



EFIM

www.efim.org

ANNUAL REPORT

• 2021 •

AIMS MISSION AND OBJECTIVES

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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 internal medicine scientifically (but also ethically and professionally)



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 re-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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Dr. Dror Dicker
EFIM President

Dear Colleagues,

Looking back at 2021, we can be proud of what EFIM achieved and how EFIM managed to engage in many activities and new initiatives.

Throughout the year, we tackled various challenges presented by the pandemic and those challenges will continue in 2022. Once again, the current situation, has made it clear how important the role of internists in Europe and worldwide is assuming the crucial role in the prevention and care of the COVID-19 patients. Despite the strong focus on the response to the COVID-19 pandemic, the EFIM Executive Committee, the EFIM Secretariat and EFIM Working Groups and Subcommittee performed their core activities to the highest standards in 2021, to ensure that all society members are able to learn from the latest development in internal medicine.

We led and coordinated actions working together, strengthening the collaboration with the current members, the new members and EFIM partners.

With the EFIM Executive Committee we were able to produce a high-level scientific congress in 2021 during the virtual edition of ECIM welcoming more than 1070 members. We re-launched EFIM Fellowship building a European network of internal medicine physicians. We organised EFIM Day with the Presidents of the national societies learning from each member the issues faced during the pandemics and we are working on officially launching the EFIM Academy under the leadership of Dr. Mine Durusu. EFIM Academy will be the key tool of EFIM for serving the internal medicine community with educational information on carefully selected topics. We hope

that the platform will be the academic home of worldwide internist.

Our flagship journal, the European Journal of Internal Medicine, gain another significant increase, an impact factor of 4.624 ranking 38 in the Category: Medicine, General & Internal. Congratulations to our Editor-in-Chief, Prof. Giancarlo Agnelli. Furthermore, our European Journal of Case Reports in Internal Medicine performance has maintained its momentum and its audience continues to grow while the manuscripts on COVID-19 started to recede.

We are in the meantime preparing for our congress in Malaga which had to be postponed due to the pandemics to June 2022. ECIM 2022 will focus on "Internal Medicine in the Front Line of Health Care", highlighting the leading role that internal medicine plays in providing health care to communities, particularly in the current environment.

Unfortunately, our two ESIM schools had to be once again cancelled in 2021 and postponed to 2022.

We have grown but we are still learning every day from the past and the present and we are open to your ideas and suggestions.

I would like to thank all our members who have been part of this journey for their trust, and great cooperation raising awareness of internal medicine in Europe and further encouraging greater collaboration among internists.

I welcome you to join EFIM Fellowship and become a valued member of our EFIM community.

Enjoy reading EFIM Annual Report 2021!

Face to face meetings have been postponed due to the current COVID-19 pandemic. Instead, we have resorted to Zoom and have had several meetings to further our activities online rather than face to face. It is hoped that the Board will meet again in Malaga this June.

The Accreditation of Training Centres and the Certification of Internal Medicine documents have both reached a stage of where they are ready to be implemented. To progress this further both documents will require an appropriate web-based package with support, security, and maintenance. The cost and process of approving each application is being worked through at the current time.

The development of a knowledge-based examination is currently the main goal of the Board. A European Diploma of Internal Medicine examination will require a significant amount of organisation. We have liaised with the European Board of Paediatrics on how they developed their exam and with CESMA. We have approached the American College of Physicians regarding the potential purchase of questions from their existing Internal Medicine database. The Board is collaborating with the LOW Academy, a company that specialises in the marketing, security, and delivery of European examinations. It is envisaged that they will host the exam in Internal Medicine when launched.

The Statutes of the Board have also been reviewed and been approved by the UEMS Section of Internal Medicine. They are still with EFIM as to the make-up of the Board and how the election and elections of the key posts are organised.

The Board have developed a questionnaire on the state of training in Internal Medicine. It remains open and to date it has had over 200 responses. The result of this survey offers insights into the shape of training, working practices and burnout.

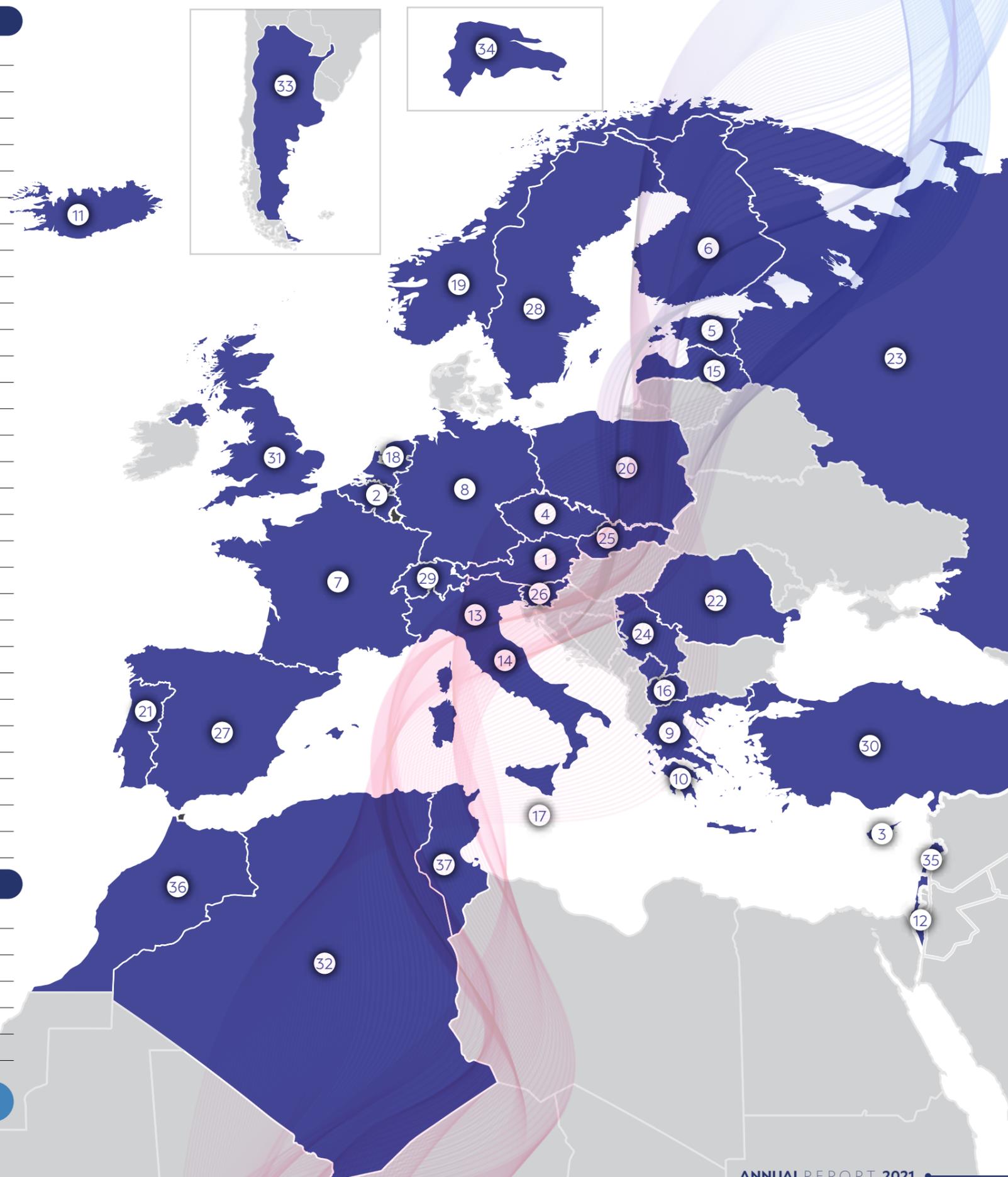
We will continue to meet online, but also face to face now that the pandemic situation has regressed to permit international travel again. The upcoming Malaga meeting is an opportunity to regroup and plan for future projects.



