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

From the start of the organisation the aims 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 specialists
- To provide information to private and public organizations

The purpose of EFIM is to re-emphasize the importance of internal medicine in patient care in a world of increasing specialization. Education, research and the promotion of Internal Medicine are at the heart of the EFIM mission. The European School of Internal Medicine, the annual Clinical Research Course and the EFIM Congress have become popular events, bringing together Internists 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 cornerstone of every national health care system.
Dear colleague,

2015 has been an important year for EFIM and together we have accomplished a number of successful activities. The acquisition of our own office in Brussels has proved to be an important step forward. Now we are far more visible to our member societies and other organisations. In our own office, we organized a very successful meeting of national societies to discuss important issues pertinent to internal medicine. We agreed on the optimal length of training of internists in Europe, we discussed the hospital of the future and exchanged views on the European Curriculum of Internal Medicine. EFIM was very well visible in the political arena because of an interview with me that appeared in the magazine Headquarters.

Our regular activities have been boosted in 2015; the Winter School in Latvia, organized by Ieva Ruza, and the Summer School, organized by Nicola Montano, were very well attended and very highly rated. One of the most important flagships of our organisation, the European Journal of Internal Medicine, has become available without cost for every internist in Europe through our website, www.EFIM.org, and the impact factor has increased further to 2.89.

The Exchange Programme suffered some obstacles because of administrative issues. The administrative part of this programme is now organised through our own office and everything should now be in place for a further continuation of the programme.

The congress in Moscow was very successful with many national and international delegates attending a high-quality meeting. The scientific content was excellent and old friendships were renewed and new ones created.

In December, an important meeting was held in our office to discuss the European Internal Medicine Curriculum. Through the activities of a very active group, the curriculum has almost been completed, which is a great accomplishment.

I hope that you will enjoy reading about all the activities EFIM has been involved in 2015!

Sincerely yours,

Frank Bosch
EFIM President

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The European Board of Internal Medicine (EBIM) is a joint venture between the European Federation of Internal Medicine (EFIM) and the European Union of Medical Specialists (UEMS) Section of Internal Medicine. During the past year, the main task of EBIM has been the development of a European curriculum in internal medicine. The principal objective is to develop a basic curriculum for specialty training in internal medicine which is applicable to all nations belonging to the European Community as well as member countries of UEMS and EFIM.

This project, which was initiated in 2014, is currently in the final stages. In 2015, the national internal medicine societies in Europe were invited to provide their input and many valuable constructive comments were received. In addition, two well attended meetings were held in Brussels, one in June and the other one in December, for an in-depth discussion of the curriculum draft. The curriculum draft has since been amended and the plan is to submit the final version to the UEMS and EFIM for approval in 2016.

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The European Board of Internal Medicine Curriculum Committee

- **WERNER BAUER**, EFIM President of EBIM
- **RIJK GANS**, Chair, UEMS Section of Internal Medicine
- **CLARE HIGGENS**, UEMS Section of Internal Medicine
- **MARK CRANSTON**, Young Internists Assembly
- **MONIQUE SLEE-VALENTIJN**, Young Internists Assembly
- **ION BRUCKNER**, EFIM
- **JAN WILLEM ELTE**, EFIM
- **MONICA DOMENICA CAPPELLINI**, EFIM
- **MARK CRANSTON**, Young Internists Assembly
- **WERNER BAUER**, EFIM, President of EBIM
- **ION BRUCKNER**, EFIM
- **JAN WILLEM ELTE**, EFIM
- **MONICA DOMENICA CAPPELLINI**, EFIM
Membership 2015

