



**EFIM**

[www.efim.org](http://www.efim.org)

# **ANNUALREPORT**

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**2023**

# AIMS MISSION AND OBJECTIVES

The European Federation of Internal Medicine (EFIM) was established in 1996 through a merger of its predecessor AEMI and the Forum of Presidents of National Internal Medicine Societies in Europe.

From the beginning, the aims of the organisation were as laid down in the Statutes:



To promote internal medicine scientifically (but also ethically and professionally)



To publish research and resolutions



To organize meetings and congresses



To establish communication between internists



To provide information to private and public organisations

The purpose of EFIM is to re-emphasize the importance of internal medicine in patient care in a world of increasing specialisation. Education, research and the promotion of internal medicine are at the heart of the EFIM mission. The European Congress of Internal Medicine, the European School of Internal Medicine, the EFIM Academy and the Clinical Research Seminar have become popular events, bringing together internists and internal medicine trainees from across Europe and around the world. EFIM will continue to build programmes that will raise the profile of internal medicine and encourage greater collaboration of European internists in years to come.

Internal medicine will remain the cornerstone of every national healthcare system.

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**Prof. Ricardo Gomez Huelgaz**  
*EFIM President*

As we reflect on the past year, it gives me great pleasure to present to you the Annual Report of the European Federation of Internal Medicine (EFIM) for the year 2023. This year has been marked by a series of remarkable achievements that have further improve EFIM's position as a leading organisation in internal medicine in Europe and beyond.

As the new President of EFIM, I am honored to serve and represent EFIM over the next two years, and I will do my utmost to promote further growth of the organisation.

Additionally, I would like to congratulate Prof. George Dalekos from Greece who was elected future president of EFIM and to give my gratitude to the Past President, Prof. Dror Dicker who lead the Federation to excellence in the past two years.

The highlight of our undertaking was undoubtedly the success of the European Congress of Internal Medicine, ECIM 2023 held in Athens in collaboration with the 12<sup>th</sup> International Congress of Internal Medicine. The Congress served as a vibrant platform for knowledge exchange, collaboration, and networking among our esteemed members welcoming more than 1500 participants. It was a great pleasure seeing so many of you at ECIM 2023 in Athens during our highly successful congress. It was a congress to remember!

Moreover, EFIM continued its commitment to excellence in education through the successful organization of both the Winter School in Björkliden, Sweden in February and the Summer School in El Escorial, Spain in June as well as the organisation of the 18th Clinical Research Seminar by FDIME in Paris in October. These educational initiatives provided participants with unique opportunities for professional development, skill enhancement, and networking with peers and experts in the field of internal medicine.

I am also delighted to report that the European Journal of Internal Medicine (EJIM) has seen a significant increase in its impact factor, reaching an impressive 8.0 in 2023. This accomplishment is a testament to the high-quality research published in the journal and the dedication of our Editor-in-Chief, Prof. Giancarlo Agnelli, our editorial team reviewers, and authors.

Furthermore, I would like to welcome personally our two new members: Royal College of Physicians of Edinburgh, RCPE and the Mexican College of Internal Medicine who joined EFIM during the GA held in Athens.

Lastly, I am pleased to announce the launch of a call for new clinical working groups dedicated to four critical areas of healthcare:

- Acute Medicine and Hospital Medicine WG
- Diabetes and Obesity WG
- Heart Failure WG
- Infectious Diseases in Internal Medicine WG

Our Clinical Working Groups will be designed to bring together healthcare professionals, researchers, and experts who share a common interest and commitment to enhancing patient care and advancing the field of internal medicine. I encourage all members to actively participate and contribute their expertise to these vital initiatives.

As we celebrate these achievements, I would like to reaffirm our commitment to the mission and values of EFIM to strive for excellence in patient care, education, research, and advocacy, ensuring that EFIM remains at the forefront of shaping the future of internal medicine in Europe.

Thank you for your support and dedication to EFIM.

Enjoy reading the Annual Report 2023,

The European Board of Internal Medicine is pleased to share the progress in two critical areas:

- the European Exam for Internal Medicine
- and the revision of the European Training Requirements of Internal Medicine.



## European Exam for Internal Medicine

During the last 12 months, the European Board of Internal Medicine (EBIM) has completed a tendering process to procure a provider for their project to find a host for the European Exam for Internal Medicine. This has been done with the full support of both the executives of EFIM and UEMS. After a call for submissions to meet the requirements laid out in the tendering documents, eight proposals were received for consideration. Following a review of these applications, four were invited to present to EBIM. From the final two organisations, a final decision was made to appoint the Royal College of Physicians of Ireland (RCPI) to proceed to a contractual negotiation.

As we move forward, plans are underway to establish an exam board, standard setting, and question writing groups. Through a call to the National Societies of Internal Medicine, individuals have been identified to form these groups and will be called upon when the process of developing the exam moves into an active phase. This will happen when the terms of reference between EFIM and UEMS are completed and a contract with the RCPI is signed.

## Revision of the ETR of Internal Medicine

Recognizing the need to adapt to the evolving landscape of healthcare, EBIM has initiated the revision of the European Training Requirements (ETR) of Internal Medicine. Since its adoption in October 2016, it has become apparent that updates are necessary to ensure its relevance and effectiveness in preparing future internists. To this end, we have assembled a diverse group of 32 delegates from 15 National Societies of Internal Medicine, including representatives from the Young Internists, to contribute to this important endeavour.

Together, these delegates have identified fourteen key areas for consideration in updating the curriculum:

- ✓ Bedside skills/Point of Care Ultrasound
- ✓ Community Engagement/Medical Misinformation/Social Media
- ✓ Diagnostic and Therapeutic excellence/Management reasoning
- ✓ Nutrition
- ✓ Simulation and Serious Gaming
- ✓ Wellness of Trainees
- ✓ Interprofessional Training/Collaborative Practice/Other Specialties Comanagement/Transition of care
- ✓ Medical Ethics
- ✓ Multimorbidity/Deprescribing/EoL Decision Making
- ✓ Diversity, Equity, and Inclusivity
- ✓ Digital Literacy/Digital Health
- ✓ Medical Leadership
- ✓ Adolescent and Gender-sensitive Care
- ✓ Green and Sustainable Medicine

Each topic has been allocated to a dedicated group tasked with proposing revisions for consideration.

Our working group commenced its efforts in October 2023, with a targeted goal of presenting a draft of the revised curriculum to UEMS and EFIM for feedback by late 2025. Subsequently, we aim to formally present the revised curriculum for adoption at the UEMS Council in April 2026.

