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SALZBURG DUKE UNIVERSITY FAMILY MEDICINE SEMINAR

August 28 – September 3, 2019

- 34 fellows from 23 different countries and regions
- 7 faculty members from the United States and Austria
- 18 lectures given by faculty
- 1 case presentation session and 2 workshops given by faculty
- 33 interesting case presentations by fellows
- 6 excellent case presentations selected by faculty

Faculty Photo (L-R)

Nancy Weigle, MD; Kenzie Johnston, MD, CAQSM; Tiffany Covas, MD, MPH; Kathryn Hoffmann, Assoc. Prof, PD, MD, MPH (Co-Course Director); John W. Ragsdale III, MD (Course Director); Sameer Sood, DO; Rebeca Aguilar-Alvarez de Saenz (Executive Director, Alianza Médica para la Salud AC, Mex) and Manfred Maier, MD (Co-Course Director)
<table>
<thead>
<tr>
<th>Time</th>
<th>Wednesday 28 August</th>
<th>Thursday 29 August</th>
<th>Friday 30 August</th>
<th>Saturday 31 August</th>
<th>Sunday 01 September</th>
<th>Monday 02 September</th>
<th>Tuesday 03 September</th>
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<tr>
<td>07:00</td>
<td>BREAKFAST</td>
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<td>Introductory</td>
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<td>08:30</td>
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<td>Pre-Seminar Test</td>
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<td>09:00</td>
<td>Overview</td>
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<td>09:00</td>
<td>John W. Ragsdale III, MD</td>
<td>Tiffany Covas, MD, MPH</td>
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<td>John W. Ragsdale III, MD</td>
<td>Nancy Weigle, MD</td>
<td>Kenzie Johnston, MD, CAQSM</td>
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<td>10:00</td>
<td>COFFEE BREAK</td>
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<td>11:30</td>
<td>Complex Medical Patients</td>
<td>Motivational Interviewing</td>
<td>Integrating Primary Care and Public Health</td>
<td>Women's Health</td>
<td>Day in The Life PCP</td>
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<td>11:30</td>
<td>Manfred Maier, MD</td>
<td>Nancy Weigle, MD</td>
<td>Kenzie Johnston, MD, CAQSM</td>
<td>Sameer Sood, DO</td>
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<td>Workshop Fellows' Case Presentations</td>
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<td>Free Afternoon</td>
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<td>Post-Seminar Test Evaluation &amp; Discussion</td>
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<td>John W. Ragsdale III, MD</td>
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<td>Breaking Bad News</td>
<td>Sameer Sood, DO</td>
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<td>Motivational Interviewing</td>
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<td>Free Afternoon</td>
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<td>Kenzie Johnston, MD, CAQSM</td>
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<td>18:00</td>
<td>FACULTY MEETING TO REVIEW THE WEEK</td>
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<td>WELCOME RECEPTION &amp; DINNER</td>
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<td>GRADUATION DINNER Certificates Awarded</td>
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<td>20:30 – 21:30</td>
<td>CHAMBER MUSIC CONCERT</td>
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DUKE UNIVERSITY SEMINAR in SALZBURG

"Family Medicine"

August 28 – September 3, 2019

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 Zuckerkandlpreis 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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American Austrian Foundation
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Adjunct Professor of Clinical Reproductive Medicine
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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.

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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.

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Kathryn Hoffmann, Assoc. Prof., PD, MD, MPH (Co-Course Director) is Associate Professor at 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 experienced 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.

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Tiffany Covas, MD, MPH is a family physician. She is from Florida and went to the University of Florida where she received her bachelor's degree in Health Education and Behavior. She continued to follow her passion and obtained her Master’s in Public Health at Columbia University in the Department of Socio-medical Sciences. She worked as a mobile health team coordinator at the Harlem Health Promotion Center, coordinating Project STAY a program that provided pregnancy and sexually prevented infections prevention, education and screening for high risk youth throughout New York City. She continued her education at Wake Forest University where she went to medical school. She completed residency at Duke Family Medicine, where she served as chief resident. She loves working with families on prevention of disease, working to help communities live healthier and the group model for patient visits. She currently is on faculty at Duke University where she is the Medical Director for the inpatient obstetrics program and the founder of Duke Family Medicine’s LGBTQ+ Patient Centered Medical Home Initiative.

