

MIRCIM

2020

with
EFIM Day



6th McMaster International
Review Course
in Internal Medicine



State of the Art in Internal Medicine

ICE Congress Centre
Kraków
7–9 May 2020

www.mircim.eu

Organizers

McMaster University Department of Medicine
Hamilton, Canada

Polish Institute for Evidence Based Medicine
Kraków, Poland

European Federation of Internal Medicine

Jagiellonian University Medical College
Kraków, Poland

Medycyna Praktyczna
Kraków, Poland

Organized in collaboration with

Polish Society of Internal Medicine

Official endorsement

International Society of Internal Medicine

American College of Physicians

Dear Colleagues,

It is with great pleasure that we invite you to attend the 6th McMaster International Review Course in Internal Medicine (MIRCIM), which will take place in the beautiful historic city of Kraków, Poland, on May 7–9, 2020.

MIRCIM has been conceived and developed by the McMaster University Department of Medicine, the birthplace of evidence-based medicine (EBM) and problem-based learning (PBL), and the Polish Institute for Evidence Based Medicine. It is organized in collaboration with the European Federation of Internal Medicine and the Jagiellonian University Medical College, and in partnership with 38 national societies of internal medicine from around the world.

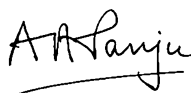
The three-day course will be filled with information-packed lectures delivered by an outstanding assembly of speakers who are world-renowned experts in their fields, from authors of clinical practice guidelines to researchers behind breakthrough trials that shape the modern standards in medicine. Our aim has been to deliver up-to-date and reliable knowledge that is useful to general internists, subspecialists, hospitalists, family physicians, residents and fellows in training specializing in internal medicine – and we are proud to say that we have achieved this goal. The participants of past MIRCIM editions highly praised the quality of lectures, topic selection and social events.

The lectures will be delivered on May 8 and 9. On the first day of MIRCIM, May 7, the participants can take part in the conference Clinical Cases in Internal Medicine: Learning Through Practice, which is part of the Best Case Report Contest, and also choose from a number of clinical hands-on workshops. On May 8 a special parallel session called EFIM Day will take place, a contribution from the European Federation of Internal Medicine.

The main venue of MIRCIM is the ICE Kraków Congress Centre, located conveniently in the city center and close to Kraków's famous tourist attractions. The time spent in Kraków during the course will offer a myriad of opportunities to experience the rich cultural life and remarkable heritage that the city boasts. We look forward to seeing you in Kraków in May 2020.

Co-chairs of the Organizing Committee

Honorary Chair



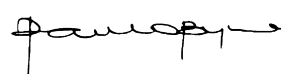
Akbar Panju
MB ChB FRCPC
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Piotr Gajewski
MD PhD FACP



Paul O'Byrne
MB FRCP(C) FRSC

on behalf of EFIM



Nicola Montano
MD PhD



Dror Dicker
MD

Partner Societies

American College of Physicians
Argentine Society of Internal Medicine
Association of Physicians of Bangladesh
Association of Physicians of India
Belgian Society of Internal Medicine
Canadian Society of Internal Medicine
College of General Practitioners of Lithuania
College of Physicians, Singapore
Czech Society of Internal Medicine
Dominican Republic Society of Internal Medicine
Estonian Society of Internal Medicine
Faculty of Consulting Physicians of South Africa
French Society of Internal Medicine
German Society of Internal Medicine
Hellenic Society of Internal Medicine
Hungarian Research Organization of Family Physicians
Hungarian Society of Internal Medicine
Icelandic Society of Internal Medicine
Israel Society of Internal Medicine
Italian Society of Internal Medicine
Korean Association of Internal Medicine
Latvian Society of Internal Medicine
Lebanese Society of Internal Medicine
Macedonian Association of Internal Medicine
Mexican Society of Internal Medicine
Norwegian Society of Internal Medicine
Polish Society of Internal Medicine
Portuguese Society of Internal Medicine
Romanian Society of Internal Medicine
Royal College of Physicians of Ireland
Russian Scientific Medical Society of Internal Medicine
Scottish Society of Physicians
Serbian Association of Internal Medicine
Slovak Society of Internal Medicine
Society of Internal Medicine, Buenos Aires
Spanish Society of Internal Medicine
Swedish Society of Internal Medicine
Turkish Society of Internal Medicine
Society of Bedside Medicine

