



**OPEN
MEDICAL
INSTITUTE**

SEMINAR REPORT

FAMILY MEDICINE

September 19-25, 2021

**A Global Educational Initiative by the
American Austrian Foundation**

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SALZBURG DUKE UNIVERSITY SEMINAR IN FAMILY MEDICINE

September 19-25, 2021

30 fellows from 20 different countries
7 faculty members from the United States of America and Austria
19 lectures and 3 workshops given by faculty
30 interesting case presentations by fellows
3 excellent case presentations by fellows

Group Photo of Faculty and Fellows



Salzburg Duke University Seminar in Family Medicine

Sunday, September 19 – Saturday, September 25, 2021

		Sunday 19.09.2021	Monday 20.09.2021	Tuesday 21.09.2021	Wednesday 22.09.2021	Thursday 23.09.2021	Friday 24.09.2021	Saturday 25.09.2021
07:00	08:00		BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	BREAKFAST	DEPARTURES
08:00	09:00		Introductions Pre-Seminar Test	Change Management Gregory Sawin, MD, MPH	Evidenced Based Approach to Palliative Care Jonathan E. Fischer, MD, CAQHM	Osteoporosis Teah M. Bayless, DO	Frailty/Falls Prevention Nancy Weigle, MD	
09:00	10:00		Primary Care Introduction U.S. John W. Ragsdale III, MD	Prognosis and Preferences Teah M. Bayless, DO	Hypertension In the Elderly Gregory Sawin, MD, MPH	Approach to Nausea Jonathan E. Fischer, MD, CAQHM	Approach to Behavioral Dementia Jonathan E. Fischer, MD, CAQHM	
10:00	10:30		COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	COFFEE BREAK	
10:30	11:30		Primary Care Introduction Europe Kathryn Hoffmann, Assoc. Prof., PD, MD, MPH	Geriatric High Value Care Nancy Weigle, MD	Asymptomatic Bacteriuria John W. Ragsdale III, MD	Deprescribing Nancy Weigle, MD	Abnormal Weight Loss Teah M. Bayless, DO	
11:30	12:30		Prostate Cancer John W. Ragsdale III, MD	Cognitive Screening Teah M. Bayless, DO	Information Mastery Gregory Sawin, MD, MPH	Health Beyond Healthcare Gregory Sawin, MD, MPH	Delirium Jonathan E. Fischer, MD, CAQHM	
12:30	14:00		LUNCH	LUNCH	LUNCH	LUNCH	LUNCH	
14:00	15:00		Logistics Case Presentations	Workshop • Motivational Interviewing • Difficult Conversations • Fellows' Case Presentations	Free Afternoon	Workshop • Motivational Interviewing • Difficult Conversations • Fellows' Case Presentations	Post-Seminar Test Evaluation & Discussion	
15:00	16:00		Workshop • Motivational Interviewing • Difficult Conversations • Fellows' Case Presentations					
16:00	17:00							
17:00	18:00		<u>17:00 - 17:15</u> OMI Presentation					
18:00	19:00	FACULTY MEETING TO REVIEW THE WEEK					FAREWELL RECEPTION	
19:00	20:00	WELCOME RECEPTION & DINNER	DINNER	DINNER	DINNER FACULTY DINNER IN PRIVATE HOME	DINNER	GRADUATION DINNER Certificates Awarded	
20:00	21:00					<u>20:30 - 21:30</u> CHAMBER MUSIC CONCERT		



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FACULTY BOOKLET

FAMILY MEDICINE
SEMINAR IN SALZBURG

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American Austrian Foundation



Wolfgang Aulitzky, MD

Director, Open Medical Institute
American Austrian Foundation

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Adjunct Professor of Clinical Reproductive Medicine
Weill Medical College of Cornell University

Adjunct Professor of Pediatrics
**Perelman School of Medicine at the Children's Hospital
of Philadelphia**

