



# EFIM Young Internists' Report

***Dr. Caterina Delcea***  
***Chair Young Internists***  
***European Federation of Internal Medicine***

*Carol Davila University of Medicine and Pharmacy, Bucharest, Romania*

*Colentina Clinical Hospital, Bucharest, Romania*





# EFIM young internists



## Who are we?



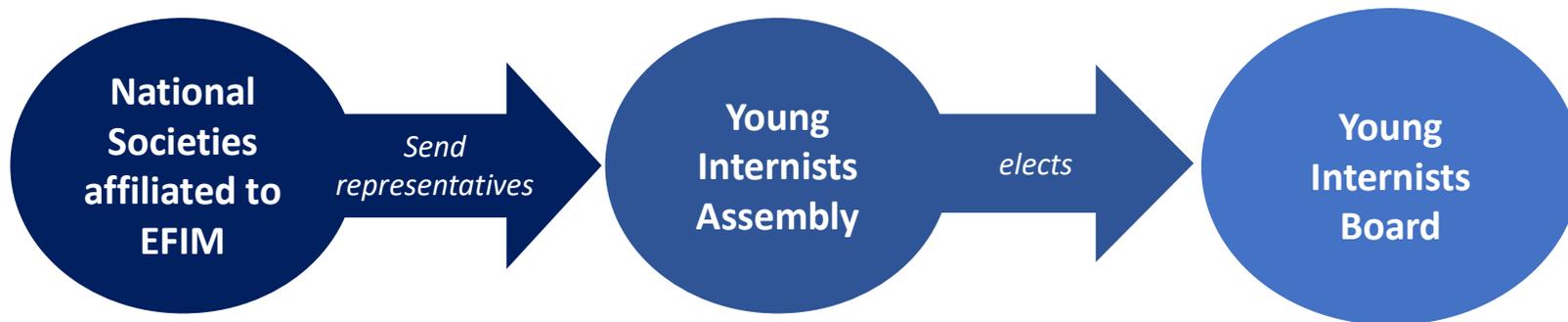


- Young Internists is a **section** of the **European Federation of Internal Medicine**
- **Doctors in training in internal medicine / early years of their senior posts.**
- **Up to 5 years after Internal Medicine specialty (regardless of age).**





## Organization Scheme



The officers of the Board are **elected by the Assembly** for a period of **1 term of 2 years**.

The Chair is elected by the Assembly for a period of **1 term of 2 years**. Either National Representative or Board Officers can apply as Chair.

The board appoints the **Secretary among its members**. The Secretary steps down automatically from her/his Office once the term as Board Officer expires.





## Young Internists' Assembly

- 34 members
- From 25 countries
- YIs Board:
  - 1 chair
  - 1 secretary
  - 4 officers



*Photo credit – Tuomas Aro*



## Young Internists' Projects

- Education



- Research



- Collaborations

- ESIM



- ECIM



22<sup>nd</sup>  
European Congress of  
Internal Medicine

March, April 2024  
Istanbul-Türkiye



EFIM  
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[efim.org/ecim2024](http://efim.org/ecim2024)

# Education





# Education - Webinars

Organised by the EFIM Young Internists

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## Challenges in 2023 for Systemic Lupus Erythematosus

March 29<sup>th</sup> 2023  
6:00 pm CET

**Speaker:**  
**Laurent Arnaud, MD, PhD**, Professor of Rheumatology at Strasbourg University and Academic Hospitals and French National Reference Center for Rare Auto-immune diseases, President-Elect of the European Lupus Society (ELEuS), Disease Coordinator for Lupus and relapsing polychondritis of the European Reference Network for rare diseases ReCONNECT

**Moderators:**  
**Lucía Barrera-López, MD**, Internal Medicine Department, Hospital de Barbanza, A Coruña, Spain  
**Ivars Veckalns**, Department of Internal Diseases, Rigas Stradiņi University Latvia

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## POCUS for the Young Internist

April 19<sup>th</sup> 2023  
4:00 pm CET

**Speaker:**  
**Professor Juan Torres Macho**, Head of Internal Medicine Department, Hospital Universitario Virgen de la Torre, Madrid, Associate Professor of Medicine, Complutense University, Madrid, Spain, Chair of the EFIM Ultrasound Working Group

