

European Federation of Internal Medicine (EFIM)

**Winter School
Saas Fee
January 21-26 2013**

**M. Domenica Cappellini
President of EFIM**



The Founders of EFIM.



Paris, 1996



EFIM composition

Political Map of Europe



- 35 National Societies
- Executive Committee
- Administrative Council
- FDIME
- Working groups
- Secretariat (Brussels)



EFIM

- EFIM = 35 member countries
- 35 countries = 35 health care systems
- 35 health care systems = 35 laws and regulations about medical specialties
- 35 laws and regulations = 35 lists of competencies
- 35 lists of competencies = 35 training programs
- 35 training programs = 35 different ways to become board certified

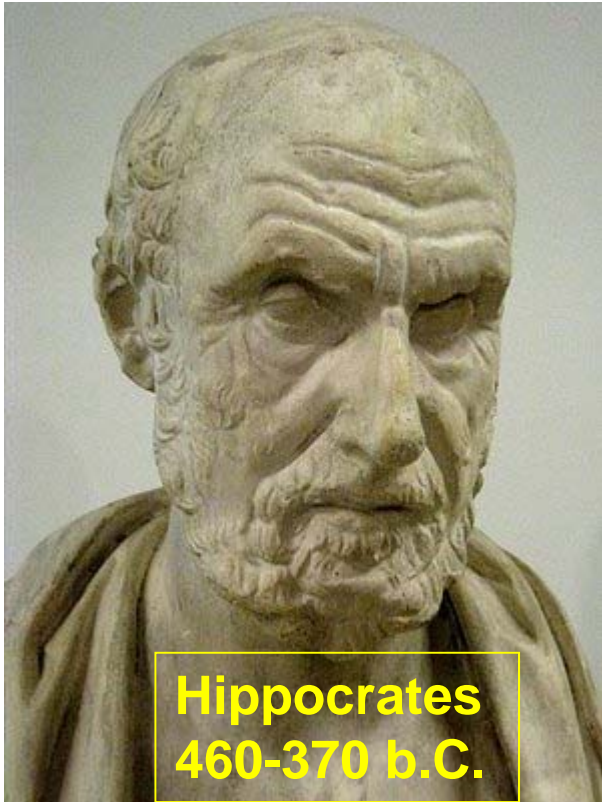


Different ways of practicing Internal Medicine in Europe

- in the hospital
- in the hospital and in outpatient medicine
- as a consultant
- as a primary care physician
- in acute medicine
- as a general internist
- as an internist with subspecialty
- as an internist with a special field of interest
- as a specialist with an interest in internal medicine (?!)



The concept



Hippocrates
460-370 b.C.

*“Medical fields covered by Hippocrates included anatomy, **internal medicine**, hygiene, ethics and health food”*



Internal Medicine is hard to delineate



I wish there were another term to designate the wide field of medical practice which remains after the separation of surgery, midwifery and gynaecology. Not itself a specialty, (though it embraces at least a dozen), its cultivators cannot be called specialists, but bear without reproach the good old name physician, in contradistinction to general practitioners, surgeons, obstetricians and gynaecologists

W. Osler, Internal Medicine as a vocation, in Aequanimitas, 133



The essentials of Internal Medicine (EFIM strategy document)

- **Patient care**
- **Medical knowledge**
- **Communication skills**
- **Professionalism**
- **Academic activities**
- **Organization and leadership**



Definition and mission statement of Internal Medicine

- Internal medicine is the core medical discipline that is responsible for the care of adults with one or more complex, acute, or chronic illnesses, both in the hospital and in the community
- It is patient-centred, scientifically based and committed to ethical, scientific and holistic principles of care.

EFIM working group on professional issues in internal medicine in Europe



Definition and mission statement of Internal Medicine (2)

- Internal medicine, a clinical and scientific discipline, creates and promotes medical knowledge, methods and clinical abilities.
- It analyzes the findings of other medical specialties and integrates them into strategies for diagnosis, treatment and care for the individual patient.

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Definition and mission statement of Internal Medicine (3)

- Specific fields of interests include:
 - problems caused by polymorbidity
 - patients with difficult and complex diagnoses
 - preventive, acute, chronic and palliative care
- Internists are able to translate their knowledge into patient care
- Internists cope with the challenge of developing standards, decision-making, quality improvement and patient safety tools, and integrated health care delivery systems

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.....based on the official EFIM strategy document

Internal medicine is:

