



**EFIM**  
**young internists**

# **EFIM Young Internists Report**

**Dr. Ieva Ruža**  
**Latvian Society of Internists**  
**EFIM YI Chair**

**EFIM General Assembly, Wiesbaden, 30.08.2018.**

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



## EFIM

European Federation of Internal Medicine



www.efim.org

17<sup>th</sup>  
European Congress  
of Internal Medicine  
Wiesbaden, Germany

30 August  
to  
1 September  
2018



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17<sup>th</sup>

# European Congress of Internal Medicine

Wiesbaden, Germany

President of ECIM 2018: Petra-Maria Schumm-Draeger, Munich, Germany

EFIM President: Runólfur Pálsson, Reykjavik, Iceland

www.ecim2018.eu

30 August  
to  
1 September  
2018

ECIM 2018



Photo credit – Tuomas Aro

# Young Internists Assembly

- **27 members**
- **3 main officers** (Chair, Past-Chair, Secretary)
- **22 countries**
- **24 from 31 EFIM Member National Societies**



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# Young Internists Subcommittee

**Ieva Ruža (Chair)**

**Alberto Marra (Secretary,  
Chair-Elect)**

**Ewelina Biskup (Treasurer)**

**Matthias Raspe**

**Vikas Kumar Sarna**

**Caterina Delcea**

**Christine Sävervall**

**Frauke Weidanz (Past-Chair)**



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# Projects and scientific work

Young Internists as a source of inspiration for EFIM



EFIM  
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Photo - <https://wgnhs.uwex.edu/water-environment/springs/>

## Projects and scientific work

- **Surveys, publications (EoL)**
- **3 Working Groups of EFIM (YI representatives):**
  - Professional Issues and Quality of Care
  - Choosing Wisely
  - Gender Medicine (IMAGINE project)
- **Promotional work (participations in national meetings, plenary sessions and YI Corner during ECIM, social media)**
- **Education – ESIM, EASIM, workshops, MIRCIM etc.**

# Projects and scientific work

- EFIM Clinical Research Course (Paris, France)
- Scientific grants (rare diseases)
- **Projects** (ALCHIMIE, competencies, working satisfaction, End-of-Life decisions, Gender Medicine, EASIM etc.)





# **YI Workshops during ESIM 2018:**

## **Winter – Levi (Finland), Summer – Ede (The Netherlands)**



- **ESIM Winter – Caterina Delcea (Choosing Wisely)**
- **ESIM Summer – Vikas Kumar Sarna (gender medicine)**

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- **3 plenary sessions by YIs:**
  - **“Are hospitals safe places for patients?”**
  - **“Reflective practice: Focus on doctor-patient relationship”**
  - **“Why civility saves lives” – prosocial behaviour**
- **YI Corner – 5 informal discussions during breaks**
- **Case report competition (collaborate with EJCRIM)**

# YI Corner – 5 informal discussions during breaks



- **Registration waiving lottery – Cristiana-Elena Vlad (Romania) and Maria Derevyanchenko (Russia) – donated by prof. Victor Novack (Israel)**

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# EFIM Exchange Program (15 YIs)



The screenshot displays the EFIM (European Federation of Internal Medicine) website. At the top, there is a navigation bar with links: Home, About, Events, Education, Sub Committees, Working Groups, Young Internists, News, and Forums. A red arrow points from the EFIM logo to the 'Exchange Programme' link in the 'Working Groups' dropdown menu.

**EFIM**  
European Federation of Internal Medicine

**16<sup>th</sup> European Congress of Internal Medicine**  
Thinking outside the box in a world of limited resources  
**MILAN**  
1-2 September 2017

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## Exchange Programme

The European Exchange Programme is going from strength to strength. It is very popular and competitive among the Young Internists countries. The residents' experience is excellent and the participating Centers and Teachers provide excellent experience. As you may know, the Exchange Programme of EFIM offers opportunities for Young Internists to gain knowledge and skills by working in different countries, become more confident and self-reliant in your professional life, and experience the realities of other European countries. Each National Society selects one participant per year for the Programme. There are only 20 scholarships available for participants, courtesy of EFIM, FDIME and AMGEN Europe.

For applications the candidate must fill in online application and submit the requested documents below.

- 1) Application form: <http://www.efim.org/efim-exchange-program-application-form>
- 2) Curriculum vitae
- 3) Motivation letter for the Exchange
- 4) Support letter from the National Society

[www.efim.org/working-groups/exchange-programme](http://www.efim.org/working-groups/exchange-programme)

**Working Groups**



- Competencies and European Board (EBIM)
- Rare Diseases
- Quality of Care and Professional Issues
- ADVICE - Adult Vaccination Campaign in Europe
- Exchange Programme**
- Archived Working Groups






**Young Internists**

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**Connect with the Young**


# Facebook Group– Young Internists of Europe

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## Young Internists of Europe


 Closed group




 Interacting as EFIM and Young Internists


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# **EASIM – European Advanced School of Internal Medicine**

**A new postgraduate course for young certified specialists in IM**

- **Pilot project in Riga, Latvia**
- **24-26 November, 2018 (Saturday - Monday)**
- **Society “ESIM in Riga”, involving EFIM educational forces**
- **Director – Dr. Ieva Ruža (Latvia)**
- **Co-Directors – Prof. Nicola Montano (Italy),  
Dr. Frauke Weidanz (UK)**
- **Venue – Astor Riga Hotel**



# EASIM – European Advanced School of Internal Medicine

## A new postgraduate course for young certified specialists in IM

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 **EFIM and Young Internists** shared an event.

Yesterday at 13:42 ·

Applications are now open for the first ever European Advanced School of Internal Medicine. The deadline is 10 September, but please register as soon as possible, as we expect a high volume of interest!



**EASIM 2018**  
European Advanced School of  
Internal Medicine  
24-26 November, Riga

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SAT, 24 NOV-26 NOV

**European Advanced School of Internal  
Medicine 24-26 November**

Going

# **EASIM – European Advanced School of Internal Medicine**

**A new postgraduate course for young certified specialists in IM**

- **Goal** – to become a full EFIM educational initiative
- **Small scale** – up to 30 participants
- **Target** – early-in career (3-7 years after training) IM specialists
- **Based on ESIM concept**, but tailored to prepare young specialists for independent practice
- **Balanced clinical and non-clinical training** (conflict management, feedback delivery, less is more, leadership skills etc.) – lectures, workshops, clinical case presentations (challenging cases)



# EASIM – European Advanced School of Internal Medicine

A new postgraduate course for young certified specialists in IM

- Participants cover their costs
- **Costs** – course/ Astor Riga Hotel stay/ meals = **=550 Eur package**
- [www.easim2018.mozello.lv](http://www.easim2018.mozello.lv)
- **Web-based application** in order to select the balanced group - **OPENED NOW!**
- **/how-to-apply**
- **Initial deadline – 10 September 2018**





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[http://www.efim.org/  
young-internists](http://www.efim.org/young-internists)



**Thank you for continuous support of  
your Young Internists!  
Welcome you in Wiesbaden!**

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