



EFIM *Academy*
European Federation of Internal Medicine



EFIM Academy Reports 2024-Q1

Content

- Platform Content and the Modules
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Platform Content and Modules

Interactive Modules & Courses & Webinar Recordings

Podcasts “Home of Medicine”

Released E-Learning & Webinar Recording

1	Acute decompensated heart failure	Interactive
2	Acute respiratory infections, frailty and sarcopenia	Interactive
3	Approach to patients with arthritis	Interactive
4	Atrial fibrillation guideline 2020	Webinar
5	Axial spondyloarthritis	Interactive
6	BASIC CLINICAL ULTRASOUND	Courses
7	Community acquired pneumonia -An EFIM guidelines critical appraisal adaptation for internists	Webinar
8	Coordination of care	Webinar
9	COVID-19: What we have learned	Webinar
10	Diabetes and chronic kidney disease in elderly patients with multimorbidity - How to treat the patients safely?	Webinar
11	Drug treatment algorithm for essential hypertension	Interactive
12	Early onset severe degenerative arthritis	Interactive
13	Fatty acid oxidation disorders	Interactive
14	Guideline: appraisal and adaptation for internists on pulmonary embolism	Webinar
15	How to optimize observational studies to provide high quality real world data?	Interactive
16	Hypercalcemia and a breast mass	Interactive
17	Hypertension in pregnancy	Interactive
18	Influenza in patients with diabetes	Interactive
19	Influenza: cardiovascular complications & vaccination	Interactive
20	Low-energy fractures	Interactive

21	Management of a COVID-19 patient with long term pulmonary sequela	Interactive
22	Management of a patient with brain fog and depression	Interactive
23	Management of a patient with massive pulmonary embolism	Interactive
24	ME'NA-ISON webinar on influenza and multimorbidity	Webinar
25	Nausea and vomiting from gender perspective	Interactive
26	Nausea and vomiting in patients with cancer	Interactive
27	Polypharmacy by multimorbidity WG	Interactive
28	Recurrent abdominal pain	Interactive
29	Rheumatoid arthritis	Interactive
30	SARS-CoV-2: virus characteristics, mutations, and impacts on the efficacy of the therapeutic arsenal	Courses
31	The current situation of the pandemic and new patient profiles	Courses
32	Undiagnosed chronic diarrhea and abdominal pain	Interactive
33	Update of guidelines for the management of patients with COVID-19	Courses
34	Vaccination of adults with diabetes mellitus	Interactive



Hypertension in pregnancy

EN | 50 m

Interactive



The current situation of the pandemic and new patient profiles

EN | 60 m

Courses



Management with brain fog and depression

EN | 30 m

Undiagnosed chronic diarrhea and abdominal pain

EN | 45 m



Rheumatoid arthritis

EN | 45 m

Interactive

Modules

Course Name	Type	Enrolled	Not Started	In Progress	Completed
Acute decompensated heart failure	Interactive	60	49	9	2
Acute respiratory infections, frailty and sarcopenia	Interactive	17	6	7	3
Approach to patients with arthritis	Interactive	50	11	9	30
Atrial fibrillation guideline 2020	Webinar	58	55		3
Axial spondyloarthritis	Interactive	15	7	6	2
BASIC CLINICAL ULTRASOUND	Courses	90	64	18	8
Community acquired pneumonia -An EFIM guidelines critical appraisal adaptation for internists	Webinar	31	23		8
Coordination of care	Webinar	15	4	11	
COVID-19: What we have learned	Webinar	10	8		2
Diabetes and chronic kidney disease in elderly patients with multimorbidity - How to treat the patients safely?	Webinar	11	11		
Drug treatment algorithm for essential hypertension	Interactive	80	41	23	16
Early onset severe degenerative arthritis	Interactive	72	16	34	22
Fatty acid oxidation disorders	Interactive	11	10		1
Guideline: appraisal and adaptation for internists on pulmonary embolism	Webinar	12	1	9	2
How to optimize observational studies to provide high quality real world data?	Interactive	48	36	8	4
Hypercalcemia and a breast mass	Interactive	14	2	6	3
Hypertension in pregnancy	Interactive	36	12	17	7
Influenza in patients with diabetes	Interactive	97	36	3	58
Influenza: cardiovascular complications & vaccination	Interactive	177	88	6	83

