

EAPM Working group on Primary Care

3rd session, Time Wednesday, July 2nd , 11.45-12.30

Occasion: 3rd EAPM conference, July 1 to 4, 2015 Nuernberg, Germany

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

Present: Chris Burton (UK), Hans van der Wouden (NL), Corina Güthlin (GER), Ines Coeino (Portugal), Hans-Christian Deter (GER), Coming later: A.F. Allaz (Switzerland), O Masner (CZ), Ch van der Feltz (NL); Absent: B. and K. Wasilewski (POL excused); D. Berardi (IT), C Nespeca (IT), C Siginolfi (IT),

Minutes

1. H.C Deter (GER,Berlin) reported activities of members of the primary care group at the last EAPM meeting in Sibiu: A F Allaz, a board member of the new EAP- member-society “Swiss Association in Psycho social Medicine” gave a report about activities in this society and the interest to work together with the EAPM primary care group, especially in the field of somatoform disorders. We decided to organize a symposium about “pain disorders at the Nürnberg conference, which was proposed with talks from A F Allaz, Peter Henningsen/Heribert Sattel, Munich, Per Fink, Aarhus and H.C.Deter. Unfortunately only two talks were accepted by the review committee, but we had the opportunity to chair the symposium: ”Somatic symptom disorders/Somatoform disorders – Diagnosis and Treatment in Primary Care”, which was very successful and stimulating also for the audience. At the poster session about Primary Care the group of H.v.der Wouden, S. Ferrari, Modena (3x), N.Saito, Japan and C Güthlin presented interesting studies, which were intensively discussed.

The members gave reports of ongoing activities and scientific interest in the different countries:

2. Chris Burton (UK, Aberdeen) reported his interest in somatoform disorders, Health anxiety, depression in primary care and physical illnesses. Psychosomatic intervention methods/decision making and their testing, redefining and redevelopment of criteria in primary care seems also an important topic for him. He is in touch with a high rank research group: “The North American Primary Care Research Group”, which we should come in contact for cooperation. He would announce the web site for all group members

3. Hans van der Wouden (NL, Amsterdam) is involved and interested in Cochrane reviews about somatoform disorders, He wished collaboration with other group members

4. Carina Güthlin (GER, Frankfurt) is working in the Institute for Family Medicine and Primary care (Prof. Gerlach) and is involved in qualitative studies in oncology. As psychologist she is interested in methodology in Primary Care, especially in innovative models for multi morbidity, patient safety and case management of depression.

5. Ines Coeiro (Portugal, Lisbon) is assistant in internal medicine and interested in the work, which going on in our group.

6. O. Masner (CZ, Prag) I met him in the primary care poster session. We came in contact and he was very interested to join in the group activity, especially according to somatoform disorders and prognosis and psychosomatic aspects in primary care

7. A.F. Allaz (Switzerland, Geneve) I met her after the meeting, she is involved in several scientific activities, but will not come to Lulea next year. She announced for our next meeting another board member of her society

8. Christina van der Feltz (NL, Tilburg) has moved to a new faculty and city, but is further involved in research of Medically unexplained symptoms- the NEMESIS-2 study.

In an open discussion the group defined topics and research proposals as next step of the common work:

1. Exchange of the group members by e-mail in the fields of the appendix (see below), and in 4 areas where the participants of the Nuernberg working group are interested:
 - a) somatoform disorders/MUS (AFA, CVF, HvW, CB)
 - b) depression (CB,CVF,.
 - c) qualitative research (CG)
2. a proposal for a symposium in Lulea: "Evidence and no evidence of psycho social interventions in Primary Care (HCD, CB, HvW)

It was a very short meeting, but we could discuss and communicate with members from other countries. We found new ideas and we hope we as working group meet us again next year in a symposium and in a business meeting, hopefully with more colleagues of European countries.

Hans-Christian Deter

Appendix

Common targets of the working group 2013 (Cambridge meeting) and selected tasks following the Nuernberg meeting

- Focusing on different somatic (diabetes, pain, rheumatology) or psychiatric (**anxiety, depression or both; Multiple unexplained symptoms (MUS)/somatoform diseases.**
- Focusing on training of communication in physician-patient interaction

- Focusing on different medical or personal capabilities: Counseling, education, **psychological interventions** – short term, long term, chronic repeating and drug prescription
- Disease specific psychotherapeutic techniques (activities in one disease)
- Building a network of GP's with different specialists and health care providers
- Development of web-based communication
- Intercultural exchange between European countries and regions, what are essentials of primary care in different countries- situation and perspectives
- Funding: who gave money for research in primary care and psychosomatic medicine (possibility for European funding?)
- Working on a **Position paper: "Primary care and integration of psycho social aspects in the individual European countries"**