COUNTRIES	ORDINARY MEMBERS	MEMBERS
1 AUSTRIA	Austrian Society of Internal Medicine	967
2 BELGIUM	Belgian Society of Internal Medicine	137
3 CYPRUS	Cyprus Federation of Internal Medicine	85
4 CZECH REPUBLIC	Czech Society of Internal Medicine	1072
5 ESTONIA	Estonian Society of Internal Medicine	97
6 FINLAND	Finnish Society of Internal Medicine	994
7 FRANCE	French Society of Internal Medicine	975
8 GERMANY	German Society of Internal Medicine	9448
9 GREECE	Internal Medicine Society of Greece	613
10 GREECE	Hellenic Society of Internal Medicine	800
11 ICELAND	Icelandic Society of Internal Medicine	220
12 ISRAEL	Israeli Society of Internal Medicine	448
13 ITALY	Italian Society of Internal Medicine SIMI	2978
14 FADOI ITALY	Italian Federation of Associations of Hospital Internists FADOI	2208
15 LATVIA	Latvian Society of Internal Medicine	333
16 NOORD MACEDONIA	Macedonian Association of Internal Medicine	170
17 MALTA	Association of Physicians of Malta	80
18 NETHERLANDS	Netherlands Society of Internal Medicine	2000
19 NORWAY	Norwegian Society of Internal Medicine	1980
20 POLAND	Polish Society of Internal Medicine	400
21 PORTUGAL	Portuguese Society of Internal Medicine	2419
22 ROMANIA	Romanian Society of Internal Medicine	300
23 RUSSIAN FEDERATION	Russian Scientific Society of Internal Medicine	988
24 SERBIA	Serbian Society of Internal Medicine	385
25 SLOVAKIA	Slovakian Society of Internal Medicine	506
26 SLOVENIA	Slovenian Society of Internal Medicine	220
27 SPAIN	Spanish Society of Internal Medicine	6300
28 SWEDEN	Swedish Society of Internal Medicine	1232
29 SWITZERLAND	Swiss Society of General Internal Medicine	5993
30 TURKEY	Turkish Society of Internal Medicine	1365
31 UNITED KINGDOM	Royal College of Physicians UK	2415

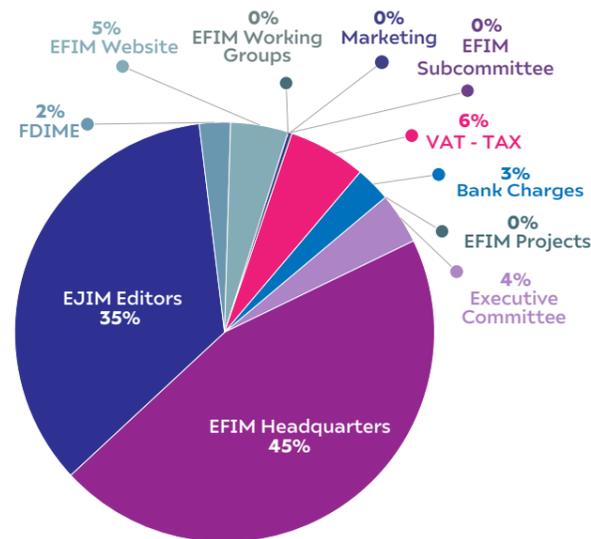
COUNTRIES	ASSOCIATE MEMBERS	MEMBERS
32 ALGERIA	Algerian Society of Internal Medicine	443
33 ARGENTINA	Argentinian Society of Internal Medicine	650
34 DOMINICAN REPUBLIC	Dominican Republic Society of Internal Medicine	800
35 LEBANON	Lebanese Society of Internal Medicine	190
36 MOROCCO	Moroccan Society of Internal Medicine	210
37 TUNISIA	Tunisian Society of Internal Medicine	250

2021 TOTAL 50671



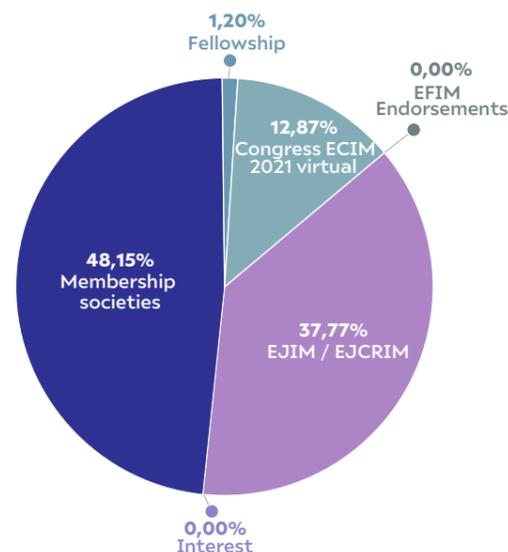
Expenses

	Expenses Approved	Final 31 Dec. 2021
Executive Committee	€ 30.000,00	€ 8.225,12
EFIM Headquarters	€ 94.143,28	€ 94.318,83
EJIM / EJCRIM Editors	€ 76.200,00	€ 72.900,00
FDIME	€ 5.000,00	€ 5.000,00
EFIM Website	€ 6.000,00	€ 9.249,96
EFIM Working Groups	€ 14.000,00	€ 0,00
EFIM Subcommittees	€ 1.000,00	€ 0,00
Marketing	€ 4.500,00	€ 640,00
VAT - Tax	€ 13.000,00	€ 12.461,10
Bank Charges	€ 1.500,00	€ 5.631,61
EFIM Projects	€ 3.889,50	€ 3.889,50
TOTAL Expenses	€ 249.232,78	€ 212.316,12



Income

	Income approved	Final 31 Dec. 2021
EJIM / EJCRIM	€ 90.000,00	€ 106.980,41
Interest	€ 0,00	€ 0,00
Membership - Nat. societies**	€ 135.000,00	€ 136.369,29
Fellowship	€ 500,00	€ 3.400,00
ECIM 2021	€ 25.000,00	€ 36.455,00
EFIM Endorsements	€ 0,00	€ 0,00
TOTAL Income	€ 250.500,00	€ 283.204,70



(**) of which 5177,97 EUR remains unpaid

2021 - Result Preview

	Accounts Approved	Final 31/12/2021
Income	€ 250.500,00	€ 283.204,70
Expenditure	€ 249.232,78	€ 212.316,12
Provisions		
Website		-€ 3.000,00
EFIM International		€ 0,00
Social liabilities		€ 4.900,00
Legal liabilities		€ 0,00
IT Equipment		€ 3.000,00
Promotional Materials		€ 22.000,00
Result	€ 1.267,22	€ 43.988,58

It was a pleasure to welcome all national societies representatives present during the 6th EFIM Day that was held virtually on Friday 15 October.