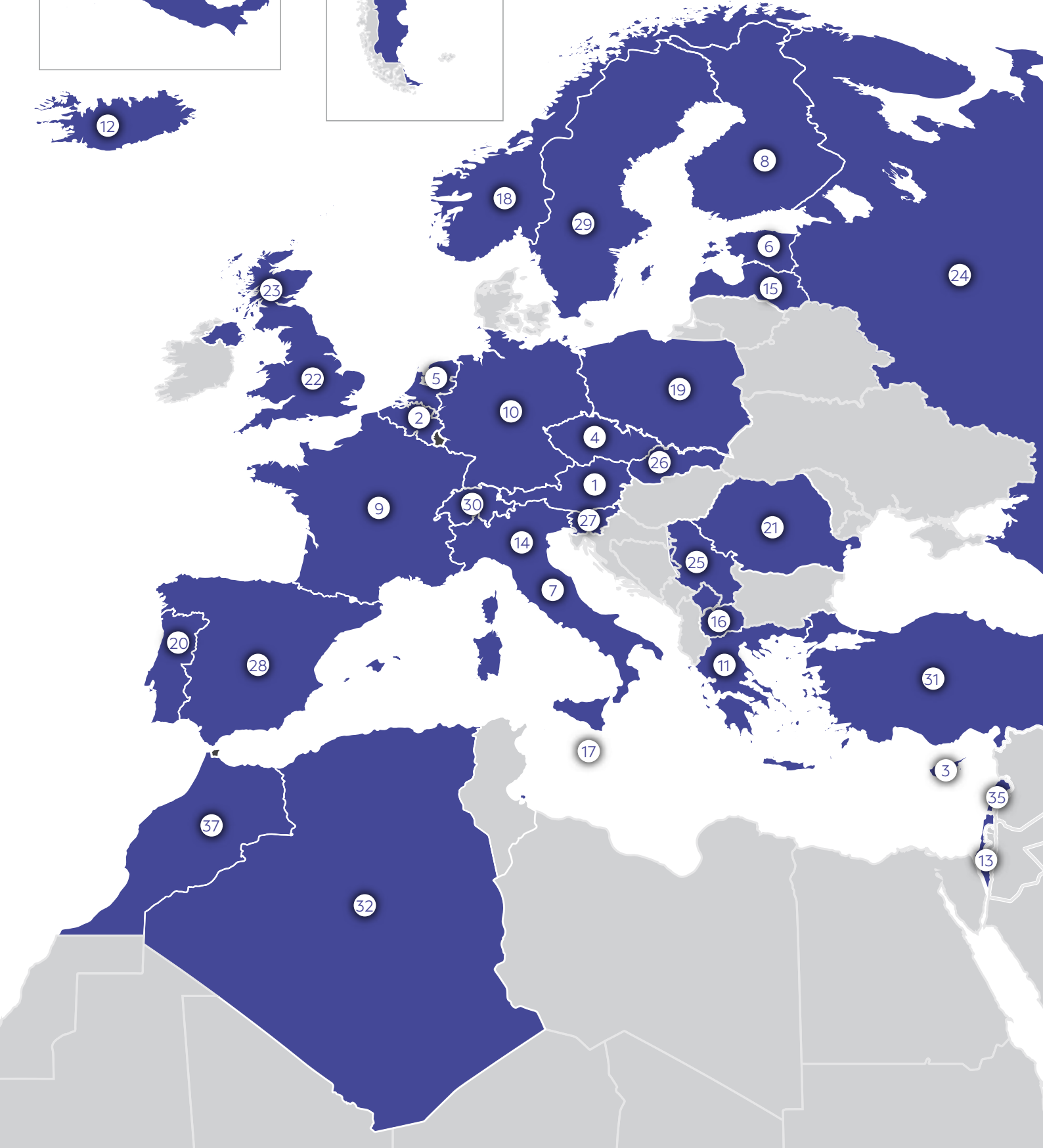
EBIM is committed to fostering excellence in internal medicine education and practice across Europe, and we are grateful for the continued support and dedication of our colleagues, EFIM and UEMS.

**EFIM currently comprises 37 MEMBER SOCIETIES representing OVER 50,000 INTERNISTS**

	COUNTRIES	ORDINARY MEMBERS	MEMBERS
1	AUSTRIA	Austrian Society of Internal Medicine	3214
2	BELGIUM	Belgian Society of Internal Medicine	137
3	CYPRUS	Cyprus Society of Internal Medicine	85
4	CZECH REPUBLIC	Czech Society of Internal Medicine	1112
5	NETHERLANDS	Dutch Society of Internal Medicine	2210
6	ESTONIA	Estonian Society of Internal Medicine	99
7	ITALY	FADOI ITALY	2753
8	FINLAND	Finnish Society of Internal Medicine	949
9	FRANCE	French Society of Internal Medicine	1005
10	GERMANY	German Society of Internal Medicine	11799
11	GREECE	Hellenic Society of Internal Medicine	707
12	ICELAND	Icelandic Society of Internal Medicine	220
13	ISRAEL	Israeli Society of Internal Medicine	450
14	ITALY	Italian Society of Internal Medicine	4076
15	LATVIA	Latvian Society of Internal Medicine	333
16	NORTH MACEDONIA	Macedonian Association of Internal Medicine	120
17	MALTA	Association of Physicians of Malta	40
18	NORWAY	Norwegian Society of Internal Medicine	1880
19	POLAND	Polish Society of Internal Medicine	400
20	PORTUGAL	Portuguese Society of Internal Medicine	2729
21	ROMANIA	Romanian Society of Internal Medicine	273
22	UNITED KINGDOM	Royal College of Physicians London	2415
23	SCOTLAND	Royal College of Physicians of Edinburgh	2500
24	RUSSIA	Russian Scientific Society of Internal Medicine	988
25	SERBIA	Serbian Society of Internal Medicine	385
26	SLOVAKIA	Slovakian Society of Internal Medicine	543
27	SLOVENIA	Slovenian Society of Internal Medicine	220
28	SPAIN	Spanish Society of Internal Medicine	6520
29	SWEDEN	Swedish Society of Internal Medicine	1232
30	SWITZERLAND	Swiss Society of General Internal Medicine	6140
31	TURKEY	Turkish Society of Internal Medicine	1384
	COUNTRIES	ASSOCIATE MEMBERS	MEMBERS
32	ALGERIA	Algerian Society of Internal Medicine	400
33	ARGENTINA	Argentinian Society of Internal Medicine	650
34	DOMINICAN REPUBLIC	Dominican Republic Society of Internal Medicine	800
35	LEBANON	Lebanese Society of Internal Medicine	190
36	MEXICO	Mexican College of Internal Medicine	1200
37	MOROCCO	Moroccan Society of Internal Medicine	213

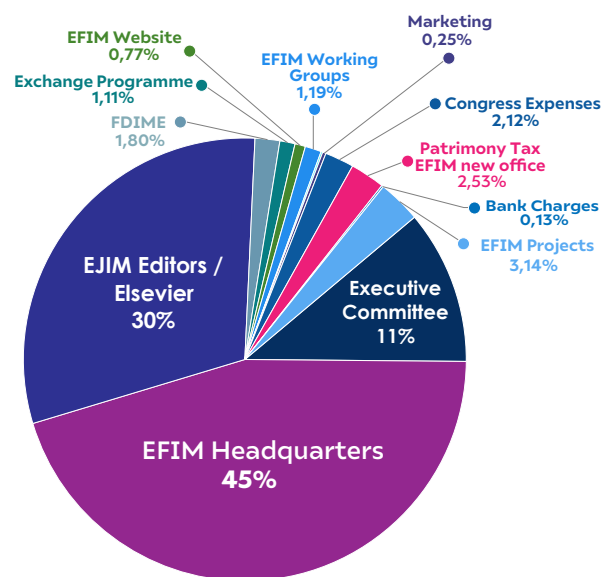
2023 TOTAL

60371



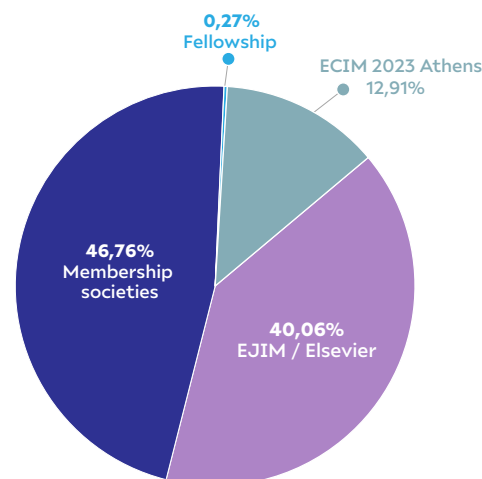
## Expenses

	Expenses Approved	Final 31 Dec. 2023
Executive Committee	€ 40.000,00	€ 31.214,05
EFIM Headquarters	€ 120.000,00	€ 125.389,21
EJIM Editors / Elsevier	€ 78.100,00	€ 84.323,52
FDIME	€ 5.000,00	€ 5.000,00
Exchange Programme	€ 3.000,00	€ 3.075,00
EFIM Website	€ 4.500,00	€ 2.129,10
EFIM Working Groups	€ 16.000,00	€ 3.296,82
EFIM Subcommittee	€ 2.000,00	€ 0,00
Young Internists' Section	€ 3.000,00	€ 343,00
Marketing	€ 5.000,00	€ 682,00
Congress Expenses		€ 5.887,91
Patrimony Tax - EFIM new office	€ 13.000,00	€ 7.014,65
Bank Charges	€ 5.500,00	€ 362,29
EFIM Projects	€ 10.000,00	€ 8.712,73
<b>Total:</b>	<b>€ 305.100,00</b>	<b>€ 277.430,28</b>



## Income

	Income Approved	Final 31 Dec. 2023
EJIM / Elsevier	€ 90.000,00	€ 134.000,01
Membership - Nat. societies	€ 135.000,00	€ 156.383,30
Fellowship	€ 3.000,00	€ 895,56
ECIM 2023 Athens	€ 35.000,00	€ 43.194,00
EFIM Endorsements	€ 1.000,00	€ 0,00
EJCRIM		€ 1.317,00
<b>TOTAL Income</b>	<b>€ 264.000,00</b>	<b>€ 335.789,87</b>



## 2023 - Result Preview

	Accounts Approved	Final 31/12/2023
Income	€ 264.000,00	€ 335.789,87
Expenditure	€ 309.489,21	€ 277.430,28
Provisions Added		€ 12.499,63
Social liabilities		€ 2.499,63
EFIM Office		€ 10.000,00
Provisions Taken Back		-€ 5.000,00
Legal Liabilities		-€ 5.000,00
<b>Result</b>	<b>€ -45.489,21</b>	<b>€ 50.859,96</b>



**The 8<sup>th</sup> EFIM Day was held at the Holiday Inn hotel in Brussels on Friday 13 October gathering together 55 participants from 23 national societies of EFIM from Europe and outside sharing experiences and exchanging ideas.**

Prof. Ricardo Gomez Huelgas, EFIM President and EFIM Executive Committee were delighted to welcome and address all the Presidents and the Society representatives.

