

# My EFIM Jurnee

**ECIM 2025**  
ITALY

**23<sup>rd</sup>** European Congress of  
**Internal Medicine**

5-8 March 2025  
Florence, Italy

[www.ecim2025.org](http://www.ecim2025.org)



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# EFIM Executive Committee

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Manager



# EFIM Executive Committee Meetings



# Action Plan (ABCD Plan)



**Academia: Strengthening our academic activities and developing innovative educational platforms.**

# EFIM Educational platform

**EFIM** Academy  
European Federation of Internal Medicine



- ✓ EFIM Academy on line platform- 118 users
- ✓ Home of Medicine podcast - 3000 + downloads.
- ✓ 40 e-learning modules in progress
- ✓ Webinars and debates planned for 2022



EFIM Academy  
European Federation of Internal Medicine

## What's new in EFIM Academy?

**EFIM Academy is free for all  
Healthcare Professionals & Trainees**



**Drug Treatment Algorithm for  
essential Hypertension -  
INTERACTIVE**

by George Stergiou and Angeliki Ntineri

[Learn Now!](#)



**Acute Decompensated Heart  
Failure - INTERACTIVE**

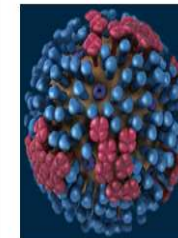
by Dr. Lucio Patoia

[Learn Now!](#)

EFIM Academy  
European Federation of Internal Medicine

## What's new in EFIM Academy?

**Influenza burden on cardiovascular complications  
and impact of vaccination on clinical outcomes**



**Author:** Prof. Massimo Volpe MD, FAHA, FESC (Italy)  
**Duration:** 30 minutes

**Accreditation:**  
European Accreditation Council for CME (EACCME) 1  
point together with the associated podcast.

**Podcast**

[Listen to the Podcast Now!](#)

**E-Learning Module**

[Go to the e-Learning Module](#)

# Action Plan (ABCD Plan)



**Academia: Strengthening our academic activities and developing innovative educational platforms.**

**Building: a system to create our own Poison Papers, Guidelines and Exams, Strengthening our Journals and our Working groups and Subcommittees that in order to promote our merit.**

# Method of Appraisal the Guideline



European Journal of Internal Medicine 77 (2020) 1–5

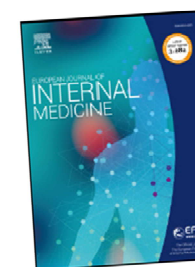
Contents lists available at ScienceDirect



ELSEVIER

European Journal of Internal Medicine

journal homepage: [www.elsevier.com/locate/ejim](http://www.elsevier.com/locate/ejim)



Original article

## Clinical practice guidelines adaptation for internists - An EFIM methodology

Wiktoria Leśniak<sup>a</sup>, Laura Morbidoni<sup>b</sup>, Dror Dicker<sup>c</sup>, Ignacio Marín-León<sup>d,\*</sup>, on behalf of EFIM

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# Method of Appraisal the Guideline



European Journal of Internal Medicine 106 (2022) 1–8

European Journal of Internal Medicine 96 (2022) 5–12

Contents lists available at [ScienceDirect](#)



European Journal of Internal Medicine

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European Journal of Internal Medicine

journal homepage: [www.elsevier.com/locate/ejim](http://www.elsevier.com/locate/ejim)

Guidelines  
Community-acquired pneumonia – An EFIM guideline critical appraisal adaptation for internists

Beyond the Guidelines  
Pulmonary embolism – An EFIM guideline critical appraisal and adaptation for practicing clinicians

European Journal of Internal Medicine 132 (2025) 27–36

European Journal of Internal Medicine 123 (2024) 4–14

Contents lists available at [ScienceDirect](#)



European Journal of Internal Medicine

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Contents lists available at [ScienceDirect](#)



European Journal of Internal Medicine

journal homepage: [www.elsevier.com/locate/ejim](http://www.elsevier.com/locate/ejim)

Practice Guidelines  
Treatment of hospitalized patient with hyperglycemia: An EFIM critically appraised and adapted guideline

Guidelines  
Acute heart failure – an EFIM guideline critical appraisal and adaptation for internists<sup>☆</sup>



