



EFIM
www.efim.org

2019

ANNUAL REPORT

AIMS MISSION AND OBJECTIVES

The European Federation of Internal Medicine (EFIM) was established in 1996 through a merger of its predecessor AEMI and the Forum of Presidents of National Internal Medicine Societies in Europe.

From the beginning, the aims of the organisation were as laid down in the Statutes:



To promote scientific, clinical and professional aspects of internal medicine



To publish research and resolutions



To organize meetings and congresses



To establish communication between internists



To provide information to private and public organisations

The purpose of EFIM is to emphasize the importance of internal medicine in patient care in a world of increasing specialisation. Education, research and the promotion of internal medicine are at the heart of the EFIM mission. The European Congress of Internal Medicine, the European School of Internal Medicine and the Clinical Research Seminar have become popular events, bringing together internists and internal medicine trainees from across Europe and around the world. EFIM will continue to build programmes that will raise the profile of internal medicine and encourage greater collaboration of European internists in years to come.

Internal medicine will remain the cornerstone of every national healthcare system.

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A WORD FROM THE PRESIDENT



PROF. NICOLA MONTANO
EFIM President

Even in such a tragic moment for the whole world, fighting against a terrible pandemic, it is clear to all of us that the world will be different from now on, and we will reflect on these worrying times further.

In the meantime let me tell you what we achieved in what will be remembered forever as “the last year before pandemic”, introducing to you EFIM 2019 Annual Report.

Many of us were able to participate in the ECIM 2019 congress in Lisbon, which was a real success, attracting more than 2000 attendees not only from Europe but also from Americas, Asia and Africa. I would like to thank Prof. Luis Campos, who served as the ECIM 2019 President, the Portuguese Society of Internal Medicine and the organizing agency AdMedic for the fantastic job they did.

Since we are not going to have an annual congress in 2020, we decided to incorporate the traditional EFIM Day, which has been usually held in Brussels in mid-March, during the 6th McMaster International Review Course in Internal Medicine (MIRCIM), in the beautiful historic city of Kraków.

Furthermore, I have the pleasure to invite you to our upcoming congress in collaboration with Kenes Group, and Dr. Ricardo Gomez Huelgas, current President of the Spanish Society of Internal Medicine, the ECIM 2021 taking place in Malaga 18 – 20 March.

One of our key interactions during 2019 was the collaboration with EFPIA and the upcoming European Health Summit, where I had the opportunity to lead EFIM as advocate of Internal Medicine for patients and physicians in Europe in the future.

We are fortunate to have representatives of member states who give their time to complete different surveys, state their views and get fully involved in the work of EFIM.

In 2019, we re-launched the ADVICE Working Group under the leadership of Prof. Serhat Unal, aiming to raise awareness about adult vaccination and to understand the dynamics of the vaccination practices in Europe. All EFIM working groups have been engaged very actively, fulfilling the aims and the objectives of producing several position papers.

We discussed burnout among physicians during the 5th EFIM Day in Brussels that brought a very lively and empathic discussion, highlighting the interest for the topic.

The EFIM Young Internists were actively involved in many activities in 2019, bringing up new projects with a great enthusiasm and were active in all the projects that EFIM is organizing, as well as launching two new webinars and bringing together the Young Internists in Europe.

The EFIM Executive Committee continued to work hard advocating for EFIM in different national and international events striving to reinforce the role of internal medicine as the cornerstone of every national healthcare system.

I would like to thank my colleagues in the Executive Committee, EFIM Secretariat, the chairs of EFIM working groups, EFIM Young Internists and all the EFIM members societies for their precious work and strong support in the past year.

I hope that you enjoy reading this report.

REPORT FROM THE EUROPEAN BOARD OF INTERNAL MEDICINE

The European Board of Internal Medicine met several times in 2019 to further its projects in Internal Medicine.

The Board currently has an ongoing survey for residents in Internal Medicine. This aims to capture enough responses to inform future ventures relating to curriculum development and other important educational aspects. This has a broad remit and includes questions about the shape of training, procedural practices, working conditions and specific questions about physician burnout. The survey currently remains live and has had approximately 150 responses to date. There will be an interim analysis of the survey findings and how they may be most informative for the Board's work.

The Board has produced draft documents relating to a passport for trainees and Internists. The document for residents serves to measure and record progress against expected milestones during their training. It will permit the resident to identify strengths or weakness when comparing their training with the expected European curriculum.

The document for Internists is in effect the creation of a European Certificate of Internal Medicine. This proposal will take evidence provided from the Entrustable Professional Activities laid out in the European curriculum of Internal Medicine as a benchmark. Further confirmation of training criteria at a national level will be used as a measure of completion of training as an Internist.

These draft documents have been shared with the National Societies for further comments. The next steps will be to refine and accommodate any alterations.

The Board has also discussed whether the development of a knowledge-based assessment exam in Internal Medicine, when used in conjunction with the Certificate, could permit the granting of a European Diploma. There have been initial discussions with the Royal College of Physicians on this subject.

The Board will meet again in Krakow, Poland, during the MIRCIM 2020 and the 6th EFIM Day in the autumn.