The 6th EFIM Day brought together round 75 participants virtually representing 26 EFIM member societies.

Dr. Dror Dicker, EFIM President and EFIM Executive Committee members were delighted to address the Presidents and Society Representatives and hear the feedback from each member society on the issues faced during the pandemics and the current situation in each country. Dr. Dicker reflected back on all the activities and achievements from March till October and thanked all the representatives for their active contribution.

The highlight of the meeting was the announcement of the launch of EFIM Academy presented by Dr. Mine Durusu, the Editor-in-Chief of the Academy and Dr. Amie Burbridge the Associate Editor.

The Academy will be the key tool of EFIM for serving the internal medicine community with in-depth and up-to-date educational information on carefully selected and prioritized topics. The EFIM Academy will be officially launched during the ECIM 2022 congress.

Prof. Agnelli, EJIM Editor-in-Chief was invited to address the Presidents and update on the progress of the journal and encourage all societies' members to become EJIM Ambassadors, submit papers and share the information about EJIM.

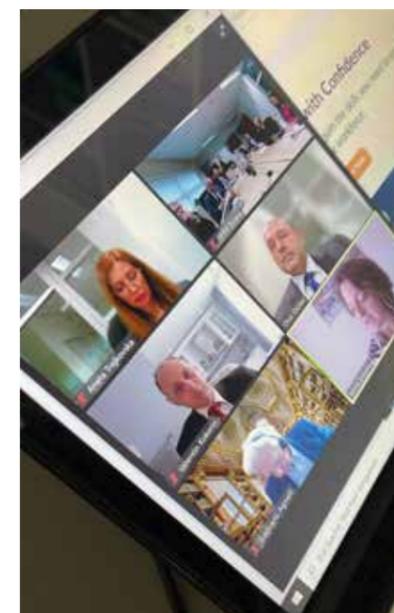
Prof. Agnelli was very pleased to inform the participants on the increase of the journal impact factor to 4.624 listing EJIM as 38 out of 169 journals in the category General Internal Medicine.

Dr. Jan Bergman, from the Swedish Society of Internal Medicine gave progress update on the preparations of the next Winter School in Sweden. We would like to congratulate the Swedish society on the smooth progress receiving applications for 50 residents to attend the Winter School in Sweden.

Dr. Dicker announced, that the next General Assembly will take place on 8 March in Malaga prior to the ECIM 2022 informing the participants on the upcoming elections for a Secretary General and a Treasurer.

Detailed information about opening the call for the Executive Committee Officers has been sent to all national societies.

Dr. Dicker thanked all the societies representatives for their active participation and invited the participants to the ECIM 2022 Congress in Malaga.



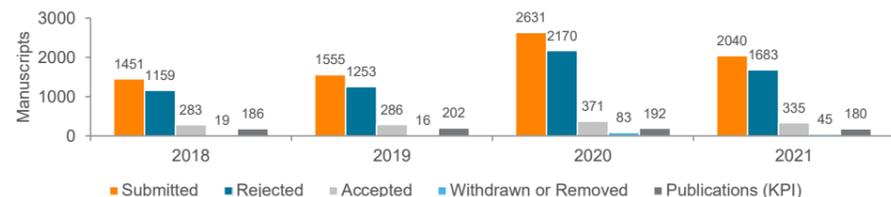
Helen Habernickel, Elsevier



Executive Summary:

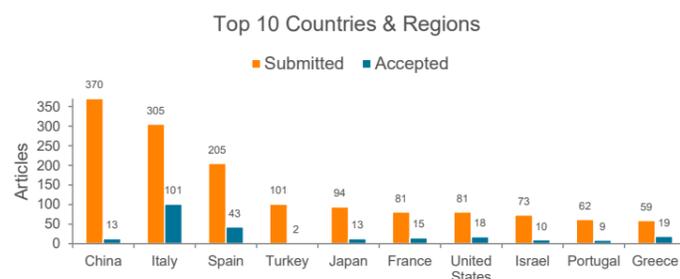
Elsevier is happy to report that the European Journal of Internal Medicine (EJINME) shows a positive development in all relevant metrics for 2021. When reviewing the performance indicators, it is important to keep in mind that 2020 was an exceptional year and trends can more realistically be identified by comparing 2021 figures with those of 2019, rather than with 2020. Most importantly 2021 was marked by EJINME receiving a corrected Impact Factor of 4.624 continuing its impressive Impact Factor growth. In the second year of the COVID-19 pandemic submissions to the journal continued to be at very high levels. EJINME has continued to publish highly relevant and much debated content.

Submissions:



There has been a 22.5 percent drop in the number of submissions in 2021 in comparison to 2020 (but an increase by 31.2 percent when comparing submissions with 2019 numbers). The rejection rate remains at a high level of 83 percent (of which 73 percent of articles were rejected without going out to peer review), resulting in 335 accepted manuscripts and 180 published articles in 2021. The highest number of accepted articles continues to originate from Italy and Spain. Notable is also that for the first time in the history of the journal the number of submissions coming from China has outperformed the number of submissions from Italy: 370 submitted manuscripts with a rejection rate of 97 percent were submitted by Chinese authors. In terms of ranking countries by acceptance rate (all article types): ms from the Netherlands are ranked at number 1 (acceptance rate of 43 percent, 17 out of 39 Dutch submissions were accepted in 2021) However, despite the high submission numbers EJINME continues to shrink in terms of number of published articles: again, there has been a decrease in the number of published articles of about 6 percent in comparison to the previous year (180 published articles in 2021 vs. 192 published articles in 2020. A decrease of almost 11 percent when compared to 2019 when the journal had published 202 articles). Editorial & Production times: The Editorial handling times have remained extremely competitive and have further improved from 2020: from submission to first decision at 5.1 weeks in comparison to 6.1 weeks in 2020 (7.2 weeks in 2019). The time from submission to online publication was around 10.7 weeks in 2021 and slightly slower to the 9.9 weeks in 2020 (11.8 weeks in 2019). The journal's fast Editorial handling times continue to be especially admirable in the second year of challenges caused by the pandemic.