Course Name	Type	Enrolled	Not Started	In Progress	Completed
Low-energy fractures	Interactive	46	17	6	23
Management of a COVID-19 patient with long term pulmonary sequela	Interactive	8	3	4	1
Management of a patient with brain fog and depression	Interactive	26	5	11	10
Management of a patient with massive pulmonary embolism	Interactive	85	27	16	42
ME'NA-ISON webinar on influenza and multimorbidity	Webinar	11	4	1	6
Nausea and vomiting from gender perspective	Interactive	53	17	14	22
Nausea and vomiting in patients with cancer	Interactive	45	11	16	18
Polypharmacy by multimorbidity WG	Interactive	47	14	17	16
Recurrent abdominal pain	Interactive	110	39	6	65
Rheumatoid arthritis	Interactive	10	7	2	1
SARS-CoV-2: virus characteristics, mutations, and impacts on the efficacy of the therapeutic arsenal	Courses	4	2		2
The current situation of the pandemic and new patient profiles	Courses	4	1	1	2
Undiagnosed chronic diarrhea and abdominal pain	Interactive	5	5		
Update of guidelines for the management of patients with COVID-19	Courses	15	12		3
Vaccination of adults with diabetes mellitus	Interactive	78	29	26	23

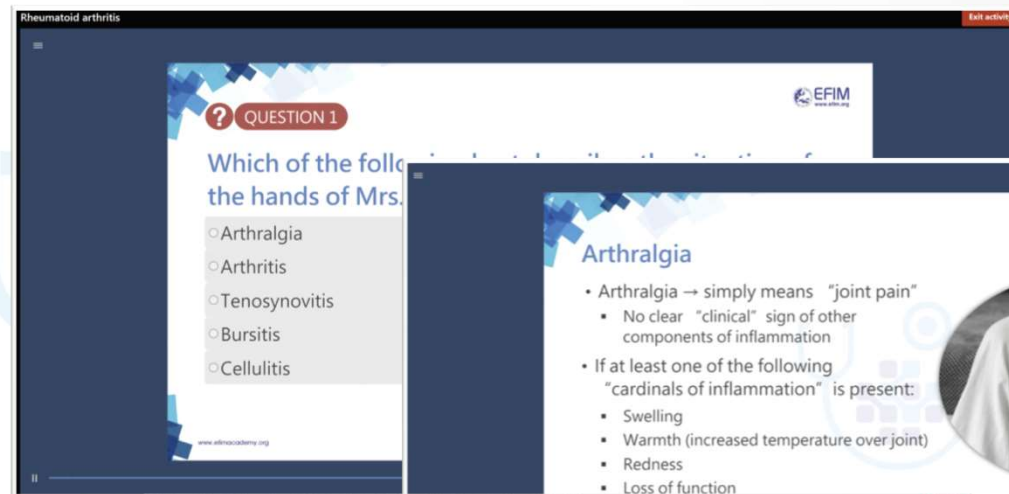
One minute courses

Course Name	Type	Enrolled
Tuberculosis	One Minute Learning	43

Released Modules

- 2023 1st quarter: 6 modules
- 2023 2nd quarter: 5 modules
- 2023 3rd quarter: 3 modules
- 2023 4th quarter: 6 modules (one of them is the US course)
- 2024 1st quarter: 3 modules (January and February)

- Modules
- Courses
- One minute learning
- Podcasts



Rheumatoid arthritis


QUESTION 1

Which of the following is not in the hands of Mrs. ...

- Arthralgia
- Arthritis
- Tenosynovitis
- Bursitis
- Cellulitis

Arthralgia

- Arthralgia → simply means "joint pain"
- No clear "clinical" sign of other components of inflammation
- If at least one of the following "cardinals of inflammation" is present:
 - Swelling
 - Warmth (increased temperature over joint)
 - Redness
 - Loss of function

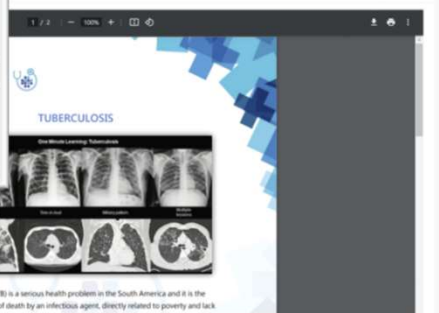


HOME OF MEDICINE PODCAST

Headache and fever

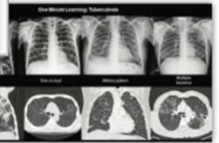
00:00 | 38:06

- Headache and fever 38:06
- The swollen leg 26:08
- Night brain and abdominal pain 51:53
- The night shift before Christmas 48:25
- An unexpected blood result 42:18



TUBERCULOSIS

Our Blood Learning Tuberculosis



Tuberculosis (TB) is a serious health problem in the South America and it is the leading cause of death by an infectious agent, directly related to poverty and lack



Multimorbidity Working Group Webinar 2023

AND CHRONIC KIDNEY DISEASE IN ELDERLY PATIENTS WITH MULTIMORBIDITY: HOW TO TREAT THE PATIENTS SAFELY?

