DUKE SEMINAR in SALZBURG

"Family Medicine"

March 11 – 17, 2018
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## 2018 Salzburg Duke Family Medicine Seminar

### Sunday March 11 – Saturday March 17, 2018

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<td>07:00 – 08:00</td>
<td>Breakfast</td>
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<td>DEPARTURES</td>
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<td>08:00 – 09:00</td>
<td>Introductions</td>
<td>Pre-Seminar Test</td>
<td>Hypertension Control – In Office</td>
<td>Methods of Quality Improvement</td>
<td>The Shifting Epidemiology of Disease</td>
<td>Advanced Methods – Registries and EHRs</td>
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<td></td>
<td>J. Lloyd Michener, MD</td>
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<td>Kathy Andolsek, MD</td>
<td>Alexa Namba, DO, MPH</td>
<td>Craig Thomas, PhD</td>
<td>Don Bradley, MD, MHS-CL</td>
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<td>09:00 – 10:00</td>
<td>Family Medicine in Europe</td>
<td>Hypertension Control – Community Strategies</td>
<td>Strategies for Community-wide Health Improvement</td>
<td>Methods of Data Analysis and Display</td>
<td>Methods of Data Analysis and Display</td>
<td>Community Health Homes</td>
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<td>Manfred Maier, MD</td>
<td>Kathy Andolsek, MD</td>
<td>Craig Thomas, PhD</td>
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<td>Craig Thomas, PhD</td>
<td>Don Bradley, MD, MHS-CL</td>
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<td>10:00 – 10:30</td>
<td>COFFEE BREAK</td>
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<td>10:30 – 11:30</td>
<td>Principles of Community and Stakeholder Engagement</td>
<td>Obesity: Diagnosis and Management – In Office</td>
<td>Cancer Screening – In Office</td>
<td>Care of the Aged – In Office</td>
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<td>All Learn All Teach – Methods for Engaging Learners in Population Health</td>
<td>J. Lloyd Michener, MD</td>
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<td>J. Lloyd Michener, MD</td>
<td>Don Bradley, MD, MHS-CL</td>
<td>Teah Bayless, DO</td>
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<td>11:30 – 12:30</td>
<td>Developing Academic Collaboration with GP</td>
<td>Obesity Prevention: Community Strategies</td>
<td>Cancer Screening – In Community</td>
<td>Care of the Aged – In Community</td>
<td>Primary Care in Flux – Responding to the Needs of our Countries</td>
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<td>How to Present a Case</td>
<td>Don Bradley, MD, MHS-CL</td>
<td>Teah Bayless, DO</td>
<td>Teah Bayless, DO</td>
<td>J. Lloyd Michener, MD</td>
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<td>12:30 – 14:00</td>
<td>LUNCH</td>
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<td>14:00 – 15:00</td>
<td>Workshop: Motivational Interviewing</td>
<td>Fellows’ Case Presentations</td>
<td>Free Afternoon</td>
<td>Workshop: Tobacco Control</td>
<td>Post-Seminar Test</td>
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<td>Bradley &amp; Namba</td>
<td>Kathryn Hoffmann, Assoc. Prof, PD, MD, MPH</td>
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<td>Bayless &amp; Namba</td>
<td>Evaluation &amp; Discussion</td>
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<td>15:00 – 16:00</td>
<td>Workshop: Tobacco Control</td>
<td>Workshop: Motivational Interviewing</td>
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<td>Bayless &amp; Thomas</td>
<td>Bradley &amp; Andolsek</td>
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<td>16:00 – 17:00</td>
<td>Fellows’ Case Presentations</td>
<td>Workshop: Tobacco Control</td>
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<td>Manfred Maier, MD</td>
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<td>17:00 – 18:00</td>
<td>17:00-17:15 OMI/AAF Presentation</td>
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<td>18:00 – 19:00</td>
<td>Faculty Only Meeting to Review the Week</td>
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<td>Farewell RECEPTION</td>
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<td>19:00 – 20:00</td>
<td>Welcome RECEPTION</td>
<td>Dinner</td>
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<td>Graduation DINNER</td>
<td>Certificates Awarded</td>
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<td>20:00 – 21:00</td>
<td>Welcome DINNER</td>
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<td>20:30 – 21:30 Chamber Music CONCERT</td>
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FACULTY
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 Zuckerkandlpries 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 New York 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.

