MULTIMORBIDITY WORKING GROUP START AND FIRST STEPS EUROPEAN FEDERATION OF INTERNAL MEDICINE

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XIII REUNIÓN GRUPO DE TRABAJO
PACIENTE PLURIPATOLÓGICO Y EDAD AVANZADA
19 y 20 DE MAYO 2022
HOTEL VINCCI SOMA
MADRID

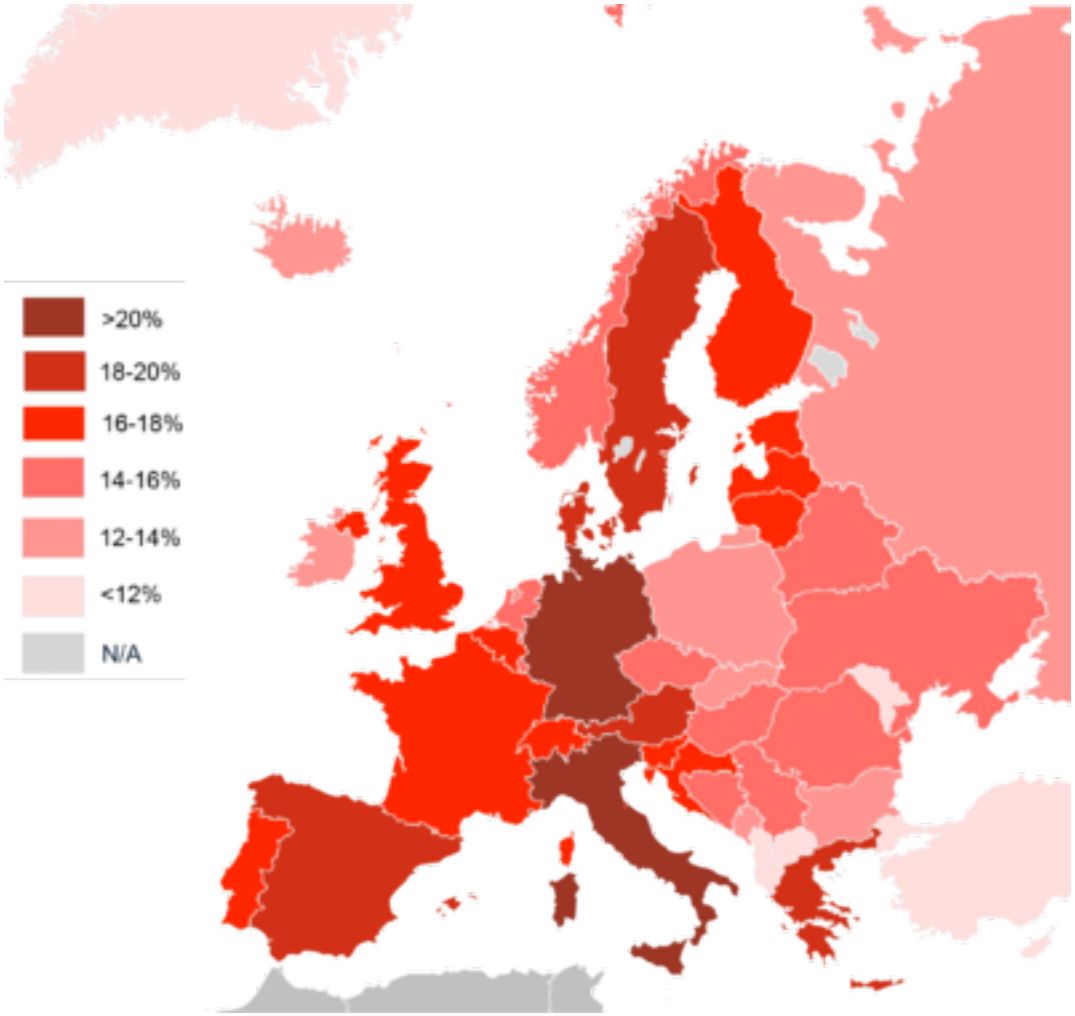
ORGANIZA: SEMI FEMI

EFIM WORKING GROUP MULTIMORBIDITY

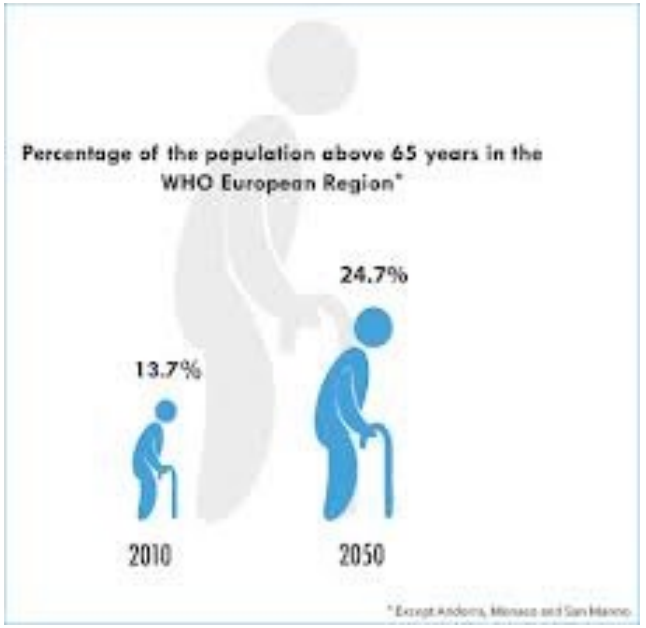
MULTIMORBIDITY IN EUROPE

- EUROPE IS AGING
- AGING ‘BRINGS’ RISK-FACTORS EXPOSURE AND MORE CHRONIC CONDITIONS
- MANY PREVIOSULY DEADLY CONDITIONS ARE TREATED AND PEOPLE SURVIVE THEM
- THE PRICE WE PAY: CHRONIC DISEASES
- RESULTS OF EQUATION = ↑↑ **MM POPULATIONS**

EMERGENCE OF MULTIMORBIDITY: AGING



Old Man in Sorrow (On the Threshold of Eternity)
Vincent Van Gogh - Oil on canvas (1890)
