



EFIM
www.efim.org

aslimnīca
RĪGAS AUSTRUMU KLĪNISKĀ UNIVERSITĀTES SLIMNĪCA

SHAPING THE FUTURE OF INTERNAL MEDICINE TOGETHER

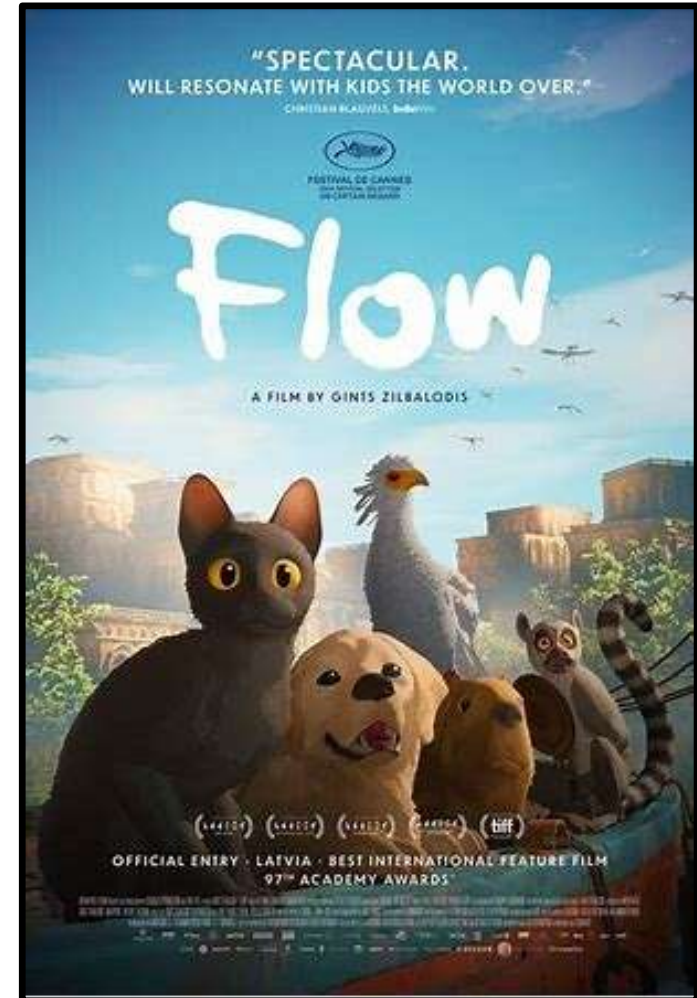
**Dr Ieva Ruža, MD, FEFIM, FRCP Edin
Riga, Latvia**

A dedicated internist and endocrinologist

EFIM General Assembly, Florence, Italy, 05.03.2025

Manifesto – EFIM President-Elect 2025-2027

ONE OF THE EFIM TEAM, TOGETHER WITH YOU SINCE 2010



CARING FOR POSTERITY



**LETTING PEOPLE
FEEL AND EXPERIENCE
SENSE OF BELONGING TO EFIM**

ONCE UPON A TIME THERE WAS A POLAR NIGHT IN 2010...



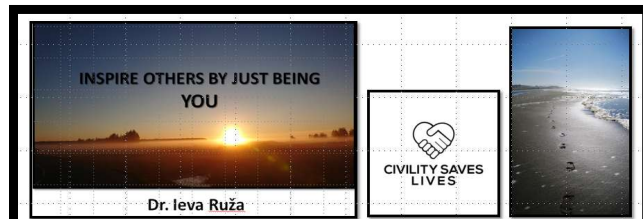
MY EFIM FAMILY, “MY MILLION”



www.efim.org

EFIM YOUNG INTERNISTS ASSEMBLY
LISBON, PORTUGAL, 2019, PHOTO CREDITS – TUOMAS ARO

TEACHING (CREATING LEGACY)



Dr. Ieva Ruža



Latvijas internistu biedrība



Review Article

Legacy perceptions and interventions for adults and children receiving palliative care: A systematic review

Jessika C Boles¹ and Maile T Jones¹

PALLIATIVE MEDICINE

Palliative Medicine
2021, Vol. 35(3) 529–551
© The Author(s) 2021
Article reuse guidelines:
sagepub.com/journalsPermissions
DOI: 10.1177/0269216321989565
journals.sagepub.com/home/pmj
SAGE

Consistent across authors and interventions were the notions of legacy as: (1) a passing of self, stories, or belongings from one to another, (2) a meaning-making process and, (3) a vehicle for being remembered.



ESIM Winter Riga 2015-2017

Photo credits (2016) – Tuomas Aro

The event organised by the Slovak Society of Internal Medicine, endorsed by EFIM

5th European Advanced School of Internal Medicine EASIM in Bratislava 2023

COURSE DATES: **3–5 NOVEMBER 2023** (Friday to Sunday)

VENUE: **Park Inn by Radisson Danube Hotel, Bratislava, Slovakia**

“ In the depths of winter, I finally learned that within me there lay an invincible summer.

–ALBERT CAMUS

**MISSION – SHAPING THE FUTURE OF
INTERNAL MEDICINE**

**CREATING THE BEST POSSIBLE
OUTCOMES
FOR OUR PATIENTS**

SKILLSET?