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Kenzie Johnston, MD, CAQSM is a family medicine and primary care sports medicine physician at Duke University. She completed her undergraduate education at the University of Notre Dame and received her medical degree from the University of Maryland School of Medicine. She then completed both her family medicine residency and sports medicine fellowship at the University of North Carolina at Chapel Hill. She is currently the Director of Sports Medicine at the Pickens Family Medicine clinic and also works part time at Duke Student Health, caring for collegiate recreational and club athletes. She is part of both the Duke Family Medicine Residency faculty and the Duke Sports Medicine Fellowship Faculty. She has special interest in ultrasound, female athletes, and resident education. She plans to start research on ways to assess and improve physical activity. She currently resides in Durham, NC and spends her free time running, eating, and spending time with her husband and their 11-month old twin daughters.

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Sameer Sood, DO is a 3rd year family medicine resident at Duke University. Sameer grew up in New Jersey and stayed local to study biomedical engineering at Rutgers University for his undergraduate degree and for medical school at Rowan School of Osteopathic Medicine. During medical school, he completed a fellowship in primary care innovation at the Harvard Center for Primary Care and co-founded a digital health startup called Sherbit Health out of San Francisco. After residency, he plans to continue to work in primary care as well as in healthcare innovation across tech, policy and public health.

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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.

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DUKE UNIVERSITY SEMINAR in SALZBURG

"Family Medicine"

August 28 – September 3, 2019

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Fellow Booklet 695SDUS19 Family Medicine

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August 28, Wednesday. I arrived in Salzburg on a hot and sunny day. The view from the plane was astonishing so I could not wait to see the city. On the bus from the airport, the city looked very welcoming with beautiful green areas and lovely colorful buildings. Not long later, after the warm welcome and getting the well-prepared conference information sheets in the Schloss Arenberg, I headed to explore the city. It was great to see that Salzburg was easy to explore by foot. Along Salzach there were many beautiful sights, not to forget the relaxing waves radiating from Salzach, in addition to many museums including Mozart’s Birthplace and the Hohensalzburg Fortress. In the evening there was a welcome reception, followed by a short talk done by the faculty. In the reception there were 34 fellows from 21 countries and faculty members from the USA and Austria. The only difference indicating a person was from the faculty (a small green dot on the name card), which I found very sweet. Sitting around a dinner table randomly and getting to know people was a fun way to network. No doubt that it was a warm start for everyone to the week, besides learning the main points of the upcoming week.

August 29, Thursday. Everything was made very clear in the introduction by Stephanie Faschang. Pre-seminar test was motivating considering the fact that there would be a post-seminar test as well. Overview given by Dr. Ragsdale was understandable for everyone, clear and smooth. It was very interesting to learn about their group visits, something I am definitely taking back home. Since we all came from many countries all over the world it was a great opportunity to learn about different healthcare systems in European family medicine from Dr. Maier and brainstorm about the advantages and disadvantages in each system. Complex medical patients are an issue for every physician whether practising in primary care or in a tertiary care center. The main point I am taking home was Bayes theorem from the talk of Dr. Maier. Breaking bad news workshop given by Dr. Covas and Dr. Sood were a great chance to learn and practise in groups, as well as getting assessed by group members about what to do or what not to do. At the end of the day we had a quick presentation about the Open Medical Institute which I found interesting, especially learning the main objectives of the organisation. Music concert was perfect, after a day full of lectures it served for both leisure and joy.

