



Latvijas internistu biedrība



23rd ESIM Winter School 2015 in Riga, Latvia – Report

Dr. Ieva Ruža

EFIM AC meeting, Larnaca, Cyprus

13.03.2015



ESIM Winter School in Riga, Latvia

25-31 January 2015

Director: Professor Aivars Lejnieks (Latvia)

Co-directors:

- Professor Verena Briner (Switzerland)
- Professor Margus Lember (Estonia)

Administrative and Secretarial Support: Dr. Ieva Ruza (Latvia)

Working group: Dr. L. Arnican, Dr. A. Salina, Dr. G. Moisejevs

ESIM Winter School in Riga, Latvia – 25-31 January 2015

- **1st ESIM in Eastern Europe**
- **Non-profit society** “European School of Internal Medicine in Riga” was founded (separate account and management)
- **Webpage** - www.esim2015.org
- **Venue – Wellton Elefant Hotel Riga, Latvia:**
 - accomodation, conference rooms, meals
- **Program** - usual format kept

ESIM Winter School program

Sunday 25-Jan- 2015	Monday 26-Jan-2015	Tuesday 27-Jan-2015	Wednesday 28-Jan-2015	Thursday 29-Jan-2015	Friday 30-Jan-2015	Saturday 31-Jan- 2015
Residents arrive today	9:00-9:30 Welcome A.Lejnieks, F.Bosch, I.Ruza	9:00-9:45 Lecture 5 K.Lundin (GI endoscopy)	9:00-9:45 Lecture 8 M.Lember (Vitamin D)	9:00-9:45 Lecture 11 L.Vaughan (Early detection of deterioration)	9:00-9:45 Lecture 14 N.Montano (Syncope)	Residents depart today
	9:30-10:15 Lecture 1 A.Lejnieks (Osteoporosis)	9:45- 13:00 Sightseeing tour (including coffee break)	9:45-10:30 Lecture 9 V.Briner (IM case studies)	9:45-10:45 Clinico-path conference 1 S.Rigby	9:45-10:30 Lecture 15 L.Campos (Failing the diagnosis)	
	10:15-11:00 Lecture 2 F.Bosch (End-of-Life decisions)					
	11:00-11:30 Coffee break		10:30-11:00 Coffee break	10:45-11:15 Coffee break	10:30-11:00 Coffee break	
	11:30-13:00 Workshop 1 (YI) F.Weidanz		11:00-12:30 Workshop 2 (ECG) V.Kokorin	11:15-12:45 Workshop 3 (Publ) K.Grundy	11:00-13:15 Workshop 4 (USG) A.Mueller- Marbach	
	13:00-14:00 Lunch	13:00-14:00 Lunch	12:30-13:30 Lunch	12:45-13:45 Lunch	13:15-14:15 Lunch	
	14:00-14:45 Lecture 3 K.Lundin (Coeliac disease, inflammatory bowel disease)	14:00-14:45 Lecture 6 A.v.Sengbusch (Obesity treatment)	13:30-14:15 Lecture 10 I.Ruza (Endocrine marks)	13:45-14:30 Lecture 12 L.Vaughan (Medication errors in acute setting)	14:15-15:00 Lecture 16 C.Davidson (Heart failure)	
	14:45-15:30 Lecture 4 B.Lace (Genetics in IM)	14:45-15:30 Lecture 7 X.Corbella (Bridging the in- patient and out- patient care)	14:15-15:15 Clinical case presentations [4] M.Lember	14:30-15:15 Lecture 13 S.Lejniece (Lymphoma)	15:00-15:15 Closing I.Ruza	
	15:30-16:00 Coffee break	15:30-16:00 Coffee break	15:15-15:45 Coffee break	15:15-15:45 Coffee break	15:15-15:45 Coffee break	
	16:00-17:30 Clinical case presentations [6] S.Rigby	16:00-17:15 Clinical case presentations [5] V.Briner	16:00 Social event	15:45-17:00 Clinical case presentations [5] C.Davidson	Free time	
	17:30-18:30 Dinner	17:15-18:15 Dinner		17:00-18:00 Dinner	17:00-19:00 Gala dinner	
		19:00 Social activities	19:00 Social activities		Free time	