MEMBERS OF THE EUROPEAN BOARD OF INTERNAL MEDICINE



REINOLD GANS
President of EBIM



RUNOLFUR PALSSON
UEMS Section of Internal Medicine



WERNER BAUER
EFIM



MARIA D. CAPPELLINI
EFIM



MARK CRANSTON
EFIM



JAN WILLEM ELTE
EFIM



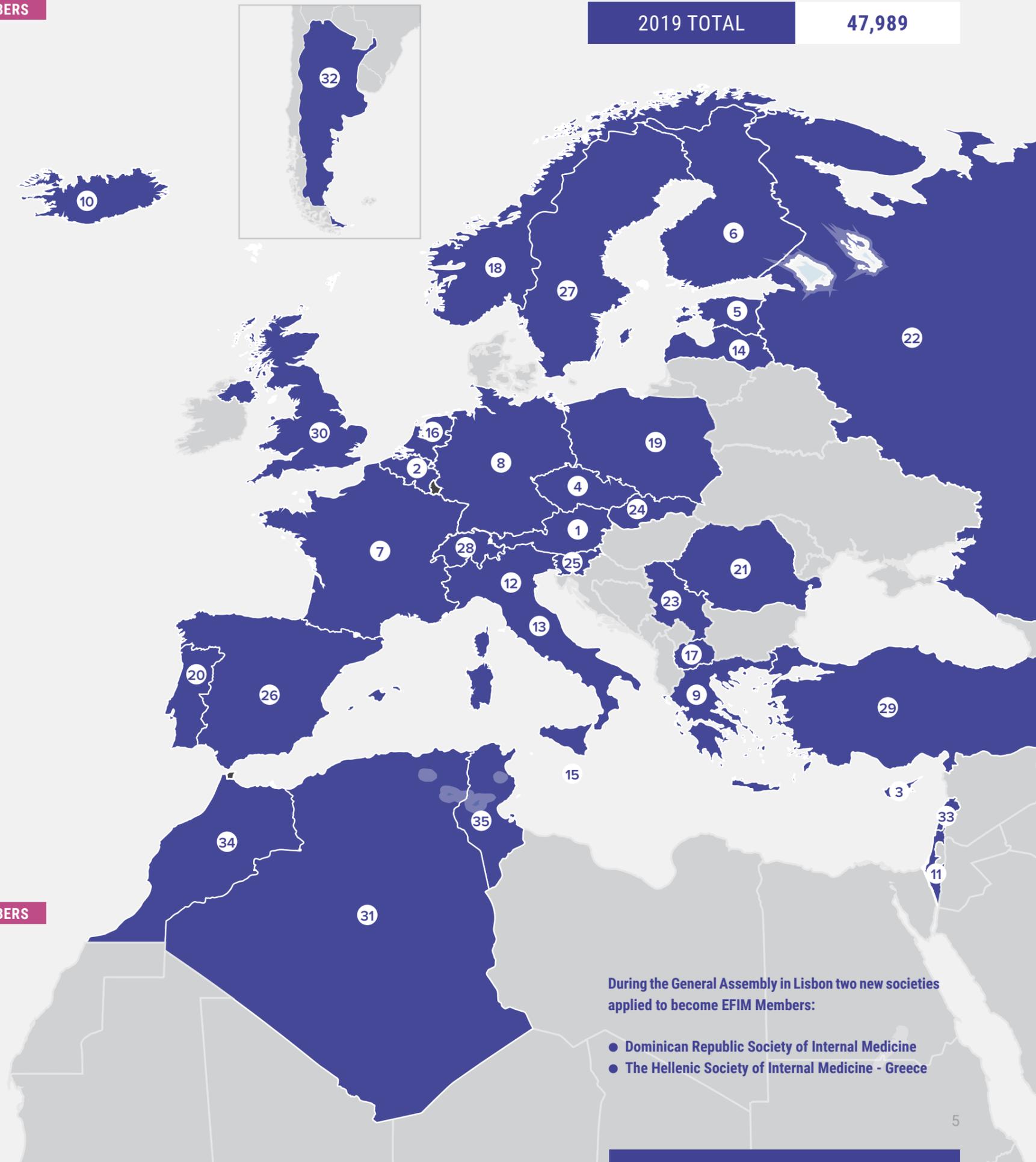
IEVA RUZA
EFIM

MEMBERSHIP 2019

2019 TOTAL

47,989

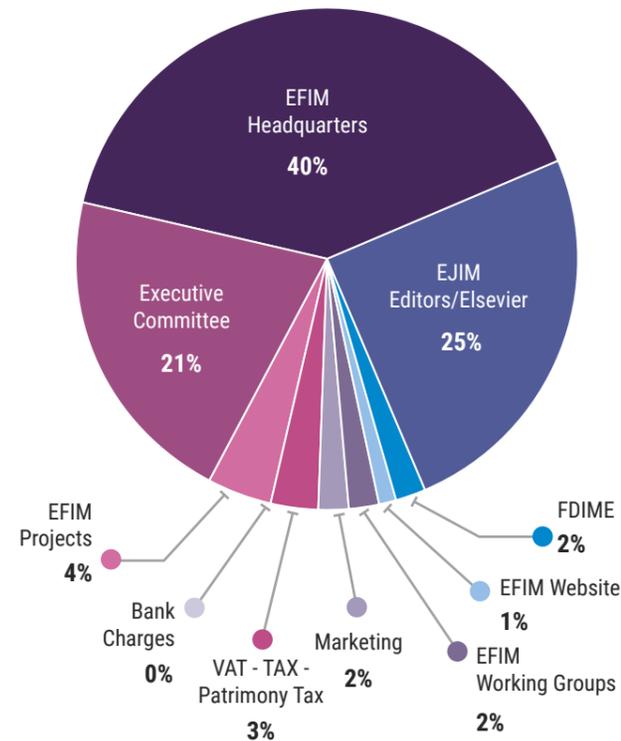
COUNTRY	ORDINARY MEMBERS	MEMBERS
1 AUSTRIA	Austrian Society of Internal Medicine	921
2 BELGIUM	Belgian Society of Internal Medicine	141
3 CYPRUS	Cyprus Federation of Internal Medicine	85
4 CZECH REPUBLIC	Czech Society of Internal Medicine	1055
5 ESTONIA	Estonian Society of Internal Medicine	94
6 FINLAND	Finnish Society of Internal Medicine	1031
7 FRANCE	French Society of Internal Medicine	911
8 GERMANY	German Society of Internal Medicine	9110
9 GREECE	Internal Medicine Society of Greece	800
10 ICELAND	Icelandic Society of Internal Medicine	220
11 ISRAEL	Israeli Society of Internal Medicine	443
12 ITALY	Italian Federation of Associations of Hospital Internists FADOI	2660
13 ITALY	Italian Society of Internal Medicine SIMI	2503
14 LATVIA	Latvian Society of Internal Medicine	333
15 MACEDONIA FYR	Macedonian Association of Internal Medicine	170
16 MALTA	Association of Physicians of Malta	80
17 NETHERLANDS	Netherlands Society of Internal Medicine	2000
18 NORWAY	Norwegian Society of Internal Medicine	1880
19 POLAND	Polish Society of Internal Medicine	400
20 PORTUGAL	Portuguese Society of Internal Medicine	2419
21 ROMANIA	Romanian Society of Internal Medicine	560
22 RUSSIAN FEDERATION	Russian Scientific Society of Internal Medicine	988
23 SERBIA	Serbian Society of Internal Medicine	385
24 SLOVAKIA	Slovakian Society of Internal Medicine	509
25 SLOVENIA	Slovenian Society of Internal Medicine	200
26 SPAIN	Spanish Society of Internal Medicine	5330
27 SWEDEN	Swedish Society of Internal Medicine	1170
28 SWITZERLAND	Swiss Society of General Internal Medicine	6051
29 TURKEY	Turkish Society of Internal Medicine	1531
30 UNITED KINGDOM	Royal College of Physicians UK	2415
COUNTRY	ASSOCIATE MEMBERS	MEMBERS
31 ALGERIA	Algerian Society of Internal Medicine	443
32 ARGENTINA	Argentinian Society of Internal Medicine	650
33 LEBANON	Lebanese Society of Internal Medicine	190
34 MOROCCO	Moroccan Society of Internal Medicine	210
35 TUNISIA	Tunisian Society of Internal Medicine	101