Prof. Gomez Huelgas presented the activities and achievements following the ECIM 2023 congress in Athens and thanked all the representatives for their active contribution. New initiatives and projects were presented including the launch of new Clinical Working Groups, upcoming re-elections/elections at the GA in Istanbul and the call for interest to host ESIM Summer School in 2025 – 26/27.

Updates were given on the progress of the ECIM 2024 in Istanbul as well as personal address was delivered by Prof. Agnelli on the new impact factor of the journal reaching IF 8.00 and general progress of EJIM.

Highlight of the meeting was the keynote address by Nathalie Moll, EFPIA Director General, who delivered a compelling presentation that focused on access to innovative drugs, pharmaceutical innovation, public health, and healthcare policy. Her speech addressed the critical role of pharmaceutical companies in advancing healthcare and EFPIA's contributions to improving patient outcomes.

Engaging discussions covering a wide range of topics related to internal medicine, patient care, on a national level were discussed during the presentations of the national societies. We had the pleasure to learn more at this meeting from the Dutch Society, French Society, German Society, Norwegian Society and the Romanian Society and we would like to thank the Presidents for delivering the presentations. These sessions allowed participants to exchange ideas and best practices and address critical issues in internal medicine in Europe. We will repeat this once again next year when other countries will be invited to present.

Prof. Rijk Gans informed the participants on the progress of the European Exam of Internal Medicine and the selected supplier to organise the exam, RCPI; as well as the collaboration between EFIM and UEMS through EBIM.

We would like to thank all our participants for their active participation and contribution during the meeting working towards our shared goals of advancing internal medicine across Europe and beyond.

**The next EFIM Day will take place on 18 October 2024 in Brussels.**



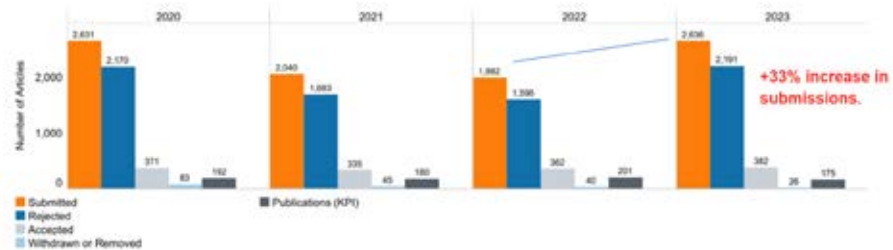
## Executive Summary :

Elsevier is pleased to announce excellent progress across key metrics for the European Journal of Internal Medicine (EJINME) in 2023. EJINME has experienced growth in its impact factor, improved its ranking in the internal medicine category in Clarivate, and received increased submissions. EJINME continues to publish highly relevant and widely read content.

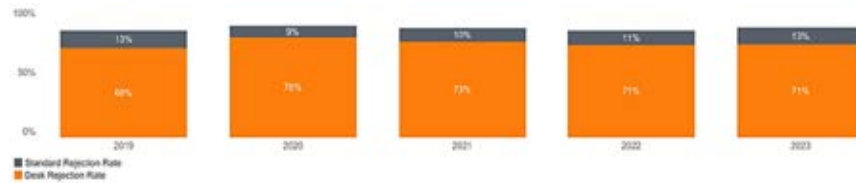


## Key Journal Performance Indicators:

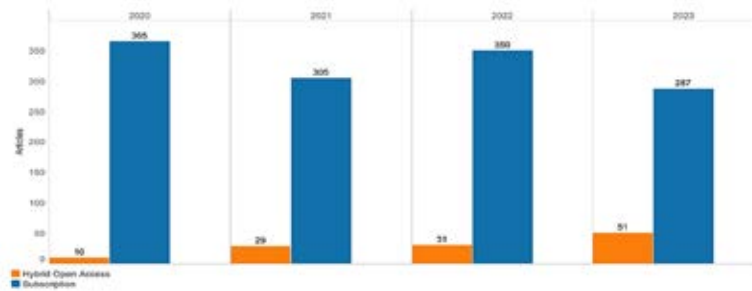
Submitted, rejected, accepted



Rejection rate

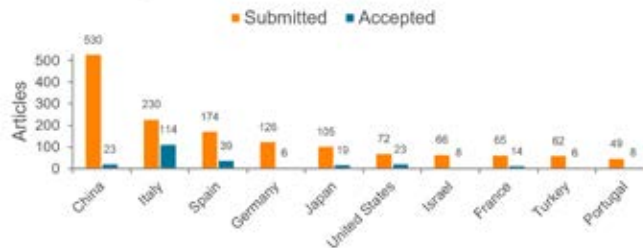


Published



## Submitted and Accepted Articles by Country in 2022:

Top 10 Countries & Regions by Submitted

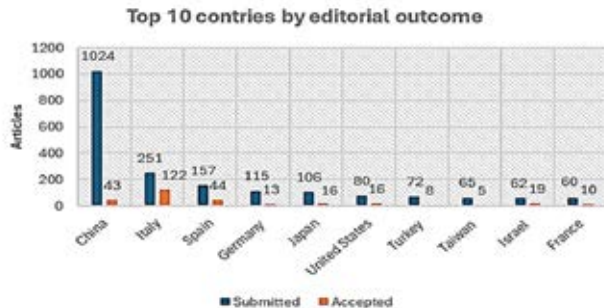


## Article flow:

In 2023, there was a notable 33% increase in submissions compared to 2022. The rejection rate remains high at 85%, with 74% of articles being rejected without peer review. This resulted in 308 accepted manuscripts, including 175 research and review articles. The majority of accepted articles continue to originate from Italy and Spain. Notably, for the third consecutive year, China accounted for the largest number of submissions to EJINME with 1024 submissions, but experienced a rejection rate of 96%, resulting in only 43 accepted articles—equivalent to the number accepted from Spain. Italian authors demonstrated the highest success rate, with 122 out of 251 submitted manuscripts (48.6%) accepted for publication in 2023.

The editorial handling times remained competitive, with a submission-to-first-decision time of 5 weeks and a submission-to-online-publication time of around 9 weeks in 2023. These swift editorial processes continue to be an impressive and influential factor for authors considering publication in EJINME.

## Submitted and Accepted Articles by Country in 2023



## Usage:

Since 2020, EJINME has operated exclusively online. The journal's complete content is available for access and download across multiple platforms. It's important to mention that the download statistics listed in the table below include ScienceDirect HTML views and PDF downloads, as well as views and downloads from [www.ejinme.com](http://www.ejinme.com) and Clinical Key. Overall, the usage performance in 2023 demonstrated strong engagement across all platforms once again.

## Top Journal Titles Ranked by 2022 Impact Factor (including EJINME):

The Impact Factor for 2022 in the JCR Science edition has risen from 7.749 to 8. Additionally, the journal has advanced in ranking from 26th to 24th out of the 327 journals listed in the MEDICINE, GENERAL & INTERNAL category of JCR. EJINME maintains its position in the first quartile of this category. This exceptional performance in Impact Factor underscores the high quality of the journal and should be leveraged to enhance promotion among prospective authors and stakeholders.