- a cornerstone of any modern health care system

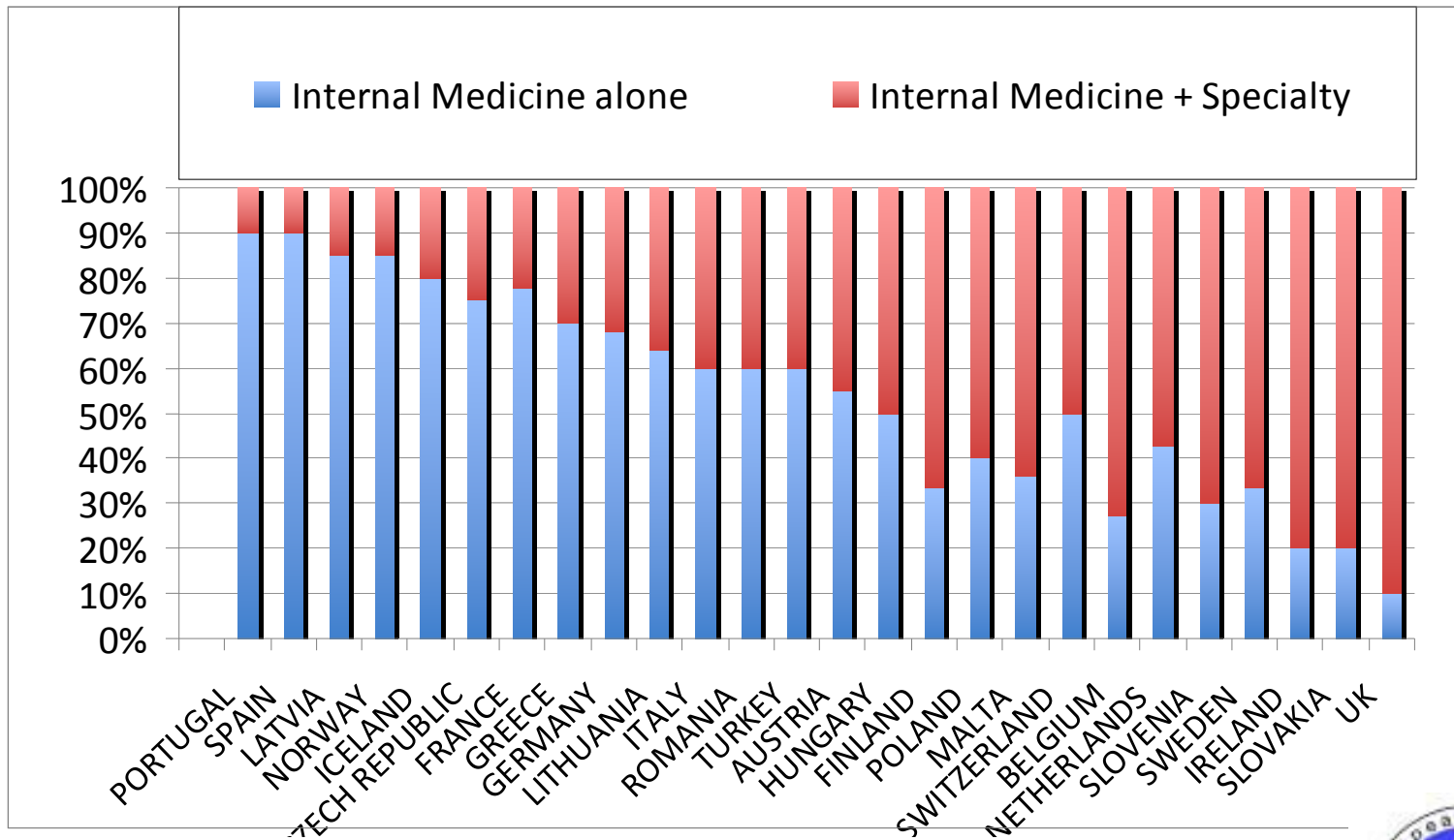


Internal Medicine

Cornerstone of health care system

- Internists are generalists; they are not just specialists of a specific human body system (blood, stomach, kidneys) or of a specific procedure (endoscopy, radiology, angioplasty); internists have an integrated approach
- Internists are competent in the fields of decision making, of coordinated and integrated health care, of dealing with complex problems and of disease prevention.

What are European internists like ?



Courtesy of Runolfur Palsson



There are disadvantages of specialization!

Specialism is not, however, without many disadvantages. A radical error at the onset is the failure to recognize that the results of specialized observation are at best only partial truths, which require to be correlated with facts obtained by wider study. The various organs, the diseases of which are subdivided for treatment, are not isolated, but complex parts of a complex whole, and every day's experience brings home the truth of the saying «When one member suffers all the members suffer with it.»