EFIM ACCOUNTS 2019

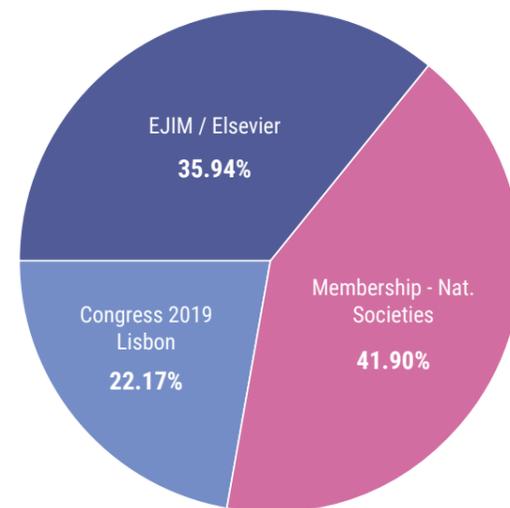
Expenses

	EXPENSES APPROVED	FINAL 31.12.2019
Executive Committee	€ 39,000.00	€ 51,950.73
EFIM Headquarters	€ 93,930.72	€ 101,773.55
EJIM Editors / Elsevier	€ 78,000.00	€ 62,626.95
FDIME	€ 5,000.00	€ 5,000.00
EFIM Website	€ 9,878.00	€ 1,853.71
EFIM Working Groups	€ 9,700.00	€ 5,989.09
Marketing	€ 5,311.40	€ 5,816.59
VAT - Tax - Patrimony Tax	€ 13,500.00	€ 6,921.56
Bank Charges	€ 500.00	€ 304.98
EFIM Projects	€ 10,000.00	€ 9,888.19
TOTAL EXPENSES	€ 264,820.12	€ 252,034.35



Income

	INCOME APPROVED	FINAL 31.12.2019
EJIM / Elsevier	€ 80,000.00	€ 113,819.19
Interest	€ 0.00	€ 0.00
Membership - Nat. Societies	€ 130,000.00	€ 132,700.00
Fellowship	€ 0.00	€ 0.00
Congress 2019 Lisbon	€ 50,000.00	€ 70,208.47
EFIM Endorsements	€ 0.00	€ 0.00
TOTAL INCOME	€ 260,000.00	€ 316,727.66



2019 - Result Preview

	ACCOUNTS APPROVED	FINAL 31.12.2019
Income	€ 260,000.00	€ 316,727.66
Expenditures	€ 264,820.00	€ 252,034.35
Provision - legal obligations		- € 10,000.00
Provision - social obligations		- € 1,805.00
Provision - EFIM international events		- € 5,000.00
RESULT	- € 4,820.12	€ 47,888.31

5TH EFIM DAY

Around 80 participants, presidents, board members and young internists gathered to attend the 5th EFIM Day at the EFIM Headquarter in Brussels on 15 March.

The EFIM President, Prof. Nicola Montano, welcomed the participants to the 5th EFIM Day and presented the Annual Report of activities in 2018, focusing on different achievements such as extending EFIM membership with a new Associate Member from Lebanon, appointing a new Editor-in-Chief for the European Journal of Internal Medicine (Prof. Giancarlo Agnelli) and announcing the Pubmed indexation of the European Journal of Case Reports in Internal Medicine.



Prof. Montano highlighted the two congresses, ECIM 2018 in Wiesbaden and the upcoming congress ECIM 2019 in Lisbon, encouraging participants to share the information with their societies and bring more congress delegates on board. Furthermore Prof. Montano highlighted the importance of the European Affairs and EFIM's involvement in the European Health Summit in collaboration with EFPIA, leading EFIM as Advocate of Internal Medicine for patients and physicians in Europe in the future. Updates from the EFIM working groups meetings were presented informing participants of the upcoming projects and the progress made during the past year.

Dr. Dror Dicker, the Chair of the Working Group on Critical Appraisal of Guidelines presented the methodology and the strategy of the working group following their first meeting with a decision to focus on two topics: "Atrial Fibrillation" and "Community Acquired Pneumonia", and to develop a methodological tool before the next ECIM 2019.

Dr. Dror Dicker, EFIM President Elect gave very interesting insight in the Perspective in Diabetes Drug Treatment focusing on innovative characteristics of the most recent available drugs.

The 5th EFIM Day focused on the hot topic, "Physicians' Burnout: Causes, Consequences, and Solutions, featuring a keynote lecture by Prof. Dr. Maria Panagioti from the Division of Population Health, Health Services and Primary Care at University of Manchester. The session was recorded, and it is available via the EFIM website for all the EFIM national societies members and EFIM website visitors. A very lively and empathic discussion followed, that was actually longer than the talk, demonstrating the interest for this topic.

Ieva Ruza, the Chair of the EFIM Young Internists presented the activities of the Young Internists in the past year by informing the participants on the increased flow of the YI engagements

via different working groups, EFIM congresses and other events. Ieva Ruza stepped down as the YI Chair during the EFIM Day, thanking the EFIM Executive Committee, the Young Internists Subcommittee and all the other people involved for their support in the past 2 years.

An update from the European Board of Internal Medicine was given by Rijk Gans, the President of the UEMS Section of Internal Medicine and a President of the European Board of Internal Medicine (EBIM). Rijk shared his vision for launching the EBIM Educational and Learning Center and investing in an EFIM Educational platform which will encourage physicians to join the community and share their knowledge.

Around 29 national societies representatives took an active part in the discussions about current and future EFIM projects benefiting from the EFIM Day programme by exchanging ideas and making projects in different areas.

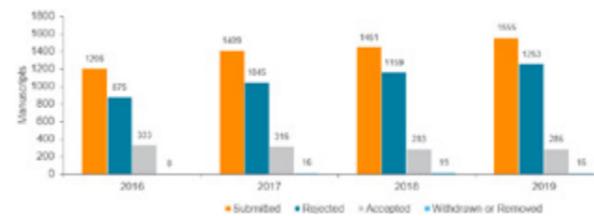
Prof. Montano thanked all the EFIM members and the societies' representatives involved for their active participation, dedication and commitment shown. He said: "There is still plenty to be achieved in EFIM's development and I see our next year lined up with many successes and great achievements".