Rank	Journal Title	Journal Impact Factor	Citations
1	The Lancet	168.900	365,044
2	The New England Journal of Medicine	158.500	456,891
3	JAMA - Journal of the American Medical Association	120.700	211,699
4	BMJ, The	107.700	171,860
5	Nature Reviews Disease Primers	81.500	27,771
6	Annals of Internal Medicine	39.200	72,041
7	JAMA Internal Medicine	39.000	28,112
8	The Lancet Digital Health	30.800	4,803
9	Journal of Travel Medicine	25.700	5,367
10	Military Medical Research	21.100	3,109
11	Canadian Medical Association Journal	17.400	19,570
12	Journal of the Royal Society of Medicine	17.300	5,398
13	PLoS Medicine	15.800	46,220
14	eClinicalMedicine	15.100	12,087
15	JAMA network open	13.800	47,814
16	CJM - Monthly Journal of the Association of Physicians	13.300	7,416
17	Medical Journal of Australia	11.400	13,616
18	Journal of Internal Medicine	11.100	15,138
19	BMC Medicine	9.300	25,871
20	Mayo Clinic Proceedings	8.900	21,862
21	Journal of Cachexia, Sarcopenia and Muscle	8.900	8,828
22	BMJ Evidence-Based Medicine	8.800	1,593
23	Cochrane Database of Systematic Reviews	8.400	83,897
24	European Journal of Internal Medicine	8.000	8,143
25	Translational Research	7.800	6,585
26	Deutsches Ärzteblatt international	7.700	8,214
27	Journal of Evidence-Based Medicine	7.300	1,163
28	British Medical Bulletin	6.700	5,328
29	Journal of Urban Health	6.600	6,045
30	Cleveland Clinic Journal of Medicine	6.100	2,564
31	Chinese Medical Journal	6.100	12,376
32	The American Journal of Medicine	5.900	26,280
33	Medical Clinics of North America	5.900	5,445
34	British Journal of General Practice	5.900	9,210
35	Journal of General Internal Medicine	5.700	30,821
36	American Journal of Chinese Medicine	5.700	5,523
37	European Journal of Clinical Investigation	5.500	9,025
38	Amyloid : the international journal of experimental and clinical investigation	5.500	2,184
39	American Journal of Preventive Medicine	5.500	27,455
40	Annals of the Academy of Medicine, Singapore	5.200	2,991



HTML
PDF

Views: 5193  
 HTML downloads: 639  
 PDF downloads: 1819

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Published: 2020-04-29  
 Issue: 2020: Vol 7 No 5 [\(view\)](#)

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**How to cite:**  
 Hughes C, Nichols T, Pike M, Subbe C, Elghenzai S. Cerebral Venous Sinus Thrombosis as a Presentation of COVID-19. *EJCRIM* 2020;7  
 doi:10.12890/2020\_001691.

More Citation Formats ▼



148

🗉	148	Total citations
🔄	38	Recent citations
🌐	54	Field Citation Ratio
🔗	10	Relative Citation Ratio

As anticipated last year, the number of manuscripts submitted has slightly decreased as a result of COVID-19 tapering off. Yet, the number of submissions remained higher than the pre-pandemic period, with **433 case reports** received in 2023. In view of this slower trend, particularly noticeable at the beginning of 2023, we took particular care in monitoring actual costs in order to secure the journal’s sustainability, and eventually achieved a positive economic result.

EJCRIM continued to uphold its **rapid peer-review and publication process**, with an average of 6 days to reach a decision and 5 weeks from submission to publication, comprehensive of language editing, which is provided free of charge by the journal. The editorial process was further tailored to guarantee a high-quality standard.

The journal’s reach also expanded further, with USA leading the chart as the primary contributor of submissions (133 articles) and readership (about 9,850 users). Nonetheless, the acceptance rate of US articles was only 30%, suggesting a lower quality of their articles compared to other countries.

EJCRIM overall **rejection rate slightly increased to approximately 60%**, while maintaining a steady flow of published articles of approximately 10-12 papers per monthly issue without backlog.

**CiteScore 2022**, which includes all citations received in 2019-2022, was **1.7** and **CiteScore tracker 2023**, which keeps on updating on a monthly basis, is **2.1**, showing an increasing trend with 1730 citations over 842 published items (last update 05 March 2024, source Scopus).

In order to enhance user experience and highlight the growing number of citations, noticeable enhancements have been made to the **website**, including the addition of some metrics such as visibility, downloads, and citation counters. Additionally, new staff members with professional expertise and background in biomedicine have been recruited.

Each issue table of content (e-toc) is announced monthly **newsletters**. In 2023, they were delivered to about 9,000 subscribers and reported a 50% opening rate. In addition, the **EJCRIM Facebook** page provides visibility to each article published in the journal, to reach the EJCRIM community who may not subscribe to the e-toc.

As per the past ECIM events, an **EJCRIM Best Case Report Competition** was held at the 21<sup>st</sup> ECIM Congress in Athens, Greece, with a dedicated session in the programme. The journal also supported the Best Case Report Competition at the 8<sup>th</sup> McMaster International Review Course in Internal Medicine (MIRCIM) on 11-13 May 2023 in Kraków, Poland with great success. Finally, the **Abstract Book** of the 21<sup>st</sup> ECIM Congress was edited and published online after the ECIM Congress as a Supplement of the Journal.

**The 21<sup>st</sup> European Congress of Internal Medicine, (ECIM) joint with the 12<sup>th</sup> International Congress of Internal Medicine, (ICIM) took place at the Megaron Conference Centre in the historic city of Athens from 15 – 18 March 2023.**

For over 1450 specialists representing 74 countries from all around the globe, who had submitted 1712 abstracts, the congress provided this opportunity. This year's theme "Internal Medicine – A Bridge Between Health and Disease", highlighted the prevention, diagnosis, treatment, and compassionate care of adults across the spectrum from health to complex illness.

The four-day programme was built around 105 sessions and lectures given by experts in Internal Medicine as well as 30 Poster Discussions and poster viewings. All in all, the Congress showcased seven pre-congress workshops, seven plenary sessions, twenty-eight parallel sessions (doubling the number from last year), three round tables sessions, eleven rapid-fire sessions, 4 controversies debate sessions. The successful formats of joint sessions with several international associations were repeated this year as well, showcasing eight successful and interesting sessions. This has guaranteed a memorable congress, enabling the participant to actively participate in the debates and discussions in the latest updates in Internal Medicine with a prominent scientific faculty.

Following the tradition started during the 20<sup>th</sup> edition of the Congress in Malaga 2022, this year the ECIM Lifetime Achievement Award was given to Prof. Nica Cappellini, Italian Society of Internal Medicine, SIMI and Prof. Shoenfeld, Israeli Society of Internal Medicine.

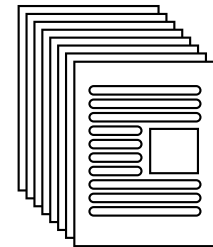
This year's Congress edition also showcased a new change in the format: the poster exhibition was done with physical posters again.

The scientific programme was awarded 25 European CME credits by the European Accreditation Council for Continuing Medical Education (EACCME). It proved to be a truly international and successful event.

**74**  
countries  
around the  
world



**1712**  
abstracts were  
submitted



### Appraisal of Guidelines in Internal Medicine Working Group



#### Chair: Wiktoria Lesniak

In 2023 Appraisal of Guidelines in Internal Medicine Working Group continued its work on adaptation of existing Clinical Practice Guidelines on:

- ❖ Acute heart failure management in internal medicine department – the work was completed and the paper published
- ❖ Treatment of hyperglycemia in internal medicine department – the paper is under final revisions.

Additionally, the list of future guidelines topics was prepared by the WG members (including atrial fibrillation, electrolyte abnormalities, exacerbations of chronic obstructive pulmonary disease, identification and management of frailty-sarcopenia in elderly patients, inflammatory bowel disease, pharmacological management of obesity, rehabilitation of acutely admitted patients, secondary arterial hypertension, sepsis, thromboprophylaxis in hospitalized medical patients, urinary tract infections, vaccinations for elderly patients) so that the participants of ECIM in Istanbul could choose their preferred topics.