Kröller-Müller Museum, Netherlands



MULTIMORBIDITY IN INTERNAL MEDICINE

- HIGH PREVALENCE IN WARDS AND OUTPATIENT CLINICS (30-50% OF DAILY PATIENTS)
- INTERNISTS HAVE ALL COMPETENCES TO PROPERLY MANAGE MM
- RAISING AND EVIDENCING THE IMPORTANCE OF MM IN INTERNAL MEDICINE IS NEEDED
- MULTIPLE AREAS OF UNCERTAINTY → INVESTIGATION NEEDED
- TECHNOLOGY/TECHNOCRACY/SPECIFICITY IS DAZZLING YOUNG COLLEAGUES…→ MEDICAL EDUCATION ON MM IS NEEDED TO TRANSMIT THIS TASK AND VOCATION TO YOUNG / FUTURE INTERNISTS

EFIM MULTIMORBIDITY WG
OUR HISTORY

- Any day …. AUGUST 2019

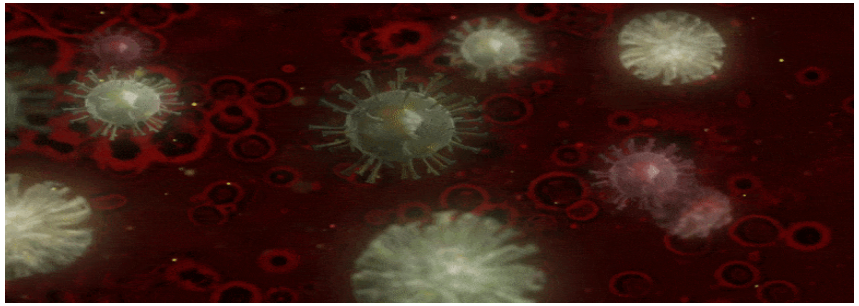
Hey Máximo! How are you doing? What do you think about this idea?....

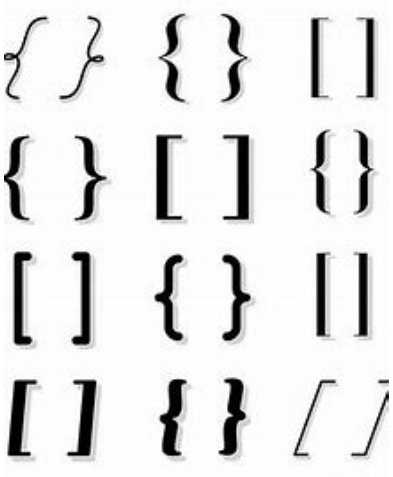
EFIM MULTIMORBIDITY WG
OUR HISTORY

- AUGUST 2019. The idea.

