23rd ESIM Winter School 2015 in Riga, Latvia – Report

Dr. Ieva Ruža
EFIM AC meeting, Larnaca, Cyprus
13.03.2015
ESIM Winter School in Riga, Latvia
25-31 January 2015

**Director:** Professor Aivars Lejnieks (Latvia)

**Co-directors:**
- Professor Verena Briner (Switzerland)
- Professor Margus Lember (Estonia)

**Administrative and Secretarial Support:** Dr. Ieva Ruza (Latvia)

**Working group:** Dr. L. Arnicane, Dr. A. Salina, Dr. G. Moisejevs
ESIM Winter School in Riga, Latvia – 25-31 January 2015

• 1st ESIM in Eastern Europe

• Non-profit society “European School of Internal Medicine in Riga” was founded (separate account and management)

• Webpage - www.esim2015.org

• Venue – Wellton Elefant Hotel Riga, Latvia: – accomodation, conference rooms, meals

• Program - usual format kept
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<tbody>
<tr>
<td>9:00-9:30 Welcome</td>
<td>9:00-9:45 Lecture 5</td>
<td>9:00-9:45 Lecture 8</td>
<td>9:00-9:45 Lecture 11</td>
<td>9:00-9:45 Lecture 14</td>
<td>9:00-9:45 Lecture 15</td>
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<tr>
<td>A.Lejnies, F.Bosch</td>
<td>K.Lundin (GI endoscopy)</td>
<td>M.Lember (Vitamin D)</td>
<td>L.Vaughan (Early detection of deterioration)</td>
<td>N.Montano (Syncope)</td>
<td>L.Campos (Failure the diagnosis)</td>
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<td>10:15-11:00 Lecture 2 F.Bosch (End-of-life decisions)</td>
<td>10:45-13:00 Sightseeing tour (including coffee break)</td>
<td>10:45-10:30 Lecture 9 V.Briner (IM case studies)</td>
<td>9:45-10:45 Clinicopathology conference 1 S.Rigby</td>
<td>9:45-10:30 Lecture 15 L.Campos (Failure the diagnosis)</td>
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<td>11:00-11:30 Coffee break</td>
<td>10:30-11:00 Coffee break</td>
<td>10:45-11:15 Coffee break</td>
<td>10:30-11:00 Coffee break</td>
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<tr>
<td>11:30-13:00 Workshop 1 Y.F.Weldonz</td>
<td>11:00-12:30 Workshop 2 ECG V.Kokorin</td>
<td>11:15-12:45 Workshop 3 (Pulm) K.Gruny</td>
<td>11:00-13:15 Workshop 4 (USG) A.Mueller-Marbach</td>
<td>11:00-13:15 Workshop 4 (USG) A.Mueller-Marbach</td>
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<td>Residents arrive today</td>
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<td>13:00-14:00 Lunch</td>
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<td>12:30-13:30 Lunch</td>
<td>12:45-14:35 Lunch</td>
<td>13:15-14:15 Lunch</td>
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<td>14:00-14:45 Lecture 3 K.Lundin (Coeliac disease, inflammatory bowel disease)</td>
<td>14:00-14:45 Lecture 6 A.v.Sengbusch (Obesity treatment)</td>
<td>13:30-14:15 Lecture 10 J.Ruza (Endocrine medicine)</td>
<td>14:45-13:40 Lecture 12 L.Vaughan (Medication errors in acute setting)</td>
<td>14:15-15:00 Lecture 16 C.Davidson (Heart failure)</td>
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<td>Meet &amp; Greet</td>
<td>14:45-15:30 Lecture 4 B.Lace (Genetics in IM)</td>
<td>14:45-15:30 Lecture 7 X.Carbella (Bridging the inpatient and outpatient care)</td>
<td>14:15-15:15 Clinical case presentations [4] M.Lember</td>
<td>15:00-15:15 Closing J.Ruza</td>
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<td>15:30-16:00 Coffee break</td>
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<td>Free time</td>
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<td>17:30-18:30 Dinner</td>
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<td>19:00 Social activities</td>
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<td>Free time</td>
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<td>19:00 Social event</td>
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ESIM Winter School 2015 - Riga

