



# Latvian Society of Internal Medicine

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

**Riga, Latvia**

**EFIM Day, Brussels, 18.10.2024**





# Latvian Society of Internal Medicine (IM)

- «A small giant» - 250-300 active members (333)
- Current President – Assistant Prof Inga Stukēna (since October 2023)
- Part of the EFIM more than 15 years (Prof Ivars Siliņš)
- Active involvement 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](http://www.internistubiedriba.lv)**

# New board since October 2023



- President – Assistant Professor Inga Stukēna
  - Head of the Department of Pharmacology, Riga Stradins University
- Board:
  - Prof Aivars Lejnieks
  - Prof Vitolds Mackēvičs
  - Dr Ieva Ruža
  - Assist. Prof Madara Tirzīte
  - Dr Sintija Sauša
  - Dr Valdis Ģībietis
- Administrative support:
  - Anita Laizāne – Secretary [anitabirojs@inbox.lv](mailto:anitabirojs@inbox.lv)
  - Laila Rubule – Accountant

# New board since October 2023



# Young Internists' activities (since 2010)

- Ieva Ruža, Georgijs Moisejevs, Valdis Ģībietis, Ivars Veckalns
- Current – Marta Persaņa
- No dedicated YI group
- Active communication through the WhatsApp group (appr. 150 participants)



EFIM  
young internists



European Federation of Internal Medicine Early Career Group



# 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)



# ESIM Winter Riga 2015-2017



Photo credits (2016) – Tuomas Aro

# Collaborative educational projects

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



Latvijas Internistu biedrība

VESELĪBAS CENTRS 4 <sup>25</sup> GADUS KOPĀ!

**BaSiM**  
Baltic School of Internal Medicine

Event endorsed by

**ae** RĪGAS STRADIŅA  
UNIVERSITĀTES  
ABSOLVENTU ASOCIĀCIJA

6 – 8 December 2019  
Riga, Latvia

The banner features a silhouette of the Riga skyline in the background. The text is arranged in a structured layout, with the event title and dates prominently displayed.

# 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



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



# EASIM 2023 in Bratislava (Slovakia)



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

**5<sup>th</sup> 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**

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

SIS  
SLOVENSKÁ INTERNISTICKÁ SPOLOČNOSŤ

The poster features a collage of images including Bratislava's historic architecture, a river scene, and a modern building. It also includes logos for EFIM and SIS, and mentions sponsors like Novartis and Merck.







Latvijas  
Internistu  
biedrība



EFIM  
www.efim.org

**Thank you!**

[dr.ieva.ruza@gmail.com](mailto:dr.ieva.ruza@gmail.com)

[internisti.lv@gmail.com](mailto:internisti.lv@gmail.com)