Day 1

May 7, 2020

**Conference Centre Faculty of Medicine
Jagiellonian University Medical College**

ul. św. Łazarza 16, 31-530 Kraków

Conference

Clinical Cases in Internal Medicine: Learning Through Practice

(part of the Best Case Report Contest)

Best Case Report Contest 2020

It is with great pleasure that we invite internists up to 35 years of age representing national societies of internal medicine or other institutions who are the official partners of the 6th McMaster International Review Course in Internal Medicine to take part in the Best Case Report Contest. Case reports should be sent by email to MIRCIM secretariat at secretariat@mircim.eu before March 1, 2020. The main award is a 1-month observership in the Department of Medicine at McMaster University (Hamilton, Canada).

Hands-on workshops

Choosing the right anticoagulant for your patient with comorbidities: VKA, DOAC or heparin?

Managing anticoagulant-related bleeding: what to do before, during and after the bleed

Fluids, electrolytes and acid-base: tying it all together

Cardiac arrest management

Cardioversion: the ultimate management of unstable tachyarrhythmia

Airway management: tracheal intubation

Airway management: supraglottic airway devices and ventilation

How to read a chest X-ray: primer for nonradiologists

Compression ultrasound in diagnosing deep vein thrombosis

Giant cell arteritis course & ultrasound workshop

Narrative Medicine Express: writing in the shadow of a literary work as means of improving selfreflection and empathy

EBM: producing and using trustworthy practice guidelines: GRADE methodology

EBM: evidence-based medicine: interpreting results of systematic reviews

EBM: developing a protocol for a systematic review of effects of interventions

EBM: assessing risk of bias of included studies in a systematic review

EBM: introduction to meta-analysis

EBM: critical appraisal of a published systematic review

Practical skills for teaching at the bedside: the 5-minute Bedside Moment (5M2)

Teaching with serious board games: learning from the GridlockED example

How to overcome barriers in explicit teaching of clinical reasoning

Writing good multiple choice test questions

Day 2

May 8, 2020

ICE Kraków Congress Centre

ul. Marii Konopnickiej 17, 30-302 Kraków

- 8:30–9:00 **Welcome and introduction**
Organizing Committee
- 9:00–9:25 **Opening lecture**
Is physical examination of the cardiovascular system still important?
Prof. Andrew Elder (University of Edinburgh, UK)

Session I

- 9:25–9:50 **What's new in the management of chronic heart failure**
Prof. Harriette Van Spall (McMaster University, Canada)
- 9:50–10:15 **Acute pulmonary embolism: how to diagnose quickly and treat effectively**
Prof. Adam Torbicki (Center of Postgraduate Medical Education, Poland)
- 10:15–10:40 **Management of supraventricular tachycardia according to the latest practice guidelines**
To be announced
- 10:40–11:05 **Management of chronic coronary syndromes according to the latest practice guidelines**
Prof. William Wijns (National University of Ireland Galway, Ireland)
- 11:05–11:40 **Questions & answers**
All speakers
- 11:40–12:10 **Refreshment break**

Session II

- 12:10–12:35 **Hemoglobinopathies: when to worry**
Prof. Madeleine Verhovsek (McMaster University, Canada)
- 12:35–13:00 **Von Willebrand disease: the most common bleeding disorder**
Prof. Mark Crowther (McMaster University, Canada)
- 13:00–13:25 **Nephrological emergencies**
Prof. Jürgen Floege (RWTH Aachen University, Germany)
- 13:25–13:50 **Questions & answers**
All speakers
- 13:50–14:30 **Lunch break**