Wolfgang Aulitzky, MD
Director, Open Medical Institute
American Austrian Foundation

Gerhard Andlinger Professor and Associate Dean for International Medicine & Distance Learning
Adjunct Professor of Clinical Urology
Adjunct Professor of Clinical Reproductive Medicine
Weill Medical College of Cornell University

Associate Professor of Urology
Medical University of Innsbruck, Austria

Visiting Professor
Medical University of Vienna

Mailing address:
Kärntner Straße 51/II/Top 4
1010 Vienna, Austria

Phone: +43-1-533 8658
Fax: +43-1-533 8658-10
Email: w.aulitzky@openmedicalinstitute.org
J. Lloyd Michener, MD (Course Director) is Professor and Chairman Emeritus of the Duke Department of Community and Family Medicine. He has spent his entire professional career at the interface between communities and health systems, focusing on finding ways of making health care more effective (and often more cost effective) through teams, community engagement and practice redesign.

His work has demonstrated that health outcomes can be improved and costs can often be reduced when health care is built on local strengths, and responds to local needs. Dr. Michener directs a national program for the “Practical Playbook” which facilitates the integration of Primary Care and Public Health, supported by the Centers for Disease Control and Prevention, the Health Resources and Services Administration, and the de Beaumont Foundation.

He also oversees the technical support service of “The BUILD Health Challenge”, a national competitive award program aimed at increasing the number and effectiveness of hospital, community, and public health collaborations that improve health, supported by the de Beaumont Foundation, The Advisory Board Company, the Kresge Foundation, The Colorado Health Care Foundation, and the Robert Wood Johnson Foundation.

He has overseen the Obesity/Chronic Disease Prevention Programs of the Kate B. Reynolds Trust, a program designed to lower chronic disease rates in low-income minority communities across North Carolina, and the obesity prevention programs of the North Carolina Health and Wellness Trust Fund.

From 1995 to 2017, he served as Chair of the Duke Department of Community and Family Medicine. Dr. Michener has served as an advisor to the CDC/CMS Million Hearts program, and as a member of the Institute of Medicine Committee that led to the publication of “Primary Care and Public Health: Exploring Integration to Improve Population Health”.

In addition, Dr. Michener has served as President of the Association for Prevention Teaching & Research, Chair of the Council of Academic Societies and as a member of the Board of the Association of Academic Medical Colleges, the Association of Departments of Family Medicine, and the National Patient Safety Foundation Board of Governors.

He has also served as a member of the Council of the National Center for Complementary and Alternative Medicine of the NIH, the National Academic Affiliations Advisory Council of the Department of Veterans Affairs, and the North Carolina Institute of Medicine, and as co-chair of the Community Engagement Key Function Committee for the Clinical Translation Science Awards of the National Institutes of Health, and leader of the annual NIH-funded meeting on community engagement in research.

Dr. Michener graduated from Oberlin College, received his MD from Harvard Medical School, and completed his family medicine residency and fellowship at Duke University Medical Center.
Notable professional awards and recognition have included Phi Beta Kappa (Oberlin), Mead Johnson Award for Graduate Education in Family Medicine (American Academy of Family Physicians), Kellogg Family Medicine Faculty Fellowship, Alpha Omega Alpha (Duke School of Medicine), and Duncan Clark Award (Association for Prevention Teaching and Research).