Sir W. Osler



Specialists are important, generalists are urgently needed

- Specialists are essential to perform the specific procedures or to overlook specialized care where this is necessary
- Today`s health care relies on teamwork, and the internist is the ideal coordinator of all the services that are needed
- Resources are limited everywhere today; it becomes more and more clear that in the hospital a well structure system of coordination and counselling by internal medicine increases the quality of care and improves cost effectiveness



Generalism & specialism

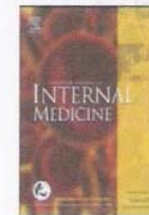


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Reflections in Internal Medicine

Internal medicine in Europe: How to cope with the future?
An official EFIM strategy document

Mark H.H. Kramer ^{a,*}, Erdal Akalin ^b, Melchor Alvarez de Mon Soto ^c, Haim Bitterman ^d, Faustino Ferreira ^e,
Clare Higgins ^f, Petra-Maria Schumm-Draeger ^g, Johannes Köberling ^g,
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The Working Group on Professional Issues in Internal Medicine

4. Concluding remarks

European countries need integrated healthcare systems which allow efficient coordination of the various medical specialties and their ever growing diagnostic and therapeutic armamentarium.

Medical care has to be optimized, not maximized. Internists are patient-centred specialists, who can fulfil this task. As generalists they have a broad knowledge of all aspects of medicine for adults, which put them in the lead to provide and coordinate medical care.

Therefore, internal medicine is a cornerstone of every national health care system.



Generalism & specialism Also in USA.

1094

The American Journal of Medicine, Vol 120, No 12, December 2007

ples, medical technology, and emerging as well as classic disease entities. The specific internal medicine competency remains “finely honed diagnostic reasoning.” Internal medicine attracts “the best of the best,” restoring the respect and prestige of the discipline. Medical school curricula meld basic science with clinical science throughout all years of medical school, effectively reversing the trend of the late 20th century decrease in basic science education. Collaboration among colleges of medicine, nursing, pharmacy, and allied medical professions becomes commonplace. Scientific educa-

In undergraduate medical education, internal medicine returns to power within the medical school structure, teaching preclinical and clinical students. Students are increasingly interested in internal medicine because internists truly manage patient problems, are paid appropriately for their expertise, and work in true collaboration with subspecialists. Medical school is structured like law school: the goal is only to teach students, not worry about other academic issues (such as NIH rankings). Faculty members are full-time educators. The medical school becomes smaller and more inte-



‘New’ ways to practice Internal Medicine:

- Hospitalists in the USA
- Acute Care doctors in the UK



Internists: specialists for integrated health care

- the training of internists is focused on integrated patient care
- internists are trained in collaborative team work and in a multidisciplinary approach
- a patient with several health problems may need several specialists and may need the support of other health professionalsbut he urgently needs an internist who coordinates them all
- Integrated health care means cost and resource effective health care in the inpatient and in the outpatient setting



Internal medicine: cost effective diagnostics, treatment and care

- In the hospital and in outpatient care increasing costs represent an ever growing problem
- Rational decision making, coordination of diagnostic and therapeutic procedures, and control of effectiveness will help to make wise use of the resources
- These are precisely the core competencies of internists.



Internal medicine: cost effective diagnostics, treatment and care

- Medical care has to be optimized, not maximized
- Europe`s health care systems need patient-centred generalists who have a broad knowledge of all aspects of medicine for adults
- Good coordination of all services must have an impact on health care quality, on access to medicine, on the rational use of the resources and on providing cost effective care.



‘Internists will contribute to a new profession for a new society’

- A commitment to:
 - professional competence
 - honesty with patients
 - confidentiality
 - excellent patient-doctor relationships
 - quality assurance
 - efficiency
 - new medical knowledge
 - declare conflicts of interest
 - accountability
 - access to health care

PERSPECTIVE

Medical Professionalism in the New Millennium: A Physician Charter 15 Months Later

Linda Blank; Harry Kimball, MD; Walter McDonald, MD; and Jaime Merino, MD, for the ABIM Foundation, ACP Foundation, and European Federation of Internal Medicine (EFIM)*

Ann Intern Med. 2003;138:839-841.



Therefore.....

***Internal medicine should be the
cornerstone of every national health
care system.***



How to achieve that?

- Working together under EFIM umbrella for achieving the adequate recognition of Internist's role in health care system



Objectives of EFIM

- Publish the outcomes of its research and resolutions.
- Establish communication between European specialists in internal medicine.
- Organise meetings and European congresses.
- Establish links with young internists (through Educational Seminars and via the EFIM website where a Young Internist link is being developed)
- **Provide information to private or public organisations about internal medicine.**
- **Reinforce relationships with other institutions (ISIM, WFME, RCP, ACP)**



‘EFIM offers some tools to improve Medical Education’

- EJIM
- ESIM
- Congresses
- Young internists
- Research course
- Foundation
- Exchange programme

<http://www.efim.org>

- ...

‘It is time to develop a common competency-based Curriculum for IM training programmes in Europe’



The future of IM in Europe



EFIM Young Internists Group



