

EAPM Working group on Primary Care

Renewal meeting after the decision of former EACLPP and ENPM to found the new society
EAPM

Time Saturday July 5th, 10-11.30

Occasion:

1st EAPM conference,

July 3 to 7, 2013

Cambridge, UK

Chair: D. Berardy (EACLPP), H.C. Deter (ENPM),

Co-chair B. Wasilewski (ENPM), Ch van der Feltz (EACLPP)

Preparation of the meeting and minutes: H.C. Deter

Present

Christina van der Feltz (NL), Claudia Nespeca (IT), Cecilia Siginolfi (IT, represents D. Berardi), Bohdan Wasilewski (POL), Katarzyna Wasilewska (POL), Hans-Christian Deter (GER),

Absent: Domenico Berardi (IT)

Agenda

This is the renewal of the common activities of both primary care groups in the EAPM. The members gave reports of ongoing activities in the different countries:

1. C. Siginolfi, Bologna, dept of Psychiatry and C. Nespeca gave a report about the Collaborative Italian Primary Care Study in North Italy (6 sites, 189 GP's, 15 groups) to evaluate a 2 days and 16 hour training in GP's to reduce the recurrence rate of depression in 129 patients compared to 99 patients in the regular care control condition. GP's were trained in counseling, education and brief short therapy (7-10 sessions). They had to cooperate more with psychiatric specialists. The study results will be published in this year.
2. B. Wasilewski , K. Wasilewska reported their interest in research in psychiatric aspect of GP's cost and their reduction . This is in Poland also a political question. Doctor-patient communication is another topic of interest and research. They tend to analyze effects and cost decrease in somatic diseases like diabetes.
3. C. van der Feltz reported her studies with MUS-patients in the primary care situation and is also interested in patients with depression and anxiety in the GP's practice of their diagnostic and therapeutic activities. Here she focus also of communication activities of physicians and health professionals.
4. H.C.Deter reported his study with communication trainings in GP's, internists and other specialists in Berlin with psychosomatic quality groups. He could show effects on drug prescription, lost working days and quality of psychosomatic basic care in these physicians groups.

In an **open discussion** the group defined different topics, ideas and research proposals for next steps of the common work:

1. Focusing on different somatic (diabetes, pain, rheumatology; BW, HCD) or psychiatric (anxiety, depression) or both (Multiple unexplained symptoms, MUS, CvF) diseases.
2. Focusing on training of communication in physician-patient interaction (BW, CvF, HCD)
3. Focusing on different medical or personal capabilities:

Counseling, education, psychological interventions – short term, long term, chronic repeating and drug prescription (CS,CN)

4. Disease specific psychotherapeutic techniques (activities in one disease, HCD)
5. Building a network of GP's with different specialists and health care providers (CS,CN)
6. Development of web-based communication (CS)

7. Intercultural exchange between European countries and regions, what are essentials of primary care in different countries- situation and perspectives (CS)

8. Proposals for new members of this working group, representatives of other countries: especially Switzerland

9. Funding: who gave money for research in primary care and psychosomatic medicine (HCD,BW,CvF).

- Drug companies

- Insurance companies

- Ministry of health (IT, GER)

- is there a possibility for European funding?

10. Conclusion of the first activities of this new primary care group in a “position paper of primary care” in the individual European country (all)

11. Decision to meet us in a common symposium at the second EAPM-meeting in SIBIU 2014 (all)

It is was a great pleasure for me to discuss and communicate with this interesting members from four countries. We found good ideas and we hope we meet us again next year in a working group symposium and in a business meeting, hopefully with many more colleagues of other European countries.

Hans-Christian Deter