Associate Professor of Urology
Medical University of Innsbruck, Austria

Wolfgang Aulitzky, MD is the Medical Director of the American Austrian Foundation. He is Associate Dean for International Medicine and Distance Learning, Adjunct Prof. of Clinical Urology and Adjunct Prof. of Clinical Reproductive Medicine at the Weill Medical College of Cornell University/New York Presbyterian Hospital. In 2016, he was appointed Adjunct Professor of Pediatrics in the Associated Faculty of the Perelman School of Medicine at the Children's Hospital of Philadelphia. He is also Associate Prof. of Urology at the Medical University of Innsbruck and Visiting Professor at the Medical University of Vienna. Amongst others he is a member of the American, German and Austrian Societies of Urology and was awarded the Zuckerkindpreis of the Austrian Society of Urology in 1989. In 1995 he received the Silver Medal, in 2007 the Golden Medal for Merits to the Republic of Austria and in 2014 the cross of honor of the Land Salzburg. As Director of the Medical Program of the American Austrian Foundation he has initiated the Open Medical Institute, a scientific and educational collaboration of Weill Cornell and the NewYork Presbyterian Hospital, the Children Hospital of Philadelphia, Duke University, Columbia University, the Cleveland Clinic and leading hospitals in Austria. Dr. Aulitzky earned his medical degree at the University of Innsbruck in 1977, was a research associate at the University of Uppsala, Sweden and the Rockefeller University, New York. He received his training as an urologist at the University of Innsbruck and the General Hospital of Salzburg. He is the author of more than 140 publications on Urology, Andrology and Health Care issues and is co-author of books on basic and clinical urology/andrology.



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John W. Ragsdale III, MD (Course Director) is Chief of the Division of Family Medicine in the Department of Family Medicine and Community Health since 2017. Prior to that he served as Medical Director from 2012 -2017 and has maintained a clinical practice in the Department of Family Medicine since 2009. Prior to Duke he completed a leadership fellowship at Brown University in Providence Rhode Island. He attended Medical School at the Medical College of Georgia and subsequently completed his residency at Georgetown University Family Medicine program. His clinical and research interests have focused on cancer survivorship specifically with urological cancers, and maintains a clinical practice in survivorship at the Duke Cancer Institute. He also has a long-standing interest in women's health, leadership and medical education as he has been an active member for the Family Medicine Residency program as core faculty since 2009. His wife and three children live in Chapel Hill, NC.



Kathryn Hoffmann, Assoc. Prof., PD, MD, MPH

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Kathryn Hoffmann, Assoc. Prof., PD, MD, MPH (Co-Course Director) is Associate Professor and Head of the Unit Health Services Research in Primary Care at the Department of Social- and Preventive Medicine at the Medical University of Vienna. Additionally, she is General Practitioner with special ÖÄK-diploma in psychosocial and psychosomatic medicine and Public Health scientist. She is one of the leading researchers for Health Services Research in Primary Care in Austria, project manager for large-scale EU-funded research projects, which focus on quality, access points, and structure of Primary Care Systems worldwide, and authored many top-journal publications and book chapters. In 2016 she became Associate Professor and in 2017 she received the “venia docendi” in General Practice and Family Medicine. Dr Hoffmann’s research and teaching focuses are on primary health care concepts, family medicine, health services and systems research as well as public health. Since research in this area is highly complex, she is experienced in qualitative, quantitative as well as mixed-method approaches. She is the Austrian representative of the European General Practice Research Network, former advisory board member of the European Forum for Primary Care, executive board member of the Austrian Society for General Practitioners, founder of the initiatives “alliance for strengthening primary health care in Austria” of the Austrian Society for Public Health and the Austrian Forum for Primary Health Care.