Session III

- 14:30–14:55 **Management of antiphospholipid syndrome according to the latest practice guidelines**
Prof. Kim Legault (McMaster University, Canada)
- 14:55–15:20 **Muscle pain, muscle weakness and muscle inflammation: from symptoms to diagnosis**
Prof. Bhaskar Dasgupta (Southend University Hospital, UK)
- 15:20–15:45 **Early arthritis: how to manage in general practice**
Prof. Daniel Aletaha (Medical University of Vienna, Austria)
- 15:45–16:10 **Questions & answers**
All speakers
- 16:10–16:30 **Refreshment break**

Session IV

- 16:30–16:55 **Metabolic surgery in prevention of cardiovascular diseases and type 2 diabetes remission**
Dr. Dror Dicker (Tel Aviv University, Israel)
- 16:55–17:20 **New oral anticoagulants: when and how to use**
Prof. James Douketis (McMaster University, Canada)
- 17:20–17:45 **How to keep a patient away from ICU**
Prof. Waleed Alhazzani (McMaster University, Canada)

- 17:45–18:10 **Keynote lecture: Thirty years of EBM Evolution – from the history to the future**
Prof. Gordon Guyatt (McMaster University, Canada)
- 18:10–18:35 **Questions & answers**
All speakers
- 18:35–20:00 **Dinner at the venue**

Social Event

- 20:00 **Concert – Anna Maria Jopek & KROKE**



Day 3

May 9, 2020

ICE Kraków Congress Centre

ul. Marii Konopnickiej 17, 30-302 Kraków

9:00–9:25 **Opening lecture**
Narrative medicine: is there a place for it in today's healthcare systems?
Prof. Malgorzata Nowaczyk (McMaster University, Canada)

Session V

9:25–9:50 **Pleural fluid on a chest X-ray: how to reach a diagnosis**
To be announced

9:50–10:15 **Treating COPD in 2020: key messages for everyday practice**
Prof. Jadwiga Wedzicha (Imperial College London, UK)

10:15–10:40 **Community acquired pneumonia: an update**
Prof. Mark Loeb (McMaster University, Canada)

10:40–11:05 **Challenges in diagnosis of extrapulmonary tuberculosis**
Prof. Jyotirmoy Pal (R.G. Kar Medical College, India)

11:05–11:40 **Questions & answers**
All speakers

11:40–12:15 **Refreshment break**

Session VI

12:15–12:40 **Challenges in choosing a medication for type 2 diabetes**
Prof. René Rodríguez-Gutiérrez (Universidad Autonoma de Nuevo Leon, Mexico)

12:40–13:05 **Current management of Hashimoto's thyroiditis and other hypothyroid states**
Prof. Leonard Wartofsky (Georgetown University, USA)

13:05–13:30 **When supplementation of vitamin D is justified**
Prof. Bess Dawson-Hughes (Tufts University School of Medicine, USA)

13:30–13:45 **Best Case Report Contest awards**

13:45–14:10 **Questions & answers**
All speakers

14:10–14:50 **Lunch break**

Session VII

14:50–15:15 **Current management of gastroparesis**
Prof. Irene Sarosiek (Texas Tech University, USA)

15:15–15:40 **Irritable bowel syndrome diagnosis and management: a simplified algorithm for clinical practice**
Prof. Paul Moayyedi (McMaster University, Canada)

15:40–16:05 **Evaluating obscure overt gastrointestinal bleeding: what every internist needs to know**
Prof. Ian Gralnek (Technion-Israel Institute of Technology, Israel)

16:05–16:30 **Questions & answers**
All speakers

16:30–16:50 **Refreshment break**



Session VIII

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| 16:50–17:15 | Assessment and symptomatic treatment of chronic breathlessness
Prof. David Currow (University of Technology Sydney, Australia) | 18:05–18:30 | Questions & answers
All speakers |
| 17:15–17:40 | Holistic breathlessness services: improving mastery and reducing distress caused by breathlessness
Prof. Irene Higginson (Cicely Saunders Institute, King's College London, UK) | 18:30 | Closing remarks
Organizing Committee |
| 17:40–18:05 | Management of cancer pain according to the latest WHO guidelines
Prof. Małgorzata Krajnik (Nicolaus Copernicus University in Torun, Ludwik Rydygier Collegium Medicum in Bydgoszcz, Poland) | | |

