Farewell after eight years
Professor Jochen Gensichen is moving to LMU München

In February 2008, Jochen Gensichen received his Certificate of Appointment for the professorship of the Jena University Hospital (JUH) and became Director of the newly established Institute of General Practice and Family Medicine that was then established. The reorganization of teaching in the General Practice discipline was just one of the challenges that had to be faced. In the years following his appointment, he established what was at the time an unique, integrated specialty training a unique concept, “To cure, to lead, to create”, conducted numerous research projects, cooperated on the Health Care Management course at the Ernst Abbe University of Applied Sciences in Jena, initiated the Thuringian General Practice Day and played a key role in reorganizing medical studies at Friedrich Schiller University (JENOS). At the same time, he was able to rely on an excellent team, a top-class infrastructure and existing cooperation between the JUH, the Friedrich Schiller University, in Jena and throughout Thuringia. We wish him all the best in his new position as Institute Director at the Ludwig Maximilian University of Munich.

The 50th Congress of the German College of General Practitioners and Family Physicians

Many of our staff represented the Institute and its projects

Twelve of our colleagues presented our ideas, methods and results in 17 different ways (lectures, posters, workshops and symposia) at the anniversary Congress in Frankfurt/Main. Mr. Hillel gave a lecture entitled, “Clinical impact of a study of anxiety and panic disorders” (Jena PARA-DIES study). Mrs. Eissler (doctoral student) gave a talk on “Depression following severe sepsis”, and Dr. Schmidt on “Long-term developments following sepsis follow-up treatment in the family practice” (both belonging to the SMOOTH study). Dr. Freytag, Professor Szecsenyi/Heidelberg and Mr. Beyer/Frankfurt on Family practice-based health care (HzV). Mr. Krause (doctoral student on HzV project) presented the results for patients with depression. Professor Vollmar presented projects from his work in Düsseldorf. Further results were depicted on posters: physician health (Dr. Schulz), prescribing antibiotics and antibiotic resistance (Dr. Petruschke, Mrs. Schmuecker), medical pedagogy (Professors Gensichen and Saenger), chronic depression (Dr. Wolf), PTSD (Mrs. Gehringer), standard therapy (Dr. Sommer) and the computer-assisted treatment of panic disorders (Mr. Breitbart). The posters can be found on our home page.

News on teaching

Inga Petruschke, MD: From May to July, 258 students completed an en-bloc internship in general practice at one of the 131 teaching practices in Thuringia. An evaluation showed that at that time 77% of the students had already carried out the 4-week internship. That means the majority of students already had some experience which they could then broaden and intensify.

From 2017, the costs incurred by completing such an internship at a remote practice in a rural area (places with fewer than 25,000 inhabitants) will be reimbursed. This problem has thus at last been solved and should encourage students to get to know the work of a family physician in a rural area. We would like to thank the Foundation for the Promotion of Outpatient Medical Care in Thuringia for their support.

We are delighted to welcome seven new general practitioners to our practice network. The next meeting of teaching practices will take place on 25.01, 26.04 and 27.09.2017. We would also like to announce our next training on “Critical appraisals and feedback” on Wednesday, 08.03.2017 from 2.00 – 6.00 pm.

Dear readers,

Since September 1, 2016 I have been the new professor for health services research at the Institute of General Practice. Having originally come here to support the highly successful institute in its research plans and to complement health services research with my own new ideas, Jochen Gensichen’s departure has opened up new challenges for me. In this respect, I am looking forward to getting to know the focal point of general practice teaching better, and meeting the teaching physicians at the Sixth Thuringia General Practice Day on November 12, 2016.

A short description of my person: I was born and grew up in the beautiful Ruhr district, and it was in Düsseldorf that I completed my medical studies and specialist training as a General Practitioner. After doing scientific work at a number of locations (Witten, Karlsruhe, and Witten again) I came to the Heinrich Heine University in Düsseldorf where I led research in “Dealing with health and illness in older age”. In addition to doing a Masters degree in Public Health, I qualified as a university lecturer (Privatdozent) in health services research in 2010. The question that forms the main focus of my medical work is, “How do the people that need it get hold of relevant and evidence-based knowledge?” As far as teaching is concerned, my work includes the development of the concept and content, as well as the coordination, of the “Diagnostic Thinking and Acting” program for the new Düsseldorf model medical education course.

I am looking forward to getting to know you all better and would welcome the chance to meet you personally!

Yours
Professor Horst Christian Vollmar, MD, MPH
Deputy Director, Institute of General Practice and Family Medicine
## Research news

### Sepsis study published in a renowned journal

**Konrad Schmidt, MD:** The main results of our Smooth study on follow-up treatment for sepsis in the family practice was published in the Journal of the American Medical Association (JAMA), one of the leading medical journals worldwide. The family practice showed itself to be a reliable partner for the care of severely-ill patients following intensive therapy.

### Targeting the prescription of antibiotics

**Inga Petruschke, MD:** In the presence of increasing resistance to antibiotics, it is extremely important to target prescription behavior. In the RAI project (rational antibiotics therapy through information and communication), tools have been developed for use in family practice. Posters and patient information brochures on Upper respiratory tract infections, as well as an iphone-app, can be tested immediately. The project is not sponsored by the pharmaceutical industry. We look forward to your participation.

### Jena PARADIES wins MSD health prize 2016

**Thomas S. Hiller:** On September 14, an independent jury awarded the 2016 MSD Health prize to a total of 6 nominees. Jena-PARADIES achieved second place. Family doctors participating in the PARADIES program treat patients with panic and anxiety disorders in a cost-effective manner that is based on behavior therapy. Practice-based case management enables the treatment to be stabilized. The patients and the practice team create a strong alliance against anxiety. Scientific investigations have been able to prove the beneficial effects of the program.

### Social support helps improve self management

**Katja Brenk-Franz, PhD:** Family doctors provide health care to patients with several chronic diseases on a daily basis, and this represents a major challenge to both practices and relatives. We were able to show that the social support of patients with type 2 diabetes and additional chronic diseases has a positive influence on personal self-management behavior (blood glucose monitoring, physical activity and sticking to appointments with doctors).

### Research visit to the U.S.

**Konrad Schmidt, MD:** “I had the opportunity to work as a visiting researcher at the University of Washington, Department of Family Medicine, Seattle, U.S., in July and August of this year. With more than 200 employees, the institution is the biggest of its kind in the country and has to teach students and provide specialist training in an area stretching from the equivalent of Lisbon to Moscow. Even if the size of the region is not comparable, family medicine in rural areas is in danger there, as it is in Thuringia. For this reason a Rural Health Research Center has been set up. Along with colleagues on site, I was able to analyze additional data from the Smooth Sepsis Study as well as make new contacts for future information sharing in teaching and research. The stay was generously supported by a scholarship from the German interdisciplinary Association of Critical Care and Emergency Medicine.”

## Current publications from the Institute