- SEPTEMEBER-DECEMBER 2019: Idea development in order to present an ‘express of interest’ to EFIM, in the March, 2020 Congress.

- MARCH 2020: COVID-19 first wave:





EFIM MULTIMORBIDITY WG
OUR HISTORY

- SEPTEMBER-DECEMBER 2020: ‘Call for express of interest to EFIM’
  - Very nice response from many federated societies

- JANUARY 2021: First Zoom Meeting and Kick-Off for first activities.

- SIX Zoom Meetings (January 2021 – April 2022)

- FIRST On-site meeting: ECIM 2022, 10 June, Málaga

EFIM
www.efim.org

¿WHO IN MM-WG-EFIM?: 17 MEMBERS, 14 COUNTRIES

Title	First Name	Name	Work Country	National Society
Dr.	Sabrina	Grine	ALGERIA	Algerian Society of Internal Medicine
Prof.	Jan	Václavík	CZECH REPUBLIC	Czech Society of Internal Medicine
Dr	Olivier	Lidove	FRANCE	French Society of Internal Medicine
Prof.	Georg	Ertl	GERMANY	German Society of Internal Medicine
Prof.	Annette	Kurrle	GERMANY	German Society of Internal Medicine
	Christiane	Angermann	GERMANY	German Society of Internal Medicine
Dr.	Ombretta	Para	ITALY	FADOI Italy
Prof.	Antonino	Tuttolomondo	ITALY	Italian Society of Internal Medicine
Prof.	Máximo	Bernabeu-Wittel	SPAIN	Spanish Society of Internal Medicine
Prof.	Avishay	Elis	ISRAEL	Israeli Society of Internal Medicine
Prof.	Julija	Voicehovska	LATVIA	Latvian Society of Internal Medicine
Prof.	Barbara	van Munster	NETHERLANDS	Netherlands Society of Internal Medicine
Dr.	Michał	Holecki	POLAND	Polish Society of Internal Medicine
Dr.	Lelita	Santos	PORTUGAL	Portuguese Society of Internal Medicine
Prof.	Edouard	Battegay	SWITZERLAND	Swiss Society of General Internal Medicine
Dr.	Burçin	Sağlam	TURKEY	Turkish Society of Internal Medicine
Dr.	Catherine	Bryant	UK	Royal Collegue of Physicians UK

WHAT AIMS DOES EFIM-MM-WG HAVE?

- To promote the study of multimorbidity (MM) in Europe
- To build common strategies to improve knowledge and management of patients with MM from a holistic point of view.
- To gather data on MM in European Internal Medicine departments.
- To gain and share scientific knowledge about MM.
- To increase the awareness on MM among Internists across Europe
- To improve skills in MM management in all stages of medical training.

EFIM MULTIMORBIDITY WG 2021-2022 ACTIVITIES and PLANNING

- MULTIMORBIDITY SURVEY
- 2022 EFIM CONGRESS . MÁLAGA . SPAIN
- TRAINING INITIATIVES
- POSITION PAPER
- INVESTIGATION INITIATIVES

MULTIMORBIDITY SURVEY IN EUROPE

- Our first common initiative!
- Results → presented in various national congresses
- EFIM CONGRESS 2022→ accepted, and proposed to 'mention'
- MANUSCRIPT: letter to the editor → EJIM 2022

ARTICLE IN PRESS

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Perspectives of European internists on multimorbidity. A multinational survey