- 44 participants from 20 countries
- 19 lecturers (15 international)
Financial report

- 2 FDIME supported participants - Caterina Delcea (Romania) and Ieva Šileikiene (Lithuania)
- FDIME sponsorship denied for Albanian applicant due to unpaid society membership
- 1 ESIM supported participant – Elena Bivol (Moldova)
- The 1st of 23 ESIMs with positive budget balance after the School, no involvement of local society and pharma industry sponsoring
Scientific program
USG training (1st hands-on WS in ESIM)

Dr. Alexis Müller-Marbach (Germany)

Devices by Arbor Medical Korporācija, Latvia (Philips)
Social part

Blues bar, ice-skating, karaoke etc.
Social part

- Tours to Jurmala, Riga Old Town, Cesis castle with National songs, cup painting etc.
Social part – gala event
Evaluation summary

• Clinical case presentations – best rated
• Highest total evaluation rate – ECG WS by Dr. V. Kokorin (Russia)
• CPC (by Dr. S. Rigby) – highly rated
• 1st hands-on WS on USG
• 43/44 – satisfied of the course
• Detailed evaluation depended on personalities and individual expectations
Piftalls – scientific part

• Societies – better evaluation of the proposed speakers needed (language! content! experience!)
• General lectures – received higher evaluation than specific topics (diverse opinions)
• More updated lectures needed (higher scientific content)
• Unrealistic wishes of some participants
• Some workshops failed the WS format (splitting groups, sufficient discussions)
Pitfalls – logistics and social part

• Meals! (hotel management’s fault):
  – diversity, menu problems, timing
  – too early dinner for participants from southern countries

• Free half-day needed (without organized sightseeing)

• Wish for longer lectures in evenings (?)
More suggestions/ideas

• Program – topic grouping by days (difficult due to speaker availability)
• Recording of ESIM lectures
• Lecture publishing online – timing, availability
• Change of evaluation forms (topic/lecturer)
• Better explanation of ESIM format to possible applicants (to avoid unrealistic expectations)
• ESIM advertising outside EFIM media
NB!

• **25.03.2015** – deadline for “free submission and publishing window” of case reports in **EJCRIM** for alumni of ESIM WS 2015 in Riga
Balsam, snow and opera – ESIM goes Baltic!

An inspiring week packed full of medicine, culture and an amazing team spirit: The European Winter School of Internal Medicine moved to Latvia this year and the first edition has been a tremendous success. Forty-four internal medicine residents from 20 countries gathered in snowy Riga, from Finland to Morocco and from Portugal to Russia.

They learned together – about lymphoma and coeliac disease, endocrine puzzles and syncope. They discussed how to spot the deteriorating patient and how to get published, explored abdominal ultrasound and end-of-life decision-making. They shared experiences and explored differences – in Israel it is illegal to withdraw life-sustaining treatments, UK doctors are less likely to offer ICU admission to elderly medical patients than their colleagues in Germany and the average salary of a Romanian doctor amounts to less than what some colleagues in Western Europe earn in a week. Norwegian residents visit some of their patients by boat, whilst in Holland a mobile app summons volunteers to attend to cardiac arrest victims in their neighbourhood. Despite the differences in training structures, in pay and in working hours, all participants had in common an enquiring mind, the desire to be good generalists and the willingness to connect with their European colleagues.

The hard work was complemented with a stimulating cultural and social programme: sightseeing, karaoke, ice-skating and opera, as well as good food and the occasional opportunity to sample local beer and a Latvian specialty – Riga Balsam. The farewell evening was long and emotional and we hope everybody returns to their country and their work with renewed enthusiasm for internal medicine, with new perspectives and new friends. The first ESIM organised by a member of the Young Internists group leaves us with optimism for internal medicine, for the European spirit and for the Young Internists movement.
Latvijas internistu biedrība

Share the information and join us for next ESIM Winter School in Riga, Latvia – January 2016

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dr.ieva.ruza@gmail.com

(Dr. Ieva Ruža)