ESIM Winter School 2015 - Riga



- 44 participants from 20 countries
- 19 lecturers (15 international)





Financial report



- 2 FDIME supported participants - Caterina Delcea (Romania) and Ieva Šileikiene (Lithuania)
- FDIME sponsorship denied for Albanian applicant due to unpaid society membership
- 1 ESIM supported participant – Elena Bivol (Moldova)
- **The 1st of 23 ESIMs with positive budget balance after the School, no involvement of local society and pharma industry sponsoring**

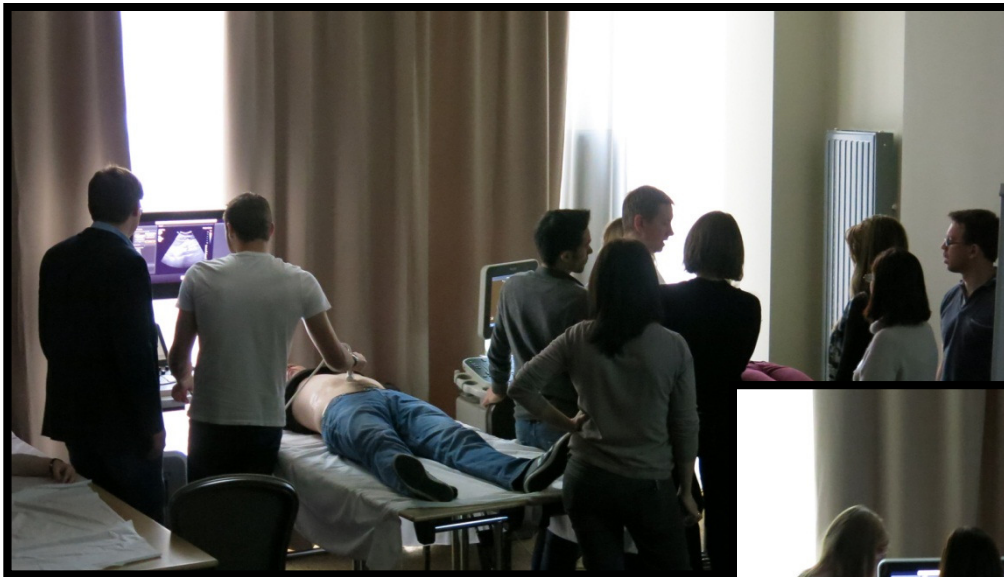
Scientific program



USG training (1st hands-on WS in ESIM)

Dr. Alexis Müller-Marbach (Germany)

Devices by Arbor Medical Korporācija, Latvia (Philips)

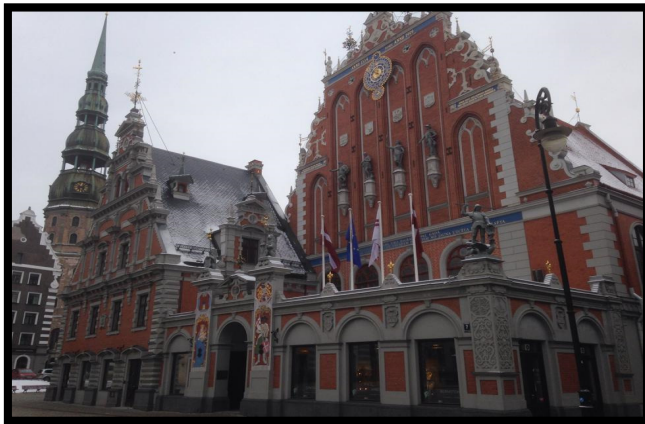


Social part



Blues bar, ice-skating, karaoke etc.