November 9, 2023
16.00-17.00 CET

Holecki
Elderly patients - what to pay attention to?"
Internal, Autoimmune and Metabolic Diseases, Medical University of Silesia.

Chronic kidney disease in elderly patients - what to pay attention to?"
Internal Medicine and Oncological Chemotherapy, Medical University of Silesia, 40-029

Discussion



Released EFIM Academy Podcasts

DATE	EPISODE	DURATION	DOWNLOADS
Feb 22, 2024	Headache and fever	38:06:00	1,309
Feb 9, 2024	The swollen leg	26:08:00	1,684
Jan 26, 2024	Night brain and abdominal pain	51:53:00	1,87
Dec 15, 2023	The night shift before Christmas	48:25:00	2,168
Dec 1, 2023	An unexpected blood result	42:18:00	2,232
Nov 7, 2023	Overwhelmed in ED	37:14:00	2,292
Oct 6, 2023	Chest pain; a missed opportunity	32:28:00	2,737
Sep 22, 2023	Palpitations	35:07:00	2,578
Jul 17, 2023	To admit or not to admit!	34:17:00	2,871
Jun 12, 2023	Obesity - Bonus Episode	30:38:00	2,424
Jun 6, 2023	Chest pain and leg weakness	32:30:00	2,683
May 4, 2023	Hypertension	28:00:00	2,941
Mar 8, 2023	Overdose	20:43	2,802
Feb 24, 2023	Shortness of breath - 2	26:44:00	2,644
Feb 9, 2023	Collapse	29:37:00	2,734
Jan 27, 2023	Ask a microbiologist	30:26:00	2,362
Jan 12, 2023	Diarrhoea	29:50:00	2,592
Oct 12, 2022	Influenza	34:56:00	2,881
Oct 10, 2022	Chest pain - Part 2	40:00:00	2,986

DATE	EPISODE	DURATION	DOWNLOADS
Sep 26, 2022	Genital Rash	51:27:00	2,555
Sep 12, 2022	Back pain	44:14:00	2,863
Jul 12, 2022	Paralysis	40:43:00	3,568
Jun 23, 2022	In Conversation with Professor Andrew Elder; Is bedside teaching still relevant?	38:35:00	2,341
May 23, 2022	Abdominal Pain	26:18:00	3,563
May 16, 2022	BONUS EPISODE; Fatigue	49:33:00	2,857
May 10, 2022	Rash	38:52:00	3,045
Apr 21, 2022	Seizure	40:06:00	3,135
Apr 8, 2022	BONUS EPISODE; What is Longevity Medicine?	32:59:00	2,291
Mar 30, 2022	Chest pain - Part 1	27:15:00	3,07
Mar 15, 2022	Shortness of breath	54:51:00	4,002
Feb 28, 2022	Aggressive Behaviour	32:52:00	2,93
Jan 9, 2022	Delirium	29:28:00	3,33
Jan 9, 2022	The Abnormal Full Blood Count	37:55:00	3,5
Nov 30, 2021	Fever	40:52:00	3,425
Nov 30, 2021	Headache	38:23:00	3,567



Modules and Podcasts in production

- COVID-19 Course- Role of antivirals in the treatment of COVID-19
- COVID-19 Course- Pharmacist's role in managing current COVID-19 patients
- COVID-19 Course- Primary care-led management of patients with COVID-19
- Inflammatory myopathies
- Personalised Care in patients with multimorbidity
- Prognostic and geriatric assessment in multimorbidity
- Drug management in multimorbidity
- End of life care in multimorbidity
- Rheumatoid arthritis case
- Diagnostic and therapeutic approach in patients with hyponatremia
- Diagnostic & therapeutic approach to patients with hypernatremia