Executive Summary

Elsevier is happy to report that The European Journal of Internal Medicine (EJINME) shows strong increases in all relevant metrics for 2019. Most importantly 2019 was marked by EJINME receiving an Impact Factor of 3.66, continuing its positive Impact Factor growth beyond the 3.0 threshold it had started in the previous year. In January 2019, Prof. Giancarlo Agnelli and his new Editorial Board took on sole editorial responsibility of EJINME.

Submissions



There has been a 7 percent growth in the number of submissions in 2019 in comparison to 2018 with a strong rejection rate of 81 percent (of which 68 percent of articles were rejected without going out to peer review). The highest number of accepted articles continues to originate from Italy and Spain with Italy again showing an increase in submissions in comparison to the previous year. Notable is also the high number of submissions coming from China in 2019: 231 manuscripts (compared with 182 in 2018) with a rejection rate of 97 percent.

There has been a decrease in the number of published articles of about 6 percent in comparison to the previous year (292 published articles in 2019 vs. 310 published articles in 2018).

Editorial & Production times: The Editorial handling times have remained extremely competitive, with a slight increase in average handling time from submission to first decision of 6.0 weeks in comparison to 5.2 weeks in 2018. This can be attributed to the handover to and set up of a new Editorial Team. The time from submission to online publication was around 12.1 weeks in 2019 and slightly faster in comparison to 12.3 weeks in 2018.

The journal's fast Editorial handling times should continue to be in the focus of its promotion as it's a strong competitive advantage.

Submitted and Accepted Articles by Country in 2019



Usage

Type	2015	2016	2017	2018	2019
ScienceDirect	289,229	306,389	292,747	318,982	290,449
www.ejinme.com	22,982	36,457	59,562	137,429	165,584
Clinical Key	28,043	31,207	29,635	44,993	41,527
Total	340,254	374,053	381,944	501,404	497,560

The journal is primarily an online journal and is being downloaded through a number of platforms. Please note that the statistics for full text downloads provided in the table below reflect ScienceDirect downloads, downloads from www.ejinme.com and Clinical Key, in total showing a very minor decrease in download performance in comparison to 2018 (minus 0.77 percent decrease) with a gain in downloads on www.ejinme.com by plus 20.5 percent reflecting the continued attractiveness of the journal's content.

Journal Titles Ranked by 2018 Impact Factor (and EJINME)

The Impact Factor in the 2018 JCR Science edition has increased from 3.282 in 2017 to 3.66 in 2018. It continues to be ranked at position 27 out of now 160 journals listed in the medicine, general & internal category of JCR. This is again a nice gain and will continue to increase the journal's attractiveness to submitting authors.

Financials

The journal's finances have not yet been finalised, however based on an un-audited overview, it would appear to have performed well. Preliminary findings show hardly any change in overall revenues in comparison to 2018 with a decrease by 4% in electronic income due to the cancellation of EFIM member subscriptions. Both print and other income seem to be higher than in 2018. It is too early to predict the royalties over 2019.

In 2019 the European Journal of Case Reports in Internal Medicine has witnessed a high increase in the number of submissions: by the end of 2019, the submission rate had more than doubled compared to the previous year. The rejection rate has also increased from 42% in 2018 to 53% in 2019. The commonest reason for rejecting a paper is that many reports are for conditions that, although uncommon, are already well reported in the literature, and the submitted case report provides no novel insights or educational value.

The journal is interested in things that are unknown, unclear or controversial, and not in conditions that although rare are well studied and understood.



In 2019 we launched the Hospital Grand Rounds series, consisting in the publication of a group of case reports coming from a featured institution/hospital. We published the official Abstract Book of the 18th European Conference in Internal Medicine as a journal supplement and supported the conference's Best Case Report Competition and Award.

In 2020 we are planning to restyle the journal's newsletter and launch new initiatives. We will continue to promote the journal's contents and activities on social media to attract more readers. Our Facebook page keeps on leading the way with its 2,850 organic followers. A new Twitter account has also been started recently (@ejcrim). Finally, EJCRIM has a YouTube channel, on which we upload published articles' multimedia material, and on which we will host live streaming and webinars.

The growth in submissions may be as a result of the journal's inclusion in PubMed Central in late 2018, and has brought new authors from different geographical areas, including the Middle and Far East and the United States.

The editorial handling times slightly increased but usually remain well within the 2-weeks. The time to publication has also increased slightly, as each published issue now contains up to 15 articles and we are now publishing 12 issues per year.

The publication fee on March 1st changed from 200 + VAT to 230 + VAT, in order to keep up with the costs of increased production. At the same time, we are pursuing initiatives to attract sponsors for the Journal's activities.

EUROPEAN CONGRESS OF INTERNAL MEDICINE 2021



PROF. NICOLA MONTANO
EFIM President

It is our pleasure and honor to invite you to the 19th European Congress of Internal Medicine (ECIM) taking place on 18–20 March in Malaga, Spain.

Following the success of the past meetings, this 19th congress will offer a great opportunity to acquire expert knowledge, learn and share successful experiences and discuss the latest breakthrough in the clinical areas related to internal medicine.

ECIM 2021 will focus on innovative developments and provide a comprehensive overview of state-of-the-art treatment of common conditions in internal medicine practice. The slogan of ECIM 2021, “Internal Medicine: from disease to wellbeing”, reflects the importance of health promotion strategies in the context of disease management.

During the three days, ECIM will bring together physicians, young researchers and leaders in the field of internal medicine, providing them with a lively platform to learn and share their knowledge and views in a creative and engaging setting at the beautiful city of Malaga. Scientific abstract presentations, educational sessions as well as cutting edge lectures given by experts in internal medicine will guarantee a memorable congress.

Malaga is one of Spain’s oldest cities and a recognized cultural hub bursting with places to explore. From the attention-grabbing Pompidou Centre and ever-popular Museu de Picasso to the street-art-cloaked streets of its edgy Soho district. The hallmarks of Malaga’s rich past are scattered across the city.

We look forward to welcoming you to ECIM 2021 in the exciting and historical city of Malaga.



RICARDO GÓMEZ HUELGAS
ECIM 2021 Chair

Save the Date

19TH European Congress of Internal Medicine

Internal Medicine - from Disease to Wellbeing

18-20 March, 2021 - Malaga, Spain

efim.org/ecim2021

MALAGA



EUROPEAN CONGRESS OF INTERNAL MEDICINE 2019

The 18th European Congress of Internal Medicine took place in Lisbon, between the 29th and the 31st of August, led by ECIM 2019 President Prof. Luís Campos and EFIM President Prof. Nicola Montano, and it was a highlight in the history of EFIM congresses. More than two thousand participants attended ECIM 2019 beating all previous congress attendance records. 2500 abstract submissions were received, 650 of which were original research.

