



Young Internists of Europe Who are we?



Dr. Ieva Ruža
Latvian Society of Internists
EFIM YI Subcommittee



ESIM, Saas Fee, 16.01.2014.

Latvijas internistu biedrība

EFIM Young Internists



- **Group of physicians in training or in early years of specialist career**
- **Shared vision of strong specialty identity of Internal Medicine**
- **Promoting high quality training in Internal Medicine and encouraging trainee representation**
- **Involved in activities at EFIM and at national level**

Young Internists Assembly

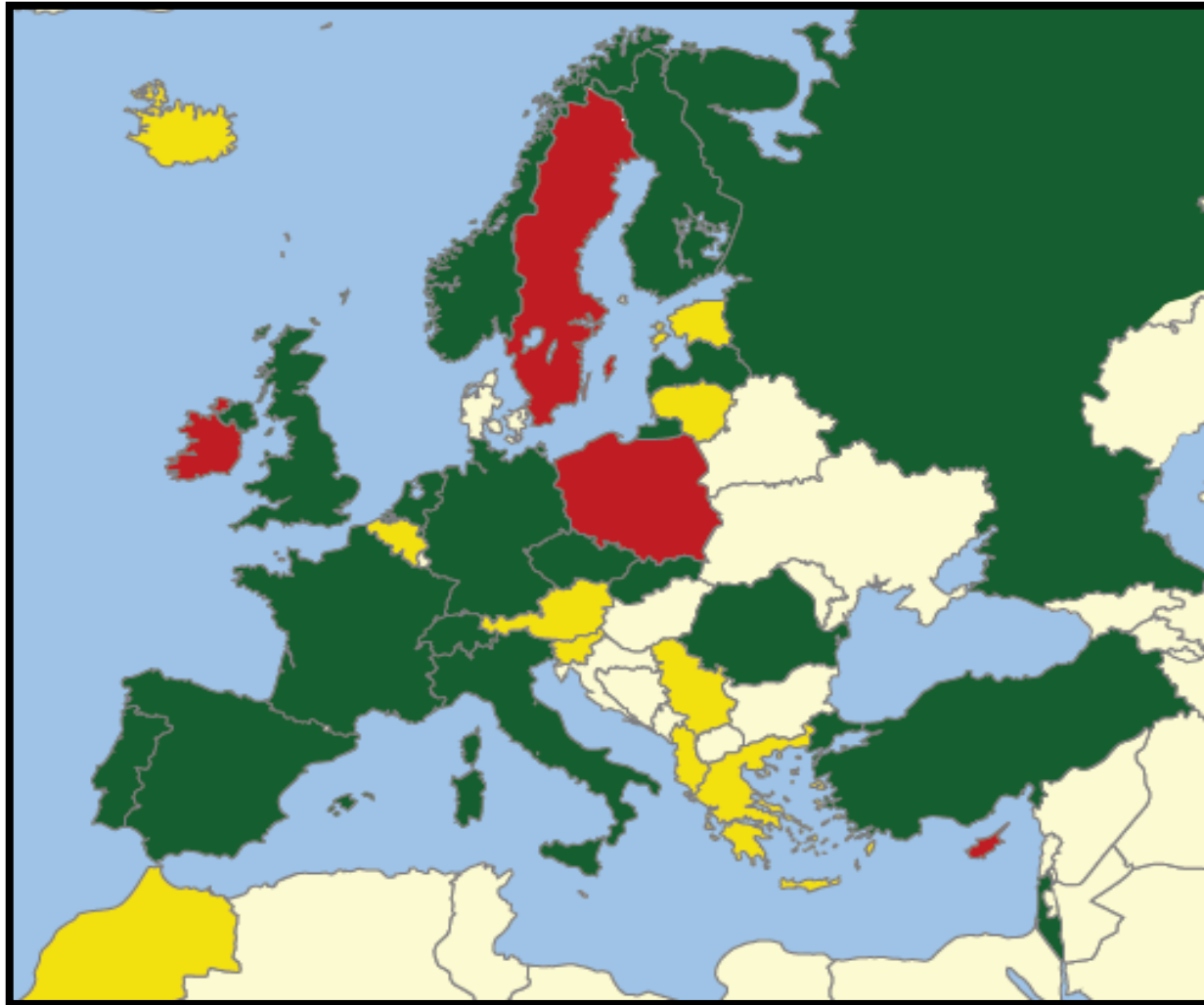
- EFIM member societies nominate Young Internist representatives
- 16 countries have official representation, Young Internists from other countries cooperate
- Held twice yearly:
planning of activities and brainstorming
- 8th Assembly in Prague -
new member: Ewelina Biskup (Switzerland)



