European Young Internists

Dr Frauke Weidanz

Consultant in Acute Internal Medicine and Critical Care,
Edinburgh, United Kingdom
European Young Internists Past Chair
A network of Internal Medicine trainees and young specialists across Europe
The aim of the Young Internists group is to strengthen the specialty of Internal Medicine

Creating a network of Young Internists
Promoting Internal Medicine
Participating in administrative processes
Education
Research
Internal Medicine in Europe
What does it mean to be an internist in Europe
Specialist versus Generalist
What makes a good Internist?

High risk tolerance

Ambivalence about status
Quality of Life, Burnout, Educational Debt, and Medical Knowledge Among Internal Medicine Residents

Colin P. West, MD, PhD
Tait D. Shanafelt, MD
Joseph C. Kolars, MD

Context  Physician distress is common and has been associated with negative effects on patient care. However, factors associated with resident distress and well-being have not been well described at a national level.

Objectives  To measure well-being in a national sample of internal medicine residents and to evaluate relationships with demographics, educational debt, and medical knowledge.

Design, Setting, and Participants  Study of internal medicine residents using data collected on 2008 and 2009 Internal Medicine In-Training Examination (IM-ITE) scores and the 2008 IM-ITE survey. Participants were 16,394 residents, representing 74.1%
Physician Burnout – protective factors

- Sense of purpose
- Engagement in organisation of care
- Empathy and holistic approach to care
- Collaborative rather than isolated ways of working
- Social support and professional networks
How can contributing to professional organisations enhance career development?

What can we as a group do to improve morale?

Can defining our specialty identity help with work satisfaction?
Giving Young Internal Medicine specialists and trainees a voice
Encouraging trainees and young specialists to contribute to educational events and congresses.
Being involved
Contributing to events and congresses
Shaping educational events and congresses
Feeling valued
Networking
Adding value - The international perspective
Europe? (Young Intern.
F. Weidanz, C. Delce
A. Marra, M. Slee-Vale
Young Internists Projects

Contributing to European Schools of Internal Medicine

Case report competitions

Social media groups

Exchange programme

Information for trainees planning to work in another European country
Less or More? European internists’ attitudes towards end-of-life decisions

A case-vignette study

Frauke Weidanz, Georgijs Moisejevs, Carla Araujo, Ewelina Biskup, Avi Levin, Alberto Marra, Lale Ozisik, Anke von Sengbusch and Monique Slee-Valentijn, for the European Federation of Internal Medicine Young Internists Group

Introduction:

Technological advances have enabled physicians to provide life-sustaining treatments even in severely ill and elderly patients with multiple co-morbidities. In some patients, there is no reasonable hope of meaningful recovery and these measures may simply prolong suffering. There is however
IMAGINE

(Internal Medicine and Assessment of Gender differences In Europe)
Leadership skills

Working with people from diverse professional, geographical and cultural backgrounds

Organising international educational events

Learning from each other and understanding different perspectives
Inspiring trainees and young specialists to contribute beyond their day-to-day clinical duties

Enhancing our specialty identity

Attracting the best people to a career in internal medicine

Improving career satisfaction and improving patient outcomes
Thank you!

fraukeweidanz@doctors.org.uk

@younginternists

EFIM young internists