COUNTRY  MEMBER SOCIETIES  MEMBERS

AUSTRIA  Austrian Society of Internal Medicine  847
BELGIUM  Belgian Society of Internal Medicine  280
CYPRUS  Cyprus Federation of Internal Medicine  87
CYPRUS  Greek Society of Internal Medicine  1455
ESTONIA  Estonian Society of Internal Medicine  102
FINLAND  Finnish Society of Internal Medicine  1585
FRANCE  French Society of Internal Medicine  1017
GERMANY  German Society of Internal Medicine  8022
GREECE  Hellenic Society of Internal Medicine  115
ICELAND  Icelandic Society of Internal Medicine  200
ISRAEL  Israeli Society of Internal Medicine  501
ITALY  Italian Society of Internal Medicine SIMI  1549
ITALY  Italian Federation of Associations of Hospital Internists FADOI  2250
LATVIA  Latvian Society of Internal Medicine  318
LITHUANIA  Lithuanian Society on Internal Medicine  50
MALTA  Association of Physicians of Malta  80
NETHERLANDS  Dutch Society of Internal Medicine  2000
NORWAY  Norwegian Society of Internal Medicine  1456
POLAND  Polish Society of Internal Medicine  400
PORTUGAL  Portuguese Society of Internal Medicine  1905
ROMANIA  Romanian Society of Internal Medicine  492
RUSSIA  Russian Scientific Society of Internal Medicine  950
SERBIA  Serbian Society of Internal Medicine  385
SLOVAKIA  Slovakian Society of Internal Medicine  498
SLOVENIA  Slovenian Society of Internal Medicine  300
SPAIN  Spanish Society of Internal Medicine  5300
SWEDEN  Swedish Society of Internal Medicine  1305
SWITZERLAND  Swiss Society of General Internal Medicine  3430
TURKEY  Turkish Society of Internal Medicine  1500
UNITED KINGDOM  Royal College of Physicians UK  2415
UNITED KINGDOM  Society of Acute Medicine UK  973

ASSOCIATE MEMBERS

ALGERIA  Algerian Society of Internal Medicine  500
MOROCCO  Moroccan Society of Internal Medicine  210
TUNISIA  Tunisian Society of Internal Medicine  97

Total: 42594
EFIM Accounts
Revenues & Expenditures

**EFIM 2015 - EXPENDITURES**

<table>
<thead>
<tr>
<th>Accounts Approved</th>
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<tr>
<td>Executive Committee</td>
<td>€ 45,000.00  € 40,371.37</td>
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<tr>
<td>EFIM Office</td>
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<tr>
<td>EJIM Editors &amp; EJIM Online Access</td>
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<td>FDIME</td>
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<td>VAT/Tax</td>
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<tr>
<td>EFIM Projects</td>
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<td><strong>TOTAL EXPENDITURES</strong></td>
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**EFIM 2015 - INCOME**

<table>
<thead>
<tr>
<th>Income Approved</th>
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<tbody>
<tr>
<td>EJIM/Elsevier</td>
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<td>Bank Interest</td>
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<td>Congress 2015 Moscow</td>
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</tr>
<tr>
<td>Institutional Membership</td>
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</tr>
<tr>
<td><strong>TOTAL INCOME</strong></td>
<td><strong>€ 213,000.00  € 212,606.20</strong></td>
</tr>
</tbody>
</table>

**2015 - RESULT PREVIEW**

![Pie chart showing income sources and expenses with percentages for each category: Executive Committee (18%), EFIM Office (32%), EJIM Editors & EJIM Online Access (31%), EFIM Website (3%), FDIME (2%), EFIM Working Groups (2%), EFIM Subcommittees (1%), Marketing (4%), VAT/Tax-Patrimony Tax (6%), Bank Charges (0%), EFIM Projects (1%), and Total Expenditure (21%), Income Sources (21%), and Result (1,872.27 - € 9,787.44)].
Welcome to Amsterdam, the Netherlands!

The European Federation of Internal Medicine (EFIM) has the pleasure to invite you to the 15th European Congress of Internal Medicine to be held at the Beurs van Berlage in Amsterdam, on 2-3 September 2016.

Amsterdam has always been a fascinating city open for new ideas and looking beyond its borders. A city with some of the most impressive art museums in the world, elegant waterways and beautiful mansions. The main objective of EFIM is to enable European internists to provide better care for all patients across Europe. While the scientific elements of internal medicine continue to advance, the delivery of high-quality healthcare is fundamentally a human process; therefore, the theme of the 15th EFIM congress will be: ‘Connecting with the patient’.