Young Internists Assembly



Young Internists in Europe



Green – representative, **yellow** – contact, **red** – no YI representation

Young Internists Subcommittee

Carla Araujo (President)

Frauke Weidanz (Secretary)

Ieva Ruza (Treasurer)

Monique Slee – Valentijn

Xavier Roux

Alberto Marra

Lenka Bosanska (Ex-President)



My ESIM (Brighton 2010)



Young Internists – my personal journey



http://www.younginternists.efim.org/

The screenshot shows the homepage of the EFIM Young Internists of Europe website. The header includes the site logo, navigation links (home, news, events, publications, links, CONTACT), and a search bar. A red box highlights the main navigation menu with items: About us, Organisation, The people, and Photo gallery. Below the header, there is a banner for the 'European and Swiss Congress of Internal Medicine 2014' (14-16 May 2014, Geneva, Switzerland) and a 'Latest NEWS' section. The news section features two articles: 'New EFIM Young Internists Survey Launched' (dated 07/01/14) and 'Abstract submission for the Geneva Congress now open - Deadline is 31 January 2014' (dated 18/12/13). On the left side, there is a registration form with a red arrow pointing to the 'Register here' link. The right side contains a sidebar with 'ATTENTION!' notices, 'FREE ACCESS TO JOURNAL', 'COMING SOON!!', a Facebook link, and information about the '12th Congress of EFIM - Prague' with a 'Read more' link. Logos for the European Journal of Internal Medicine and the FDIME, SFIME, and GEFIME are also visible.

The EFIM
Young internists of Europe

home news events publications links CONTACT

search on our website

About us // Organisation // The people // Photo gallery

Together
European and Swiss Congress of Internal Medicine 2014
14-16 May 2014, Geneva, Switzerland
European Foundation of Internal Medicine (EFIM) | Swiss Society of General Internal Medicine (SSIM)

Latest NEWS

New EFIM Young Internists Survey Launched
Please take a few minutes to complete our latest [survey](#). A group of European Young Internists lead by Dr Xavier Roux hope to explore how satisfied European physicians in training are with their work-life balance and their training. Your help with this is greatly appreciated, and we can only work toward improving training and working conditions if we know where the problems are!
07/01/14

Abstract submission for the Geneva Congress now open - Deadline is 31 January 2014
Please join us in Geneva for the [European and Swiss Congress of Internal Medicine](#) on 14-16 May 2014. [Abstract submission](#) closes on 31 January, and if you would like to contribute an interactive case to our Young Internists Day on 16 May, you have the option of indicating this when you submit your case. All submitted cases will also be considered for poster presentation. See you there!
18/12/13

Register here and get full access to our website!
Already a member?
Enter your member ID
.....

European Federation of Internal Medicine
www.efim.org

ATTENTION!
FREE ACCESS TO JOURNAL
COMING SOON!!
EUROPEAN JOURNAL OF
INTERNAL
MEDICINE
Join our Facebook Page:
facebook
12th Congress of EFIM - Prague
[Read more](#)
Visit FDIME
FDIME
SFIME
GEFIME

Projects and scientific work

- **EFIM Clinical Research Course (Paris, France)**
- **Scientific grants (rare diseases)**
- **Projects (CDIME, ALCHIMIE, competencies, working satisfaction, End-of-Life decisions etc.)**



Projects and scientific work

- **Surveys**
- **Publications**
- **Working Groups of EFIM (YI representatives)**
- **Promotional work (participation in conferences, info package “How to start a YI group” etc.)**





The Foundation for the Development of Internal Medicine in Europe

FDIME

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Home

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Activities

National Societies

Educational Bursaries

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Welcome to the Foundation

Latest News...

