EFIM Young Internists Report

Dr. Ieva Ruža
Latvian Society of Internists
EFIM YI Chair

EFIM Day, Brussels, 15.03.2019.
EFIM Young Internists Assembly

Wiesbaden, Germany, 2018,

photo credits – Kimmo Koivula & Tuomas Aro

• 31 from 36 EFIM Member National Societies
• 29 countries
• 30 members
• 3 main officers (Chair, Past-Chair, Secretary)

www.efim.org
Young Internists Subcommittee (Board)

Ieva Ruža (Chair)
Alberto Marra (Secretary, Chair-Elect)
Ewelina Biskup (Treasurer)
Matthias Raspe
Vikas Kumar Sarna
Caterina Delcea
Christine Sävervall
Frauke Weidanz (Past-Chair)

Photo credits – Tuomas Aro
Projects and scientific work
Young Internists as a source of inspiration for EFIM

Photo - https://wgnhs.uwex.edu/water-environment/springs/
Projects and scientific work

• 4 Working Groups of EFIM (YI representatives):
  – Professional Issues and Quality of Care
  – Choosing Wisely
  – Ultrasound
  – Gender Medicine (IMAGINE project)

• Promotional work (participations in national meetings, plenary sessions and YI Corner during ECIM, social media)

• Education – ESIM, EASIM, workshops, Clinical Research Course, MIRCIM etc.

• Scientific grants (FDIME)
YI Workshops during ESIM 2018/2019:
Summer – Ede (The Netherlands), Winter – Levi (Finland)

• ESIM Summer – Vikas Kumar Sarna (gender medicine)
• ESIM Winter – Caterina Delcea (Choosing Wisely)

Photo credits – Tuomas Aro
http://www.ecim2018.org/

• 3 plenary sessions by YIs:
  – “Are hospitals safe places for patients?”
  – “Reflective practice: Focus on doctor-patient relationship”
  – “Why civility saves lives” – prosocial behaviour

• YI Corner – 5 informal discussions during breaks

• Case report competition (collaborate with EJCRIM)
YI Corner – 5 informal discussions during breaks

• Registration waiving lottery – Cristiana-Elena Vlad (Romania) and Maria Derevyanchenko (Russia) – donated by prof. Victor Novack (Israel)
3 plenary sessions by YIs:

- “Looking for Phoenix – dealing with burnout”
- “Drug management in 2050 – a glimpse to the future”
  - State-of-the-art and innovations in drug delivery treating challenging conditions in Internal Medicine
  - “Health care communication in the social media era”

YI Corner – 4 informal discussions during breaks

Case report competition (collaborate with EJCRIM)
EFIM Exchange Program (15 YIs)

The European Exchange Programme is going from strength to strength and is very popular and competitive among the Young Internists. The quality of the residents is excellent and the participating Centers and Training Centres provide an outstanding learning and training experience. As you may know, the Exchange Programme of EFIM offers opportunities for Young Internists to gain knowledge and skills in internal medicine and become more confident and self-reliant in their professional practice. The programme is open to residents from all over Europe. Each National Society offers a maximum of 2 scholarships per year for the Programme. There are only 20 scholarships per National Society, courtesy of EFIM, FDIME and AMGEN Europe.

For applications the candidate must fill in the online application and submit the requested documents below:

2. Curriculum vitae
3. Motivation letter for the Exchange
4. Support letter from the National Society

www.efim.org/working-groups/exchange-programme
Facebook Group – Young Internists of Europe

Photo credits – Tuomas Aro
Facebook Page – EFIM and Young Internists
Thank you for continuous support of your Young Internists!

Photo credits – Tuomas Aro
EASIM – European Advanced School of Internal Medicine
A new postgraduate course for young certified specialists in IM

• **Goal** – to become a full EFIM educational initiative
• **Small scale** – up to 15-20 participants (able up to 30)
• **Target** – early-in career (3-7 years after training) IM specialists
• **Based on ESIM concept**, but tailored to prepare young specialists for independent practice
• **Balanced clinical and non-clinical training** (conflict management, feedback delivery, less is more, leadership skills etc.) – lectures, workshops, clinical case presentations (challenging cases)
1st EASIM
European Advanced School of Internal Medicine

• Pilot project in Riga, Latvia
• 24-26 November, 2018 (Saturday - Monday)
• Society “ESIM in Riga”, involving EFIM educational forces
• Director – Dr. Ieva Ruža (Latvia)
• Co-Directors – Prof. Nicola Montano (Italy), Dr. Frauke Weidanz (UK)
• Venue – Astor Riga Hotel
1st EASIM
European Advanced School of Internal Medicine

• Faculty:
  – Dr. Ieva Ruža (Director, Latvia)
  – Dr. Frauke Weidanz (Co-Director, UK)
  – Prof. Uģis Gruntmanis (USA)
  – Prof. Rijk Gans (The Netherlands)
  – Dr. Valentin Kokorin (Russian Federation)
  – Dr. Mikko Parry (Finland)
  – Dr. Roberts Klotiņš (UK)
  – DELEGATES!
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<td>Workshop Speaker [Leadership skills]</td>
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1st EASIM
European Advanced School of Internal Medicine
Did any of the sessions impact on the way you practice Medicine or behave at work?

- “Yes, definitely Communication skills workshops”
- “The session on giving feedback”
- “If it has not yet, I am sure it will. Anyway, I was so excited and inspired when I came back to work, shared experience with my colleagues.”
- “I realized that different countries do have different approaches to specialties, depending on which resources they have or which diseases are endemic to them. Consequently, I got into reading practical problems from other parts of the world.”
- “I am sure that I got some confidence to be more balanced in difficult conversations. Moreover I am noticing more details in the conversations than before.”
2nd EASIM
European Advanced School of Internal Medicine

EASIM 2019
European Advanced School of Internal Medicine
23-25 November 2019, Riga

EFIM young internists
2nd EASIM
European Advanced School of Internal Medicine

• 2nd course in Riga, Latvia
• **23-25 November, 2019 (Saturday - Monday)**
• Director – Dr. Ieva Ruža (Latvia)
• Co-Directors – Dr. Frauke Weidanz (UK), Prof. Nicola Montano (Italy)
• Venue – Astor Riga Hotel
2nd EASIM
European Advanced School of Internal Medicine

• Participants cover their costs
• **Costs** – course/ Astor Riga Hotel stay/ meals = **550 Eur package**
• **Web-based application** in order to select the balanced group - **OPENING SOON!**
• /how-to-apply
• Deadline – 9 September 2019
Projects and scientific work

Young Internists as a source of inspiration for EFIM and *vice versa*

Photo - https://wgnhs.uwex.edu/water-environment/springs/
Projects and scientific work
EFIM and Young Internists – a mutual source of inspiration

Photo - Tuomas Aro
Thank you all!

dr.ieva.ruza@gmail.com