J. Lloyd Michener, MD  
Professor  
Department of Community and Family Medicine  
Duke University Medical Center  
Box 2914, DUMC  
Durham, North Carolina 27710  
USA  

Phone: +1-919-681-3194
Manfred Maier, MD (Co-Course Director) started his vocational training to become a general practitioner after completion of his basic medical education at the Medical Faculty in Vienna in 1975. Since being licensed in 1979, he worked as a GP in his free time either together with his wife Elisabeth in her health care practice or for the emergency health care service in Vienna, Austria.

Dr. Maier started his research activities during his vocational training where he conducted clinical studies. He joined the Institute of Medical Physiology at the Medical Faculty in Vienna in 1979 and spent a postdoctoral fellowship at Harvard Medical School in Boston where he performed experimental studies in the field of renal hemodynamics using methods from biochemistry, immunology, physiology and molecular biology.

In 1990, he was elected head of the newly formed special unit for General Practice at the Medical Faculty in Vienna. The institution became an independent department in 2001 and Dr. Maier was appointed professor and chairman in 2004; in the same year, the Department of General Practice together with 6 other Departments formed the new Center for Public Health at the Medical University of Vienna which Dr. Maier headed until 2012; up to his retirement in 2016 he served as deputy head.

Dr. Maier is a member of several teaching and research organizations of WONCA and the “European Society for General Practice/Family Medicine" such as the EGPRN or EURACT and has been chairman of the scientific committee of the European conferences WONCA 2000 and 2012 in Vienna. Dr. Maier is married and has two children.

Manfred Maier, MD
Medical University of Vienna
Department of General Practice at the Center for Public Health
Kinderspitalgasse 15
1090 Vienna
Austria

Phone: +43-1-40160-34601
Fax: +43-1-40160-934600
E-Mail: manfred.maier@meduniwien.ac.at
Kathryn M. Andolsek MD, MPH is currently a Professor with tenure in the Department of Community and Family Medicine, Duke University School of Medicine, and assistant Dean of Premedical Education. She holds a joint appointment in the Duke School of Nursing and an adjunct appointment at the University of North Carolina School of Public Health. Born in Washington, DC, she holds Bachelor of Science and medical degrees and a master of public health from Northwestern University (Evanston, and Chicago Illinois).

Following her Family Medicine residency at Duke, she worked in a National Health Service Corps Community Health Center in Chicago where she served a year as a residency education director at a community hospital Family Medicine Residency. She returned to Duke where she was Family Medicine residency director for over 14 years. She was the founding physician member of Duke’s “new” Division of Community Health in 1998 and still works in population health. She served in many roles: Family Medicine Division Chief, associate director of GME, and interim associate Dean of Continuing Medical Education.

She has authored books, book chapters, manuscripts. She developed national curricular resources on resident well-being, funded in part by the Josiah Macy Jr. Foundation. Most recently she has worked with the Accreditation Council on Graduate Medical Education (which accredits all US and some international residency programs) on guidelines for Clinical Competency Committees and harmonizing milestones across specialties.

She has contributed to GME nationally and internationally in Singapore, Canada, and the UAE. She served as the Association of American Medical Colleges (AAMC) course director for the Designated Institutional Official/Graduate Medical Education Leadership Course from 2007-2013 and is the current chair of the AAMC Group on Residency Affairs Steering Committee.

She is an associate editor of the Journal of Graduate Medical Education. Her latest role has been to lead a team in the design and implementation of a new interprofessional masters' degree: The Duke Master of Biomedical Sciences to prepare students for medical, dental and other health professions schools.

She continues to learn best from her children: a national board of education certified grade school music teacher, an actor, an innovations consultant, and an Orthopaedic resident.

Kathryn M. Andolsek, MD, MPH
Professor of Community and Family Medicine
Duke University School of Medicine
0159 Orange Zone Duke South Clinics
201 Trent Drive
Durham, North Carolina
USA

Phone: +1-919-668-3883
Fax: +1-919-681-0720
Email: kathryn.andolsek@duke.edu
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 six-year-old triplets, Jonathan, Paige and Madison.

