterina Delcea, Romania, 2018-19

Dr. Valentin Kokorin, Russia, 2018-20

Dr. Xavier Corbella, Spain, 2018-19

Dr. Amie Burbridge, UK, 2018-20

Dr. Frauke Weidanz, UK, 2018-19

Dear Santa,

Thank you for giving us 3 marvellous years in Leví!  
Please send as good lecturers and residents to  
Björklíden as we have had in Leví.

Best regards,

Kim

Dear Kim,

It will be a tough challenge, but I'll try.

Best regards,

Santa



**See you in Björkliden in 2022!**