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Teah M. Bayless, DO is board certified physician in both family medicine and geriatrics. Dr. Bayless grew up in the southeastern United States in the state of Virginia. She completed her undergraduate studies in biology at Hollins University in Virginia in 1997 and then pursued a career in program management for 10 years working for organizations such as the American Red Cross, the Boys and Girls Club, the YMCA, and finally, the Robert H. Mollahan Family Charitable Foundation. She graduated from the West Virginia School of Osteopathic Medicine in 2010 and completed both a family medicine residency (2014) and a geriatrics fellowship (2017) at Duke University. Her interests include social determinants of health, health equity, geriatrics, community engagement, population health, and transitions of care. Dr. Bayless is currently on the faculty at Duke University Medical School as Assistant Professor of community and family medicine. She not only provides care to all ages in the office setting, but also conducts home based primary care visits to vulnerable adults with disabilities and the elderly. Dr. Bayless lives in North Carolina with her husband, Charlie, and nine-year-old triplets, Jonathan, Paige and Madison.



Jonathan E. Fischer, MD, CAQHM

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Jonathan E. Fischer, MD, CAQHM is an Adjunct Assistant Professor in the Department of Family Medicine and Community Health, Clinical Faculty in the Division of Palliative Care and a Medical Director for the Population Health Management Office at Duke University. He grew up in New York and North Carolina and graduated from Columbia College in New York City in 1989, where he majored in Comparative Religion. After serving as a Social Worker with homeless families in New York City and volunteering with Tibetan and Aryurvedic practitioners in Asia, he returned to NC for medical school (1994-1998) and completed Family Medicine residency at the University of North Carolina (UNC) in 2002. For the next 10 years Dr. Fischer was a primary care provider in federally qualified community health centers and was an Instructor in the UNC School of Medicine. Continuing his commitment to underserved and marginalized populations, he created access programs for refugees and migrant farm workers, and developed statewide palliative care initiatives to improve serious illness care for Medicaid recipients. He joined Duke Family Medicine in 2012, and as a Medical Director with the Duke Population Health Management Office has directed programs to integrate palliative care into the data analytics and care management efforts across the health system. His work has also focused on the critical role of relationship centered communication. He is a Distinguished Senior Faculty with Vitaltalk and Ariadne Labs, where he has developed and implemented communication skills trainings across the USA. He serves as an investigator in several multisite studies funded by the National Institute on Aging examining serious illness communication, and recently developed ACP-COVID, a modified protocol of virtual trainings for primary care providers, teaching communication skills in response to the COVID-19 pandemic. Currently with the Duke Center for Research to Advance Healthcare Equity, he is developing an implicit bias training intervention for medical providers. In his spare time, he enjoys traveling, tennis, watching college basketball, and playing music with his band.



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Maria de la Cruz Gomez Pellin, Univ.-Ass., MD is a researcher and lecturer at the Unit Health Services Research in Primary Care of the Department of Social- and Preventive Medicine, Medical University of Vienna. Additionally, she is a general practitioner and emergency physician with specialisations in Geriatrics and Palliative Medicine, School Health and Addiction Medicine. Alongside her duties, she is pursuing an MSc and PhD in Public Health. She has conducted several research projects on topics concerning the quality of postgraduate general practice training, telemedicine and potentially inadequate medications in the elderly. Dr Gomez's research and teaching focuses are on primary health care, family medicine, evidence-based medicine as well as public health.



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Gregory Sawin, MD, MPH is a practicing primary care physician and serves as Vice Chair for Education and Faculty Development for the Department of Family Medicine and Community Health at Duke School of Medicine. He was born and raised in a small town in Kansas, attended Morehouse School of Medicine for his MD, and then did his family medicine residency and teaching fellowship at the University of Virginia where he also completed a Masters in Public Health with a focus on healthcare policy, law and ethics. Dr. Sawin's work is a reflection of a core value in social justice and a passion to increase health equity. Most of his academic career has been as an educator, serving as a family medicine residency director in Massachusetts for 10 years prior to joining Duke. To meet vulnerable patients' needs, he also has experience with expanding the scope of primary care to include medication addiction treatment (MAT) for opioid use disorder and gender affirming hormone therapy for transgender people. His long work in safety net health systems serving historically marginalized populations along with training for a Masters in Public Health also fuels his passion for health system transformation and leaning in to address systemic racism, which is the primary driver of inequities that manifest as social determinants of health. Dr. Sawin believes Just Culture and psychological safety are fundamental pillars to building a better health system.