The following specific actions were carried out in 2023:

#### Meetings

- ❖ many regular online meetings of Acute Heart Failure Task Force (chaired by Prof. Valentin Kokorin and Dr Álvaro González-Franco) took place to finalize the adaptation
- ❖ many regular online meetings of Hyperglycemia Task Force (chaired by Prof. Ignacio Marin-Leon) took place to finalize the adaptation
- ❖ an annual hybrid meeting of the WG chaired by Dr Wiktoria Lesniak with 12 members of the WG took place on 17th March 2023 during ECIM in Athens and the action plan and the objectives for 2023–2024 were discussed and agreed

#### Dissemination activities

- ❖ a webinar on “Guideline: appraisal and adaptation for internists on pulmonary embolism” released in EFIM Academy
- ❖ a webinar “Community acquired pneumonia -An EFIM guidelines critical appraisal adaptation for internists” released in EFIM Academy
- ❖ A session on EFIM guidelines organized by the WG was conducted during ECIM in Athens (chaired by Dror Dicker; speakers: Wiktoria Lesniak, Valentin Kokorin, Ignacio Marin-Leon)
- ❖ dissemination of the guidelines on the congresses of national societies: Russian Scientific Medical Society of Internal Medicine 2023, Argentinian Society of Medicine 2023, Czech Society of Internal Medicine 2023

### Choosing Wisely Working Group

#### Chair: Omar Kherad



In the year 2023, the EFIM CW working group convened in Athens during the annual conference. The theme of deprescribing was discussed with two international experts who presented clinical studies confirming the importance of integrating deprescribing to enhance the quality of care. Dr. Emily McDonald, from Montreal General Hospital, presented a deprescribing tool (Medsafer), and Prof. Omar Kherad presented a clinical study that led to a reduction in benzodiazepine prescription in the hospital setting.

This year was primarily marked by a change in presidency within the CW WG. Following an internal vote, Prof. Omar Kherad was elected president of the group, replacing Prof. António Vaz Carneiro. We thank the latter for the excellent work accomplished in recent years.

#### Meetings

- ❖ EFIM- Choosing Wisely WG Athens 2023-Annual congress.

#### Action Plan for Next Years

- ❖ First workshop during ECIM in Turkey in 2024 about the role of healthcare in the climate crisis.
- ❖ Publication of a position paper from the EFIM CW working group by identifying possible actions for individual clinicians to address their contributions to healthcare's climate impact.
- ❖ Discussion about a list of intervention that may reduce burn out in hospitals (creation of a top five list)
- ❖ Labelling hospital among EFIM members that respect the CW recommendation to reduce Inappropriate transfusion practices. Hospitals would receive EFIM recognition for those efforts and become a designated Using Blood Wisely Hospital.

#### Publications

1. Egli Y, Halfon P, Zeukeng MJ, Kherad O, Schaller P, Raetzo MA, Klay MF, Favre BM, Schaller D, Marti J. Potentially Inappropriate Medication Dispensing in Outpatients: Comparison of Different Measurement Approaches. *Risk Manag Healthc Policy*. 2023 Nov 23;16:2565-2578. doi: 10.2147/RMHP.S427516. PMID: 38024485; PMCID: PMC10680376.
2. Ahmed Sugulle M, Mahfouz L, Kherad O. Check-up en pratique : mythes et réalités [Check-ups in daily practice: myths and reality]. *Rev Med Suisse*. 2023 Sep 6;19(840):1590-1596. French. doi: 10.53738/REVMED.2023.19.840.1590. PMID: 37671759.
3. Kherad O, Carneiro AV; Choosing wisely working group of the European Federation of Internal Medicine. General health check-ups: To check or not to check? A question of choosing wisely. *Eur J Intern Med*. 2023 Mar;109:1-3. doi: 10.1016/j.ejim.2022.12.021. Epub 2023 Jan 5. PMID: 36609089.

## Multimorbidity Working Group

### Chair: Máximo Bernabeu-Wittel

The EFIM multimorbidity has been active this past 2023. We are currently composed by 19 members from 16 scientific societies linked to the EFIM.

In the second year of walking together we have continued our collaborations with EFIM activities (in congresses and other events) and have carried our own training, research and positioning activities as a corporation in the clinical, health and social paradigm of multimorbidity in Europe.

Our group has taken part in the ECIM 2023 in Athens, organizing two sessions entitled: 'Competences of internists in the management of multimorbidity' (Chair – Máximo Bernabeu-Wittel), and 'Patient with diabetes is a patient with multimorbidity. What is more important: glucocentrism or cardiorenal protection' (Chair – Michal Holecki).

In the training activities we have continued with our collaborations with the EFIM Academy. We have conducted both a spring- and an autumn webinar in 2023 available on EFIM website, one dedicated to the topic: Coordination of Care and the other one focusing on Diabetes and Chronic Kidney Disease. We are finishing the work for the implementation of an on-line course dealing with practical aspects of managing patients with multimorbidity, which counts with five modules.

In the area of research during 2023, we have conducted the inclusion of patients of our first multicenter project to determine the impact of polypharmacy in patients with multimorbidity admitted to internal medicine or geriatrics departments (project led by Dr Václavík). Finally, more than 3700 patients from more than 35 centers have been included. We are now analyzing this relevant dataset.



**EFIM Multimorbidity Working Group Spring Webinar 2023**

**COORDINATION OF CARE**

**May 10, 2023**  
15.00 – 16.00 CET

Chair: Barbara van Munster

- "Coordination of care in patients with multimorbidity. From words to facts"**  
Barbara van Munster  
Professor in Internal / Geriatric Medicine, University Medical Center Groningen, The Netherlands
- "Personalised care plans in the coordination of care. A realistic solution?"**  
Máximo Bernabeu-Wittel  
Internal Medicine, Hospital Universitario Virgen del Rocío, Sevilla, Spain
- Questions and discussion**

**EFIM Multimorbidity Working Group Autumn Webinar 2023**

**DIABETES AND CHRONIC KIDNEY DISEASE IN ELDERLY PATIENTS WITH MULTIMORBIDITY - HOW TO TREAT THE PATIENTS SAFELY?**

**November 9, 2023**  
16.00-17.00 CET

Chair: Michal Holecki

- "Diabetes in elderly patients - what to pay attention to?"**  
Michal Holecki  
Department of Internal, Autoimmune and Metabolic Diseases, Medical University of Silesia, Katowice, Poland.
- "Chronic kidney disease in elderly patients - what to pay attention to?"**  
Jerzy Chudek  
Department of Internal Medicine and Oncological Chemotherapy, Medical University of Silesia, 40-029 Katowice, Poland
- Questions and discussion**



## Quality of Care and Professional Issues Working Group



**Chair: Luis Campos**

### Context

The activities in the previous year were harmed by the long uncertainty about who was going to take over the Chairing position of the WG and also by the low proactivity of the members of the WG. In the end it was decided for Prof. Luis Campos to remain the Chair of WG in the absence of candidates until a suitable candidate was found to take over the Chairing position of the Professional Issues WG.

Several new members have joined the WG in the course of 2023 and some of the past members stepped down as representatives from their national societies.

### Webinars

On the 18th of January 2023, the WG organized a webinar about “Nocebo in Internal Medicine”. It was moderated by Dr. Maria Mylona and speakers were Dr. Petros P Sfikakis, Dr. Dimos D Mtsikostas and Dr. Evrydiki Kravvariti.

**Organised by the Professional Issues and Quality of Care Working Group**

# NOCEBO IN INTERNAL MEDICINE

EFIM  
www.efim.org

**January 18, 2023**  
18.00-19.30 CET

**PROGRAMME**

- 18.00-18.05 Introduction by Petros P. Sfikakis
- 18.05-18.30 Definition and pathophysiology of the nocebo effect by Dimos D. Mitsikostas
- 18.30-18.55 RCTs and observational studies by Evrydiki Kravvariti
- 18.55-19.00 Nocebo and Covid-19 vaccination by Petros P. Sfikakis
- 19.00-19.15 Communication strategies by Petros P. Sfikakis and Evrydiki Kravvariti
- 19.15-19.30 Q&A

**Moderator: Maria Mylona MD, PhD**  
Internal Medicine Consultant  
1<sup>st</sup> Department of Propedeutic & Internal Medicine,  
School of Medicine,  
National Kapodistrian University of Athens  
Board Member of the  
Hellenic Society of Internal Medicine  
<https://orcid.org/0009-0002-3270-6627>

**Petros P. Sfikakis, MD**  
Professor of Internal Medicine and Rheumatology  
Director, 1<sup>st</sup> Department of  
Propedeutic and Internal Medicine  
School of Medicine,  
National Kapodistrian University of Athens  
<http://journals.egp.org/0009-0002-3270-6627>

**Dimos D. Mitsikostas, MD, PhD, FEAN**  
Professor of Biostatistics  
1<sup>st</sup> Neurology Department, Agapioleion Hospital,  
School of Medicine,  
National Kapodistrian University of Athens  
<https://orcid.org/0001-9002-4491-3388>

**Evrydiki Kravvariti, MD, PhD**  
Academic Scholar  
1<sup>st</sup> Department of Propedeutic and Internal Medicine  
School of Medicine,  
National Kapodistrian University of Athens  
<https://orcid.org/0009-0002-3270-6627>

**REGISTER NOW**

During the Annual Congress held in Athens, in March 2023, the WG organized a Pre-congress course on: What internists should know about the health impact of climate change? The Pre-congress course was presented by Prof. Luis Campos, Prof. Mine Durusu and Prof. Zeynep Komesli.