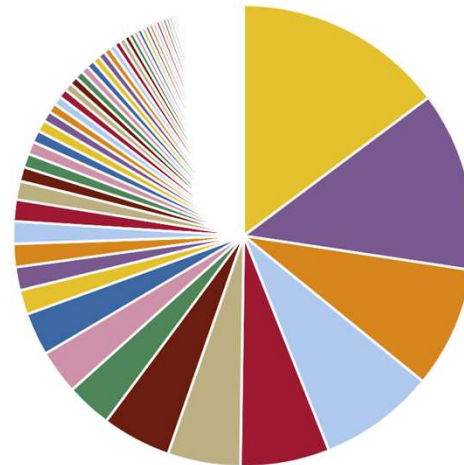


- A man with high fever
- A meningitis patient

EFIM Academy Users

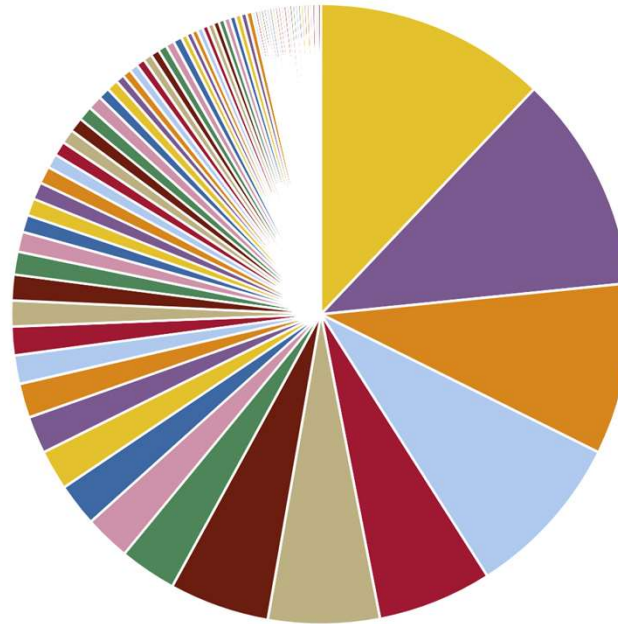
Distribution by Country

Countries



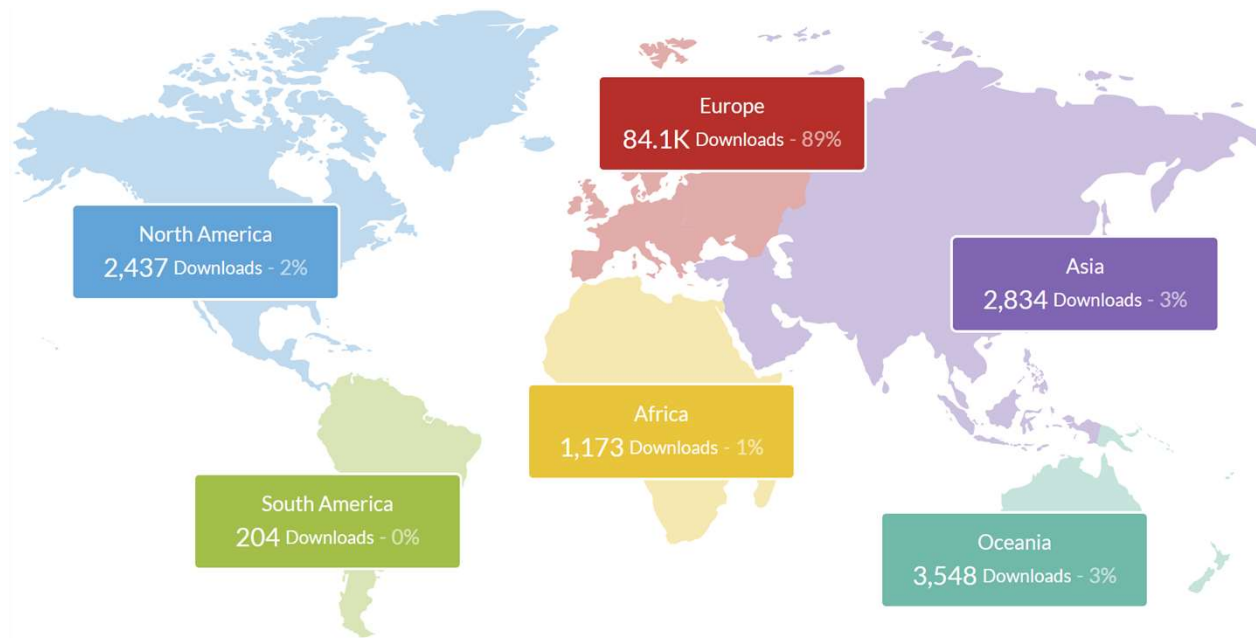
4836 Registered Users
 101 Different Countries