The congress will offer plenty of attractive opportunities for learning, sharing and networking in the field of internal medicine. This will be a great opportunity to meet internists from all over Europe and beyond, and share the experience of internal medicine, which is the cornerstone of every national healthcare system.

We are looking forward to meeting you in Amsterdam.

Register NOW: www.ecim2016.org

Mark Your Calendar!

MILAN
1-2 SEPTEMBER
2017

16th European Congress of Internal Medicine

Report from the European Congress of Internal Medicine in Moscow

The 14th European Congress of Internal Medicine (ECIM) was held for the first time in EFIM’s history in Russia. The congress took place at Moscow’s International Exhibition Center ‘Crocus Expo’, on 14-16 October, 2015, and was organized by the European Federation of Internal Medicine (EFIM) together with the Russian Scientific Medical Society of Internal Medicine (RSMSIM) with the support of the Ministry of Healthcare of the Russian Federation. The congress was held in conjunction with the X National Congress of Russian Internists and was co-Chaired by the President of RSMSIM, Anatoly Martynov, and the President of EFIM, Frank Bosch.

A total of 6138 doctors from 363 cities of the Russian Federation and 1504 international participants from 72 countries attended the meeting.

The content of the scientific programme reflected its slogan ‘Internal Medicine without Borders’. The programme included not only all the main areas of internal medicine, such as cardiology, rheumatology, pulmonology, nephrology, gastroenterology, hematology, endocrinology and infectious diseases, but also fields less frequently addressed at internal medicine meetings, including neurology, oncology, occupational disorders, orphan diseases and emergency medicine.

The attendees were honoured to have Evgeny Chazov, Academician of the Russian Academy of Sciences and Nobel Laureate, and Oleg Atkov, Professor, pilot-cosmonaut and the first internist in space address the congress, presenting lectures entitled ‘Ways of improving of cardiac care’ and ‘Space as a new human environment. Medical risks’, respectively.

Furthermore, several workshops were held on different internal medicine topics. During the Congress, the traditional Young Internists Day and the Best Clinical Case Contest took place, organized jointly by the ECIM-2015 organizing committee and the European Journal of Case Reports in Internal Medicine (EJCRIM). The congress featured more than 203 presentations from 24 countries, including 99 presentations given by Russian internists. The poster session was one of the largest in the history of ECIM, comprising 696 posters. The largest number of abstracts was submitted by internists from Portugal, Russia and Spain.

The 14th European Congress of Internal Medicine was granted up to 13 CME credits by the European Accreditation Council for Continuing Medical Education (EACCME) of the European Union of Medical Specialists (UEMS).

At this years’ meeting, EFIM named Dr. Valentin Kokorin and Prof. Andrey Spassky as EFIM Honorary Fellows, while Dr. Frank Bosch and Prof. Maria Domenica Cappellini were inaugurated as Honorary Foreign Member of RSMSIM.
**Report from EFIM Working Groups**

### Advice Working Group Activities, 2015 Report

- Adult Immunization Advocacy Summit in Brussels, hosted by the International Federation on Ageing, Confederation of Meningitis Organizations, Hacettepe University.
- Governance and management model;
- Operational plan, communication strategy;
- Specific working groups;
- Repository of experts on adult vaccination;
- Upcoming summits in different parts of the world.

The European Federation of Internal Medicine was proposed as a partner in this Coalition and to take a leading position as one of the privileged NGOs in Europe. Leadership at a European level and a firm research and action agenda are crucial. ADVICE is a very timely and very valuable initiative to draw a roadmap to improve adult vaccination rates in Europe.

### Quality of Care and Professional Issues Working Group, 2015 Report

The working group on Quality of Care and Professional Issues, chaired by Mark Kramer (NL), signals and investigates professional issues on internal medicine throughout Europe. The working group formulates position papers on behalf of EFIM and aims to publish at least one paper a year on a trending topic. In 2015, the working group focused on the role of general internists in the tertiary or academic setting. General internists in the tertiary or academic setting.