**Benefit Concert for FDIME.
St Petersburg Foundation - "Stars of Tomorrow"
Monday 21 October 2013, 19.30 hr.**




European School of Internal Medicine (ESIM)

- 2014-2015 – Italy (summer school)
- 2015-2016 – Latvia (winter school)



EFIM Exchange Program




EFIM

European Federation of Internal Medicine

home

About EFIM // Organizational Activities » European Exchange Scheme



European EXCHANGE SCHEME

EFIM EXCHANGE PROGRAM

EFIM EXCHANGE PROGRAM – UPDATE


The EFIM Exchange Working Group would like to introduce our European higher specialist trainees, which will take place in other European countries.

The basic requirements of participation are:

- The purposes of the Exchange Program are to promote short internships in other professional environments through short internships.


European Federation of Internal Medicine

EXCHANGE PROGRAMME




The EFIM "Exchange Working Group" would like to introduce to you this Project.
 The aim of this Programme is to promote short internships among prestigious Internal Medicine Departments across Europe.

- The "Exchange" is open for Internal Medicine trainees.
- Each National Society will select their candidates: 2 up to 5 depending on the support of each country.
- Please send the following documents to:** Aneta.Trajkovska@mci-group.com
 Application form; short Curriculum vitae; Statement of purpose for the Exchange Programme tutor; Letter of support from your National Society.



Financial support:
 EFIM and FDIME (The Foundation for the Development of Internal Medicine in Europe) will sponsor 20 scholarships of € 600.

For further details please visit the EXCHANGE webpage:
<http://www.efim.org/en/european-exchange-programme-950>



DO NOT MISS THE OPPORTUNITY TO PARTICIPATE IN THIS GREAT EXPERIENCE!

European Journal of Internal Medicine

www.ejinme.com

The screenshot shows the homepage of the European Journal of Internal Medicine. The header features the journal's title and navigation links for RSS Feeds, Login, and Register. A secondary navigation bar includes links for Articles and Issues, Free Collections, For Authors, Journal Info, Calendar of Events, Subscribe, Society Info, and More Periodicals. A search bar is located below the navigation. The main content area is divided into several sections: 'On the Cover' with a thumbnail of the journal cover; 'Current Issue' for December 2013, Vol. 24, No. 8; 'News' with an announcement about Internal Medicine Flashcards; 'About European Journal of Internal Medicine' with a brief description of the journal's affiliation with the EFIM; 'Editor's Choice' featuring a portrait of Prof. P.M. Mannucci and a link to read more; and 'Articles Available for Free View'. A 'Submit Manuscript' button and a 'New Issue Alert' button are also visible. A badge in the bottom left corner indicates a Journal Citation Reports 2012 impact factor of 2.049.

EUROPEAN JOURNAL OF
**INTERNAL
MEDICINE**

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On the Cover

Submit Manuscript

New Issue Alert

FREE Free Trial Issue

Current Issue | [December 2013, Vol. 24, No. 8](#)

News

We are proud to announce the introduction of a new feature of *European Journal of Internal Medicine*. Internal Medicine Flashcards. Images and cases are an extraordinarily important way in which we learn and practice medicine. The Internal Medicine Flashcards will offer a platform to publish educational and interesting materials, in the form of pictures (medical photos, clinical images, typical findings) and a brief clinical case, depicting classical medical conditions, and will be in the form of a quiz. The Internal Medicine Flashcards are not intended as a mere means of publishing case reports.

The Flashcards are organized into two sections. In the main section, an image (single or multi-paneled) is accompanied by a short clinical description followed by the question "What is the diagnosis?". In a following, separate section, the answer is given, with a short discussion in which the authors highlight the relevant points about the case.

About European Journal of Internal Medicine

European Journal of Internal Medicine is the official journal of the European Federation of Internal Medicine (EFIM). The journal is devoted to promoting the science and practice of internal medicine in Europe. To

Access this journal on [ScienceDirect](#)

[Print or Share This Page](#)

Internal Medicine Flashcards

[Painful fingers](#)

Editor's Choice

European Journal of Internal Medicine 24/7

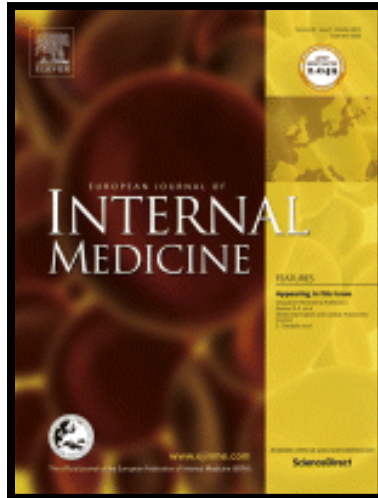
Please find the two articles chosen by Prof. P.M. Mannucci, Editor-in-Chief. These are available to view for free. [Read more.](#)

Articles Available for Free View

JOURNAL CITATION REPORTS 2012
LATEST
IMPACT FACTOR
2.049!