Active users



671 Active Users

EFIM Academy Podcasts



HOME OF MEDICINE
PODCAST

Available on

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- Listen on **Google Podcasts**
- Listen on **Spotify Podcasts**

EFIM Academy
European Federation of Internal Medicine



www.efimacademy.org

EFIM Academy Podcasts

DOWNLOADS

Countries / Territories (152 Total)

<i>GB</i> United Kingdom	81%	76,942
<i>AU</i> Australia	2%	2,754
<i>IE</i> Ireland	1%	1,758
<i>US</i> United States	1%	1,694
<i>NZ</i> New Zealand	0%	782
<i>DE</i> Germany	0%	714
<i>IN</i> India	0%	588
<i>ES</i> Spain	0%	486
<i>CA</i> Canada	0%	470
<i>SE</i> Sweden	0%	449

Cities (3524 Total)

London, England	8%	7,167
Birmingham, Birmingham	4%	3,392
Manchester, Manchester	3%	2,716
Glasgow, Glasgow City	2%	1,781
Bristol, Bristol	1%	1,255
Leeds, Leeds	1%	1,238
Liverpool, Liverpool	1%	1,212
Dublin, Leinster	1%	1,117
Edinburgh, Edinburgh	1%	1,109
Coventry, Coventry	1%	1,076



HOME OF MEDICINE
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EFIM Academy Newsletter

Newsletters

- The newsletters are sent periodically to about 20000 people every month.

Name	Status	Emails	Opens	Clicks	Delivery date
☆ EFIM-Academy-Newsletter-February-2024 What's New on EFIM Academy?	Sent	20,266	24.72%	9.35%	02/22/2024 04:23 PM
☆ EFIM-Academy-Newsletter-January-2024 What's New on EFIM Academy?	Sent	20,310	25.41%	9.75%	01/26/2024 02:50 PM
☆ EFIM-Academy-Newsletter-December-2023 What's New on EFIM Academy?	Sent	20,360	24.85%	10.53%	12/20/2023 08:58 AM
☆ EFIM-Academy-Newsletter-November-2023 What's New on EFIM Academy?	Sent	20,415	25.06%	12.66%	11/22/2023 12:58 PM
☆ EFIM-Academy-Newsletter-October-2023 What's New on EFIM Academy?	Sent	20,459	28.74%	21.41%	10/27/2023 04:35 PM
☆ EFIM-Academy-Newsletter-September-2023 What's New on EFIM Academy?	Sent	20,512	29.78%	19.73%	09/25/2023 05:59 PM
☆ EFIM-Academy-Newsletter-August-2023 What's New on EFIM Academy?	Sent	20,584	33.21%	13.03%	08/17/2023 04:41 PM
☆ EFIM-Academy-Newsletter-July-2023 What's New on EFIM Academy?	Sent	20,640	35.41%	20.92%	07/19/2023 05:21 PM
☆ EFIM-Academy-Newsletter-June-2023 What's New on EFIM Academy?	Sent	20,707	38.6%	16.21%	07/01/2023 10:16 PM

What's new in EFIM Academy?

EFIM Academy is free for all Healthcare Professionals & Trainees

This month, you can update your knowledge and skills on the diagnosis and treatment of rheumatoid arthritis referring to the most up to date evidence based guidelines and practices. Meanwhile, you can brainstorm on the possible diagnosis of an everyday patient presenting with chronic diarrhea and abdominal pain.

Next month, we would like to meet you all in Istanbul, Turkey in the 32nd European Congress of Internal Medicine, ECOM 2024 to take place from 6 - 9 March. The theme of this year's conference, "Complexity in Internal Medicine - from bench to bedside" speaks to the challenges and opportunities that face healthcare professionals in this rapidly evolving field, from the latest breakthroughs in clinical research to the development of new technologies and treatment modalities. Internal medicine is a field that demands continuous learning and adaptation. ECOM 2024 will provide a platform for you to engage with these topics and come away with new ideas, insights, and skills that will enhance your own practice. As EFIM Academy team, we look forward to seeing you all in Istanbul!