#### FDIME Activities in 2015

The Foundation has offered a grant of 20,000 euros to support a young internist’s research in the field of rare diseases in adults. The bursaries will be awarded by FDIME after evaluation of the research projects by an international committee of experts chaired by Professor Loic Guillevin.

The FDIME has initiated discussions with several organizations and foundations aimed at future collaborations.

FDIME has contributed financially in support of the Young Internist Exchange Programme.

**EXCHANGE PROGRAMME**

**EXCHANGE**

The Foundation has given 4 educational bursaries to young internists permitting their participation to the European School of Internal Medicine (ESIM):

- One resident from Romania and one from Lithuania attended the Winter School in Riga, Latvia, in January 2015;
- Two (from Malta and Tunisia) residents attended the Summer School in Sardinia in Italy in September 2015.

The Foundation has organised the 11th Clinical Research Seminar in Paris from 4 to 8 July 2015. There were 45 applicants to the seminar; 17 were selected, coming from 14 different European countries. The duration of the seminar was two and a half days. The seminar comprised 12 lectures or workshops given or moderated by 11 senior academic speakers. The detailed programme is available on the website. The evaluations given anonymously by the participants averaged 3.8 out of 4. The seminar was sponsored by Amgen Europe.

**NEXT CLINICAL RESEARCH SEMINARI PARIS, 4 - 6 JULY 2016**

The Exchange Programme continues to be a popular EFIM project among internal medicine trainees in Europe. In June 2015, the management of the EFIM Exchange Programme was transferred entirely to the EFIM Secretariat. We have engaged a professional graphic designer to assist us in making the Exchange Programme more recognizable and attractive for the EFIM member societies. The purpose of the Exchange Programme is to provide opportunities for trainees in internal medicine to gain additional knowledge and skills by experiencing medical practice and educational activities in another country. Furthermore, this experience is likely to enhance their professional development. All national internal medicine societies within EFIM were contacted to encourage participation in the Exchange Programme. Each national society can select candidates for the programme with a maximum of 5 trainees per country. In the meantime, EFIM, FDIME and AMGEN Europe support the Exchange Programme with 20 scholarships of 600 euros. There are currently 35 hospitals across Europe participating in the Exchange Programme and are offering trainees a one-month stay. Since June 2015, EFIM Office has received over 20 applications for the Exchange Programme. Worthing Hospital in Brighton, UK, is one of the most popular centres, welcoming trainees on a monthly basis and ensuring adequate personal support as well as engagement in clinical activities including ward rounds, teaching, handover meetings and watching procedures.

We believe that the Exchange Programme will remain popular among internal medicine trainees and will serve as one of EFIM’s flagship schemes in years to come.
An inspiring week fully packed of medicine, culture and an amazing team spirit: The European Winter School of Internal Medicine moved to Latvia this year and the first edition has been a tremendous success. Forty-four internal medicine residents from 20 countries gathered in snowy Riga, from Finland to Morocco and from Portugal to Russia.

The residents learned together about lymphoma and coeliac disease, endocrine puzzles and syncope. They discussed how to spot the deteriorating patient and how to get published, and explored abdominal ultrasound and end-of-life decision-making. They shared experiences and explored differences: in Israel it is illegal to withdraw life-sustaining treatments, UK doctors are less likely to offer ICU admission to elderly medical patients than their colleagues in Germany, and the average salary of a Romanian doctor amounts to less than what some colleagues in Western Europe earn in a week. Furthermore, Norwegian residents visit some of their patients by boat, whilst in Holland a mobile app summons volunteers to attend cardiac arrest victims in their neighbourhood. Despite the differences in training structures, in working hours and wages, all participants had in common an enquiring mind, the desire to be a good generalist and the willingness to connect with their European colleagues.

The hard work was complemented with a stimulating cultural and social programme offering sightseeing, karaoke, ice-skating and opera, as well as good food and the occasional opportunity to sample local beer and a latvian specialty – Riga Balsam. The farewell evening was long and emotional and we hope everybody did return to their country and their work with a renewed enthusiasm for internal medicine, new perspectives and new friends. The first ESIM organised by a member of the Young Internists Group leaves us with optimism for internal medicine, for the European spirit and for the young internists movement.