The theme of the congress was “Innovation in Healthcare: New Opportunities for Internal Medicine” and the choice of this theme was motivated by the conviction that the growth of the global burden of chronic diseases and multimorbidity, caused partly by the increasing life expectancy, the trend to overspecialisation and the rising healthcare costs underscores the need for the efficient, versatile and holistic approach that characterises internal medicine.

best clinical case and the FDIME award for the best research abstract. As usual FDIME awarded their annual research grant.

Beyond the high scientific level, the congress was also marked by special and different moments that will remain in our memory for the coming years. The Portuguese Health Minister, Ms. Marta Temido honoured the participants with her presence in the opening session stating: Internal Medicine can be seen as the mother of all specialties. The “Internist as a Maestro” was the title of a magnificent opening lecture given by Martim Sousa Tavares, a young and brilliant Portuguese Maestro who in an inspired analogy showed the points of commonality between an orchestra and medicine.

Also, themes like patient innovation, artificial intelligence and the impact of environmental changes on health were highlights of the congress.



The congress attracted specialists from all over the world and offered plenty of attractive opportunities for learning, sharing and networking in the field of internal medicine, throughout the six pre-congress courses, six plenary sessions and 20 parallel sessions. 13 booth spaces occupied the exhibition hall. The scientific program was awarded 21 European CME credits by the European Accreditation Council for Continuing Medical Education (EACCME).

ECIM 2019 welcomed participants from 82 countries, 15 of which were represented at an EFIM congress for the first time. A total of 2170 abstracts were submitted, either as research abstracts, clinical cases or medical images. For the first time 157 research abstracts were presented during the breaks. There were two sessions included in the scientific program where the best clinical cases and the best research abstracts were presented. Also, for the first time, there were two awards to the best posters: the António Barros Veloso Award for the

The Young Internists were responsible for the organisation of three sessions in the congress and the Young Internists Corner enlivened the programme with interesting and busy sessions.

For the expert, this congress was an “opportunity for updating and reflection on the themes that gravitate around Internal Medicine”, but it was also an opportunity for trainees to present their works and reinforce the feeling of unity and community among internists.

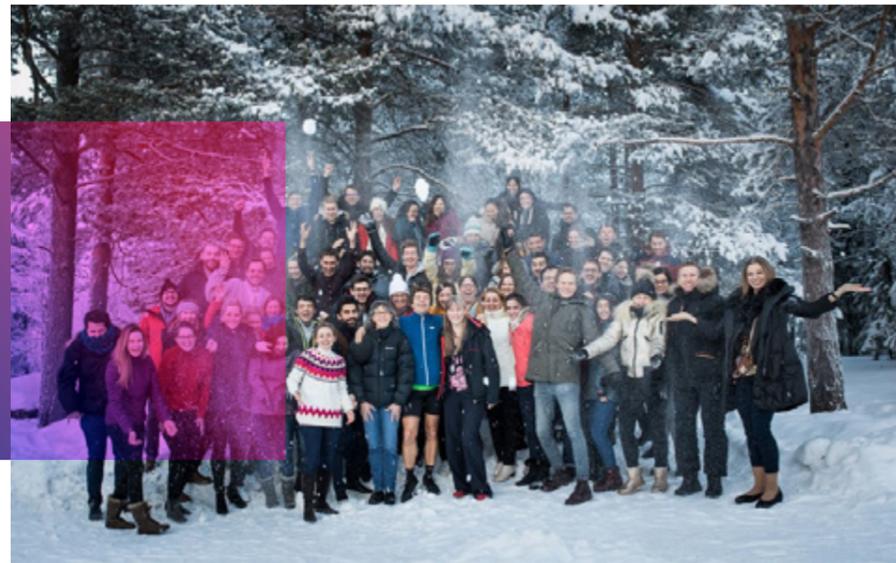
In the closing session the 19th European Congress of Internal Medicine, ECIM was announced to take place in Malaga in March, 2021 under the leadership of EFIM President Prof. Nicola Montano and the ECIM 2021 Congress Chair Prof. Ricardo Gómez-Huelgas the current President of the Spanish Society of Internal Medicine.

ESIM WINTER

The 9th ESIM Winter School took place at the Hullu Poro Hotel in Levi, Kittilä, Finnish Lapland from 21 to 25 of January 2019 (Monday-Friday). The course consisted of 15 lectures, 4 Workshops, 2 Clinico-Pathological Conferences and 22 clinical case reports presented in 4 sessions. A total of 18 speakers from 10 countries were invited to give lectures. The organising committee consisted of 7 members from 3 countries. One of the workshops was a hands-on Ultrasound course with 4 ultrasound machines transported from Helsinki.



51 residents from 21 countries participated in the Winter School. In the beginning of the school each resident completed a pre-course test with 30 multiple choice questions designed by the lecturers.



At the end of the course the residents completed the same test again, and a clear improvement was seen for everyone. The highest score at the pre-test, post-test and the most improved students were awarded prizes.

The program started with a lecture each morning at 8.00 o'clock, which was mostly followed by another lecture or a clinico-pathological conference. After the morning coffee break the workshops were scheduled. At noon, lunch was organised followed by 3-hour daylight break. The afternoon program usually started at 15.30 with a lecture followed by a coffee break. The late afternoon was finally dedicated to the clinical case presentations with one presentation per country.

The Winter Course was launched by a meet and greet party on Sunday. On Monday a 3-hour-Cross-Country-Skiing-school was arranged in the afternoon by the Director and Administrators of the course. On Tuesday a Husky Safari was arranged during truly arctic temperatures. The cold limbs were warmed up with a Piano recital at a nearby Chapel where "The Trees op. 75" by Jean Sibelius was performed. On Wednesday there was a visit to the Ice Castle which included a late dinner. On Thursday, a Faculty Dinner was enjoyed at a local restaurant. Finally, a Gala Dinner was organised on Friday with program contributions from all participating countries. The Northern lights were clearly visible during some of the nights of the school.

ESIM SUMMER



42 trainees from Europe, North Africa and the Middle East were sponsored by their respective national societies to attend the 6-night residential summer school, which takes place in different destinations across Europe. This year, it was held for the 3rd and final time in a grand, prestigious performing arts centre 'Akoesticum' in the rural town of Ede in the Netherlands. It was clear from the moment that the 42 participants from 17 countries arrived that it would be a highly interactive, worthwhile and stimulating week of lectures, workshops and practical activities dedicated to all aspects of general internal medicine. The central theme was Internal medicine in harmony, and the following topics were included:

- Sonography for the internist
- Patient safety
- Multidisciplinary work in harmony
- Clinical reasoning
- Basic problems in internal medicine
- Patient care in a virtual world



There were clinical lectures, interactive case presentations and a practical ultrasound workshop.