### Conferences

Several members of the WG presented at conferences and participated in courses in national and international congresses, including the ECIM 2023.

### Planned Activities

The WG is already working on several planned activities for the course of 2024 including upcoming webinars, podcasts in collaboration with EFIM Academy, surveys and articles.

### Telemedicine, Innovative Technologies and Digital Health Working Group

#### Chair: Ismael Said Criado

This year has been marked by significant progress in our mission to promote the use of technology to improve healthcare delivery in internal medicine.

In March 2023, the WG underwent a leadership change with the election of a new coordinator during the European Congress of Internal Medicine (ECIM 2023) held in Athens.



#### Publications and Research:

The WG is proud to announce the completion of the EFIM Position Paper on Telemedicine. This document, authored by members of our WG and other experts, offers a comprehensive perspective on this rapidly evolving area of medicine. While publication is still pending, the paper is poised to make a significant contribution to the discourse surrounding telemedicine.

We were also thrilled to see the publication of our collaborative effort in the prestigious *European Journal of Internal Medicine (EJIM)* in June 2023. This publication (*Filomena P, Sebastian K, Kati K, Tiffany L, Ismael SC; EFIM Telemedicine, Innovative Technologies and Digital Health Working Group. Telemedicine in internal medicine: A statement by the European Federation of Internal Medicine. Eur J Intern Med. 2023 Jun;112:138-139. doi: 10.1016/j.ejim.2023.02.021. Epub 2023 Mar 3. PMID: 36872139.*) highlights the WG's commitment to advancing knowledge and disseminating best practices in telemedicine.

Furthermore, the WG embarked on a research initiative to gain deeper insights into the current state of telemedicine across Europe.

#### Collaboration and Knowledge Sharing:

The WG actively sought opportunities for collaboration throughout 2023 and played the role of guest editors for a thematic issue of *JMIR Medical Education* focused on "[Digital Health Skills and Competencies for Clinicians and Health Care Professionals](#)."

#### Engagement at ECIM 2023:

Our presence at the ECIM2023 conference was marked by a presentation on the EFIM Telemedicine Position Paper. This presentation served as a springboard for discussions on the future trajectory of telemedicine within internal medicine.

#### Future Projects:

The WG remains committed to advancing the field of telemedicine in internal medicine through several different projects planned for the coming year like webinars, surveys, work on new position papers and collaboration with EFIM Academy.

The Telemedicine WG has played a pivotal role in driving the advancement of telemedicine in internal medicine and we look forward to continuing to be a leading force in this transformative area of healthcare.

The collaboration with the American College of Physicians is ongoing and we are completing the Joint Position Paper on Telemedicine.

### Ultrasound Working Group

#### Chair: João Neves

During 2023, the EFIM's Ultrasound Working Group, completed the Questionnaire about Point of Care Practice across all member societies. The results were presented at ECIM 2023, in Athens Greece, by Dr. João Neves, at the Parallel Session: Round Table Ultrasound. On the same session, Dr. Juan Torres Macho present the lecture "Point of care ultrasound. A game changer for internists in its clinical practice" and Prof. Frank Bosch the lecture "Point of care ultrasound training and implementation at Internal Medicine Departments".

Also at ECIM 2023, 3 Pre-Conference Workshop were organised: ABC of Lung Ultrasound; Basic Abdominal Ultrasound and Ultrasound for sarcopenia and obesity diagnosis.

Dr. Juan Torres Macho also took part of ESIM 2023 organising the "Basic Ultrasounds for residents" workshop.



## MEETING OF THE HEALTH TECHNOLOGY ASSESSMENT STAKEHOLDER NETWORK



**EUROPEAN COMMISSION**  
Directorate-General for Health and Safety

### Summary report

The inaugural meeting of the Health Technology Assessment Stakeholder Network took place in Brussels on 14 June 2023. The meeting marks the creation of a formal stakeholder body under the Health Technology Assessment Regulation (EU) 2021/2282 (hereafter “Regulation”). 59 representatives from 43 stakeholder member organisations and two observer organisations participated. There were also representatives from 16 Member States, including the Chair and Co-Chairs of the Coordination Group as well as Chairs and Co-Chairs of the four sub-groups of the Coordination Group. The European Medicines Agency (EMA) was also present.

The meeting was chaired by the European Commission, Maya Matthews, Acting Director of Digital, EU4Health and Health Systems Modernisation Directorate in DG SANTE. EFIM was represented by Dr. Filomena Pietrantonio from FADOI Italy. The meeting started with an interactive introduction session. The stakeholders selected to be part of the Stakeholder Network represent a rich blend of patient organisations, payer organisations, learned societies, health professional organisations, health technology developers and other non-governmental organisations. Second meeting is planned for the end of the year.

## EUROPEAN MEDICINES AGENCY

The European Federation of Internal Medicine is among the Scientific Societies selected by the European Medicines Agency (EMA) and invited to join the Healthcare Professional Working Party (HCPWP). The objective of this Working Party is to create a two-way dialogue between EMA and a selected group of organizations of healthcare professionals, so that EMA can collect inputs and transmit information on its activities and strategies in a more structured way. In many cases the activities of this Working Party are associated with those of the Patients and Consumers Working Party (PCWP).



The main topics covered in 2023 concerned revision of the pharmacological legislation, antimicrobial resistance, regulatory and scientific aspects related to RNA-based medicines, development and evaluation of medicines for children, frail and older people in medicine development and evaluation, the issues related to drug shortages resulting from the difficult international political and economic situation, patient involvement in medicines development and regulation, the ongoing review of the Good Clinical Practice for clinical trials, Real World Evidence / Health Technology Assessment for regulatory purposes, and big data.

Overall, in 2023 the EFIM representative participated in 8 meetings (remote or at the EMA headquarters in Amsterdam), part of which concerned a parallel initiative to which EFIM adhered: the EMA eligible healthcare professional organizations’ policy officers group (HCP POG). As a specific project, EMA asked EFIM for an expert opinion (performed by Prof. Mangoni) useful for the regulatory process of a drug in the evaluation phase at the Agency.

At the conclusion of my assignment as EFIM representative at EMA / HCPWP, I would like to thank the EFIM for the opportunity that was offered to me, and in particular Prof. Daniel Sereni with whom I shared this role for the first 3 years of my five-year mandate.

## Chair: Frauke Weidanz



The aim of the EFIM Early Career Group is to bring together specialists in Internal Medicine from across Europe who want to develop their professional skills, and to organise networking and educational activities aimed primarily at newly appointed specialists in Internal Medicine. As the Subcommittee only has five members, we have been working on building a wider group of Early Career Internists around the committee and have started to involve them in our monthly video conferences and our activities, and we finally met some of them face to face during ECIM 2024.



For now, the Early Career Group will form a loose, informal structure around the subcommittee. We contacted all EFIM member societies asking for representatives to collaborate with us, and to build links with national Early Career or recently appointed specialist groups. Please let us know if you or a colleague wishes to work with us!



Our activities during ECIM 2023 in Athens were somewhat hampered by doctors' strikes in the UK and air-traffic control strikes in Greece, and three of our speakers were unable to attend the congress. In place of the planned sessions, we therefore organised a discussion round on learning, teaching and assessing soft skills in Internal Medicine. Thanks to the large and very engaged audience, this proved very popular and thought provoking, and ultimately inspired the design of the Early Career pre-congress course during ECIM 2024! The congress in Athens also saw the second edition of our "Celebrating Joy in Internal Medicine Award, which is designed to inspire and promote projects on teamworking, workplace culture and physician wellbeing in Internal Medicine. Out of around 70 applications, we shortlisted 6 for poster discussion and invited the three highest scoring authors to deliver an oral presentation in our award session. The excellent and very creative projects of our finalists included a wellness-supporting mini-grants programme, an educational programme in hypnosis-based communication techniques for healthcare professionals, and a programme of mentorship and online wellbeing resources for medical students.