Another excellent European Summer School of Internal Medicine has taken place in Costa Rei, Sardinia. The Italian Society of Internal Medicine (SIMI) under the leadership of Prof. Nicola Montano, has once again organized and carried out an outstanding event, with a fine mélange of an excellent scientific program, humor and team spirit. The compassion of the participating professors met the inquisitiveness of the residents. Efficient lectures, workshops and group discussions reached everyone despite heterogeneous educational backgrounds and professional levels. The enthusiasm of all parties was tactile and very inspiring. Residents from all over Europe have been selected and awarded the participation in the Summer School and they represented their countries in an admirable way, both through case presentations which invariably reflected on the healthcare systems in their country and during small group discussions, where specific problems were debated and major differences in several aspects of medical care across Europe were communicated. The participants contributed actively to all sessions and representatives of each country presented one case during the course week. The organizing team worked intensively on preparing the scientific and social programmes, and smoothly coordinated the events at the venue. EFIM was also represented by Dr. Frank Bosch, the EFIM President, who also co-coordinated the event, and Dr. Ewelina Biskup from the Young Internists Subcommittee. Members of the Italian Young Internists Group (GIS) were a crucial part of the team: Dr. Lorenzo Falsetti, Prof. Valeria Raparelli and Dr. Alberto M. Marra. The program was carefully prepared and offered the participants a variety of topics. The Reception Day immediately set-off the standards for remaining days of the school; the opening lecture on malaria by perhaps the most diligent of all experts, Prof. Carcassi. Excellent lectures were given by leading specialists. Beyond the intensive scientific work, the participants were offered a social programme to enhance networking, get inspired by the EFIM spirit and to get an impression of the local scenery. This international, interactive and truly inspiring event was enriched by tremendous efforts and academic excellence of the participating teachers.
European Journal of Internal Medicine Report, 2015

Karina Grundy, Publisher, Elsevier

Executive Summary

The European Journal of Internal Medicine has again had a successful year in 2015. When looking at the various measurements we can see increases and declines in all the right metrics.

Submissions

There has been an almost 16% growth in the number of submissions in 2015 in comparison to 2014 with a rejection rate of 74%. The highest number of articles is still coming from Italy and Spain, which is also showing the largest increase in comparison to 2014.

Editorial & Production Times

The editorial handling times have remained extremely competitive, with an average handling time from submission to final decision at under 5 weeks in comparison to over 5 weeks in 2014. The time from submission to eventual publication online in an issue is now approximately 25 weeks in comparison to over 26 weeks in 2014. This could be even further reduced if the Journal moves to Article-Based Publishing which will be discussed at the Editorial Strategy meeting next month.

Qualitative & Quantitative Metrics

The Impact Factor, in the 2014 JCR Science edition Qualitative & Quantitative Metrics next month. will be discussed at the Editorial Strategy meeting the Journal moves to Article-Based Publishing which in comparison to over 5 weeks in 2014. This could be even further reduced if the Journal moves to Article-Based Publishing which will be discussed at the Editorial Strategy meeting next month.

Editorial & Production Times

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Financials

The Journal’s finances have not yet been finalized, however based on an un-audited overview it would appear to have performed well. Preliminary findings show an increase in overall revenues in comparison to the previous year of around 7%, with the greatest increase of around 17% coming from electronic revenues. While it is too early to predict the royalties over 2015, it is expected to be at least equal to 2014.

The Journal is primarily an online journal and is being downloaded through a number of platforms. Whilst full year figures for ScienceDirect platform usage is not yet available, the average monthly downloads has increased by 20% in comparison to the previous year. The Journal Platform usage has increased and looking at Full Text Articles viewed in 2015 this has increased by over 20% when compared to 2014. Another platform is ClinicalKey, which is also showing an increase in usage.

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EFIM National Societies members are welcomed to register on EFIM website for a FULL access to the Journal.