Teah M. Bayless, DO
2100 Erwin Road
Assistant Professor of Family Medicine
Department of Community and Family Medicine
Duke University Medical Center
Durham, NC 27705
USA

Phone: +1-919-452-5339
Fax: +1-919-680-2955
Email: teah.bayless@duke.edu
Don Bradley, MD, MHS-CL is a Consulting Professor in the Department of Community and Family Medicine at Duke, and serves as Executive Director for The Practical Playbook (www.PracticalPlaybook.org). He did his undergraduate work at the University of Virginia, graduated from the Medical College of Virginia (Virginia Commonwealth University Health Sciences Division), and completed a Family Medicine Residency in Harrisburg, Pennsylvania. He has also completed a Kellogg Fellowship in Family Medicine and a Master of Health Sciences in Clinical Leadership at Duke.

He practiced Family Medicine in a rural Virginia town before joining the Faculty at the Duke Watts Family Medicine Residency where he directed the clinical operations of the residency’s large academic Family Medicine practice. In 1988, he moved to Blue Cross and Blue Shield of North Carolina (BCBSNC) where he served in a number of roles, including Executive Director for BCBSNC’s federally qualified Health Maintenance Organization, Senior Vice President for Healthcare, and Chief Medical Officer. He retired from BCBSNC in 2014 and returned to Duke Community and Family Medicine to teach health policy and health systems; and to direct the Practical Playbook, a project which works to integrate primary care and public health to improve population health through robust collaboration.

Dr. Bradley continues his work in the National Academy of Medicine Health and Medicine Division (formerly Institute of Medicine) Roundtable on Obesity Solutions; and serves as chair of the Roundtable’s Innovation Collaborative workgroup for Interdisciplinary Provider Training and Education for obesity competencies. He also serves as a founding member of the North Carolina Healthcare Quality Alliance, and recently completed a term as public member of the Academy of Nutrition and Dietetics Board of Directors.

His interests at Duke include development of population health competencies, curricula, and tools; prevention and management of obesity; health systems, policy, finance and transformation; and leadership development.

Don Bradley, MD, MHS-CL
Associate Consulting Professor, Community and Family Medicine
Duke University School of Medicine
DUMC 2914
Hanes House 336
Durham, North Carolina 27710
USA

Phone: +1-919-681-3184
Email: Don.bradley@duke.edu
Kathryn Hoffmann, Assoc. Prof, PD, MD, MPH is the interim head of the department of General Practice and Family Medicine at the Medical University of Vienna. From her professional background she is General Practitioner and Public Health expert. She is one of the leading researchers for Health Services Research in Primary Health Care in Austria, project manager for large-scale EU-funded research projects which mainly focus on the quality and structure of Primary Health 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, family medicine, health systems research, and public health. Since research in this area is highly complex she is experience in qualitative, quantitative as well as mixed-method approaches. She is the Austrian representative of the European General Practice Research Network, 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.

Kathryn Hoffmann, Assoc. Prof, PD, MD, MPH
Interim Head of the Department of General Practice and Family Medicine
Center for Public Health
Medical University of Vienna
Kinderspitalgasse 15/I
1090 Vienna
Austria

Phone: +43-1-40160-34610
Email: kathryn.hoffmann@meduniwien.ac.at
Alexa Namba, DO, MPH is a family medicine resident at Duke University. She grew up in California and completed her undergraduate studies at Duke University. She then worked for Onyx Pharmaceuticals, a biopharmaceutical company focused on novel cancer therapeutics. She subsequently moved to Philadelphia, Pennsylvania where she completed her Master’s Degree in Public Health at Drexel University with a concentration in epidemiology, followed by medical school at the Philadelphia College of Osteopathic Medicine.

Alexa has wide ranging interests within family medicine including women’s health, nutrition and exercise, as well as medical education. She has active grants working on expanding Duke Family Medicine’s prenatal care through the Centering Pregnancy model, increasing adolescent immunization rates by leveraging technologic resources, and improving physical activity in the community with the Walk with a Doc program.