May 8, 2020

Controversies in Internal Medicine

ICE Kraków Congress Centre

ul. Marii Konopnickiej 17, 30-302 Kraków

Session A

Moderators:

Dr. Dror Dicker (EFIM President-Elect, Israel)

Prof. Giancarlo Agnelli (EFIM Editor-in-Chief, Italy)

9:30-10:00 Opening lecture: How to recognize trustworthy practice guidelines?

Prof. Gordon Guyatt (McMaster University, Canada)

10:00-10:45 Debate: What is the first line therapy in DMT2 patients?

Metformin? Prof. René Rodríguez-Gutiérrez (Universidad Autonoma de Nuevo Leon, Mexico)

GLP1/SGLT2? Prof. Petra-Maria Schumm-Draeger (Center for Internal Medicine/Fünf Höfe München, Germany)

10:45-11:30 Debate: Should we give thromboprophylaxis to every Padua score >4 patient in internal medicine department?

Yes: Prof. Cecilia Becattini (University of Perugia, Italy)

No: Prof. James Douketis (McMaster University, Canada)

11:30-11:45 Coffee Break

Session B

Moderators:

Prof. Xavier Corbella (EFIM Secretary General, Spain)

Prof. Runólfur Pálsson (EFIM Past President, Iceland)

11:45-12:00 Lecture: Opportunities for multidisciplinary care of cardiac patients

Prof. William Wijns (National University of Ireland Galway, Ireland)

12:00-12:40 Debate: How low should we go in hypertensive patients?

Lower is better: Prof. Alejandro de la Sierra (University of Barcelona, Spain)

Lower is not always better:

Prof. Dragan Lovic (Clinic for Internal Disease Intermedica, Serbia)

12:40-13:20 Debate: How low should we go in hypercholesterolemia treatment?

Lower is better: Prof. Avishay Elis (Tel-Aviv University, Israel)

Lower is not always better:

Prof. Richard Češka (Charles University, Czech Republic)

13:20-14:00 Lunch Break

Session C:

Moderators:

Prof. Nicola Montano (President, EFIM, Italy)

Prof. Valentin Kokorin (EFIM Treasurer, Russian Federation)

14:00-14:25 Lecture: Vaccination: mandatory or non-mandatory?

Prof. Serhat Unal (Hacettepe University, Turkey)

14:25-14:50 Lecture: Cancer and anticoagulation

Prof. Giancarlo Agnelli (University of Perugia, Italy)

14:50-15:15 Lecture: How to adapt outside clinical practice guideline to your own country or setting

Prof. Holger Schunemann (McMaster University, Canada)

15:15-15:40 Lecture: Physician's well-being

Prof. Cynthia D. Smith (American College of Physicians, USA)

15:40-16:10 Closing lecture: Personalised internal medicine: great promise or the emperor's clothes?

Prof. Marcel Levi (University College London, UK)

7–9 May 2020

ICE Congress Centre, Kraków, Poland

www.icekrakow.pl

Fees

Regular fee: 290 €

Reduced fee* and early bird fee: 210 €

Students: 140 € (group rate: please contact MIRCIM Secretariat)

* Reduced fees apply to:

- Members of partner societies
- Participants of MIRCIM 2019
- Low/middle income countries (visit www.mircim.eu for details)
- Residents/nurses/other health professionals

Workshops: 30/40/90 €

Please note that each workshop will accept a limited number of participants.

Register

Online: www.mircim.eu

By email: secretariat@mircim.eu

By phone: +48 12 211 22 39

Course Secretariat

ul. Gazowa 14a budynek C

31-060 Kraków, Poland