European Journal of Case Reports in IM

www.ejcrim.com



European Journal
of Case Reports in
Internal Medicine

HOME ABOUT LOG IN REGISTER SEARCH CURRENT
ARCHIVES

European Journal of Case Reports in Internal Medicine

Welcome to the new EFIM European Journal of Case Reports in Internal Medicine

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"The good physician treats the disease; the great physician treats the patient who has the disease."
~William Osler

The screenshot shows the homepage of the European Journal of Case Reports in Internal Medicine. At the top, there is a navigation menu with links for HOME, ABOUT, LOG IN, REGISTER, SEARCH, and CURRENT ARCHIVES. Below the navigation, the journal's title is displayed prominently. A welcome message states, 'Welcome to the new EFIM European Journal of Case Reports in Internal Medicine'. On the right side, there is a 'SUBSCRIPTION' section with a 'Login to verify subscription' link. Below that is a 'USER' login form with fields for 'Username' and 'Password', a 'Remember me' checkbox, and a 'Log In' button. Underneath the login form is a 'NOTIFICATIONS' section with links for 'View', 'Subscribe / Unsubscribe'. At the bottom of the page, there is a black banner featuring a portrait of William Osler and his famous quote: "The good physician treats the disease; the great physician treats the patient who has the disease." attributed to ~William Osler.

<http://www.escim2014.org/>



- **Deadline of abstract submission – January 31**
- **Young Internists Day – May 16**

Young Internists Day

Von: "Young Internists EFIM" <adrianstevens1@gmail.com>
An: fraukeweidanz@web.de
Datum: 11.09.2013 21:43:49

Dear Young Internist,

it is our great pleasure to invite you to the 7th Young Internists Day, which will be held on Friday October 4th, 14:00 - 18:30 in Meeting Hall 1, Prague Congress Centre as part of the upcoming European Congress of Internal Medicine.

As usual, there will be a great mix of clinical and educational content. It will be interactive and there will be opportunities to meet young internists from across Europe. Join us for an educational and fun meeting - see you in Prague!

Visit www.younginternists.efim.org for more information about this meeting and our work.



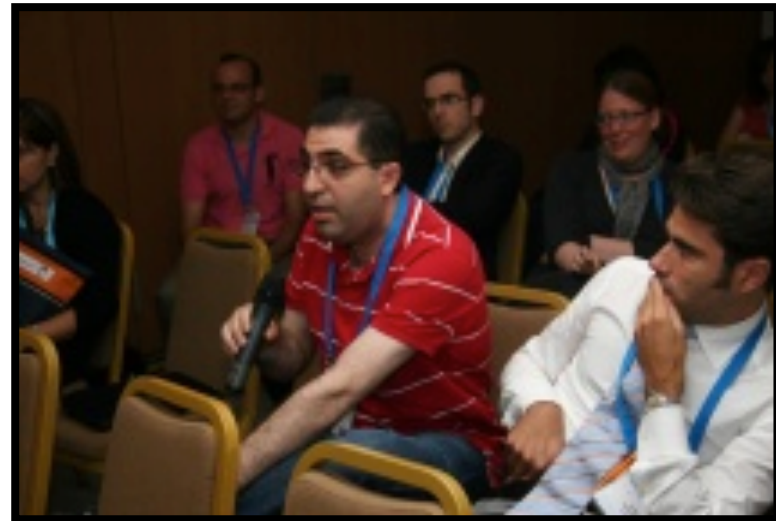
7th Young Internists Day, Friday 4th October 2013 14:00 h
Meeting Hall 1, Prague Congress Centre, Czech Republic

Chairs: Dr Carla Araujo, Young Internists Chair (Portugal)
and Dr Jan Vaclavik (Czech Republic)