# Action Plan (ABCD Plan)

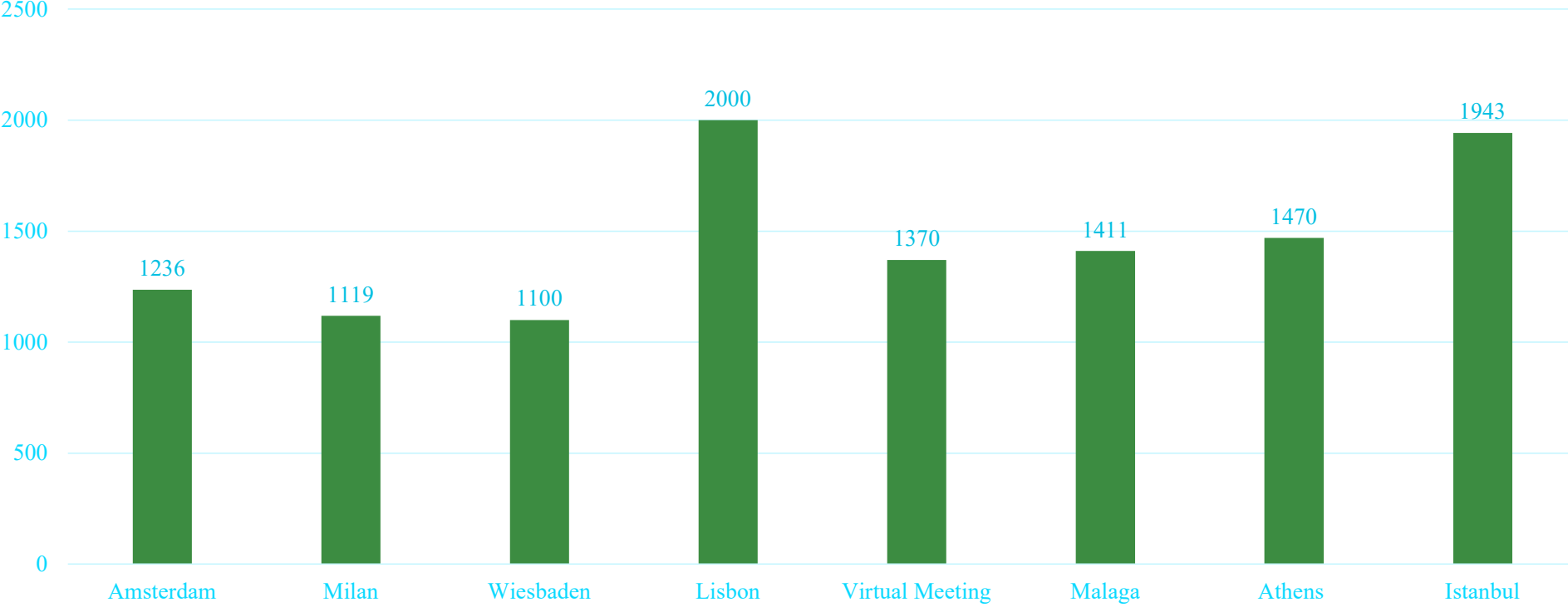


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**Congress & Collaboration's: strengthening and increasing the level and exposure of our Congress and Collaboration's.**

# Congress



# Collaboration's



- ACP
- Hospital Medicine
- EASD
- EASO
- EASL
- ESH

## **Action Plan (ABCD Plan)**



**Academia: Strengthening our academic activities and developing innovative educational platforms.**

**Building: a system to create our own Poison Papers, Guidelines and Exams, Strengthening our Journals and our Working groups and Subcommittees that in order to promote our merit.**

**Congress & Cooperation's: strengthening and increasing the level and exposure of our Congress and Cooperation's.**

**Develop the Fellowship Program and increase the involvement of EFIM in local activities in each member country.**

# EFIM Fellowship 2025 (168 Fellows)



- 2022 – Malaga 78 (45 registered, 19 invited, 14 invited Past Fellows)**
- 2023 – Athens 22 (14 registered, 8 invited)**
- 2024 – Istanbul 27 (13 Registered, 11 Invited)**
- 2025 – Florence 41 (24 registered, 17 Invited)**



 <b>FEFIM</b> designation	 <b>FEFIM</b> Diploma	 Free registration to EJIM (on a first come first served basis)	 Entrance to the Fellow lounge during the ECIM	 Reduced congress fees
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**New requirement:** attendance at ECIM or publication in EJIM!



# Lifetime achievement award in internal medicine



# Internal Medicine

*A journey from the 3 “H” to the 3 “C” to the 4 “H”*



20<sup>TH</sup> Internal Medicine in the Front Line of Health Care

European Congress

**of Internal Medicine**

9-11 June, 2022

Malaga, Spain





## Internal Medicine

*A journey from the 3 “H” to the 3 “C” to the 4 “H”*



**Asklepian / Hippocrates**

**Healer**

**Helper**

**Hero to the common people.**



**Arnold R. Eiser**

**Consumerism.**

**Computerization**

**Corporatization**



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# Internist as a Healer





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# Internist as a Helper





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# Internist as a Hero





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# Internist as a Hero



## Internal Medicine

*A journey from the 3 “H” to the 3 “C” to the 4 “H”*



**Healer**  
**Helper**  
**Hero to the common people.**  
**Healthy**



**Consumerism**  
**Computerization**  
**Corporatization**



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# Internist tried to stay Healthy



