



Latvian Society of Internal Medicine

Dr Ieva Ruža, MD, FEFIM, FRCP Edin Riga, Latvia EFIM Day, Brussels, 18.10.2024





tvijas Latvian Society of Internal Medicine (IM)

- «A small giant» 250-300 active members (333)
- Current President Assistant Prof Inga Stuķēna (since October 2023)
- Part of the EFIM more than 15 years (Prof Ivars Silins)
- Active inolvement since 2010 (Asker, Norway)
- Past President Prof Aivars Lejnieks
- Board member and former EFIM YI Chair Dr Ieva Ruža

Latvijas Internistu biedrība – www.internistubiedriba.lv

New board since October 2023



- President Assistant Professor Inga Stuķēna
 - Head of the Department of Pharmacology, Riga Stradins University
- Board:
 - Prof Aivars Lejnieks
 - Prof Vitolds Mackēvičs
 - Dr leva Ruža
 - Assist. Prof Madara Tirzīte
 - Dr Sintija Sauša
 - Dr Valdis Ģībietis
- Administrative support:
 - Anita Laizāne Secretary <u>anitabirojs@inbox.lv</u>
 - Laila Rubule Accountant

New board since October 2023





Young Internists' activities (since 2010)

- Ieva Ruža, Georgijs Moisejevs, Valdis Ģībietis, Ivars Veckalns
- Current Marta Persana





- No dedicated YI group
- Active communication through the WhatsApp group (appr. 150 participants)



Training

- Human medicine studies (6 years)
 - Riga Stradins University
 - Latvian University
- Residency (5 years curriculum)
 - 2 years of IM rotation also for other specialty residents
 - Interim exam (cases)
 - Specialty exam (MCQ+cases) certification

(Re)certification

- Every five years continuous education portfolio submitted
 - 250 credit points (educational events, articles, educational work, etc)
 - At least 70% in the direct specialty (IM)
- E-visit platform (online meetings, training platform)
- Special projects Rare disease days (case-based learning)

Local challenges

- Place of IM among other specialties (relatively strong)
- Multimorbidity
- State-covered medicine vs private health care
- Hospital-based work vs outpatient care
- Digital health direction announced
- Shortage of staff, burnout
- Collaboration with politicians



The north-eastern thread



Collaborations with close and far neighbours

- Estonia (Prof Margus Lember)
- Lithuania (no society since 2016)
- Finland (Dr Kim Pettersson-Fernholm)
- Sweden (Dr Jan Bergman Dr Fredrik von Wowern Dr Christine Sävervall)
- Norway (Prof Knut Lundin)
- Czech Republic (Prof Richard Češka Dr Zdeněk Monhart)
- Slovakia (Prof Ivica Lazurova)
- Scotland (Dr Frauke Weidanz Prof Andrew Elder)
- Germany (Dr Alexis Müller-Marbach)
- MIRCIM, PEDIM, FDIME Research seminar, etc.



Collaborative educational projects

ESIM Winter School in Riga 2015-2017

- New structural concept
- New teachers
- First US workshops introduced
- Supporting «change messengers»
- Three only schools in the ESIM history who stayed within the budget without an external support
- Served as a basis for successful WS in Levi (FIN) and Björkliden (SWE)









Photo credits (2016) – Tuomas Aro

Collaborative educational projects

- BaSIM (Baltic School of IM) in Riga 2019
 - Inspired by the ESIM



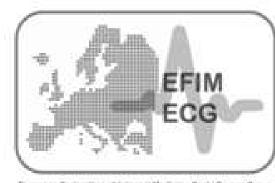
Civility Saves Lives – Chris Turner, MD (UK)

(BaSIM, 8.12.2019, Riga, Latvia)



Collaborative educational projects

- EASIM (advanced school) 2018-2022 Riga (Latvia) and 2023 Bratislava (Slovakia)
 - Early career specialists up to 10 years after certification
 - Small scale (appr 15)
 - «Teach the teachers»
 - Blend of clinical and non-clinical skills



European Pessention of Internal Medicine Early Career Group.

EASIM (European Advanced School of Internal Medicine) Riga 2018-2019, 2022 (Summer and Winter)

Director - Dr. Ieva Ruža (Latvia), Co-Directors - Dr. Frauke Weidanz (UK),

Prof. Rijk Gans (The Netherlands)



www.efim.org









EFIM ECG

EASIM 2023 in Bratislava (Slovakia)















Thank you!

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