Submitted and Accepted Articles by Country in 2021:



Usage:

Since 2020 EJINME is an online-only journal and is being downloaded through several 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 2021 has shown a strong download performance. Apart from a small decrease in ScienceDirect downloads (minus 2.7 percent), the total downloads continue to grow and that despite having published slightly less content than in previous years.

Platform	2017	2018	2019	2020	2021
ScienceDirect	292,747	318,982	295,281	367,880	357,778
www.ejinme.com	59,562	137,429	169,138	324,504	344,139
ClinicalKey	29,635	44,993	41,479	32,534	34,376
Total	381,944	501,404	505,898	724,918	736,293

Top 10 and Top 20 Journal Titles Ranked by 2020 Impact Factor (and EJINME):

The Impact Factor in the 2020 JCR Science edition has increased from 4.329 in 2019 to 4.624 in 2020. This is following a correction made by Clarivate in the fall of 2021. The journal however lost rank from position 26 to position 37 out of now 169 journals listed in the MEDICINE, GENERAL & INTERNAL category of JCR. Four new journals were added to the category and some of EJINME's competitors did outpace EJINME in their positive IF development. However, EJINME is still listed in the first quartile of the category and has improved its Impact Factor in 2021.

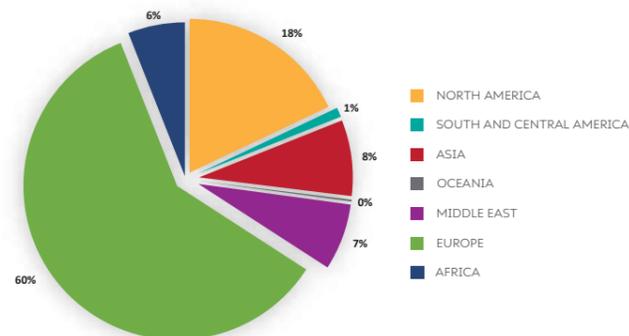
Financials:

The journal's finances have not yet been finalized, however based on an un-audited overview, it would appear to have performed well. It is too early to predict the royalties over 2020.

	Journal name	Total Citations	2020JIF
1	NEW ENGLAND JOURNAL OF MEDICINE	464,376	91.253
2	LANCET	369,614	79.323
3	JAMA-JOURNAL OF THE AMERICAN MEDICAL ASSOCIATION	224,165	56.274
4	BMJ-British Medical Journal	158,758	39.89
5	Cochrane Database of Systematic Reviews	81,217	9.289
6	ANNALS OF INTERNAL MEDICINE	72,594	25.391
7	BMJ Open	55,070	2.692
8	MEDICINE	50,120	1.889
9	PLOS MEDICINE	42,447	11.069
10	AMERICAN JOURNAL OF MEDICINE	29,192	4.965
11	AMERICAN JOURNAL OF PREVENTIVE MEDICINE	28,401	5.043
12	JOURNAL OF GENERAL INTERNAL MEDICINE	26,729	5.128
13	JAMA Internal Medicine	25,005	21.873
14	Journal of Clinical Medicine	21,503	4.242
15	PREVENTIVE MEDICINE	20,707	4.018
16	BMC Medicine	20,515	8.775
17	MAYO CLINIC PROCEEDINGS	20,512	7.619
18	CANADIAN MEDICAL ASSOCIATION JOURNAL	19,683	8.262
19	JOURNAL OF PAIN AND SYMPTOM MANAGEMENT	15,063	3.612
20	Nature Reviews Disease Primers	14,221	52.329
21	MEDICAL JOURNAL OF AUSTRALIA	14,127	7.738
22	JOURNAL OF INTERNAL MEDICINE	13,801	8.989
23	JAMA Network Open	12,655	8.485
24	CHINESE MEDICAL JOURNAL	11,843	2.628
25	PAIN MEDICINE	10,087	3.75
26	JOURNAL OF KOREAN MEDICAL SCIENCE	9,573	2.153
27	AMERICAN FAMILY PHYSICIAN	9,417	3.292
28	CURRENT MEDICAL RESEARCH AND OPINION	8,352	2.58
29	BRITISH JOURNAL OF GENERAL PRACTICE	8,303	5.386
30	INTERNAL MEDICINE	8,210	1.271
31	EUROPEAN JOURNAL OF CLINICAL INVESTIGATION	8,197	4.686
32	INDIAN JOURNAL OF MEDICAL RESEARCH	7,782	2.375
33	Systematic Reviews	7,618	2.522
34	POSTGRADUATE MEDICAL JOURNAL	7,599	2.401
35	JOURNAL OF WOMENS HEALTH	7,434	2.681
36	PALLIATIVE MEDICINE	7,332	4.762
37	QJM-AN INTERNATIONAL JOURNAL OF MEDICINE	7,086	3.21
38	European Journal of Internal Medicine	7,084	4.624
39	ANNALS OF FAMILY MEDICINE	6,770	5.166
40	MILITARY MEDICINE	6,638	1.437
40	MILITARY MEDICINE	6,638	1.437

The flood of manuscripts on COVID-19 has started to recede. Nevertheless, EJCRIM's performance has maintained its momentum and its audience continues to grow. We have around 5000 monthly readers and our authors come from all over the world. 2021 has seen a rise in submissions from the USA and various parts of Asia.

The time to an initial decision is within the first 5 days of submission in 50% of the cases, and the time to publication from submission is approximately 5 weeks from start to finish.



The rejection rate of the journal has increased to 64%. Unfortunately, many authors are submitting reports on COVID-19 that would have been novel a few months earlier, but are now well known not only by our colleagues, but also by the general public. Science moves quickly in a pandemic.



In 2021, EJCRIM published a sponsored supplement on multiple sclerosis and the Abstract Book of the 19th ECIM. Moreover, EJCRIM supported and promoted the **Best Case Report Competition** at ECIM and MIRCIM.

Plans for 2022

In 2022, we will launch **Playlists**, a new feature that automatically gathers similarly themed articles.

As for everyone else, the pandemic has forced EJCRIM to change its operating procedures and rely even more on technology, which over the last year has been upgraded and improved our workflow. Soon it will be possible to automate usage permission requests for our content through **RightsLink**, which is the easiest way to comply with current publishing standards. Although this may result in a small increase in

our publication fee, we are determined that EJCRIM will remain the cheapest free access journal, and still affordable for most European authors.

EJCRIM will be back, in person, at **ECIM 2022** and **MIRCIM 2022** with the usual EJCRIM Best Case Report Competition. We look forward to awarding the best cases and to meet our authors both in Malaga and Krakow. We also look forward to taking part to the EFIM Academy initiative, sharing some of our content to make great educational material.

Big changes are afoot in medical publishing, which is shifting towards fully open access models funded by agreements with research institutes, universities, and library consortia. Such agreements will allow authors to publish in open access journals without having to pay for their publication fee out of their pocket. If EJCRIM is to follow this trend changes in its copyright agreements and publishing licenses will be required.