Social part



**Tours to
Jurmala,
Riga Old
Town, Cesis
castle with
National
songs, cup
painting etc.**

Social part – gala event





Evaluation summary

- Clinical case presentations – best rated
- Highest total evaluation rate – ECG WS by Dr. V. Kokorin (Russia)
- CPC (by Dr. S.Rigby) – highly rated
- 1st hands-on WS on USG
- 43/44 – satisfied of the course
- Detailed evaluation depended on personalities and individual expectations

Piftalls – scientific part

- Societies – better evaluation of the proposed speakers needed (language! content! experience!)
- General lectures – received higher evaluation than specific topics (diverse opinions)
- More updated lectures needed (higher scientific content)
- Unrealistic wishes of some participants
- Some workshops failed the WS format (splitting groups, sufficient discussions)

Pitfalls – logistics and social part

- Meals! (hotel management's fault):
 - diversity, menu problems, timing
 - too early dinner for participants from southern countries
- Free half-day needed (without organized sightseeing)
- Wish for longer lectures in evenings (?)

More suggestions/ideas

- Program – topic grouping by days (difficult due to speaker availability)
- Recording of ESIM lectures
- Lecture publishing online – timing, availability
- Change of evaluation forms (topic/lecturer)
- Better explanation of ESIM format to possible applicants (to avoid unrealistic expectations)
- ESIM advertising outside EFIM media

NB!


- **25.03.2015** – deadline for “free submission and publishing window” of case reports in **EJCRIM** for alumni of ESIM WS 2015 in Riga

ESIM Riga – EFIM webpage

<http://www.efim.org/young-internists>

**EFIM**
European Federation of Internal Medicine

**14th European Congress of Internal Medicine**
14-16 October 2015 MOSCOW

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Young Internists - News



Balsam, snow and opera – ESIM goes Baltic!

An inspiring week packed full of medicine, culture and an amazing team spirit: The European Winter School of Internal Medicine moves to Latvia this year and the first edition has been a tremendous success. Forty-four internal medicine residents from 20 countries gathered in snowy Riga, from Finland to Morocco and from Portugal to Russia.

They learned together – about lymphoma and coeliac disease, endocrine puzzles and syncope. They discussed how to spot the deteriorating patient and how to get published, explored abdominal ultrasound and end-of-life decision-making. They shared experiences and explored differences – in Israel it is illegal to withdraw life-sustaining treatments, UK doctors are less likely to offer ICU admission to elderly medical patients than their colleagues in Germany and the average salary of a Romanian doctor amounts to less than what some colleagues in Western Europe earn in a week. Norwegian residents visit some of their patients by boat, whilst in Holland a mobile app summons volunteers to attend to cardiac arrest victims in their neighbourhood. Despite the differences in training structures, in pay and in working hours, all participants had in common an enquiring mind, the desire to be good generalists and the willingness to connect with their European colleagues.


The hard work was complemented with a stimulating cultural and social programme: sightseeing, karaoke, ice-skating and opera, as well as good food and the occasional opportunity to sample local beer and a Latvian specialty – Riga Balsam. The farewell evening was long and emotional and we hope everybody returns to their country and their work with renewed enthusiasm for internal medicine, with new perspectives and new friends. The first ESIM organised by a member of the Young Internists group leaves us with optimism for internal medicine, for the European spirit and for the Young Internists movement.

31/01/2015

Young Internists

- Young Internists - News
- About the Young Internists
- Organisation scheme
- Subcommittee Members
- Young Internists Assembly
- Meeting Reports
- Meeting Minutes
- Exchange Programme
- Photo Galleries
- Young Internists - How to get involved

Connect with the Young Internists



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Latvijas internistu biedrība



Share the information and join us for next **ESIM
Winter School in Riga, Latvia – January 2016**



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(Dr. Ieva Ruža)