Alexa is currently in her second year of family medicine residency at Duke University. She lives in Durham, North Carolina with her husband Aaron.

Alexa Namba, DO, MPH
Resident Physician, PGY2
Duke University Medical Center
2100 Erwin Road
Durham, NC 27705

Phone: +1-919-684-6721
Email: alexa.namba@duke.edu
Craig Thomas, PhD is a social and behavioral scientist specializing in public health practice, performance, and system integration for population health improvement. Dr Thomas began his public health career in Southern California where he earned a PhD in social psychology and applied research methods from Claremont Graduate University, a M.S in experimental psychology from California State University Fullerton, and a B.A. in biological sciences from the University of California Irvine. A national expert in evaluation, quality improvement, and public health practice, he has over 20 years of experience working with governmental public health leaders, national partners, health care providers, and other sectors to strengthen communities for better health outcomes. Dr Thomas currently serves as the Director for the Division of Public Health Performance Improvement within the Centers for Disease Control and Prevention in Atlanta Georgia. He has authored over 30 peer-reviewed publications, coauthored 3 book chapters, and taught several courses in public health practice and applied research methods.

Craig W Thomas, PhD  
Director, Division of Public Health Performance Improvement  
Centers for Disease Control (CDC)  
1825 Century Center MS-E-70  
Atlanta, GA 30345  
USA

Phone:  +1-404-498-0569/ +1-678-637-3170  
Email:  cht2@cdc.gov
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FELLOWS
Altynay Adymova, MD

LLC „International SOS Kazakhstan“
Luganskogo Street 11
050051 Almaty, Kazakhstan

E-Mail: a.adymova@mail.ru
Phone: +7272581911

Sevda Aghayeva, MD

Baku Medical Plaza Hospital
R. Behbutov str, Area N389
1018 Baku, Azerbaijan

E-Mail: sevafsa7@yahoo.com
Phone: +99-4-124044190

Ilir Alimehmeti, MD, PhD

Faculty of Medicine,
University of Medicine, Tirana
Dibra Street 371
1005 Tirana, Albania

E-Mail: ilir.alimehmeti@umed.edu.al
Phone: +35-5-672245634

Khalid Al-Karbi, MD

Hamad Medical Corporation
Doha, Qatar

E-Mail: kalkarbi@hamad.qa
Phone: +97-4-33116618

Anna Bashkirova, MD

Kharkiv National Medical University
Nauky Avenue
61022 Kharkiv, Ukraine

E-Mail: myrencija@gmail.com
Phone: +38(057)738-03-70
Indre Bauziene, MD

LR VRM MC
Zygimantų 8
01102 Vilnius, Lithuania

E-Mail: indre.bauziene@gmail.com
Phone: +37061402399

Tamta Bliadze, MD

JSC „Insurance Company Prime“ /LTD
„Evex Medical Corporation“
Al. Kazbegi 13
0177 Tbilisi, Georgia

E-Mail: tbliadze@imedil.ge
Phone: +995 555568561

Liudmila Stepanovna Bohush, MD, PhD

Belarusian Medical Academy
of Postgraduate Education
Brovki Street, 3/3
220013 Minsk, Belarus

E-Mail: ludabogush@mail.ru
Phone: +375296719234

Tsedevsuren Dashdondog, MD

Intermed Hospital
Chinggis Avenue 41
00976 Ulaanbaatar, Mongolia

E-Mail: tsedka.me@gmail.com
Phone: +976-95492868

Lucie Dolanska, MD

Mestská Nemocnice Ostrava
Nemocniční 20
70200 Ostrava, Czech Republic

E-Mail: dolanskal@seznam.cz
Phone: +42-0-776338222
Ziyodulla Fatkhullaev, MD
Yuria-Pharm
Kichik Beshyogoch 124D
100015 Tashkent, Uzbekistan
E-Mail: dr.fatkhullaev@gmail.com
Phone: +998909955865