Lastly, EJCRIM needs a new Editor. The journal needs youth and dynamism to take on the challenges and opportunities the future offers.



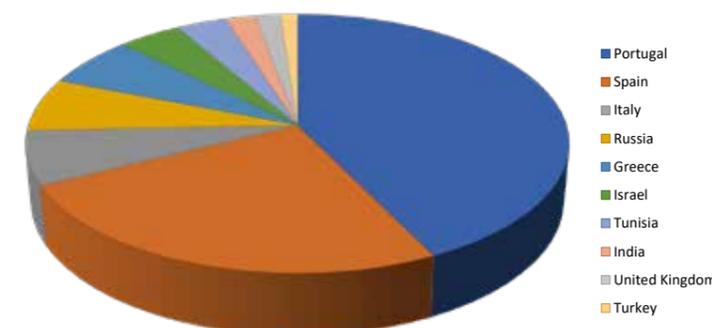
The 20th European Congress of Internal Medicine is fast approaching and will be the first face-to-face European meeting on Internal Medicine in a long time. Therefore, we are fully dedicated to providing you with **unforgettable social experience, while delivering valuable and diverse scientific content**. We are confident this will be an exciting time during which you can learn the latest advances in Internal Medicine, meet and interact with your peers and colleagues in person. We would further like to assure you that the well-being of all participants and their families is a main priority and that all safety measures will be taken.

With all this in mind, the ECIM Executive Committee has developed **a top-level programme**. At ECIM 2022 you will have the opportunity to showcase your latest research, take part in a variety of scientific sessions and discuss all novelties, grow your professional network and enjoy the relationship-building opportunities our congress will provide.

Key facts to remember:

- ❖ Plenary lectures, EFIM working group meetings, Pre-congress workshops, Oral Abstract Sessions, Poster Sessions, Late-Breaking Research are shaping the scientific programme.
- ❖ Over 800 delegates have already registered with an expected 1400 delegates to come onsite.
- ❖ ECIM 2022 has been accredited for **18** European CME credits (ECMEC).
- ❖ Almost 1500 abstracts were received with an additional 420 late-breaking abstracts.
- ❖ Abstracts were received from over 64 countries.

Top 10 abstract submitting countries



Key dates to remember:

- ❖ **Early Registration Deadline:** Tuesday, April 26, 2022
- ❖ **Congress start:** Thursday, June 9, 2022
- ❖ **Location:** FYCMA | Malaga Trade Fair and Congress Center

This 20th European Congress of Internal Medicine will offer you a unique chance to meet and network with a diverse, multidisciplinary international community and members of our industry.

We are looking forward to welcoming you in Malaga, Spain from 9 – 11 June 2022!



SAVE THE DATE

ECIM 2023, 15 – 19 MARCH ATHENS, GREECE



REPORTS FROM THE EFIM WORKING GROUPS

ADVICE Working Group

Chair: Serhat Unal

Secretary: Mine Durusu Tanriover



Adult Vaccination Campaign in Europe (ADVICE) Working Group, with its members from ten different countries, has had an efficient work year in 2021. Members met twice through the virtual platform and discussed about the situation of the pandemic across Europe and how the pandemic once again demonstrated the importance of adult vaccination. A webinar namely 'Over a year of COVID-19 around Europe' was organized on July 29th, 2021. It was moderated by Serhat Unal and Xavier Corbella and the panelists from eight EFIM member countries reflected on their experiences and opinions about the situation of the pandemic and the vaccination roll-out in their countries. A biennial plan was developed for 2021-22 and one of the aims was to organize an Adult Vaccination School. As the pandemic still keeps its pace, it is not feasible to hold a face to face one in the near future, but the work is in progress, a draft programme has been prepared and a possible collaboration with the EFIM Academy to develop an online course is on the agenda. Networking activities have also been in progress and it was agreed to have a conjoint scientific event with Middle East, Eurasia and Africa Influenza Stakeholders Network.

FELLOWSHIP REPORT

EFIM Fellowship was launched during the 1st Virtual congress, ECIM 2021 held from 18 – 20 March.

EFIM Fellowship programme is designed for all members of EFIM national societies who want to be part of a global community that share the same vision.

EFIM Fellowship is a professional credential that recognises and rewards physicians for their outstanding achievements, and contribution to internal medicine and the community.

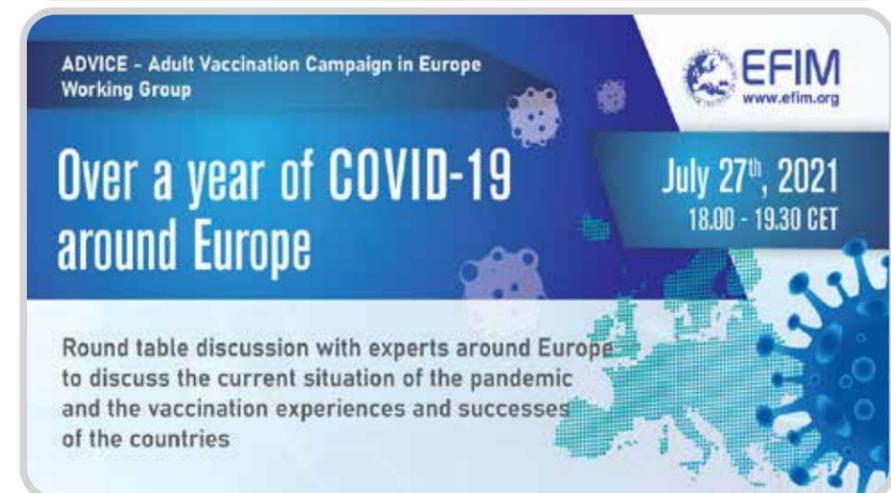
Since the launch more than 50 applications have been processed successfully from 15 different EFIM member societies.

EFIM Fellows Lounge will be established during the ECIM 2022 in Malaga to meet and greet the new Fellows, to network and to engage in EFIM activities. All the new EFIM Fellows will be invited to take part of the Fellowship ceremony and receive their official diploma during the opening of ECIM 2022 in Malaga.

Besides the reduced congress fee and free access to EJIM, EFIM Fellowship will give the leading internal medicine physicians the ability to connect with one another, network and engage through numerous EFIM activities and become a vital part in engaging into the European network of internal medicine.

Join us and become Fellow today!

<https://efim.org/fellowship>



Choosing Wisely Working Group

Chair: António Vaz Carneiro



The year 2021 was a continuation – sometimes for the worst – of 2020: the same restrictions, difficulties in organizing meetings, hardships with publishing scientific papers.

However, the personal collaboration of all the members of the EFIM CW WG made things easier and the final result is a very positive one.