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Nancy Weigle, MD received her MD from George Washington University School of Medicine and completed her family medicine residency at Lawrence Family Practice Residency Program in Lawrence, Massachusetts. After serving as a National Health Service Corps Scholar for 4 years, she came to Duke in 2008. Dr. Weigle is an Associate Professor in the Department of Family and Community Medicine at Duke University. She is the Course Director of the Clinical Skills Foundation course, a longitudinal 3-year course which teaches patient communication, examination and clinical reasoning in the School of Medicine. She also serves as Clerkship Director for the Family Medicine Clerkship for medical students. She maintains her clinical practice at Duke Family Medicine.

Fellow Booklet 777SDUS21 Family Medicine



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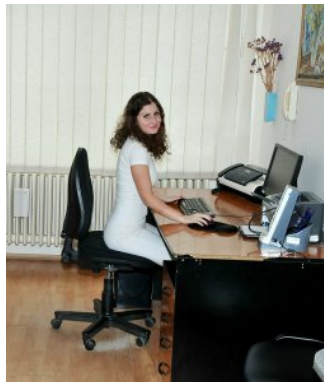
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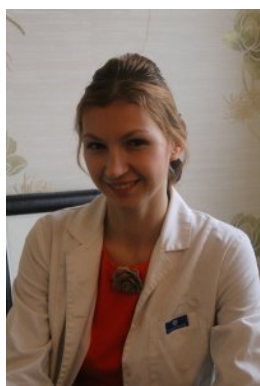
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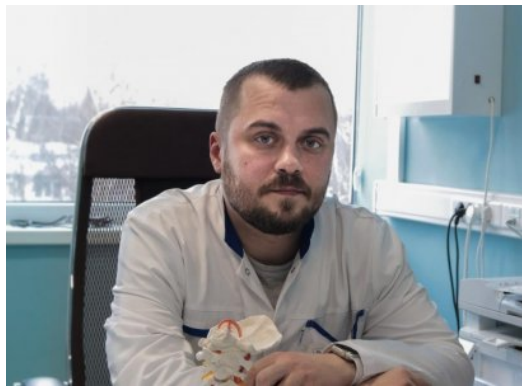
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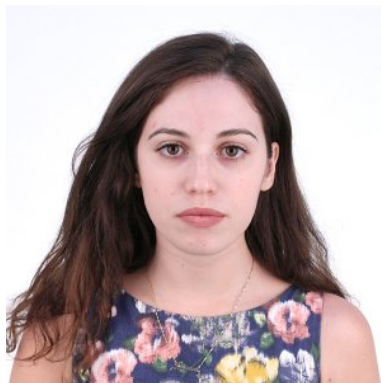
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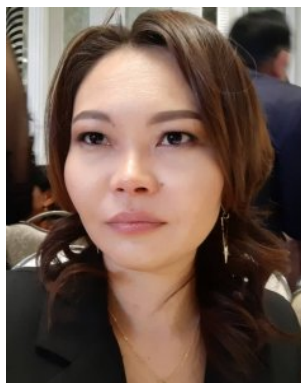
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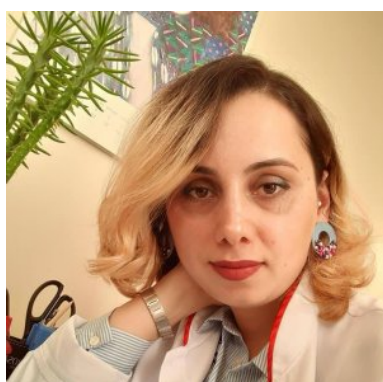
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DIARY



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Sunday, September 19, 2021

I arrived in Salzburg at 4:00 pm on Sunday afternoon for my first seminar in Family Medicine, curious to see what the upcoming week would bring. Friendly greetings from every person that I met in or around the castle allayed the fear of the unknown. Shortly after, we all settled our belongings into our temporary home, then we gathered in the entrance hall to meet each other and to be welcomed by all the faculty members. The restrictions associated with the COVID-19 virus were explained and we slowly moved to the dining room. The dinner that followed was great. Each of us started to chat with one another very quickly and new connections were made. We found out that there were not only Family Medicine doctors, but also anesthesiologists, cardiologists, and endocrinologists among us.