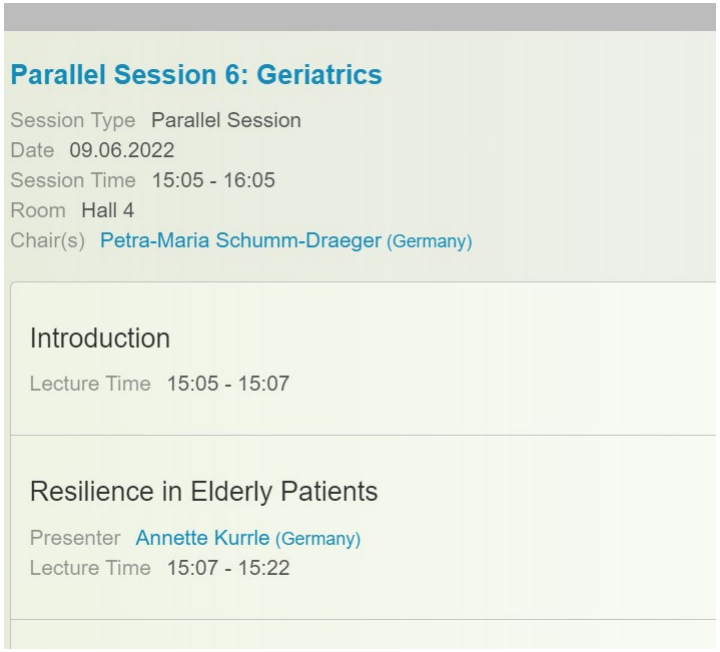
Dear Editor,

The prevalence of multimorbidity (MM) amongst aging patient populations increases across the world. Improvements in socioeconomic conditions and advances in medicine have facilitated an unprecedented increase in human longevity. Patients sequentially accumulate and survive multiple conditions and diseases, without fully shedding them. This has led to the concurrent presence of multiple chronic conditions and diseases in a patient, cumulating along the span of life [1, 2]. MM has become the most prevalent constellation of patients in outpatient- as

'comorbidity' and 'polypathological patient' rather than 'MM'. The reason for this may be that the first two expressions have been used for a longer time ('comorbidity' since the 1980s and 'polypathology' since the early 2000s), whereas 'MM' has been introduced more recently (since around 2010) and as a revised MESH term in 2018.

Secondly, the survey reveals that the main challenge in the management of MM was continuity of care, followed by sharing decisions and transitional care after discharge, i.e., coordination and continuity of care. Most of the respondents were familiar with prescription appro-

2022 ECIM, MÁLAGA : MMWG PARTICIPATION



Parallel Session 6: Geriatrics

Session Type Parallel Session
Date 09.06.2022
Session Time 15:05 - 16:05
Room Hall 4
Chair(s) Petra-Maria Schumm-Draeger (Germany)

Introduction
Lecture Time 15:05 - 15:07

Resilience in Elderly Patients
Presenter Annette Kurrle (Germany)
Lecture Time 15:07 - 15:22

PARALELL SESSION:
‘GERIATRICS’

Parallel Session 9: Palliative Care

Session Type Parallel Session
Date 10.06.2022
Session Time 15:00 - 16:00
Room Hall 1
Chair(s) Máximo Bernabeu-Wittel (Spain)

Introduction
Presenter Máximo Bernabeu-Wittel (Spain)
Lecture Time 15:00 - 15:05

Palliative Care and Internal Medicine Across Europe - Lights and Shadows
Presenter Diana M. Giraldo (Spain)
Lecture Time 15:05 - 15:20

PARALELL SESSION:
'PALLIATIVE CARE’

TRAINING INITIATIVES

- MMWG Webinars: 2 every year…SPRING and AUTUMN

  - EFIM MM WG AUTUMN WEBINAR, 2022
    - Topic: Anticoagulation in elderly frail patients.

  - EFIM MM WG SPRING WEBINAR, 2023
    - Topic: Coordination of Care.

TRAINING INITIATIVES IN COLLABORATION WITH OTHER EFIM WG

EFIM MM WG : POSITION PAPER

- **'Competences of Internal medicine specialists for the management of patients with multimorbidity'**
  - **Building process**
  - **Aim to publish in EJIM**

MM WG INVESTIGATION INITIATIVES

- Observational study assessing polypharmacy and prescription adequacy (STOPP-START tool) in Internal Medicine Areas across Europe. ---> Jan Vácklavík

  - Working in e-CRF
  - Jan will share more details
  - All centers are welcome

EFIM MULTIMORBIDITY WG

THANK YOU VERY MUCH FOR YOUR ATTENDANCE!

EFIM WORKING GROUP MULTIMORBIDITY

…doing our bit for building the future…to live out the ancient dream of a united Europe