Meetings

Choosing Wisely Working Group organized the annual meeting on 25 October 2021 Portugal

• 25 OCTOBER 2021: ANNUAL CHOOSING WISELY PORTUGAL MEETING

• PROGRAMME COURSES:

- 25/10/2021 – Franco E. Good practice in scientific publications: practical course
- 26/10/2021 – Fernandes R et al. Basic Course on Systematic reviews.

Publications

The entire working group participated as authors on the following publication:

Bandovas JP et al. Broadening risk factor or disease definition as a driver for overdiagnosis. A narrative review. Accepted for publication: Journal of Internal Medicine 2021

Presentations

In his role of EFIM Choosing Wisely Working Group Coordinator, Prof. Vaz Carneiro gave the following talks:

- ❖ 13/04/2021 - Vaz Carneiro. Scientific evidence of limited workup. When is too much too much and too little too little. JIM 2021 symposium
- ❖ 8/5/2021 - Vaz Carneiro. Overdiagnosis and overtreatment. The paradox of the new medicine. Minho Medical Meeting, Braga
- ❖ 15/10/2021 - Vaz Carneiro. Too much medicine. International Science Festival. Oeiras
- ❖ 23/10/2021 - Vaz Carneiro. Evidence Based Medicine and CW. Lisbon
- ❖ 14/12/2021 - Vaz Carneiro. Too many interventions in health: problems and dangers. Patient Association Network – *Plataforma Diálogo em Saúde - Lisbon*

Appraisal of Guidelines in Internal Medicine Working Group

Chair: Wiktoria Lesniak



In 2021, The Working Group on the Appraisal of Guidelines (AGWG) continued its work on adaptation of existing Clinical Practice Guidelines relevant to our work in Internal Medicine departments and outpatient services.

The following actions were carried out in 2021:

Meetings

- ❖ many regular online meetings of Pulmonary Embolism Task Force (chaired by Prof. Valentin Kokorin and Prof. Cecilia Becattini) took place to prepare the adaptation and then the paper for publication in EJIM.
- ❖ many regular online meetings of Community Acquired Pneumonia (CAP) Task Force (chaired by Prof. Serhat Unal and Prof. Ignacio Marin) were organized to prepare the adaptation and then the paper for publication in EJIM.
- ❖ an annual AGWG Meeting 2021 chaired by Dr. Wiktoria Lesniak took place on 14th June 2021 and the action plan and the objectives for 2021–2022 were discussed and agreed.



Publications

- ❖ the paper on Pulmonary Embolism guidelines was published in EJIM
- ❖ Becattini C, Kokorin VA, Lesniak W, Marin-Leon I, Medrano FJ, Morbidoni L, Marra AM, Biskup E, Riera-Mestre A, Dicker D. Pulmonary embolism - An EFIM guideline critical appraisal and adaptation for practicing clinicians. Eur J Intern Med. 2021 Dec 10;S0953-6205(21)00402-7. doi: 10.1016/j.ejim.2021.12.001. Epub ahead of print. PMID: 34903446
- ❖ the paper on CAP guidelines was sent for external revision

Presentations

- ❖ The two guideline adaptations on Pulmonary Embolism and CAP were presented on a special session during ECIM 2021.

The work on future guideline adaptations

- ❖ new 2 topics were chosen by ECIM 2021 participants: Acute heart failure management and Treatment of hyperglycemia
- ❖ new Task Forces were constituted

Acute heart failure Task Force	
Valentin Kokorin (chair)	Russia
Francisco J. Medrano	Spain
Laura Morbidoni	Italy
Alberto M. Marra	Italy
Wiktoria Lesniak	Poland
Vera N. Larina	Russia
Álvaro González-Franco (chair)	Spain
Tobias Breidhardt	Switzerland
Joana Pimenta	Portugal
Oskar Kalējs	Latvia
Rodrigo Sabio	Argentina
Zdeněk Monhart	Czech Republic
Antonio Cittadini	Italy

Hyperglycemia Task Force	
Dror Dicker	Israel
Ignacio Marin-Leon (chair)	Spain
Sebastjan Bevc	Slovenia
Wiktoria Lesniak	Poland
Ofri Mosinson	Israel
Juana Carretero-Gómez	Spain
Joana Louro	Portugal
Ieva Ruža	Latvia
Aivars Lejnieks	Latvia
Julio Wacker	Argentina
Jan Škrha	Czech Republic
Ricardo Gómez Huelgas	Spain
Teresa Vanessa Fiorentino	Italy

Thanks to all the working group's members who have worked very hard to reach AGWG aims despite the obligations related to the COVID-19 pandemic.

IMAGINE Working Group

Chair: Ewelina Biskup



This year the IMAGINE WG continued to develop the scientific presence in form of conferences events, publications, and commenced to further develop the concept of action. The biggest success was marked by The IMAGINE survey manuscript entitled "Awareness of Sex and Gender Dimensions among Physicians: The European Federation of Internal Medicine Assessment of Gender differences in Europe (EFIM-IMAGINE) Survey." Having been accepted for publication in Internal and Emergency Medicine.

Furthermore, the ECIM 2021 hosted a session with two lectures, one by Prof. Sabine Oertelt-Prigione and one by Prof. Valeria Raparelli (IMAGINE), moderated by Dr. Tiffany Leung (ACP) and Dr. Biskup (IMAGINE). The lectures were focused on the sex and gender added value to clinical practice and research in internal medicine, structured and narrated as a dialogue between a senior mentor and an advanced mentee. Our IMAGINE WG also had the honor to present at the '1st Conference on Gender Perspective in Health', Vall d'Hebron University Hospital entitled "Sex and gender as biovariables in tertiary hospitals." alongside of Hon. Mrs. Alba Vergés, Minister of Health of the Government of the Generalitat de Catalunya.

The IMAGINE group is planning a first IMAGINE conference, which has been initially planned in May 2022, but due to current geopolitical situation, it has been deferred to May 2023 in Levi.

Furthermore, the IMAGINE webinar series will be launching in April 2022.

Development of quarterly webinars on the EFIM platform together with invited speakers/ KOLs and experts in the field.

Ultrasound Working Group

Chair: Juan Torres Macho



During 2021, EFIM Ultrasound Working Group activities were limited due to Covid 19. However, some projects have been developed and some are ready to be performed during 2022.

The WG organized in February 2021 a webinar entitled "Lung ultrasound in Covid-19. Experiences and research from the front line". Dr Frank Bosch, Dr. Chiara Cogliatti and Dr. Yale Tung showed their point of view about key points of lung ultrasound in patients with Covid 19 and they shared their research projects. The webinar is available on EFIM's website: <https://efim.org/video/lung-ultrasound-covid-19-experiences-and-research-frontline>.

This webinar originated a publication in EJIM with the same title which is available online <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC8196300/pdf/main.pdf>

In 2021 the WG is preparing new projects such as a European survey about the use of POCUS in Internal Medicine departments, more webinars and the first steps of a European certification. Moreover, we will have a significant presence at the EFIM congress in Malaga with three workshops and a face-to-face WG meeting.