**Moderators:**  
**Öğüz Abdullah Uyarözü**, Department of Internal Medicine, Division of General Internal Medicine, Hacettepe University Faculty of Medicine, Ankara, Turkey  
**Miguel Romano**, Internal Medicine, ILSM Viana do Castelo, Portugal

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## Community Acquired Pneumonia - An EFIM Guidelines Critical Appraisal Adaptation for Internists

June 15<sup>th</sup> 2023  
7:00 pm CET

**Speaker:**  
**Professor Dr. Serhat Ünal, FACP, FRCP**  
Hacettepe University, Ankara, Turkey  
Department of Infectious Diseases

**Moderators:**  
**Tomasz Are**, Infectious diseases resident and doctoral candidate, Department of Infectious Diseases, Helsinki University Hospital and University of Helsinki, Finland  
**Miguel Morante**, Internal Medicine Department, Hospital Universitario Fundación Jiménez Díaz, Madrid, Spain

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## Systemic sclerosis - Primer for the internist

October 10<sup>th</sup> 2023  
7:00 pm CET

**Speaker:**  
**Associate Professor Carina Mihai, PD Dr.med**  
Department for Rheumatology, University Hospital Zurich, University of Zurich, Switzerland

**Moderator:**  
**Max Schuller**, Division of Nephrology Department of Internal Medicine, Medical University Graz, Austria

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## Pulmonary Hypertension Primer for the Internist

November 30<sup>th</sup> 2023  
6:00 pm CET

**Speaker:**  
**Alberto M. Marra**  
Associate Professor of Internal Medicine  
Internal Medicine Section  
Department of Translational Medical Sciences  
"Federico II" University of Naples  
Naples Italy

**Moderators:**  
**Lucía Ordieres Ortega**, Internal Medicine Department, Hospital Gregorio Marañón, Madrid School of Medicine, Universidad Complutense de Madrid (Associate Professor)  
**Irmengard Meyer**, Medizinische Klinik I, St. Bernhard Krankenhaus, Müllheim, Germany





## Education – Webinars – 2024

### Deep Vein Thrombosis – Primer for the internist

Dr Pablo Demelo, Spain

TBA

### Hyperthyroidism – Primer for the internist

Prof Dagmar Fuehrer-Sakel, Germany

September 2024

### Vasculitis – Primer for the internist

Dr Balasz Odler, Austria

November 2024

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**Bone Health and Calcium Homeostasis in Malignancy. Primer for the Internist**

January 8<sup>th</sup> 2024  
17:00 GET (18:00 EET)

**"Hypercalcaemia of malignancy"**  
Dr. Ieva Ruža  
Department of Endocrinology, Department of Internal Medicine, Riga Stradins University, Riga East University Hospital, Riga, Latvia

**"Bone loss in women with breast and men with prostate cancers"**  
Prof. Uģis Gruntmanis  
Professor, Geisel School of Medicine, Dartmouth, USA





# Education - Webinars



## EFIM European Federation of Internal Medicine

@efimeuropeanfederationofin6151 · 405 subscribers · 29 videos

The European Federation of Internal Medicine (EFIM) was established in 1996 through a m... >

[efim.org](#) and 2 more links

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# Research





# Research - Surveys

## Challenges in Internal Medicine training and residency. EFIM Young Internists' Survey

- November 2022 – February 2023
- 512 responses
- > 25 countries





What are the challenges?