Anna Gretsenko, MD
Family Doctor Center
Favorek Pearablekeskus
Parnu mnt. 388 B
11612 Tallinn, Estonia
E-Mail: anna.gretsenko@gmail.com
Phone: +372 6572127

Ruzanna Hayrapetyan, MD
Armenian Relief Mission Diagnostic Center
Taron 4
2021 Vanadzor, Armenia
E-Mail: armcharity@gmail.com
Phone: 374 322 60226 / 64704

Liina Kask-Flight, MD
OU Tartu Kesklinna Pearablekeskus
Gildi 8
51007 Tartu, Estonia
E-Mail: liinaka@hot.ee
Phone: +3727441288

Magda Khvtisiashvili, MD
JSC „Insurance Company Imedi L“/LTD
„Diagnostic Service“
Ljubljana srt. 36
0159 Tbilisi, Georgia
E-Mail: magdakhvtisiashvili@gmail.com
Phone: +995 555 945 918
Adriana Klimentova, MD, PhD
General Medicine Practice
Cervenej Armady 1
03601 Martin, Slovakia
E-Mail: adamorava@hotmail.com
Phone: 00421-903-240030

Matobogolo Boaz Masalu, MD
University of Dodoma
Udom
255 Dodoma, United Republic of Tanzania
E-Mail: matobogolo.bm@hotmail.com
Phone: +25-5-754539787

Carlos A. Moreno, MD
Instituto Mexicano del Seguro Social
Lincoln
64117 Monterrey, Mexico
E-Mail: dr.carlosmoreno@gmail.com
Phone: +52-1-8111776317

Dennis G. Mpisi, MD
Occupational Health & Safety Authority Tanzania
Kinondoni
Dar es Salaam 255
United Republic of Tanzania
E-Mail: denisgabriel37@yahoo.com
Phone: +25-5-716938134

Akinjide Olurotimi Ogundokun, MD
Obafemi Awolowo
University Teaching Hospital
20005 Ile Ife, Nigeria
E-Mail: akinjideogundokun@gmail.com
Phone: +234 8055479152
Amalia Petrikova, MD
Hospital Kosice-Saca a.s.
Lucna 57
04015 Kosice-Saca, Slovakia
E-Mail: amalka.gombitova@gmail.com
Phone: 00421908801175

Andris Puce, MD
SIA „RSU Ambulance“
Dziriciema 16
LV-1007 Riga, Latvia
E-Mail: andris.pucejr@gmail.com
Phone: +371-29355727

Alina Rodarte, MD
Instituto Mexicano del Seguro Social
200 Normal Ave
34138 Durango, Mexico
E-Mail: alinasrod@hotmail.com
Phone: 00526181129169

Martin Rosochac, MD
Mobo, Spol. s.r.o.
Karpatska 11
058 01 Poprad, Slovakia
E-Mail: mudrrosochac@gmail.com
Phone: 00421-907-244464

Nargiz Safarova, MD
Azerbaijan State Medical University
Yusif Safarov 17
1025 Baku, Azerbaijan
E-Mail: nargizsafarova5@gmail.com
Phone: +994552155532
Almash Sarsenbayeva, PhD
Republic Hospital for War Veterans
Kablukov Street 1291
A15D1D8 Almaty, Kazakhstan
E-Mail: sarsenbaevaalmash@gmail.com
Phone: +77775731276

Yekaterina Sidorova, MD
Central Hospital of Oil Workers
Yusif Safarov 17
AZ1025 Baku, Azerbaijan
E-Mail: sunrose22121982@gmail.com
Phone: +994-12-4042838

Liudmyla O. Smolina, MD
Department of Family Medicine
National Medical Academy of Postgraduate Education
named after P.L. Shupyk
Riga Str. 7/G
04107 Kyiv, Ukraine
E-Mail: ludmila.smolina@gmail.com
Phone: +3-8-0999609688