Monday, September 20, 2021

On Monday morning we gathered in the big lecture hall, patiently awaiting all the new information. Right before the lectures, we took an exam. Honestly, it was a bit of a surprise for many of us, because not only general knowledge but also very specific questions were asked. We later discovered that it was intentional, to find out what information will we obtain from the week, because we will take the same test again on Friday. The following lectures focused on the introduction of the primary care systems in Europe and the U.S., followed by a lecture on prostate cancer. That was very useful for most of us. After a delicious lunch, we were divided

into three different groups for the afternoon program. The group that I was included in presented their case presentations. It was quite a lot of stress for the first day, but I guess since we all were similarly nervous, we managed with a bit of ease. In the evening, I joined a group of about 10 people for our first beer in one of the local pubs. Long before midnight, we were already in our beds.

Tuesday, September 21, 2021

Refreshed after a sufficient amount of sleep, we started the day with a lecture on change management, which gave us a few ideas and “guidelines” on what steps to follow in order to reach what we desire. Following lectures were about prognosis and preference, geriatric high value care, and cognitive screening: topics that many of us use in our daily routine. In the afternoon, my group joined the difficult conversations workshop, a highly recommendable experience, where we learned how to communicate difficult topics with our patients (especially their wishes and fears connected with end-stage or incurable diseases). Since the weather situation started to get better and there were rays of sunshine visible for the first time during our stay in Salzburg, we used this unique occasion for a trip to the city's castle. Its breathtaking view was a reward for all of us after the afternoon of difficult conversations. Ending in a beer garden was a great finish to a challenging day.

Wednesday, September 22, 2021

The morning started with breakfast, followed by the lecture on the Evidence Based Approach to Palliative Care, Asymptomatic Bacteriuria, and Information Mastery. Since this was already day three of our stay, we had a free afternoon, which we all decided to use to get to know the city of Salzburg a bit more. A group of us decided to visit the Hellbrunn Castle and its gardens, which turned out to be a great decision. Even those of us who were not necessarily fond of castle visits thought this was a great excursion. The water show, located in its garden, was a magnificent experience. Even though the weather was not pleasant, and it rained every now and then, we still enjoyed it. We spent the evening in the Armenian lounge of the last floor of the Schloss. We enjoyed “Grüner Veltliner” wine and went to bed late this time.

Thursday, September 23, 2021

The morning started like every other, with breakfast and a load of caffeine. The first lecture of the day was on osteoporosis, followed by the approach to nausea, deprescribing, and finished with a lecture titled health beyond healthcare, which mainly focused on racism and intercultural differences and its impact on the healthcare provided. Since the weather had improved, we decided to make a trip to Mirabell Garden, which is a beautiful garden with many different flowers. After dinner, a concert of a great piano player, Heggine Rapyan, was held, followed by a glass of wine with all the participants and discussions on the topics discussed throughout the week.

Friday, September 24, 2021

Last day of the seminar! We started the day with a lecture on frailty/falls prevention, followed by a lecture on the approach to behavioral dementia, abnormal weight loss, and delirium.

After lunch, we took the post-seminar test, had a free afternoon, and in the evening attended the farewell reception and the graduation dinner. I think the seminar was very beneficial for all of us. The topics discussed and the international perspective of all the diseases and clinical conditions helped us gain a better view on many topics that we are facing in our practices every day.

Thank you to all the faculty members and all the organizers for your efforts and your time. I am sure the seminar will help us to be better physicians. Am I applying again next year? Definitely!