Demographics and general information



Ultrasound



Workload



Soft skills



Theoretical knowledge

Stress and burnout



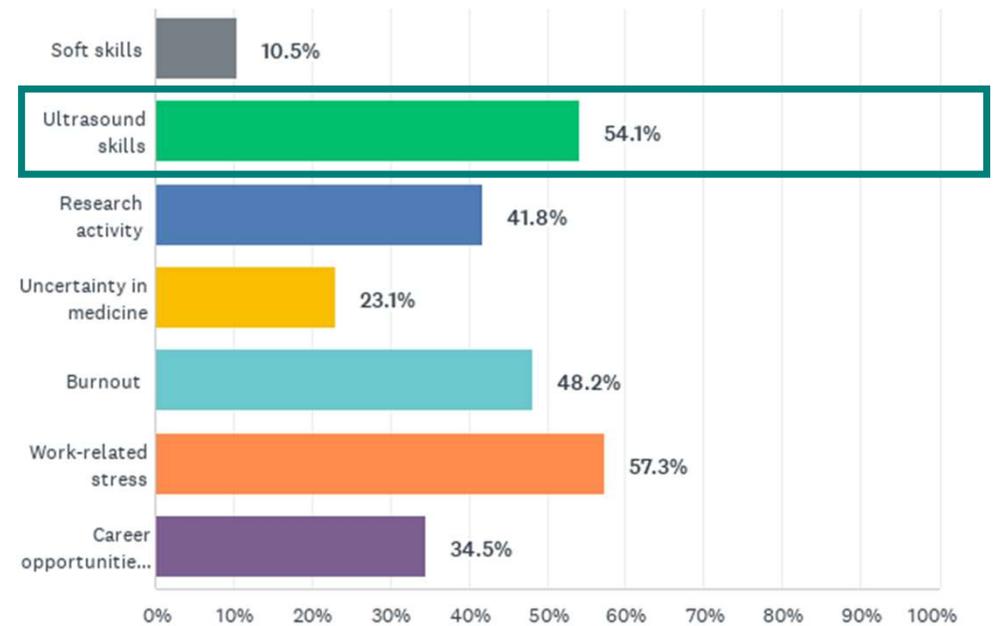
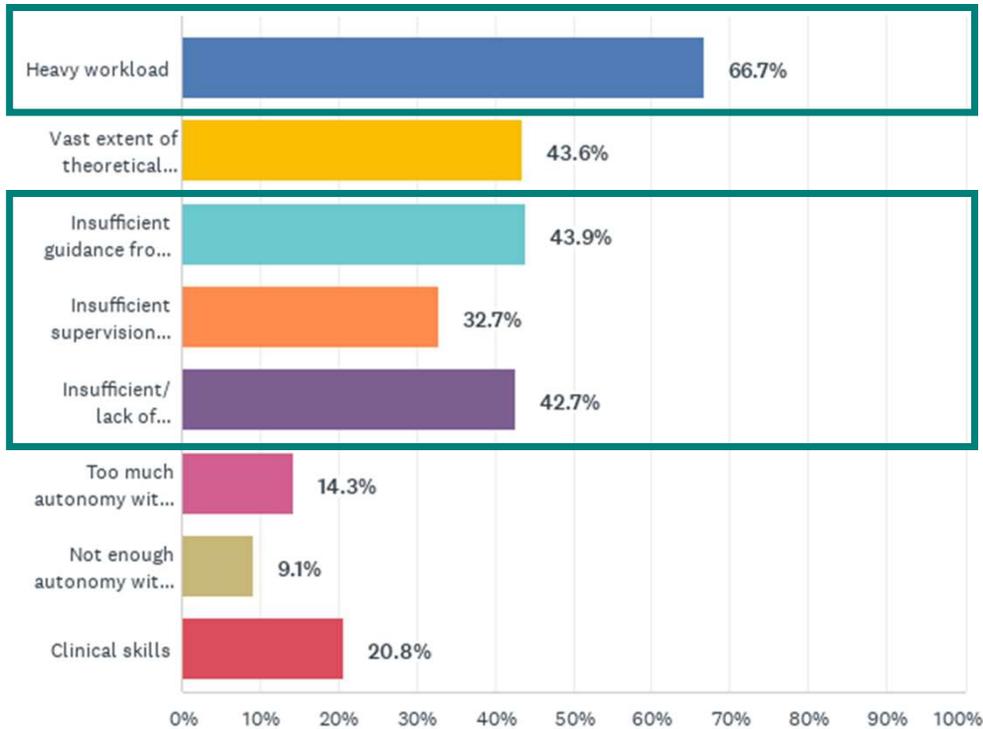
Clinical skills