Natia Tkeshelashvili, MD
Insurance company „ImediL“
A. Gobronidze st. 27.
0160 Tbilisi, Georgia
E-Mail: nt8228@inbox.ru
Phone: +995-595 00 93 79

Marta Velgan, MD
Tartu University Faculty of Medicine
Ravila 19
50411 Tartu, Estonia
E-Mail: martavelgan@gmail.com
Phone: +37255616824
11 March 2018, Sunday evening. Having travelled through Frankfurt from Lagos, Nigeria, I arrived in Salzburg at about 10:00 am. It was pleasant to see the snow-covered hills around the airport, a leftover from the previous week. Salzburg was beautiful and rather quiet on this day, a result of being a Sunday, I was told. It is said that a large population were of the Christian faith. Being my first time, I was amazed by the way the water passes through the centre of Salzburg, apparently dividing it into two parts. It can be easily passed over by pedestrians and motor vehicles and smooth traffic is ensured. At Schloss Arenberg, I was welcomed by a warm and pleasant receptionist, who gave me my documents and some hints on the use of the wifi and other resources. The welcome by the program director and faculty members later in the evening was precise and clear. The goals of the foundation were explained and the expectations from fellows were stated—the need to make fellows capable to influence their countries positively. I was courteously approached by Stephanie Faschang, a resourceful seminar coordinator, to write a dairy during the week. It was a pleasure to agree. The day ended with a dinner. It was a buffet. While most of the meals were strange to me, I was able to take beef and some salad.

12 March 2018, Monday. The day, we have been told, was going to be a busy one. The breakfast was fine and the lectures started. The opening lecture was given by Prof. Michener. It was a deep insight into community engagement for me and it was preceded by the pre-test. The following lectures were delivered by Profs. Michener and Maier. Family Medicine in Europe was reviewed and how this was different or similar to our individual countries. We discussed interactively. Lunch was served at 12.30 and was refreshing. The day ended with seminars and presentations. My group began with case presentations and each of us had the opportunity to share our experiences as related to the cases we had been asked to prepare. We did a short visit to the city centre with some fellows and we returned to Schloss Arenberg just in time for dinner.

13 March 2018, Tuesday. This day started with our routines, breakfast etc. Then we had a series of lectures that practically blew my mind. Having been a doctor for about 15 years, Prof. Kathy Andolsek taught hypertension control in community and office in a way never seen before. Her lectures were
full of information, current guidelines and so well delivered. This was followed by Dr. Bradley’s lectures, which were about obesity diagnosis, management and prevention. The guidelines were up to date and we had the unique opportunity to respond to lecture questions via an online system. We could see the votes directly on the screen. This was interactivity taken to a new level. The day ended with smoking cessation seminar sessions with Craig Thomas and Alexa Namba. It was quite interactive with practical smoking issues discussed from the different countries we represented. The cessation strategies were discussed. The day ended with a city centre visit and dinner.

14 March 2018, Wednesday. After breakfast, the day started with a detailed appraisal of quality improvement, how individual participants had applied quality improvement and how it should be done. It was followed by Thomas Craig’s lecture on strategies for community-wide health improvement, where the public health perspective to improve health of populations were practically discussed. Dr. Bayless had the duty to handle two lectures preceding the free afternoon in the seminar schedule. The methods of screening for different cancers in the office setting and the community were elaborated and taught with practical experiences of the lecturer. The free afternoon is said to be included into the seminar to encourage the exploration of the beautiful city of Salzburg. Some colleagues and I chose to see the mega shopping arcade – The Europark, for shopping, while others chose to see other sites in the city.

15 March 2018, Thursday. After breakfast, Craig Thomas was back with us to discuss shifting epidemiology of disease and methods of data analysis. These were familiar areas of interest to me, so I enjoyed these lectures. Dr. Bayless returned after the tea break for lectures on care for the aged in the office and community. Like in previous lectures we had with her, she was quite practical, using personal experiences to drive home the need for improved health for the aged and what they were doing to achieve that in her practice. The afternoon ended with sessions on motivational interviewing where we had practical test counselling sessions. In the evening, the group was ready for the chamber music concert, another highlight of the seminar. The day ended with a cocktail for all participants.

