



## **ESIM Summer School Sardinia 2016 The final episode of the most successful trilogy**

This year's European Summer School of Internal Medicine has exceeded any possible dimension of excellence. It was mirrored in every aspect: scientific program, world-leading speakers, motivated and knowledgeable residents, engaged faculty and an exceptional atmosphere.

The magic of Costa Rei, Sardinia, has yet again inspired an intensive course of internal medicine, combined with a strong facilitation for 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 organized and carried out an outstanding event, with a fine mélange of an excellent scientific program, humour and team spirit. This year however was the compassion of the participating professors met the inquisitiveness of the residents. 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 ESIM is a result of several factors and their harmonic confluence:

### **Special guests' lectures**

This year, the ESIM School hosted two special guests from the USA: Prof. Rita Redberg and Prof. John Ioannidis. Not only the residents but the entire faculty was amazed by the excellent input from both lecturers, who eagerly taught us about the editorial process, how to improve clinical research, how to publish as young physician and how "To be or not to be". Another crucial topic presented by Prof. Redberg was "Less is more" – a very current and significant aspect of our work. It was a very inspiring excursion on our daily clinic life and the future careers. Prof. Ioannidis explained on how to analyse scientific papers and conducted a wonderful discourse about false published research results. An ecstatic culmination was a joined lecture of both speakers elaborating on "How to apply scientific results to the care of the single patient".

Undeniably, having the chance to listen to our guests was an event for itself. More however, it was a once in a lifetime chance to be able to continue discussions and even get individual advises from our guests during individual discussions over meals or in the evenings.

### **Lectures and Workshops**

The program was carefully prepared and offered the participants a variety of topics.. Excellent lectures were held by leading specialists. Topics were reaching from universal subjects like hypo- and hypernatremia (Prof. Palsson), anemia (Prof. Cappellini), pericarditis (Prof. Brucato) infectious disease management

(Prof. Corbella) and pulmonary embolism (Prof. Agnelli), to more extended topics of “How to deal with errors” (Prof. Campos), “The Decision” (Prof. Bosch), “Leadership” (Prof. Akalin) and “Migration medicine” (Dr. Biskup/Dr. Marra).

### **Participants**

Residents from all over Europe have been selected and awarded the participation in the Summer School. Every single resident represented their countries in an admirable way, not only through case presentations, which were of high quality and allowed for very vivid discussion with an extensive teaching factor, but also by engaging in workshops and giving input on the health care systems in their countries. Specific problems were debated and major differences in several aspects of medical care across Europe have been communicated. The participants contributed actively to all sessions and each country has presented one case during the course week.

### **Faculty and Organizing Team**

Last but absolutely not least – the School could not be of such a great success without the immense input of its Director, Prof. Nicola Montano, and his team. A collaborative work resulted in an excellent program, scientifically and socially, as well as allowed for a coordinated and smooth process at the venue. EFIM was represented by Dr. Frank Bosch (EFIM president), and by Alberto Marra and Ewelina Biskup (representing EFIM Young Internists). Members of the Italian Young Internists (GIS) were a crucial part of the team: Co-Directors Giorgio Costantino, MD, Lorenzo Dagna, MD, Chris Davidson, MD, Gianmarco Podda, MD, as well as tutors: Elisa Ceriani, MD, Lorenzo Falsetti, MD and Alberto M. Marra, MD and Ewelina Biskup, MD.

Isabella Buongiorno and Simona Pescetelli from SIMI Educational have as always been the most active members of the team, making sure that the logistics, venue, event conduction and much more are fluent and pleasant. The entire team showed a tremendous passion for the entire course, being alert and involved, committed to a correct and pleasant flow of the course.

### **Social program**

Beyond the intensive scientific work, participants were offered a social program to network, get inspired by the EFIM spirit and to get an impression of the local scenery. A boat trip over the most beautiful coasts of Sardinia added to the personal flavour of the week.

## **Conclusion**

Yet 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.

Personally, I was very humble and honoured to represent the Young Internists group at the European School of Internal Medicine 2016 and having been involved as a member of the faculty, being active as moderator, presenter and on spot contact person for EFIM YI matters. As a result, we will have new motivated young internists, who are eager to join the Assembly and/or create new YI groups in their countries. We are looking forward to the new endeavour next year in the Netherlands!

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