European Journal of Case Reports in Internal Medicine, 2015

John Kellott, Editor-in-Chief

The European Journal of Case Reports in Internal Medicine (EJCRIM) is just over two years old. To date, 400 reports have been submitted and just under half have been accepted for publication. In order to keep costs down our initial policy was to charge a small fee for all submissions, and a further small publication fee for papers that were accepted. However, we have now abolished the submission charge and replaced it with a single, slightly increased, publication charge for all accepted papers.

The biggest single reason for rejecting a paper is that there is no message or learning point. Before submitting a case report, authors should really think very carefully about why the report is important and of interest. What is another doctor going to learn from it? Many authors delude themselves into thinking that a report of something that has never been seen before is a major discovery. On the contrary it is patently a very, very minor discovery. What might be a major discovery, however, is something important that has never been noticed before. This, for example, could be a rare presentation of a common condition, especially if it lead to a serious diagnostic or therapeutic error.

All too often we receive a report of something that no one has ever seen before, and probably no one will ever see again, and the learning point is that every doctor should now actively look for it in every patient. It would be far better if a plausible argument was made for why something important might not have been noticed before, accompanied by a realistic discussion of the clinical implications together with practical advice on what, if anything, to do about it in everyday practice. Furthermore, EJCRIM would encourage reports of small clusters of cases, rather than a single case, that supports the argument for something important that might not have been noticed before.

At the present time, EJCRIM is not listed in MEDLINE. The reason for this, we are told, is that our reports are not of sufficient scientific quality. We hope that this will be improved by the adherence of our submitting authors to our new template. However, in the final analysis, the quality of what we publish depends on what is submitted. Currently it costs less to publish a case report in EJCRIM than any other journal. We look forward to continued improvement in our journal for both our authors and readers in the years ahead.
We had productive and stimulating Young Internists Assembly meetings in 2015, and great discussion also during our teleconferences. Frauke Weidanz took over as Chair from Carla Araujo (Portugal) following the Cyprus meeting, with Ieva Ruza (Latvia) as our new Secretary and Ewelina Biskup (Switzerland) as the new Treasurer. Mikko Parry (Finland) and Matthias Raspe (Germany) were elected as new Young Internists Subcommittee Officers, and Alberto Marra (Italy) was re-elected after completion of his first term. The energy and creativity in the group are tremendous. In addition to projects organised by the subcommittee and assembly, we are constantly expanding our network and are reaching out to young internists across Europe with our events, by adding relevant information to the Young Internists pages of the EFIM website and through our social media activities.

Our End-of-Life Project has been successfully completed with a response rate of 67%. Analysis is still in progress, but we can share some interesting preliminary results. The project aimed to compare European Internists’ attitudes to end-of-life decisions and consisted of a questionnaire including demographics and six hypothetical case scenarios. The case was a typical elderly multi-morbid patient seen in Internal Medicine, with variable factors such as age and co-morbidity in the six different scenarios. The participating internists were asked to recommend a treatment strategy ranging from full multi-organ support to palliation, and were also asked to recommend whether or not CPR should be performed in the event of a cardiac arrest. In the nine participating countries, six hospitals were recruited and the questionnaire handed to ten internists (five residents and five fully trained specialists) in each hospital.

The recommendations, shown below for all six cases combined, were markedly different between countries and I look forward to the full analysis, which will undoubtedly be very interesting.

Our Young Internists Day in Moscow perfectly matched the motto of the congress ‘Internal Medicine without Borders’. We had a number of Russian young internists participating, as well as an international audience, including residents from Australia and the Philippines! The interaction was very good indeed and the topics discussed were of great interest: Professor Arnaud Perrier gave a thought-provoking introduction to the Choosing Wisely campaign, there was an excellent pro/con debate on protocolised care and the three cases presented by young internists in the clinical gymnasium were excellent.

We look forward to starting work on new projects and we will, of course, be present at ECIM 2016 in Amsterdam, where we will try and add a new and very interactive format to the congress.

We very much hope to see you there!

Frauke Weidanz EFIM Young Internists Chair