Perspectives



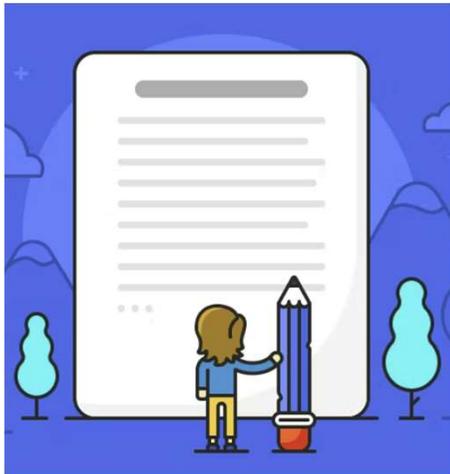


## What are the challenges?





# Research – Upcoming Surveys



**24-hour shifts – Lucia Ordieres Ortega**





# Collaborations





# Collaborations

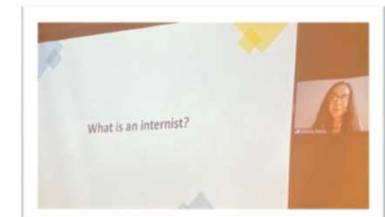
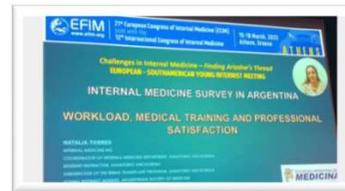
## Young Group - Sociedad Argentina de Medicina Interna



EFIM  
young internists @ ECIM 2023 Wednesday, March 15<sup>th</sup> from 15.35 - 17.05

**Challenges in Internal Medicine – Finding Ariadne’s Thread**

**Joint session with the Latin American Young Internists**





# Collaborations

## ÖGIM – Young Internists



### Internal Medicine Residency in Europe - Is the grass greener on the other side?

Challenges in Internal Medicine Training - A multinational survey across Europe - Caterina Delcea (Bucarest, Romania)

Soft skills - The unmet need we didn't know we had (and how to solve it) - Christine Säverall (Lund, Sweden)

The well-being of the internal medicine residents - during Covid and beyond - Miguel Romano Ribeiro (Braga, Portugal)

Digital medicine - the future has already begun - Jan Skrha (Prague, Czeck Republic)



# Upcoming Collaborations

## European Young Nephrologists



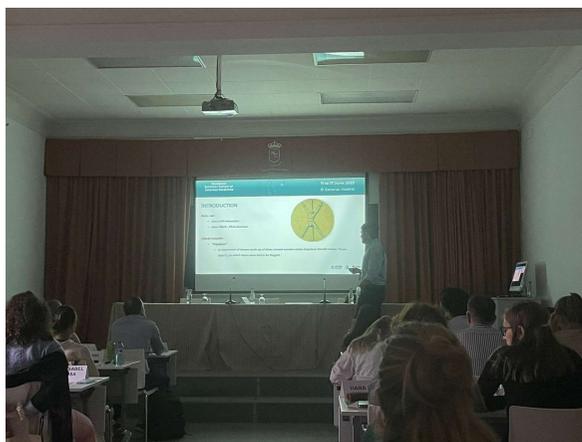


# European Schools of Internal Medicine





## Miguel Romano – Burnout: An Invisible Fire





## Oğuz A. Uyaroğlu – Cardiovascular Risk and Dyslipidemia





# 22<sup>nd</sup> European Congress of Internal Medicine

Complexity in Internal Medicine – From Bench to Bedside

6-9 March 2024 | ECIM  
Istanbul-Türkiye

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## Young Internists Corner

March 7<sup>th</sup>

11:10 - 11:30

Who is your role model? Let's create one!

17:10 - 17:30

Artificial medicine versus internal intelligence

March 8<sup>th</sup>

11:45 - 12:00

Doctors and patients - we teach each other

17:10 - 17:30

Unveiling the Mosaic: Diversity and Complexity in Internal Medicine

March 9<sup>th</sup>

10:35 - 11:05

Medical mistakes - Let's open Pandora's box



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