14:00 – 14:15 h	Young Internists in Europe Dr Lenka Bosanska, Young Internists Ex-Chair (Germany)
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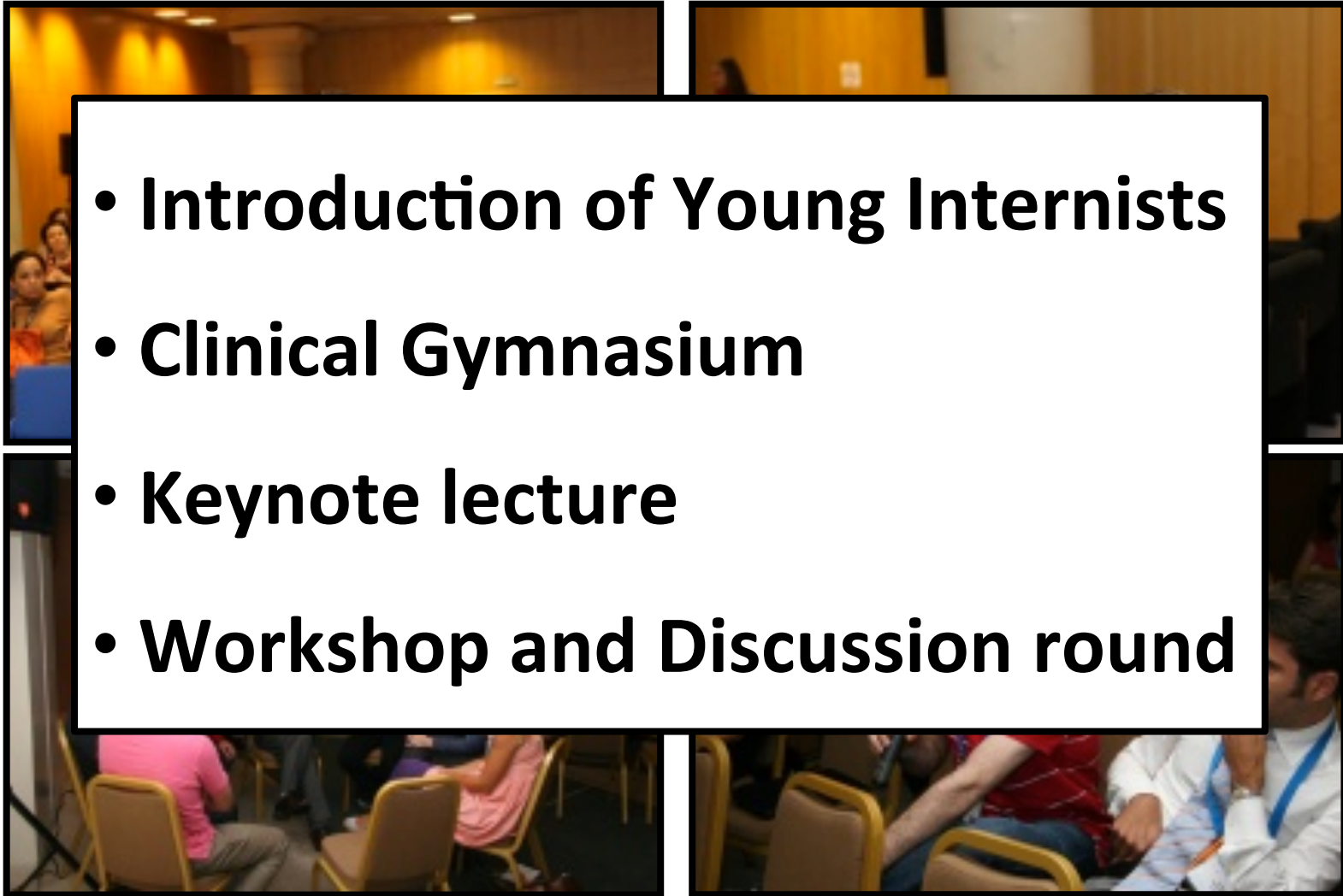
14:15 – 14:30 h	The EFIM Exchange Programme
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Young Internists Day



Young Internists Days

- **Introduction of Young Internists**
- **Clinical Gymnasium**
- **Keynote lecture**
- **Workshop and Discussion round**



Facebook – Young Internists of Europe

Young Internists of Europe Members Events Photos Files Notifications Create Group

Write Post Add Photo / Video Ask Question Add File

Write something...

Ieva Ruža created an event for Young Internists of Europe.