28 speakers were invited. Additionally, participants from each country were tasked with presenting interesting clinical cases. There was also a strong emphasis on the emerging global issues affecting all internists, for example, ageing populations, antibiotic resistance, physician burnout, patient safety and resource allocation in the global recession. There were sessions on cognitive reasoning, cognitive bias and errors in decision making. According to the participants the programme was full but very manageable by virtue of the varied timetable of workshops, lectures, interactive sessions

and group sessions, as well as the very relaxing comfortable surroundings and refreshments.

There was a trip to Amsterdam for a hiking and boat tour, and a splendid cycle ride through the Dutch countryside to see a large collection of Van Gogh paintings in the Kröller-Müller Museum. Besides, saxophone lessons, given to the whole group in the beginning of the week, resulted in a coherent melody, played by all and within one hour. The social cohesion within the group was better than ever, still visible in a very active Whatsapp group.

We thank all participants of the ESIM in the last 3 years.

EUROPEAN ADVANCED SCHOOL OF INTERNAL MEDICINE

Following the successful launch of the pilot project a year earlier, one of the first achievements of the EFIM Early Career Group was organizing of the 2nd European Advanced School of Internal Medicine (EASIM) in Riga, Latvia, directed by Dr. Ieva Ruža, on 23 – 25 November 2019. This small-scale international EFIM course is tailored to fill the gap in Internal Medicine postgraduate training for Early in Career internists in Europe, preparing them for independent practice and for taking on leadership roles by consolidating their non-technical skills and refreshing essential clinical skills. The EASIM design was based on the well-proven format of ESIM course for residents. This year the Advanced School in Riga brought together 18 brilliant young specialists from 14 countries.

Besides providing participants with clinical updates following a "learn and teach" concept, the course allowed participants to discuss the best "choosing wisely" strategies and complicated clinical cases. The School included workshops to develop non-technical skills such as communication, conflict management, giving feedback as well as leadership skills. Everyone participated in Balint groups. An important emphasis was also on physician well-being. In spite of a very packed educational program, the group also took a short walking tour around Old Riga, and kept on networking during the breaks.

We are sincerely grateful to EFIM for the endorsement and all the support, but, particularly, to the EASIM participants who were the ones who made it happen! Undoubtedly, special thanks go to the course faculty from EFIM - Dr. Ieva Ruža (Latvia, Director), Dr. Frauke Weidanz (UK, Co-Director), Prof. Reinold

(Rijk) Gans (The Netherlands, Co-Director), Dr. Valentin Kokorin (Russia), Dr. Fredrik von Wowern (Sweden), Dr. Tiffany Leung (The Netherlands/USA) as well as our guest faculty - Prof. Uģis Gruntmanis (Latvia/USA) and Dr. Roberts Klotiņš (UK).

Please, save the date for the 3rd EASIM – 7 – 9 November 2020 in Riga, Latvia – and follow us in order not to miss the application window for the course, as places will be strictly limited.



EXCHANGE PROGRAMME

The EFIM Exchange programme welcomed 11 trainees from 9 different EFIM national societies who completed the programme successfully in the year 2019 and enhanced their clinical knowledge and intercultural understanding. The selected participants had the opportunity to experience the realities of other European countries' health care systems and to further develop their knowledge and skills.

Excellent feedback has been received from all of the participating trainees, making the Exchange programme a very successful and impactful project that will grow further in the future. Each national internal medicine society can select candidates for the programme with a maximum of 3 trainees per country. EFIM and FDIME support the Exchange Programme with 10 scholarships of €600 per year.

FEEDBACK FROM OUR EXCHANGE TRAINEES IN 2019

"This particular programme provided me with an opportunity to understand basic aspects of acute medicine as a speciality, the emergency floor and provided me with an opportunity to talk and learn through peer doctors so now I have a much broader knowledge about a day of a junior doctor, how Worthing Hospital and NHS works than I had before. I have learned lots of precious knowledge from all of you and I really appreciate that. I cannot thank you enough."

DR. ALPER TUNA
Turkish Society of Internal Medicine

"My exchange program became a fantastic unique opportunity for me. I would like to say thank you to the Italian Society of Internal Medicine (SIMI) and my Institution in Padua, as well as to EFIM Exchange Program Staff for giving me the opportunity to experience the work of the British healthcare system which improves my idea of work, as a doctor and as a scientific worker."

DR. ANGELO ADAMO
Italian Society of Internal Medicine

"I believe that this experience was a unique opportunity for my medical education and for adding another "building block" into my "construction" as a medical doctor. I have always felt part of the European dimension and it is certainly exciting to know that we can practice our profession anywhere in Europe and also in the world. Equally important is to create a network of European professionals with whom to share experiences, work projects, and research."

DR. MARIA TERESA BONCORAGLIO
Portuguese Society of Internal Medicine

"I am extremely grateful to EFIM for having had this opportunity and I am convinced that his experience will help me in my future career as a doctor."

DR. SABINE UPMALÉ
Latvian Society of Internal Medicine

"Thank you for enabling young doctors to broaden their knowledge and gain experience in foreign centres. I will try to take this opportunity to bear fruit in my future professional life."

DR. JUSTINA CHIUDIA
Polish Society of Internal Medicine

"My exchange program became a fantastic unique opportunity for me. It inspired me to do better work in my job in Russia; the relation of the British doctors to their patients inspires me to be more human."

DR. MARIA KERCHEVA
Russian Scientific Society of Internal Medicine

"I feel that it has been a satisfactory rotation at a formative level and remarkable at a personal level. Our profession is international. To know the development of our specialty in other countries not only broadens our knowledge but improves global health."

DR. CARMEN JIMENO
Spanish Society of Internal Medicine

REPORT FROM THE EFIM WORKING GROUPS



Choosing Wisely Working Group

The EFIM Choosing Wisely Working Group was active in several events during 2019.

During the 18th European Congress of Internal Medicine, held in Lisbon from the 29 – 31 August 2019, the Working Group had the following activities:

29/8 10.30 – 12.00

We held a Working Group meeting, where a lot of topics were discussed: experience from the Choosing Wisely Portugal and other national programs, strategies for scientific publications and dissemination, the Working Group constitution and its representability, initiatives for the coming 12 months, etc. We had a good attendance of more than 20 members and the minutes reflected all the discussed issues.

29/8 13.00 – 17.00

A practical pre-congress course was held. The Faculty included: António Vaz Carneiro, Bjiliana Ivanovska, Giorgio Costantino, Olga Boeva, Miguel Bigotte Vieira and Omar Kherad. The objectives were: to understand the Choosing Wisely Initiative, recognize the role on Internists in this context, to reflect on the Top 5 List recommendations and to get to know some Choosing Wisely practical cases. This course had 70 participants and their evaluation was a very positive one.