We hope that 2022 will give us the chance to go ahead with all these projects.



Multimorbidity Working Group

Chair: Máximo Bernabeu-Wittel



The EFIM Multimorbidity WG was launched at the end of 2020. It is currently comprised of 16 members from 16 scientific societies linked to EFIM.

In the first year of working together the main strategies for 2021-2022 include collaborations with EFIM (in congresses and other events) as well as training, research, and positioning activities as a corporation in the clinical, health and social paradigm of multimorbidity in Europe.

At ECIM 2022, Málaga, the WG is organizing the session entitled: 'Palliative Care'. We will discuss three highly topical issues regarding this important professional area in our daily clinical practice.

In the training activities we have established close contact with the EFIM Academy, and we will hold both, a spring and an autumn webinar in 2022 and 2023. The first one was organised on 21 March by Dr. Václavik and Dr. Voicehovska on the topic 'Polypharmacy' ([Multimorbidity WG Webinar: 'POLYPHARMACY' | European Federation of Internal Medicine \(efim.org\)](#)). In the future, we are also planning to hold a more comprehensive training course dealing with the most frequent problems and situations in the field of multimorbidity.

In the area of research during 2021, we conducted a multinational survey to find out the opinion and perspectives of European internists on multimorbidity, to which more than 750 professionals responded ([FELINGS AND THOUGHTS ABOUT MULTIMORBIDITY. A SURVEY FOR EUROPEAN INTERNISTS \(efim.org\)](#)). The results have been presented at several national congresses and are currently in the process of being published.

In addition we are preparing a multicentre project to determine the impact of polypharmacy in patients with multimorbidity admitted to internal medicine or geriatrics departments (project led by Dr Václavik); our idea is to start recruitment in mid-2022.

Finally, we are also preparing a position paper dealing with the topic 'COMPETENCIES OF INTERNAL MEDICINE SPECIALISTS FOR THE MANAGEMENT OF PATIENTS WITH MULTIMORBIDITY'. In this positioning document we will emphasize the importance of acquiring emergent and re-emergent competencies to offer the best care to this population, beyond the classical competencies of the internist, which are well known to all.



Quality of Care and Professional Issues Working Group

Chair: Luís Campos



The activity of our working group has been limited in 2021 due to the pandemic and the need of our WG members to work at the frontline in combating Pandemic by COVID-19. Our initiatives for the 2021-2022 were presented in the action plan of the WG which was then sent to the EFIM Executive Committee for approval. The Quality of Care WG organised a webinar on 12 January 2021 on the topic of “The Impact of information and communication technologies on post-pandemic health care”.

This webinar was moderated by Prof. Mine Durusu (Turkey), and Dr. Matthias Raspe, (Germany). The topics covered were: “Determinants of Quality and Patient Safety in Healthcare”, by Prof. Luís Campos (Portugal); “Which risks are healthcare professionals exposed to?”, by Prof. Reinhard Strametz (Germany), “Burnout of healthcare providers during COVID-19, by Dr. Monica Bivol (Norway) and “Risks and chances for patient care in and after the pandemic”, by Dr. Marco Goeljenbier (Netherlands). The webinar was attended by more than 100 participants from different EFIM member societies.

The WG is currently busy preparing a pre-congress workshop about “Improving Quality of Care and Patient Safety in Healthcare”, which will take place during the 20th European Congress of Internal Medicine, ECIM 2022 in Malaga. The coordinators of the workshop are: Prof. Luís Campos (Portugal), Dr. Zbigniew Heleniak (Poland), Dr. Amie Burbridge (UK) and Dr. Arantxa Alvarez de Arcaya (Spain).

Furthermore, the Quality of Care WG, together with the EFIM Academy Editor-in-Chief Prof. Mine Durusu, is working on preparing an e-learning module about “Patient Safety for internists”.

Moreover, the members of the Quality of Care WG are working on producing several papers to be published in 2022.

Currently the Quality of Care WG counts 23 representatives from 18 countries.



Telemedicine, Innovative technologies and Digital Health Working Group

Chair: Filomena Pietrantonio



PURPOSE

The main purpose of this working group is to select the best practices about Telemedicine already applied in Europe and in the world; drawing operational research projects on the impact of telemedicine in the management of chronic diseases and to set up a European Framework on Telemedicine.

To improve the management of complex patients, telemedicine projects started to be implemented in Internal Medicine Units to increase quality of care, whilst reducing costs compared to traditional hospitalization.

We have added the topics of Innovative Technologies and Digital Health to the topic of Telemedicine to fully enter the field of Innovation in Health.

ACTIVITIES

1. Regular webinar meetings to develop the WG activities from January 28 , 2021 (1 meeting each 3-4 months)
2. Education: To create a common language among all EFIM members; To highlight the best practices in the field of Telemedicine, Innovative Technologies and Digital Health. Yearly webinar on Telemedicine, Innovation and Artificial Intelligence, Digital Health. First webinar was held on May 26, 2021, the second will be scheduled on May 2022.
3. Position Paper on Telemedicine, Innovative Technologies and Digital Health: the focus will be to highlight how these technologies can be applied in the clinical practice of the Internal Medicine specialists (work in progress).
4. International Research projects: 2022 work in progress. The large number of participants can be exploited to create a real international research network.

EXPECTED OUTCOMES

Health Promotion: Telemedicine and telehealth services should primarily be operated with the aim of improving the quality of care.

Safety & Security: Secure and stable platforms that protect patient confidentiality should be established.

Interdisciplinarity: Interdisciplinary-professional cooperation up to structured integration of patients and their caregivers is necessary for this. Potential challenges such as deficits in (digital) health literacy or technical hurdles must be taken into account. Specific measures to inform and promote health literacy and digital qualification are necessary to ensure the safe and informed use of telemedicine.





Workshop at ECIM 2021

The Early Career Subcommittee members still have never met face to face but we meet virtually every month. The aim of our new committee is to bring together specialists in Internal Medicine from across Europe who want to develop their professional and personal skills, and we organised networking and educational activities aimed primarily at newly appointed specialists in Internal Medicine.

We are building social media presence and have organised informal 'zoom brunch' meetings open to all those interested in meeting other Early Career Internists, and for ECIM 2021, we organised sessions on risk communication and on conflict resolution in Medicine, as well as workshops on leadership and communication skills.

Unfortunately, we had to postpone last year's European Advanced School of Internal Medicine, but we have planned not one but two Schools for 2022: 2 - 4 July and 25 - 27 November, to help Early Career Internists develop the clinical and non-technical skills they need for the best start as a specialist.

For ECIM 2022, we are preparing a case-based pre-congress course on ethical decision making and a session on Medical errors and its effect on the second victim, and are also organising the "Joy in Internal Medicine" award, a chance to present and share projects that enhance workplace culture, teamwork, and physicians' well-being.