As every year, Early Career subcommittee members contributed to the programme of the summer edition of ESIM, and we once again organised the European Advanced School of Internal Medicine, this time in Bratislava (see separate report). The next edition of EASIM is in planning and will take place on December 6th - 8th, 2024.

## EUROPEAN ADVANCED SCHOOL OF INTERNAL MEDICINE 2023

Following the successful courses held in Riga, Latvia since 2018, the EFIM Early Career Group has collaborated with the Slovak Society of Internal medicine to organise the 5th European Advanced School of Internal Medicine (EASIM) in Bratislava, Slovakia. The event was directed by Dr. Ieva Ruža and was held from 3-5 November 2023.

A small-scale international course is tailored to address the gap in postgraduate training for Early in Career internists in Europe. The EASIM format is based on the well-proven concept of the ESIM course for residents, but it is shorter and designed to meet the specific needs of recently appointed specialists in Internal medicine and its subspecialties. This year the Advanced School in Bratislava gathered 16 brilliant young specialists from 8 countries.

During the course, participants were provided with clinical updates through the “learn and teach” concept. Complicated clinical cases were also discussed, alongside hot topics in cardiology, endocrinology, and critical care. Attendees had the opportunity to discuss various ethical challenges and time management. Workshops were also conducted to help develop non-technical skills, such as communication, conflict management, giving feedback, and leadership skills. Despite a packed educational program, the group managed a short walking tour to Bratislava Castle and continued friendly networking during breaks.

We are sincerely grateful to Slovak Society of Internal medicine for organising this event, to the EFIM faculty for the brilliant lectures and especially we would like to thank the EASIM participants for their active participation who made this event possible.

**Save the date for the 6<sup>th</sup> EASIM – 6-8 December 2024**





In continuity with a 20-year tradition, the Foundation for the Development of Internal Medicine in Europe (FDIME) has supported several actions in favor of Young Internists. FDIME also confirmed its commitment to transmit information on health issues to the public.

A 17 500 euros FDIME research grant has been attributed to Doctor Laure Galley from France. She will study the role of skeletal muscle stem cells in the pathogenesis of inflammatory myositis at the University Hospital of Geneva. The FDIME has provided a 3000 euros support to the EFIM Young Internists Exchange Program. During ECIM 2023, the Foundation has supported the three best research summaries prizes. The

20th annual Clinical Research Seminar was organized in Paris from 14 to 16 November. From the 51 applicants (a record number) ,15 coming from 10 different countries were selected. This “master class ”in clinical research benefits from the generous participation of academic experts in clinical research and covers various aspects of Internal Medicine. The Seminar was highly evaluated by the participants. It is important to note that all expenses are covered by the FDIME independently from any industrial source.

Encouraged by the success of the Covid-19 Newsletters, the FDIME has diversified its information activities to the patients and the public. During the year, 16 Newsletters and Health Communications on various subjects have been published on the website and on Facebook. Finally, a collaborative FDIME-EFIM session dedicated to the dialogue between Internists and patients has been successfully organized during ECIM in Athens.



## FELLOWSHIP 2023

During the Joint European Congress of Internal Medicine (ECIM) 2023, held in conjunction with the International Congress of Internal Medicine, in Athens, Greece we have organised the 2nd official Fellowship Ceremony. A formal event recognizing the achievements and contributions of outstanding members in the field of internal medicine. This ceremony took place during the Opening Ceremony of the congress on 15 March, celebrating both new and invited fellows of EFIM.

During the ceremony, 13 distinguished EFIM members from 6 different national societies were conferred the title of EFIM Fellows. This honour is a testament to their exceptional contributions to the field of internal medicine, including clinical practice, research, education, and professional service.

In addition to the new fellows, the ceremony also honoured 8 invited fellows. These individuals were selected based on their notable contributions to the global medical community, their loyal service to EFIM and their commitment to enhancing the practice of internal medicine. The invited fellows were recognized for their dedication and achievements, which have significantly advanced the standards of internal medicine in Europe and beyond.

The Fellowship Ceremony at the Joint European Congress of Internal Medicine 2023 in Athens underscored the importance of recognizing and celebrating the contributions of medical professionals in internal medicine.

We would like to congratulate all our new Fellows and encourage them to remain active onboard on EFIM for all the upcoming events and initiatives.

**Join us and become Fellow today!**

<https://efim.org/fellowship>





EFIM successfully re-launched the Exchange Programme in 2023. This initiative, which had been on hold due to the global pandemic, aims to foster international collaboration and professional development among young internal medicine residents across Europe.

The re-launched programme received very high interest, evidenced by 13 applications from six different national societies including Poland, Italy, Germany, Turkey, Algeria and North Macedonia.

Out of the 13 applicants, 6 residents successfully completed the exchange programme. These residents were placed in various internal medicine hospital centers across Europe, where they gained invaluable clinical experience and exposure to different healthcare systems.

The participating hospital centers, provided a supportive and educational environment for the exchange residents including Hospital de Cascais in Portugal, Campus Biomedico University Hospital in Rome, Fondazione Policlinico Universitario A. Gemelli in Rome, The Málaga Regional University Hospital, University Hospital Frankfurt Am Main in Germany, Centro Hospitalar Universitario de Santo Antonio in Porto in Portugal and several others. Each center facilitated the professional growth of the residents by integrating them into their clinical teams, involving them in the daily rounds and discussions, presenting them to innovative medical practices and research.

The feedback from both the residents and the host institutions was tremendously positive. The residents reported significant professional and personal development, citing the exchange as a fundamental experience in their careers.

Please read here some of the testimonials from our participants:

*My time spent at CHUDSA and in Portugal was highly beneficial for both my academic and personal development. Even within a short timeframe, living in another country and connecting with its people proved to be an exciting yet occasionally challenging experience. I express my gratitude to the Turkish Society of Internal Medicine and the European Federation of Internal Medicine for providing me with this opportunity. **Dr. Ozge Ucuz, Turkey***

*Actually, I don't have enough words to share the admiration and excitement which overflow me after this wonderful trip. I can say that it's one of the most impressive, and unforgettable experiences in my life! It's an invaluable contribution to self-development both academically and personally. **Dr. Aouadi Maroua, Algeria***

*The internship in Spain was a unique opportunity for me to expand my medical knowledge, gain valuable clinical experience as well as an opportunity to learn about a different health care organization. I will certainly never forget the experience gained. **Dr. Damian Arabasz, Poland***

*I am deeply grateful for this extraordinary and unforgettable one-month experience. Throughout this period, I have gained extensive knowledge and cherished many memorable moments. **Dr. Besma Kletin, Algeria***

*The experience of working as a doctor in another country was very important in my career. It gave me new experiences, showed me different solutions and approaches at work and expanded my professional contacts. **Dr. Anna Czekalska, Poland***

The re-launch of the EFIM Exchange Programme in 2023 has been a huge success, reflecting the dedication of the EFIM to enhancing medical education and international collaboration. The Exchange programme will be launched annually welcoming new applicants every year. We would like to thank FDIME for supporting the Exchange programme with bursaries.

# YOUNG INTERNISTS SECTION REPORT

## Chair: Caterina Delcea

The Young Internists' Assembly is formed of 34 representatives from 25 countries members of EFIM. The aim of the group is to develop common educational projects, to consolidate collaborations and to improve the programs dedicated to the internists in training across Europe.



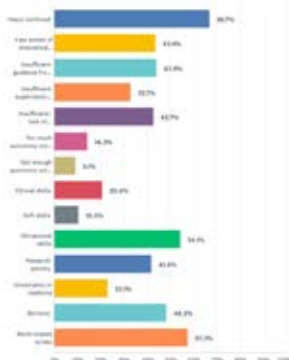
## Webinars

In 2023 we organized five webinars covering different topics of high interest in Internal Medicine, such as Systemic Lupus Erythematosus, POCUS, Community Acquired Pneumonia, Systemic Sclerosis, and Pulmonary Hypertension.

All webinars had over 100 live participants, and each reached over 200 views on the EFIM YouTube channel. The Challenges in 2023 for Systemic Lupus Erythematosus webinar was the most accessed on YouTube, surpassing 4000 views.



## Challenges in Internal Medicine Survey



In November 2022 we launched the Challenges in Internal Medicine survey, covering a broad spectrum of issues such as the workload, clinical skills and theoretical knowledge, soft skills, stress and burnout, ultrasound, and future perspectives. We gathered 512 responses from over 25 countries. The main challenges were the heavy workload, insufficient guidance and mentorship, need for ultrasound training, work-related stress. Results of the survey were presented during the ECIM 2023 and will be published in 2024.