A paper entitled “The challenge of implementing less is more medicine: a European perspective” was submitted to the European Journal of Internal Medicine. The paper was written by Omar Kherad and coauthored by the entire WG, after feedback and editing. The acceptance for publication is not yet communicated and the paper is undergoing revisions.

As the Coordinator of the WG, António Vaz Carneiro was invited to give two talks:

- One at the Norwegian Society of Internal Medicine in Oslo, on October 17, 2019, entitled “Choosing Wisely”
- Another at the Russian Congress of Internal Medicine in Moscow, on November 21, 2019, entitled “Reducing overutilization of health resources. The Choosing Wisely Campaign”.



ADVICE Working Group

The Adult Vaccination Campaign in Europe (ADVICE) was established with the aim of raising awareness of adult vaccination and of understanding the dynamics of vaccination practices and the potential barriers to achieving targeted vaccination rates in Europe. In this regard, the Working Group published a review article in the European Journal of Internal Medicine with the aim of taking a leading role and defining the background scientific knowledge and practices (Ozisik L., Tanriover MD, Rigby S., Unal S.; European Federation of Internal Medicine ADVICE Working Group. ADVICE for a healthier life: Adult Vaccination Campaign in Europe. Eur J Intern Med. 2016 Sep;33:14-20.). The ADVICE Working Group, chaired by Prof. Serhat Unal from the Turkish Society of Internal

Medicine, currently has representatives from ten European Internal Medicine Societies. The policies and future strategy for EFIM Working groups were recently discussed in the Working Groups Chair meeting that was held on December 5th, 2019 in Brussels. An agenda was set to organise joint meetings and educational activities, and also to circulate surveys in order to capture the knowledge and attitudes of doctors and the public with regard to adult vaccination. The Working Groups is currently working on a survey to assess the knowledge, attitudes and awareness of physicians regarding adult vaccination with an aim to present the preliminary results during the EFIM General Assembly in Krakow.



Gender Medicine Working Group

The Gender Medicine Working Group has been privileged to have members who are leading experts in gender studies, such as Prof. Kautzky-Willer and Prof. Regitz-Zagrosek.

IMAGINE initiated a European survey on physician's knowledge on gender and sex in internal medicine. The outline and the goals were presented to the group and a collaborative strategy on survey distribution developed. Over 1000 responses were received from all countries due to great efforts of all working group members. The manuscript is now in the last stage of revision and submission is planned in March 2020.

A second round of the survey is being prepared, exploring the attitudes and knowledge after the implementation of education materials on gender science among internal medicine physicians.

Besides the ongoing collaboration with the Women's Brain Project, further direct networks have been established, resulting in one publication so far: “Sex differences in brain metabolic activity: Beyond the concept of brain age.”

Further scientific projects and publications are planned, amongst others on gender in guidelines. A breakthrough for the group is the developing collaboration with colleagues from Stanford and the Mayo clinic. Three scientific projects are under way.

Dr. Marra presented IMAGINE and the IMAGINE survey outcomes at the IGM 2019 in Vienna (International Society of Gender Medicine), and chairing another session (“How to integrate S&G in clinical practice”). It allowed not only to increase the visibility of the group, but also to establish collaborations with other groups.

In June 2019 a workshop on gender impact in internal medicine was conducted at the Swiss Congress of Internal Medicine in Basel, where Dr. Biskup represented IMAGINE.

In May 2020, there will be another workshop on gender medicine at the Swiss Congress of Internal Medicine in Basel, where Dr. Biskup and Dr. Marra will be representing IMAGINE as speakers. In addition, Prof. Raparelli will hold a lecture at the SGAIM congress about “Sex differences in the efficacy of drugs: challenges and opportunities”.



Appraisal of Guidelines in Internal Medicine Working Group

Most of our medical practice relies on Guidelines. However, guidelines are far from being “exact and flexible” tools and in reality, have major limitations. These limitations are even more accentuated when we try to use guidelines within our Internal medicine setting, hence the aim of our new Working Group on the Appraisal of Guidelines was to adapt existing European Guidelines that relate to our daily clinical practice in Internal Medicine departments and outpatient services. 23 members from 20 countries met twice during 2019 (EFIM Day and ECIM 2019) and set the action plan and objectives for 2019 – 2020.

- Develop a methodological tool to appraise existing guidelines.
- A steering committee including Prof. Wiktoria Lesniak, Prof. Laura Morbidoni and Prof. Ignacio Marin developed this unique and innovative tool. A paper has been submitted for publication in EJIM.

- Nominate the steering committee for the first 2 appraisal topics:

• Community Acquired Pneumonia

- Chair: Serhat Unal
- Prof Stefano Bassetti
- Prof Kutay Demirkan
- Prof Ahmet Gorkem Er
- Prof Patrick Lacor
- Prof Hardmut Lode
- Prof Ignacio Marin
- Prof Abdullah Sayiner

• Pulmonary Emboli

- Chair: Prof Cecilia Becattini
- Co-Chair: Prof Valentin Kokorin
- Prof Wiktoria Lesniak
- Prof Javier Medrano
- Dr Alberto Marra
- Dr Ewelina Biskup

- Our aim for 2020 is to decide on:

- The 5 most relevant and important PICO's for each appraisal topic, in order to establish new appraised guidelines and present them at ECIM 2021 in Malaga.
- Two new topics to appraise in 2021.

REPORT FROM THE EFIM WORKING GROUPS



Ultrasound Working Group

The mission of the EFIM Ultrasound Working Group is to promote the widespread use of Point of care ultrasound (POCUS) among European internists. At present, the EFIM Ultrasound Working Group has eighteen members from ten countries and the group has held three meetings during the European Congresses in Wiesbaden and Lisbon, and the EFIM Day in Brussels.

After our first milestone was achieved (a positioning paper about point of care ultrasound in internal medicine which was recently published in the European Journal of Internal Medicine), we are now moving forward to new projects, among which we can highlight:

- Education: the working group will be involved in educational activities and workshops at EFIM meetings.
- Transferring of knowledge through webinars, podcasts and other communication tools.
- A European survey about the degree of implementation of POCUS in different countries.
- POCUS Certification. The working group will define common and minimal criteria for POCUS training centre certification.

We are sure that within the next ten years we can achieve the universal use of POCUS among European Young Internists.