Since May 2020 regular newsletters dedicated to lay public with answers on questions about Covid-19 as well as vaccination, vaccine and anti-body, measures to reduce spread of Covid-19, covid and pregnancy, long covid, have been distributed through the FDIME website, Mailchimp and Facebook.

These newsletters reached monthly an average of 120.000 people on Facebook and 985 people in Mailchimp

The Foundation has organised the **16th Clinical Research Seminar** in Paris from October 25th to October 27th. 14 applicants were selected, coming from 6 different European countries. The program included lectures and workshops. Short presentations were made by participants on their own work. Participants have unanimously returned a very positive evaluation on the seminar.

The Foundation offered grants to support Young Internists in their **research** projects. In 2021, two grants of EUR 17'500.- each have been attributed to:

Dr. Benjamin Chaigne from France.
He will perform his research at the University College London.

Dr. Leonardo Bencivenga from Italy.
He will perform his research at Toulouse University Hospital

During the virtual ECIM 2021 three abstracts were awarded as FDIME best research abstracts:

Dr. Janine Rupp (Austria)

Dr. Lata Bhandary (Ireland)

Dr. Stephanie Zühlke (Norway)



In 2021, all EMA meetings of the Healthcare Professionals Working Party were held virtually. During this year a particular focus has been made on the following specific topics:



- ✔ Guidelines on computerised systems and electronic data in clinical trials.
- ✔ Reflexions on direct healthcare professionals' communication by EMA.
- ✔ Pharmacovigilance and risk minimisation.
- ✔ There were also several webinars dedicated to Updates on Covid 19 medicines and vaccines authorisations.

Besides, a new working group was started with the objective of reinforce communication between EMA and Healthcare professionals on topics such as innovation in clinical trials, RWD and registries, shortages and special populations (rare diseases, pregnancy, geriatrics, children). This working party, which was experimental, has permitted fruitful discussions and the decision has been made to continue its activities.

Daniel Sereni and Gualberto Gussoni

EFIM delegates to EMA



Webinars



In 2021 the EFIM Young Internists successfully continued this project initiated in 2019. With technical support from the Delta Team, the webinars were live on the Zoom platform, then recorded and posted on the EFIM YouTube channel.



In April, "The diagnostic labyrinth of NENs" Dr Ieva Lase from Sweden was the invited speaker.

In October, Dr Erik Ullemark from Sweden talked about "Cardiac arrest - beyond the basics."

Each online seminar reached over 100 live participants and enjoyed good interaction with the public, getting ample questions and answers sessions. We received positive feedback from attendees on both occasions.

YIs during ECIM

The young internists were actively involved during the virtual ECIM 2021. In first day of the congress, the YIs' live workshop "How to Write and Publish an article" was well appreciated and followed by the short session "How to cope with Emotional Challenges During Residency," a hot topic of general interest. During the last day of ECIM, in the parallel

session "Healthcare Organisation," Mark Lander presented the results of the YI's survey about the pandemic's impact on professional as well as the personal life, research and academic studies of junior doctors across Europe. The YI's were also involved in choosing the winner of the scientific competition, and as moderators in different sessions.



The Young Internists' Scientific Collaborations

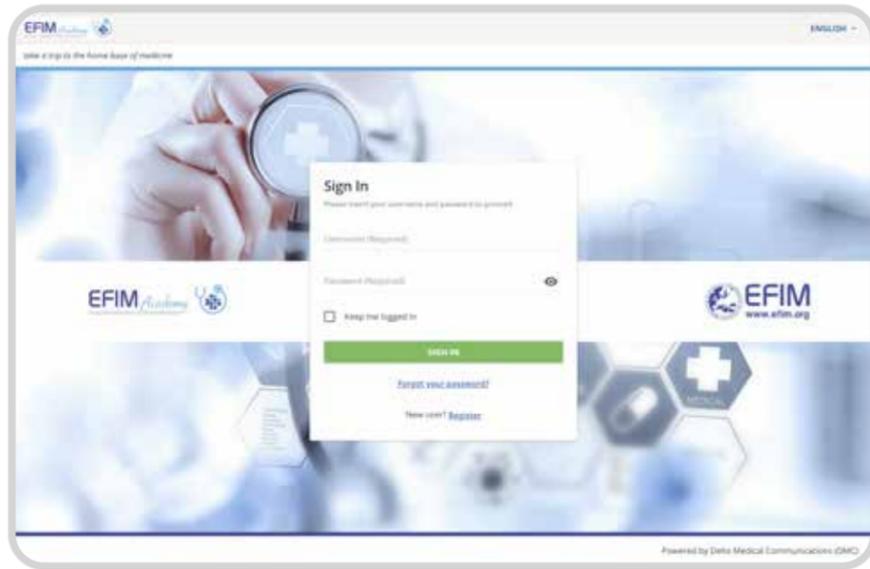
In 2019 a project was started to stimulate the international scientific collaboration between Young Internists, under the guidance of Prof. Giancarlo Agnelli, the Editor-in-Chief of the EJIM, who launched the concept of the Young Internists' Corner in the journal. The first published paper was:

González-García A, Callejas-Rubio JL. Does early systemic sclerosis really exist? *European Journal of Internal Medicine*, 2021. <https://doi.org/10.1016/j.ejim.2021.12.012>.

Others of the proposed manuscripts did not fully fit the scope of EJIM, however this project managed to get together teams of researchers whose work was published in different international peer-reviewed journals in 2021:

Tanriover MD, Fathi A, Raspe M, Grilo-Novais A, Uyaroglu OA. "Characteristics and management of asymptomatic SARS-CoV-2 infections" *Journal of Basic and Clinical Physiology and Pharmacology*, vol. 33, no. 1, 2022, pp. 1-7. <https://doi.org/10.1515/jbcpp-2021-0159>

Dima A, Abida R, Sadovici-Bobeica V, Delcea C. Systemic lupus erythematosus on social networking sites: Friends or foes? *Lupus*. 2021 Oct;30(12):1873-1878. doi: 10.1177/09612033211038053.



The Homebase of Medicine

Editor: Mine Durusu Tanriover
Associate Editor: Amie Burbridge

The EFIM Academy is an exciting, innovative on-line educational platform that will be officially launched at ECIM 2022, Malaga.

The platform is a free-to-access online educational platform for Internal Medicine specialists, residents, trainees and all healthcare professionals pursuing a high quality, continuous learning objective. The Academy provides in-depth and up-to-date educational information on carefully selected and prioritised topics.

The Academy consists of formally structured e-learning modules, presentations, pre-recorded session videos, the Home of Medicine podcast and live-webinars along with the related documents in various formats. The EFIM Academy also has knowledge testing and community feedback capability.

Currently;

- ✓ EFIM Academy on line platform- 118 users
- ✓ Home of Medicine podcast - 3000 + downloads.
- ✓ 40 e-learning modules in progress
- ✓ Webinars and debates planned for 2022

We look forward to 2022 and working with each and everyone within EFIM to make the academy a success.

• EFIM 2021 MILESTONES •





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