

Dear colleagues

Dear friends of our institute,



*It's
something
everyone
wants to
become but
no one
wants to
be: old.*

Happily, life expectancy in Germany continues to climb. Combined with a low birth rate, the result is an obvious demographic shift, the consequences of which concern us all – privately and professionally.

The changes are particularly apparent in general practice. Many projects at our institute, about which you can find out more in this issue of "Short @nd Sweet" are aimed at coping with this transformation as well as possible and at the same time making the best possible use of the chances it provides.

Future "Medical care in an aging society" is also the subject of a 2009 special report by the Government's Advisory Council on the Assessment of Developments in the Health Care System, that will be submitted to the Government on June 30.

I can recommend reading the Special Report and our newsletter – primary care in general practice plays an important role in both of them.

Ferdinand M. Gerlach

Save the Date!
3rd Frankfurt General Practice Day
on April 24, 2010

Cooperation between "jeder-fehler-zaehlt.de" and the Techniker statutory insurance company

The error reporting and learning system "jeder-fehler-zaehlt.de" (every-error-counts) and the Techniker statutory insurance company (TK) have committed themselves to improving patient safety. A cooperation project between the two focuses on empowering patients and increasing their expertise.

The TK and "jeder-fehler-zaehlt.de" intend to provide topic-oriented information to patients and thus to raise patient safety. Subjects and content will benefit from the long-standing experience of the error reporting system. Medication is an area where mistakes are frequently made but equally an area in which patients can make a substantial contribution towards increasing the safety of their own drug therapy. Those insured with the TK are to be made more aware of critical situations and their communication with doctors and medical assistants improved.

The project will initially run for three years and be accompanied by a close scientific exchange on the subject of patient safety between the Frankfurt Institute for General Practice and the "TK Scientific Institute for Usefulness and Efficiency in Medical Care".

PR1MUM

"PRioritising multiple medication in multi-morbid patients" – PRIMUM-Pilot study gets off to successful start

Elderly multi-morbid patients are often treated with a large number of drugs (≥5: Multiple medication).

GPs in particular are often faced with numerous problems as it is they who coordinate the prescriptions of various specialists, check extensive discharge medication and care for their patients over a long period of time. Multiple medication raises the risk of inappropriate drug prescriptions and adverse drug reactions. International trials have identified measures that reduce this risk and actively involve patients but they focus only on individual phases of the medication process.

For PRIMUM (sponsored by the German BMBF - Ministry for Education and Research) a complex intervention was developed which is based on these measures but which targets the whole of the medication process and foresees the involvement of a medical assistant and the use of modern internet-based information systems. They will support the GP and help him to prioritize and optimize the therapy for elderly multi-morbid patients.

The intervention is currently being tested in a pilot study involving 20 general practices and 100 patients (≥65 Jahre, ≥3 long-term diagnoses, ≥5 long-term medications) in the South of the State of Hesse. Afterwards a major two-year trial to test the effectiveness of the measures is planned.

Would you like to be involved in the main PRIMUM trial?

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New work area: Quality promotion and concept development

The institute is strategically realigning its research. The former work area "Quality promotion and patient safety" has now been split into two:

The new work areas are entitled "Patient Safety" (Director: Dr. med. Barbara Hoffmann, MPH) and "Clinical Decision Support" (Director: Dr. med. Christiane Muth, MPH; more will be reported about this area soon.)

Work areas at the institute combine longer-term projects and research interests and mark the direction in which the institute wants to develop.

The former work area carries the title: "Quality promotion and concept development" (Director: Dipl. Soz. Martin Beyer).

Quality promotion will continue to include our research into medical quality circles, our participation in the DEGAM German Society of General Practice and Family Medicine project "GP Guidelines", as well as Disease Management Programs.

But "Concept Development" – Isn't that a far cry from primary care? Not necessarily: This is the area in which we prepare exciting and practice-relevant topics for future projects:

- "Multi-morbidity and Multimедication". The typical long-term patient receiving care from his GP suffers from several illnesses and that is something we know too little about. The projects "MultiCare" and "PRIMUM" demonstrate our determination to find out more. But we have more in the pipeline.
- "The future of GP-based medical care". How can the expertise of the general practice with regard to the medical care of their (chronically ill) patients be increased; how can the family practice be prepared for the challenges facing primary medical care in the future? The future lies in different forms of cooperation within the practice team i.e. in a type of chronic care which is held in high esteem by patients, in new kinds of general practice that attract graduates in medicine, and in appropriate remuneration. A first step in the right direction is being made with our participation in the international trial on the "medical home". However, an overall concept for Germany is still needed.

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Frankfurt Training Program in Evidence-Based Medicine

The sensible application of evidence-based medicine can make the usefulness and effectiveness of medical treatment more transparent. It is an essential tool for communication between health care professionals.

Enough reason to organize the successful Frankfurt Training Program in Evidence-based Medicine for the fifth time:

23rd Basic Course

in evidence-based medicine
Sat 3rd - Sun 4th October, 2009

4th Advanced Training

in evidence-based medicine
Sat 14th - Sun 15th November, 2009

4th Didactics course

in evidence-based medicine
Sat 28th - Sun 29th November, 2009

For the successful completion of the advanced training and the didactics course, the participant will receive the Train-The-Teacher-Certificate in evidence-based medicine.

Further information and details on how to register can be found under:
Internet: www.ebmfrankfurt.de

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Another change in our institute is the new arrival of Sabine Pommeresch.



As Project / Team assistant and assistant to the Institute Director, she replaces Gisela Kassner whom we had to allow retiring. After completing training as medical assistant and foreign language secretary, Sabine worked for international advertising agencies for many years before becoming a partner and management board member of a Frankfurt-based marketing and communications agency. In 2007, Sabine became co-founder and office manager of an Offenbach-based advertising agency. Today, she is a contact for all your needs in Professor Gerlach's outer office.

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2nd General Practice Day in Frankfurt

Like last year, the 2nd Frankfurt General Practice Day – an association and industry-independent forum for interested family practices, doctors and practice personnel – was a great success.

From communications training for the practice team, through crisis training on how to deal with daily congestion in the waiting room, to the workshop "FraTrix – team learning from errors", more than 200 participants learned practical tips for dealing with their everyday work in the family

practice. Workshops on such topics as adiposity management, orthopaedics in general practice, guidelines on back pain and travel medicine were all offered and very well received.



A meeting of associate teachers and the institute's teaching physicians also took place at which new teaching and examination methods were discussed.

Furthermore, as part of the concluding ceremony a lively discussion with the audience also took place on the advantages and disadvantages of innovative practice organization using a specific example. Moreover, nine practices received their official accreditation, with a string quartet providing musical accompaniment to emphasize its ceremonial nature.

The participants were unanimous in showing their approval of the organization and the offered workshops and are looking forward to the 3rd Frankfurt General Practice Day on April 24, 2010.

If you would like to take part in 2010, please send an e-mail to:

brust@allgemeinmedizin.uni-frankfurt.de

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