## Young Internists sessions during European Congress of Internal Medicine 2023

596 young internists participated at ECIM 2023. The YIs Assembly organized two parallel sessions: Challenges in Internal Medicine Training (Joint session with the Latin American Young Internists) and Life outside of medicine: tales of the Asclepius, the Muses and the Olympians, one pre-congress workshop: How to write and publish a paper, and four YIs corners during the coffee breaks: How to deal with Breaking Bad. News, When should we think about autoimmune disease?, What is the role of General Internal Medicine in 2023? Are we needed? and How to ace your case (report).



## Collaborations

In 2023 we continued the partnership with the Argentinian and Latin American Young Internists, by having joined sessions during ECIM 2023, respectively the Argentinian National Congress of Internal Medicine 2023. Additionally, we made the first steps towards a collaboration with the European Young Nephrologists' Platform to develop joined webinars.



The winter school 2023 took place in the small village of Björkliden. Located in the very north of Sweden where the nature is all around and temperatures as low as -26 Celsius degrees. The school was arranged under the tutelage of the Swedish Society of Internal Medicine. The director of the school was Fredrik von Wowern and the co-directors were Dr. Ieva Ruza and Dr. Kim Pettersson Fernholm. A total of 50 residents from 20 different countries attended and speakers from 13 different countries were invited. The Winter school was off to a rough start where all participants arrived in the middle of a blizzard and a power-cut. But it didn't stop the participants from being happy and excited or the program from starting, so after a few hours and improvised lectures without any digital equipment, the storm subsided, and the program continued as planned. The program was a balanced combination of lectures, workshops and several clinical case presentations held by the attending residents. The lectures focused on clinical topics relevant to the internist, but were also focused on soft skills, how to be a good doctor and how to handle the many complex situations you might face as a clinician. The program also included a workshop in point of care ultrasound and a workshop in how to present science. The social program included a lecture in northern lights and how to dress in a cold climate followed by a guided tour to see the northern lights. The program also included winter bathing followed by a sauna experience, a walking tour called "winter wonderland" where the participants were taught how to build an igloo and ski school for cross country and alpine skiing. During the evenings there was karaoke and salsa lessons. The last night the participants presented something from their own countries to each other, followed by a gala dinner to end a wonderful week. The participants made friends for life and the overall experience was magical. We are grateful to be able to host winter school and we are looking forward to arranging it again next year!



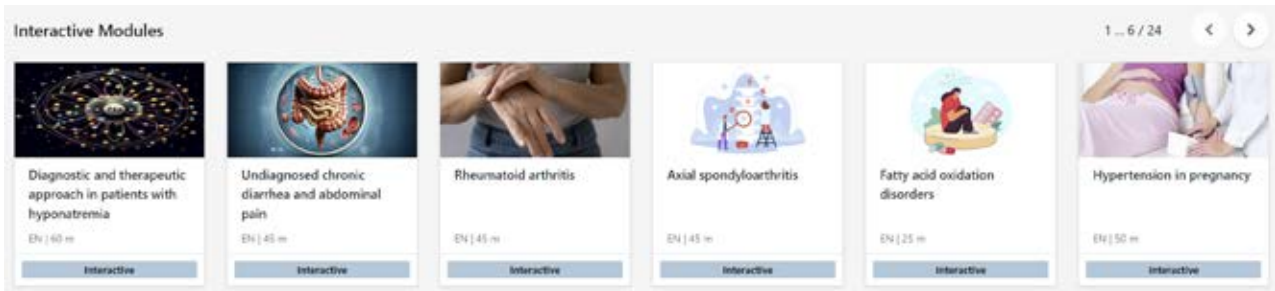


European summer School was held for the 2<sup>nd</sup> time by the Spanish Society of Internal medicine in El Escorial, Madrid from 11 - 17 June. 41 residents of 18 different nationalities accompanied us to this unforgettable experience. The summer school led by Dr. Javi Moreno, ESIM Director and co-directors Lucía Ordieres, Asun González and Gemma Ortiz organized fantastic programme for the participants at the Real Centro Universitario El Escorial Maria Cristina, right next the cultural heritage El Monasterio del Escorial.



The programme had a similar structure as past schools. It had lectures given by different international collaborators. We had various topics, all of them centered on the main interests of internal medicine but also transversal knowledge and soft skills. We would like to thank the excellent faculty: Prof. Gómez Huelgas, Prof. Gans, Dr. Real de Asua, Dr. Tirado, Dr. Fernandes, Dr. De Miguel, Dr. Marra, Dr. Granados, Dr. Hewitt, Dr. Morcillo Serra and Dr. Bustamante. Also, the Young Internists (Miguel Romano) and Early career Group (Alberto Tosoni) who sent delegates to help us make this experience even better. But the real protagonists were the residents, so they share their own internal medicine experience in a debate (Residents' experience: What is Internal Medicine like in each country?), also they discussed medical cases and had 3 workshops Basic Ultrasounds for residents. (Dr. Torres, Ultrasound group), Communication Skills (Dr. Gijs Meeusen. ARTESC group) and How to analyse a clinical paper (Prof. Chris Davidson). And last but not least, all the residents attended the social programme, they went to outdoor activities in the forest to strength team-building and did a tour at Monasterio del Escorial.





**Editor-in-Chief:** Mine Durusu Tanriover

**Associate Editor:** Amie Burbridge

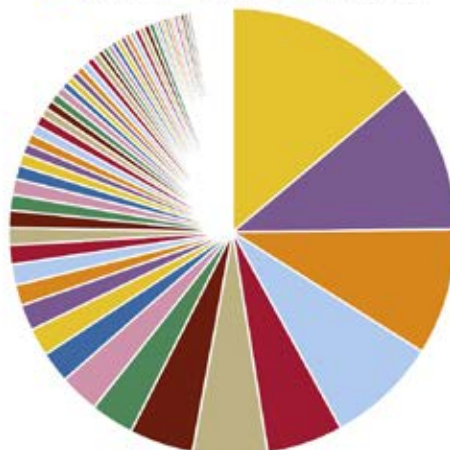
EFIM Academy offers an interactive, case-based learning experience in different fields of internal medicine and is freely accessible for all healthcare professionals. The year 2023 has been an efficient year in terms of updating the technical capacity of the platform and expanding the content in various ways.

A total of 17 modules have been released in addition to the episodes of the COVID-19 and basic clinical ultrasonography courses. Basic ultrasonography course aims to provide the basic theoretical knowledge to internists and residents who will pursue with hands-on courses. A new section namely 'One-minute learning' dedicated to rapid, visual learning has been launched. Not only web based learning but also podcasts that could be downloaded from several platforms provide a flexible learning experience. In this regard, 14 podcasts directed by Dr. Amie Burbridge have been released in the Home of Medicine section.

EFIM Academy Newsletter was launched in 2023 and since March 2023, 11 newsletters have been circulated each time to more than 20 thousand e-mail address. Newsletter provides the updates in EFIM Academy, the information on the newly released content and also content to be released soon.

Although having more than two thousand registered users, there are 571 active users by the end of 2023 (Figure). We encourage all the member societies to produce and send content to EFIM Academy and to disseminate the link of the platform for wider publicity and visibility in the medical community.

**Active users by countries - 798**



# EFIM 2023 MILESTONES

EFIM organised  
the 8<sup>th</sup> EFIM Day in  
Brussels



EFIM  
welcomed  
onboard  
two new  
members



**8.0**  
Impact Factor  
EJIM reached  
impressive Impact  
Factor of  
8.0 in 2023



**4<sup>CWG</sup>**  
EFIM launched the  
call for four new  
Clinical Working  
Groups



**1500**  
Participants

EFIM organised  
ECIM 2023 in  
collaboration with  
the International  
Congress of Internal  
Medicine in Athens  
with almost 1500  
participants



**PUBLISHED  
PAPERS**

EFIM published  
several position  
papers from EFIM  
Working Groups



**EFIM**  
www.efim.org

22<sup>nd</sup>

# European Congress of Internal Medicine

Complexity in Internal Medicine – From Bench to Bedside

6-9 March 2024 | ECIM  
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[www.efim.org](http://www.efim.org)



[www.efim.org](http://www.efim.org)



[info@efim.org](mailto:info@efim.org)