16 March 2018, Friday. As we round up the academically loaded week, Dr. Bradley will be talking to us about health records and community health homes with the final series by Prof. Michener, who will finish the lecture series with lectures on methods of engaging learners in population health and primary care in flux responding to the needs of our countries. This will be followed by the post seminar test and the day will end with a graduation dinner.

In conclusion, the week was a week of refreshing academic experience. While I have had exposure to quite a great deal of the topics in the past, the materials and methods of teaching in the seminar prepared me for a better clinical practice, and I will share the knowledge with my colleagues and trainees back home in Nigeria.

Akinjide Olurotimi Ogundokun, MD (Nigeria)
11 March 2018, Sunday evening. After a long journey, we reached our destination Schloss Arenberg in Salzburg. We were warmly welcomed by Dr. Wolfgang Aulitzky. His speech was very strong and impressive. Among other things, he mentioned that learning should be enjoyable and encouraged us to ask no matter how our English is. Then other faculty members introduced themselves in a very friendly and informal way. We finished the first evening with a delicious dinner.

12 March 2018, Monday. In the morning, we walked into the beautiful Grand Hall, where everybody found prepared binders with all presentations of the seminar, pens and drinking water. Very nice and caring. The course director, Dr. Michener, officially opened the seminar with an introduction of the Duke Health System. We continued with the pre-seminar test and brief introductions of each participant. Later on, Dr. Michener explained principles of community and stakeholder engagement and ended with a very encouraging and successful example with Dental van - Tooth Ferry. I realized how important it is "to get out of our office and work also within community". Before lunch, Dr. Maier gave us an overview of differences in health care systems throughout Europe and of an importance of academic collaboration development in general practice. In the afternoon, we started with workshops divided into three groups. I participated in the case presentation workshop. It was a challenging, but at the same time a very good and enriching experience for everyone. We finished the day with a nice dinner and chatting with new friends.

13 March 2018, Tuesday. The second day we were given a wealth of information about hypertension and obesity presented by Dr. Andolesek and Dr. Bradley. Both large topics (probably the most frequent diagnosis in our offices) were presented interactively, so we were all part of it and we learned more. I really appreciated the way of presenting. And again, I realized how vital the role of community in health improvement is. In the afternoon, we carried on with a tobacco control workshop. We obtained some theoretical information about the topic and discussed the barriers and strategies to smoking cessation. A really fruitful day packed with important and valuable information.
14 March 2018, Wednesday. In the morning, Dr. Namba and Dr. Craig gave us insights to quality and strategies for community health improvement. After the break with a nice cup of coffee, Dr. Bayless continued with lectures on cancer screening in office and in community. Great discovery these days for me how advanced the health care system in the US is compared to my country in some aspects and how crucial collaborations with all players within community (health care providers, local authorities, social and public care providers...) are. After lunch, we enjoyed a free afternoon. Some of us went for shopping, others walked along the river bank and picturesque streets of Salzburg. At the end of the day, I had a nice coffee and a delicious Sachertorte in the town.

15 March 2018, Thursday. The morning lectures looked a bit scary, but Dr. Craig shed some light on epidemiology and statistics basics, which are also very important for our work. After the coffee break, Dr. Bayless shared with us a lecture on care of aged. I was surprised how many programs are available for elderly in the US. In the afternoon, we got more familiar with motivational interviewing during a workshop. I found it very helpful. In the evening, we enjoyed a concert of chamber music and a cocktail, where we shared our impressions. It is already the end of the week, the end of the seminar. Now it is time to go back home and find a way, how to implement what we have learned this week into our practices.

I feel very thankful to the faculty and the administration of Schloss Arenberg for this wonderful week.

Amalia Petrikova, MD (Slovakia)