Reflections from Europe:
Lessons learned from the ESIM Winter School

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• Describe EFIM/ESIM
• Learning points
• Reflections
• Explain involvement
EFIM/ESIM

European Federation of Internal Medicine
European School of Internal Medicine

– Lectures
– Workshops
– Case discussions
– Practical sessions
– Social calendar
## Previous schools

<table>
<thead>
<tr>
<th>Year</th>
<th>Summer</th>
<th>Winter</th>
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<tbody>
<tr>
<td>1998-2005</td>
<td>Alicante, Spain</td>
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<td>2006-2008</td>
<td>Sintra, Portugal</td>
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<td>2009-2010</td>
<td>Brighton, UK</td>
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<td>2011</td>
<td>Brighton, UK</td>
<td>Saas-fee, Switzerland</td>
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<td>2012</td>
<td>Kasudasi, Turkey</td>
<td>Saas-fee, Switzerland</td>
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<td>2013</td>
<td>Cappadocia, Turkey</td>
<td>Saas-fee, Switzerland</td>
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<td>2014</td>
<td>Costa Rei, Italy</td>
<td>Saas-fee, Switzerland</td>
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<td>2015</td>
<td>Costa Rei, Italy</td>
<td>Riga, Latvia</td>
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<tr>
<td>2016</td>
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<td>2017</td>
<td>Ede, Netherlands</td>
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<td>2018</td>
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<td>Levi, Finland</td>
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<tr>
<td>2019</td>
<td>Ede, Netherlands</td>
<td>Levi, Finland</td>
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</table>
• Case presentations from each country
• Ethics
• Confidence and reflection
• Ultrasound skills
Internal medicine is truly loved by those who practice it

- Breadth
- Pride
- Respected
- ‘Social workers’ or ‘dumping ground’
- Late input
We face similar challenges across Europe

• Bed availability
• ED waiting times
• Reduced healthcare spending
• Politics and media attention
How does AIM fit in?

• Relatively unknown
• Ownership
• Referral power
We have much to learn from Europe

- Keen to share
- Different approaches
- International training and practice
Europe has a lot to learn from AIM

- Senior ownership
- Ambulatory care
- Generalist approach
- Palliative care
- Opening out to exchange programmes
A golden opportunity

• 2-3 places per year
• Unique
• One-off experiences
• Networking
• Lifelong friends

• All free!
Applications

• Trainee in AIM
• Up-to-date CV
• Cover letter explaining why you want to go
Thank you

- SAM Council
- European Federation of Internal Medicine
- Toumas Aro