Published in February 2024

E-learning modules

- Rheumatoid arthritis** by **Erinc Bilgin, M.D.**, Hacettepe University, Department of Internal Medicine, Division of Rheumatology, Ankara, Turkey. [Visit efmacademy.org and learn](#)
- Undiagnosed chronic diarrhea and abdominal pain** by **Alper Tunc Göven, M.D.**, Hacettepe University Faculty of Medicine, Ankara, Turkey. [Visit efmacademy.org and learn](#)

Podcast

The swollen leg
In this episode, Dr. Annie Butteridge and Dr. Ben Lovell discuss the swollen leg. They explore a challenging case with the joint discussion of decision making and how it can be facilitated by when you see a patient. [Visit efmacademy.org and learn](#)

Upcoming Soon

- COVID-19 Course: Chapter 4: Role of antivirals in the treatment of COVID-19
- COVID-19 Course: Chapter 5: Pharmacist's roles in managing current COVID-19 patients
- Inflammatory myopathies
- Personalized care in patients with multimorbidity
- Prognostic and genetic assessment in multimorbidity

[Visit efmacademy.org and explore more content](#)

[www.efimacademy.org](#)

What's new in EFIM Academy?

EFIM Academy is free for all Healthcare Professionals & Trainees

We are thrilled to share the exciting news that EFIM Academy has just released a brand new module for their comprehensive COVID-19 course. This module focuses specifically on the update of guidelines for the management of patients with COVID-19. With the ever-evolving nature of this pandemic, it is crucial to stay p-to-date with the latest guidelines. This module offers a brief yet informative overview of the importance of these updated guidelines, as well as providing insights into the current status of managing patients with COVID-19.

It can't wait for you to dive into this module and expand your knowledge!

Published in January 2024

E-learning modules

COVID-19 COURSES

Update of guidelines for the management of patients with COVID-19

by **Dr. Resim Montejano**, Infectious Diseases Department, La Paz University Hospital, Mexico, Spain. [Visit efmacademy.org and learn](#)

Upcoming Soon

- Chronic diarrhea and abdominal pain in the elderly
- Rheumatoid arthritis
- COVID-19 Course: Chapter 4: Role of antivirals in the treatment of COVID-19
- Inflammatory myopathies
- Personalised care in patients with multimorbidity

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What's new in EFIM Academy?

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This month in EFIM Academy, we have released a very comprehensive module on the diagnosis and management of axial spondyloarthritis. You can also watch the webinar on diabetes and chronic kidney disease to gain insights on the management of these conditions in older end-stage patients in your daily practice.

As we are closing the year, we would like to thank you all for your continuing support and interest in EFIM Academy. We wish you all the best in the coming year and hope to meet you in the next EFIM Academy Congress of Internal Medicine, which will take place on 6-9 March 2024 in Istanbul, Turkey.

Published in December 2023

E-learning modules

- Axial spondyloarthritis** by **Erinc Bilgin, M.D.**, Hacettepe University, Department of Internal Medicine, Division of Rheumatology, Ankara, Turkey. [Visit efmacademy.org and learn](#)

Webinar

Diabetes and chronic kidney disease in elderly patients with multimorbidity: How to treat the patients safely?
11:04 M. Butteridge, Working Group, Autumn Webinar 2023

Podcasts

- An unexpected blood result**
Dr. Annie Butteridge and Dr. Ben Lovell discuss a case with an unexpected blood result and share their experience and insight on how they would handle the situation. [Visit efmacademy.org and learn](#)
- The right with before Christmas**
In this episode, Dr. Annie Butteridge and Dr. Ben Lovell discuss a case with a patient who has the rare PAPA syndrome. They explore a challenging case of a patient with a rare form of arthritis. [Visit efmacademy.org and learn](#)

Upcoming Soon

- COVID-19 Course: Chapter 3: Update of guidelines for the management of patients with COVID-19
- Personalised care in patients with multimorbidity
- Chronic diarrhea and abdominal pain in the elderly
- Inflammatory myopathies
- Rheumatoid arthritis

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Future of EFIM Academy

The Future of EFIM Academy

- **Marketing and visibility**
 - So much effort, need to reach out to a wider audience!
- **CME accreditation in progress**
- **Need for a continuous support from the Members Societies to provide up to date content**
- **Feedback from the users, Boards and the sponsors for quality improvement**
 - **Volunteers to do an evaluation and impact analysis?**