# Internal Medicine a Bridge Between Health and Disease



**21<sup>st</sup> European Congress of Internal Medicine (ECIM)**  
joint with the  
**12<sup>th</sup> International Congress of Internal Medicine**



**15-18 March, 2023**  
**Athens, Greece**

**Save the Date**

[efim.org/ecim2023](http://efim.org/ecim2023)

**ATHENS**



# Ancient Athens Perception on Health-kalokagathía



- kalós = beautiful, pretty, handsome (outwardly), decent, honest, noble (inwardly)
- +  
• agathós = honest, good noble, courageous, worthy of admiration

- The patients can become kalós (healthy and beauty) only with the help of the agathós doctors.
- The ideal of kalokagathía. is obtainable exclusively from the collaboration between the patient and the doctor

# Integrating Tech & Touch for Sustainable Healthcare



## 23<sup>rd</sup> European Congress of Internal Medicine

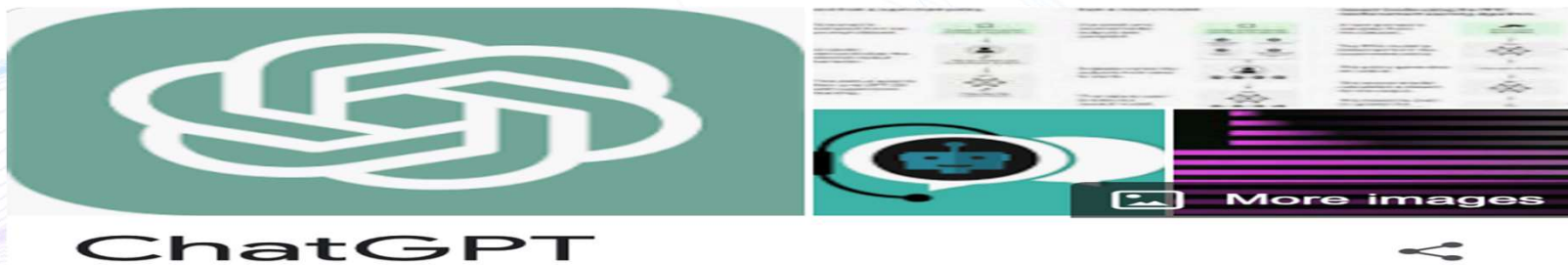
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## **Digitalisation of Humanity:** *Touching screens not Patients*





Internal Medicine is a medical specialty that focuses on the prevention, diagnosis, and treatment of adult diseases. Internal medicine physicians, also known as internists, are specialists who have completed training in internal medicine and are qualified to diagnose and manage complex medical conditions.

Internal medicine is often referred to as a bridge between health and disease because internists are trained to manage both acute and chronic illnesses. They work with patients to prevent diseases, manage chronic conditions, and promote overall health and wellbeing.

Internists are experts in the diagnosis and management of a wide range of medical conditions, including cardiovascular disease, diabetes, infectious diseases, and autoimmune disorders. They also manage patients with multiple medical problems and are trained to integrate care across different specialties.

One of the unique aspects of internal medicine is the emphasis on continuity of care. Internists develop long-term relationships with their patients, allowing them to provide personalized care that is tailored to each individual's specific needs. This continuity of care also allows internists to monitor patients over time, track their progress, and adjust treatment plans as needed.

Overall, internal medicine plays a critical role in bridging the gap between health and disease. By focusing on prevention, diagnosis, and treatment, internists help patients maintain good health, manage chronic conditions, and improve their quality of life.

# Chat GPT : What is the Future of the Internal Medicine ?



The future of internal medicine is likely to be influenced by several key factors, including **advancements in technology**, **changes in healthcare delivery models**, and the **evolving landscape of medical education and training**.

One of the most significant trends shaping the future of internal medicine is the increasing use of technology, such as electronic health records, telemedicine, and mobile health apps. These tools can help healthcare providers deliver more personalized and efficient care to their patients, leading to better outcomes and increased patient satisfaction.

Another important factor affecting the future of internal medicine is the shift towards value-based care and population health management. This model focuses on improving the overall health of patient populations, rather than just treating individual patients when they become ill. Internal medicine physicians will need to adapt to this new approach by focusing on preventive care, chronic disease management, and coordination of care across different healthcare settings.

In addition, changes in medical education and training are likely to impact the future of internal medicine. As the healthcare system becomes more complex and technology-driven, medical schools and residency programs will need to prepare future internists to work in multidisciplinary teams, collaborate with other healthcare providers, and make use of data and analytics to inform clinical decision-making.

Overall, the future of internal medicine is likely to be characterized by increased **emphasis on preventive care**, **population health management**, and the **use of technology to improve patient outcomes**. Internal medicine physicians will need to stay abreast of these trends and continue to adapt their practice to meet the changing needs of patients and the healthcare system.



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# COVID-19, FLU.....



# Internal Medicine a Bridge Between Health and Disease



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It was immense honour and great privilege to be your president

Thank you