
ECIM 2021 - Pre-congress Workshops

Workshop 01: How to write and publish an article

The workshop on how to write a manuscript is a unique opportunity for young fellows in internal medicine and clinical disciplines to have a full immersion in medical writing.

The workshop will be held by young experts in clinical research. The first topic addressed will be choosing the appropriate journal for your article. Second will be a special training on how to write a cover letter suitable for submission. Then we will illustrate the best way to write an introduction to a scientific article focusing on clinical problems, gaps in evidence, relevance of the topic and purpose of the study. It will be illustrated how to summarize the study protocol in the methods section and how to present the results in the best way, also in a graphical format. Finally, we will illustrate the basic approaches to write a valid discussion considering the results obtained, the comparison with previous studies and the clinical implications.

The workshop is open to all young clinical researchers at the beginning of their medical writing path.

[Workshop 02: Obesity](#)

Learning Outcomes:

1. Recognise that obesity is a chronic relapsing disease that has a multifactorial aetiology and multiple health consequences.
2. Appreciate the biological basis of energy balance and the significant roles of the gut and adipose tissue in the control of food intake.
3. Be cognisant of the effectiveness of various weight loss interventions including dietary, physical activity, behavioural, pharmacological and surgical approaches.
4. Be familiar with a variety of tools and methods that can assist and enhance the implementation of weight management programmes in a primary care setting.

Workshop 03: Early Career: Leadership skills for Early Career Internists

In this workshop, delegates will discuss and explore the challenges of taking on leadership roles as they progress from postgraduate training to specialist posts. We will explore self-awareness, personal leadership skills and team working, and delegates can apply and develop their advanced communication skills by participating in a simulated difficult conversation.

Workshop 04: Choosing Wisely

In early 2012, the American Board of Internal Medicine Foundation launched the Choosing Wisely Campaign. According to the ABIM Foundation, “The mission of Choosing Wisely is to promote conversations between clinicians and patients by helping patients choose care that is supported by evidence, not duplicative of other tests or procedures already received, free from harm and truly necessary.”

This movement has several principles:

1. Should be a clinician led program
2. Key messages in the campaign has to emphasize quality of care and harm prevention, rather than cost reduction
3. It should be patient focused and engaged
4. Should be strictly evidence based
5. Should be Multiprofessional and
6. Transparent.

One of the mainstays of the CW is the evidence based upon the recommendations are written (point 4 above). This evidence should be valid, relevant, applicable, and free of conflict of interests. The larger the number of recommendations, the more important this aspect is, so that the recommendations are written appropriately.

Our workshop will address the evidence needed to support CW recommendations.

At the end of the workshop, participants should be able to: 1) locate the evidence, 2) perform critical appraisal of the evidence, 3) synthesize the evidence and 4) write the recommendation.

Workshop 05: Improving Quality of Care and Patient Safety in Healthcare

Objectives:

Medical errors result in considerable morbidity and mortality each year globally. Human errors and systems with weak points jeopardize patient safety. Every level of healthcare presents different risks for patient safety. Safety is one of the dimensions of a high-quality healthcare system. Basic principles to improve patient safety should be a part of internal medicine curriculum and targeted strategies to build up a high quality and safe healthcare system structure should be aimed.

In this course, we aim to give an overview of basic principles of quality of care and patient safety in healthcare. As an introduction to the subject, concepts and determinants of quality of care and patient safety in healthcare will be discussed followed by the introduction of some tools applied to evaluate, monitor and improve quality of care and patient safety. The session on the 'human factor' will cover the various causes of medical errors and what we can learn from them. The most relevant threats to patient safety in internal medicine will be discussed briefly alongside with tools to build up a safe healthcare system such as utilization of bundles, scientific guidelines, reminders, and so forth. As many of the medical errors are results of inefficient communication, some practical points to improve the communication between the healthcare staff and the community will be touched upon.