European and Swiss Congress Internal Medicine 2014
14 May 2014
Geneva, Switzerland

14th European Congress of Internal Medicine
14 May
Geneva, Switzerland in Geneva, Switzerland
You're going

Like · Comment · 8 January at 19:02

Tin Nadarević, Alberto M. Marra and 2 others like this.

Frauke Weidanz Thanks Ieva!

About 753 members

Closed Group
This group is a meeting point for young internists from all European countries. Join us here and... [See more](#)

753 members (4 new) · Invite by Email

+ Add people to Group

What is this group about?
Set tags

Suggested Groups See All

- O Resgate do Interno**
Marta Rebelo and Carla Araújo joined
Join group
- Núcleo de Internos de Medicina Int...**
Cristina Silva and 4 other friends joined
Join group
- TÍHUDUM**
Alberto M. Marra and 6 other friends



Latvijas internistu biedrība



Join us for **ESIM Winter School in Riga, Latvia –
January 2015-2016**



Thank you!

www.younginternists.efim.org

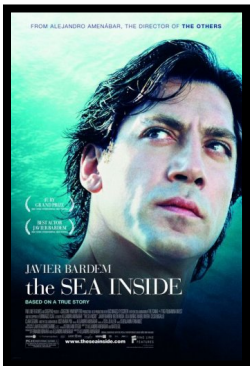
dr.ieva.ruza@gmail.com



Workshop



“Mar adentro” (“The Sea Inside”)



- **Julia:** Why choose death?
- **Ramón Sampedro:** Well, I want to die because I feel that a life for me, in this state has no dignity. I understand that other quadriplegics may take offense to my saying there's no dignity in this, but I'm not trying to judge anyone. Who am I to judge those who choose life? So don't judge me or anyone who wants to help me die.
- **Julia:** You think someone will help?
- **Ramón Sampedro:** Well, that depends on the powers that be. They'll have to overcome their fear. But hey, it's really no big deal. Death has always been with us and always will be. It catches up with all of us. Everyone. It's part of us. So why are they shocked because I choose to die, as if it were contagious?

Joaquín: There's only one thing worse than having your son die on you... him wanting to.

Workshop

- **Working conditions and trainee satisfaction:**
 - how many hours a week you spend in work?
 - do you feel satisfied with your work?
 - time management (paperwork/patients/training/family and friends)
- **End-of-life decisions:**
 - guidelines or documents in your country?
 - whom to treat (intensive vs. palliative care)?
 - who makes the final decision (patient, relatives, doctor, ethical commission)?

Challenges for end-of-life care

- Dementia
- Kidney disease
- Chronic heart disease (particularly chronic congestive heart failure)
- Chronic obstructive pulmonary disease
- Disability

Philosophy

- Curative/heroic medicine vs. palliative care
- End of life:
 - time to reconcile with loved ones
 - bring closure to relationships

“TO DIE A GOOD DEATH” (with dignity)

- **Physical, psychological, spiritual comfort – as much as possible!**

Key focus areas

- **Pain management:**

- no addiction
- no hastening death

- **Management of symptoms causing discomfort, but not pain:**

- GI symptoms (diarrhea, constipation, heartburn, nausea, vomiting)
- itching, dry mouth, oral inflammation
- anxiety, depression
- fever

Key focus areas

- **Treatment of depression**
- **Environment**
- **Discontinuation of unnecessary treatment and interventions**
- **Hydration and nutrition (no thirst/hunger)**

Legal and ethical issues of end-of-life care (“advanced directives”)

- Withholding or withdrawal of potentially life-sustaining treatment
- Potentially life-shortening symptom relief
- Terminal sedation
- Assisted suicide
- Voluntary euthanasia

Related literature

bioethics



Bioethics ISSN 0269-9702 (print); 1467-8519 (online)
Volume 25 Number S1 2011 pp 1-73

doi:10.1111/j.1467-8519.2011.01939.x

End-of-Life Decision-Making in Canada: The Report by the Royal Society of Canada Expert Panel on End-of-Life Decision-Making

*UDO SCHÜKLENK, JOHANNES J. M. VAN DELDEN, JOCELYN DOWNIE,
SHEILA A. M. MCLEAN, ROSS UPSHUR AND DANIEL WEINSTOCK*



Latvijas internistu biedrība



Join us for **ESIM Winter School in Riga, Latvia –
January 2015-2016**



Thank you!

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