25 YEARS OF INTERNATIONAL WORK AND EDUCATION EXPERIENCE

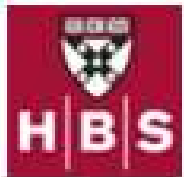


Uni Rostock



Uni Texas SWMC

 SOUTHWESTERN
MEDICAL CENTER



- Individual (rock climbing)
- Teamwork (floorball and choir singing)
- Grit (“Cateran Yomp” – 90 km in 24 hours and the UK SAS Fan Dance)

**“WHAT IS LABELLED AS
A FAILURE IN EUROPE, IS CALLED
A CHALLENGE IN THE USA”**

**WE ALL WANT TO FEEL GOOD...
IN EUROPE**



A MISSING SENSE OF BELONGING



CREATING

THE PAN-EUROPEAN EFIM IDENTITY,

**IMPROVING AWARENESS OF
INTERNAL MEDICINE**

WHERE IS INTERNAL MEDICINE IN EUROPE?

EFIM IS ABOUT ALL OF US



**SUPPORTING OR REGAINING
INTERNAL MEDICINE SOCIETIES FROM
EUROPEAN COUNTRIES,**

**KEEPING EFIM GEOGRAPHICALLY
DIVERSE BEYOND SLOGANS**

A UNIQUE POSITION, “PIONEER EFFECT”



INTANGIBLE

HIGHER GOALS

OPENED OUR HEARTS AND MINDS

**WE WANT TO CREATE A BETTER WORLD
TOGETHER**

**COMMUNICATE THIS MINDSET TO
PEOPLE IN OUR MEMBER SOCIETIES**

**WE HAVE COMMON TRAITS,
DESPITE MEDICAL,
LINGUISTIC, AND CULTURAL
DIVERSITY**



ESIM WINTER RIGA 2015-2017



PHOTO CREDITS (2016) – TUOMAS ARO

I HAVE A DREAM...

**HOW I WOULD SEE THE EFIM
IN FIVE YEARS**



**INTERNATIONALLY RECOGNISED AND
PROFICIENT PROFESSIONAL SOCIETY?**



**EFIM MEMBERSHIP STRUCTURE
CHANGED FROM
THAT OF A FEDERATION TO
A SOCIETY WITH INDIVIDUAL
MEMBERSHIPS**

WHY?

**MAIN FOCUS OF OUR EFFORT IS
TO CREATE
THE BEST POSSIBLE OUTCOMES
FOR OUR PATIENTS**



ENHANCING EDUCATION AND TRAINING

- **Harmonised and standardised education**
- **Postgraduate education activities (expanding congresses, postgraduate courses (schools, including ESIM and EASIM))**
- **Digital learning platforms (high-quality teaching material, EFIM app)**
- **Research, guidelines, publications**
- **International collaboration and exchange programmes**

ADVANCING SCIENTIFIC EXCELLENCE AND RESEARCH COLLABORATION

- **Research and collaboration**
- **Health promotion and disease prevention**
- **Focus on chronic disease management and personalized medicine**
- **Promote young researchers and early career clinicians**

BUILDING A STRONGER AND MORE COLLABORATIVE COMMUNITY

- **Strengthening the sense of community**
- **Communication training**
- **Workplace culture and work-life balance**
- **Networking groups (fellowship, focus groups, communication opportunities)**
- **Collaboration with other international/regional specialty societies**

STRENGTHENING EFIM'S ADMINISTRATIVE AND ORGANISATIONAL CAPACITY

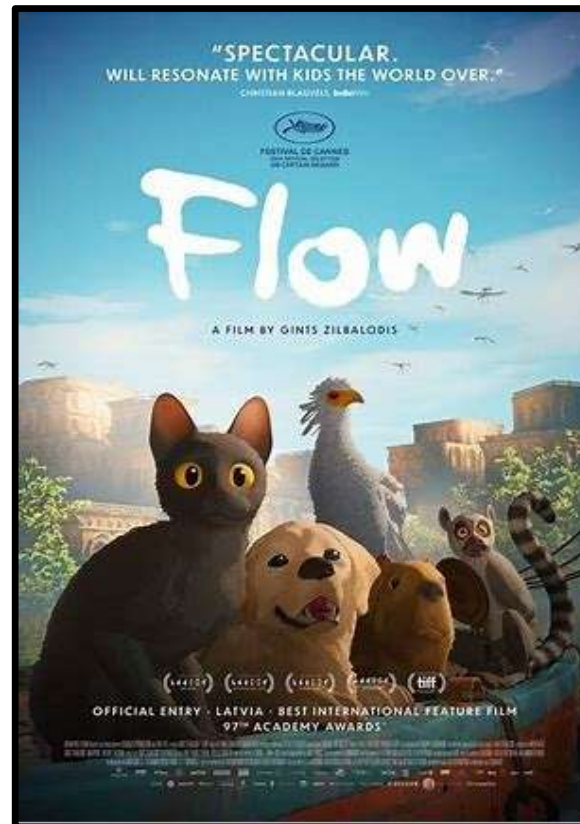
- **Expanding the administrative team**
- **Enhancing event organisation**
- **Streamlining content creation**
- **Strengthening social media presence**
- **Promoting balanced task delegation (less micromanagement to empower teams)**
- **Attracting sponsorship**
- **Focusing on inclusivity**

**LETTING PEOPLE
FEEL AND EXPERIENCE
SENSE OF BELONGING TO EFIM**

**WE CAN TRANSFORM OUR
ORGANISATION TOGETHER INTO
A PROFICIENT AND DYNAMIC
PROFESSIONAL SOCIETY**

“We are all in the same boat and we must find ways to overcome our differences and work together.”

~Gints Zilbalodis (Flow movie)



your art
is not about how many people
like your work
your art
is about
if your heart likes your work
if your soul likes your work
it's about how honest
you are with yourself
and you
must never
trade honesty
for relatability

to all you young poets - rupi kaur



THANK YOU!

dr.ieva.ruza@gmail.com