Quality of Care and Professional Issues Working Group

Meetings

The Professional Issues and the Quality Working Groups involves 25 members, representing 20 national societies of internal medicine. In 2019 the Working Group organised two meetings during the 5th EFIM Day in Brussels, and during the ECIM 2019 held in Lisbon.

Precongress course

The Professional Issues Working Group organised a pre-congress course during the ECIM 2019 in Lisbon titled:

“Quality of care, patient safety and doctor-patient communication”

The coordinators of the pre-course were Dr. Matthias Raspe from Germany, Dr. Mine Durusu from Turkey and Dr. Monica Bivol from Norway. The course was attended by 27 participants from several countries.

Publications

In 2019 the Working Group worked on two topics: Integrated Care and Burnout Prevention however didn't publish any of the papers yet due to the introduction of the new EFIM Working Group Guidelines which focus on strategic themes for EFIM, and need prior approval of EFIM Executive Committee.

The Professional Issues and Quality of Care Working Group is currently focusing on the following objectives:

- Implementing an international survey about different national models of Internal Medicine in European countries, (Dr. Evert-Jan de Kruijf – the Netherlands and Dr. Luis Campos - Portugal)
- Implementing an international survey about the residency in internal medicine in European countries, (Dr. Mine Duruse – Turkey)
- Use of educational platform, via the EFIM website, to share national, regional and local experiences related to the subjects of the position papers.
- Organising and promoting webinars about topics within the scope of the working group
- Organising pre-congress courses during the future ECIMs.

During the meeting of the Working Group Chairs and EFIM Executive Committee held in Brussels on 5 – 6 December it has been discussed to transition the Professional Issues and Quality of Care Working Group to an EFIM Subcommittee since the scope of the Working Group includes broad and relevant institutional affairs related to EFIM societal activities.

EUROPEAN MEDICINES AGENCY ACTIVITIES IN 2019

At the beginning of the year the EMA decided to decrease the number of organisations participating in its working parties. Nevertheless, EFIM was acknowledged as an active and productive participant and accepted as a member of the Healthcare Professionals Working Party (HCWP) for a further three year mandate, represented by Prof. Daniel Sereni (member of the French Society of Internal Medicine) and Dr. Gualberto Gussoni (member of FADOI, Italy).

In 2019, the EMA moved from London to Amsterdam. In consequence some of its activities were reduced, in particular meetings of the HCWP.

The main topics discussed with the healthcare professionals during the year 2019 were:



The development of a European Vaccination Portal



Implementation of a working plan on the impact of pharmacovigilance activities



Discussions around the role of HCP and academia in drug regulation



New framework for cooperation with patient representatives on relevant drug issues.

During the last meeting held on November 20, the EMA illustrated the main challenges and key priorities that the Agency envisages in the coming years, including the implementation of European Regulation for clinical trials, and the agency's role in the Regulation on medical devices which will come into force in May 2020.

Due to the difficulties encountered by the Agency in the context of its move, requests to EFIM for advice and expertise were limited this year. Nevertheless, EFIM has made proposals to EMA for the participation of European Internists in work on antibiotic resistance.

FOUNDATION FOR DEVELOPMENT OF INTERNAL MEDICINE IN EUROPE

During 2019, FDIME pursued its educational activities and the promotion of clinical research.

A grant of 17,500 euros was awarded to Dr. François Rodrigues from France for a study on the pathogenesis of sporadic unclassified autoinflammatory syndromes which he will perform in Leeds, UK.



FDIME supported four Young Internists from Latvia, Morocco and Russia participating in the European Schools of Internal Medicine (winter and summer) with a total amount of 6,000 euros. In addition to this, FDIME supported five Young Internists who took part in EFIM Exchange Program with bursaries of 600 euros each.

The 15th Clinical Research Seminar held in Paris in June 2019 was fully sponsored by FDIME, supporting 14 Young Internists from 10 countries who took part in this three-day highly competitive course.

FDIME awarded two research poster awards during the ECIM congress in Lisbon with an amount of 1,500 euros.

These activities were only made possible thanks to the generosity of FDIME's donors.



1. European Congress of Internal Medicine in Lisbon

The Young Internists received with great enthusiasm the approval to organise two parallel sessions and the closing lecture of the ECIM 2021 in Lisbon: "Looking for Phoenix" – Dealing with burnout", "Drug management in 2050 – A glimpse to the future – State of the art and innovations in drug management for treating challenging conditions in Internal Medicine" and "Health care in the social media era", as well as three Young Internists' corner sessions during the coffee breaks: "Make Internal Medicine great again: Bridging the two sides of the ocean", "Hidden curriculum: Mentoring the next generation of doctors" and "Publish or perish: Tips and tricks for your next paper". Positive feedback from the audience was expressed by lively discussions and active participation.



webinars was reflected in the prolonged discussion time, with questions coming in from all over Europe, as well as by the great number of viewers on the GoToMeeting platform as well as on Facebook.

2. European Schools of Internal Medicine

As in previous years one representative of the Young Internists' group was present at each ESIM with an interactive workshop and a brief presentation on the EFIM Young Internists' group, their activities and projects. For the winter ESIM in Levi, Finland, Caterina Delcea from Romania organised a Choosing Wisely workshop, and during the summer school in Ede, the Netherlands, Christine Sävervall from Sweden talked about Gender Equality in Medicine, a highly interesting topic around the medical world today.

3. Webinars

This project was launched in 2019 with the purpose of providing more educational context to the Young Internists of Europe, permanently accessible on an on-line platform. The first two webinars were organised in June and November 2019: "Burn-out and Stress among Physicians" with Prof. Maria Panagioti and "Appraisal on diagnosis and treatment of Pulmonary Embolism" with Prof. Cecilia Becattini. The success of both

4. Collaboration with Young ACP

The EFIM Young Internists are working together with the residents and early career physicians from the Young ACP branch to develop an international Young Internists' pairing project for the Brightsity Compassionate Leadership program, with the help of Prof. Daniel Martin, who developed the Brightsity.com platform.

5. The Young Internists' Corner at the European Journal of Internal Medicine

After the ECIM in Lisbon, Professor Giancarlo Agnelli, EJIM Editor-in-Chief offered the Young Internists a dedicated space in the journal. The vision is to include papers on the format type of Viewpoint or Comment, discussing topics that are novel, interesting and useful in the setting of Internal Medicine in the 21st century. Involving young authors from different European countries, this project is being carefully prepared with a view to starting publication in 2020.

EFIM 2019 MILESTONES



EFIM held a successful congress in Lisbon with more than 2000 participants



EFIM promoted their activities during various international events worldwide



EFIM relaunched the ADVICE Working Group



EFIM launched the Early Career Subcommittee



EFIM has been actively involved in the EU Health Summit Coalition



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