DIARY



Noemí López Rey, MD
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Sunday, September 19, 2021

I arrived to Salzburg by train in the afternoon. Coming from Vienna, the whole landscape was beautifully overwhelming. I had a small nap during the trip and suddenly realized I was already at the Salzburg main train station. I barely had time to have a look at Schloss Arenberg, because it was already 6:30 pm and I needed to quickly be on time to the welcome reception. I checked in, filled out some paperwork, and managed to get to the first meeting by 7:00 pm. After the reception, we had a very tasty dinner where I met other fellows who all had really long flight connections. I was really surprised that not only family physicians were attending the seminar, but also endocrinologists and anesthesiologists. It was a very productive first meeting. Some colleagues went for a walk after dinner, but I was exhausted after a long day.

Monday, September 20, 2021

After a nutritious breakfast, Dr. Ragsdale welcomed us once again and we took the pre-seminar test. There were some questions I didn't know, but I guess that was the point of the seminar. I realized later the questions were very useful, to pay attention to important concepts during the following lectures. We had a group photo with the faculty, then were split into three groups for the workshops that would take place in the afternoon. Our group started with the topic of difficult conversations, which I really enjoyed and found very useful. The faculty managed to facilitate this in a very interactive way. After that, we received some information

about the AAF by Ms. Faschang, it was nice to finally see her after all the exchanged emails. The day was over before we knew it. After dinner, some of us went to the city for a little walk along the river, which was becoming a nice habit.

Tuesday, September 21, 2021

We started the morning with a lecture from Dr. Sawin about change management, which I found very interesting. It was very useful to receive new ideas. We had another lecture with Dr. Bayless about prognosis, which I found very enlightening. At the same time, I realized how bad I am at this. We enjoyed the coffee break while speaking about nursing homes and different points of view between various countries. After the break, Prof. Weigle spoke to us about ordering unnecessary tests. In the afternoon, our workshop was based on motivational interviewing, useful not only for my patients, but even for myself, being able to release some stress resulting from my daily practice. After the lectures, we managed to go to the Salzburg castle and take some funny pictures there. We returned for dinner and decided to go out again for a drink. Choosing the place took some time, but we finally reached a nice beer garden. Most of the fellows were there and I found it very enjoyable.

Wednesday, September 22, 2021

We started the morning talking about palliative care with Dr. Fischer, a dimension of family medicine that I particularly love. Once more, we discussed the importance of good teamwork. We also had lectures about asymptomatic bacteriuria and HTA in elderly among others, which showed me the importance of guidelines, but also to have a critical view with them. We decided to spend our free afternoon visiting the Hellbrunn castle. We were lucky that some colleagues had a car and we were there within a few minutes. It is a highly recommendable place; I particularly enjoyed the water fountains, which have a long history behind them. We closed the day by having a drink in the Armenian Lounge, chatting and playing some games. I really enjoyed this day; the group dynamics were fun and amusing.

Thursday, September 23, 2021

Dr. Bayless opened the new day by speaking about osteoporosis, we had a lecture about deprescription, and we had a provocative talk about health beyond healthcare. This was the day for my case presentation, and I must confess, I was nervous. I am not used to presenting cases in English and this was a challenge. I had already spoken with all my colleagues, so that released some stress of the situation. After that, some of us visited the Mirabell Gardens and went to the chamber music concert after dinner. It was my first chamber music concert, and I would describe it as a pleasure for the senses. I even got emotional with the first song.

Friday, September 24, 2021

The week is almost over, I can't avoid feeling a little bit sad. My emotions evolved during the week, as there were people with whom I connected very well. Regarding the learning part of the seminar, I would say it has an unmeasured value. We reviewed a wide number of topics with a high level of evidence, and I am going home with many tools that will help me in my daily practice. It is also a really nice experience to share, to hear from others, and to learn together. I think those are the main points, and the seminar does this perfectly. I came here

with high expectations, and they were far exceeded. It will take some time for the entire experience and wealth of knowledge to fully sink in.