August 30, Friday. The day started with a lecture about hypertension by Dr. Weigle. Although we all see many patients with hypertension in our countries it was surprising to see that even in this widespread health problem, we do share the same obstacles when it comes to the basics such as finding the right sized cuff to the patient or a motivational talk about the lifestyle changes considering the time limitations that we all seem to have. I am glad to have attended the choosing wisely lecture.
given by Dr. Covas and exploring the app, this is another point I am taking home. The lecture about prostate cancer given by Dr. Ragsdale raised a lot of questions in many minds about whether to screen or who/when to screen. From this perspective it was awakening. I believe motivational interviewing is a fundamental skill that every physician regardless of the specialty or country should know and apply to her/his practice, therefore I feel lucky to take this lecture given by Dr. Weigle and have the chance to practice it right afterwards. In the workshop there was a good emphasize on the stages of change. Seeing the instructors play it first, guessing the stage where the patient is at was both fun and informative. I found the suggestion that “if your patient is at precontemplation stage, just roll with the resistance” especially striking since this was against almost everyone’s physician urge to help patients do the right thing. After the dinner with fellows from different countries, we had a nice walk to the city center. Nighttime view of the fountain in Mirabell Garden was relaxing. Not to mention the great talk among people from different cultures.

**August 31, Saturday.** Joint pain and tendinopathies are common problems that we all face frequently in our countries. It was particularly interesting for me to learn about the nitroglycerin patches and their usage. Diabetes is a big issue in the world, it was no surprise that everyone in the hall had a question about patient management. What I found particularly fascinating about integrating the public health and primary care lecture given by Dr. Covas was to see the selection bias that we are exposed during our medical education and residency in medical universities. We are mainly educated to care patients one by one, ‘treating the patient’ principle, although we see only a minority of the whole population with some symptoms since they are coming to the clinic. On the other hand, the great majority of patient candidates (people under risk) is out there and not coming to the clinic where we work. Since prevention is much better than treating this is a lecture every physician should attend.

**September 1, Sunday.** We started with a lecture about COPD by Dr. Covas. COPD is a must know for every primary health physician. The notion of deprescribing is definitelly something I am taking home with me and I am pretty sure that I am not the only one doing the same in the group. I feel lucky to attend this lecture since it addresses the everyday problem for everyone: ‘polypharmacy’. It was a very informative lecture about e-cigarettes given by Dr. Weigle mentioning the little known advantages and disadvantages. Screening is a common concept in women’s health and it was good to learn what is routinely done in the US in the lecture from Dr. Sood. In the afternoon I was pleased to hear the presentations of the fellows and share mine. All the feedback was very highly appreciated and it was definitely a high quality enivornment of medical discussion. Tomorrow will be the last day with lectures, cannot wait to hear them! I am incredibly glad for everything I learned, particularly every new question mark this seminar created in my mind. Already I have pointed out the main points I am taking back home, all of them will definitely be of help to many! I am extremely grateful for the opportunity of being able to attend the seminar. All week of learning, having new questions, freely asking, getting answers and networking was a unique chance for sure. I would like to thank all the organizers and faculty for all the effort they put in for the seminar. I am lucky to have met all fellows from the world and get a chance to network.
Looking forward to being here again!

*Fatma Özlem Hökelekli, MD, PhD (Turkey)*
Monday August 26 – Tuesday August 27. My journey was very long more than 1 day on the way, made 4 stops from Mexico (Monterrey – Houston Texas-Toronto-Vienna-Salzburg). Everything was perfect but I was delayed in Toronto, Canada and I lost the connection in Vienna, I was worried and when I got to the airport I was told that the next flight was leaving in 7 hours, and I was offered 12 euros to eat there or a train ticket to visit the city, and of course I chose to get to know Vienna and spent a few hours there enough to know the most attractive places, I really liked it since everything can be done by foot, its people are friendly, I felt safe I was very lucky to have this opportunity and I return in time for my flight to Salzburg, where I met 3 of my companions. Schloss Arenberg is a very beautiful place, and warm; I filled out the paperwork, left the bags and went out to have dinner with my roommates, came back and rested peacefully in the comfortable room.

August 28, Wednesday. All my companions arrived and we decided to take advantage of the free time we went downtown and bought the Salzburg card, I recommend it since for only 29 Euros it gives you free entrance to the main attractions besides public transportation we went to the Festung Hohensalzburg, Hellbrunn, Mozart House, Mirabell gardens, and boat ride on the river, really worth its landscapes, history, the culture of this city is stunning. We returned for the welcome reception with Dr. Wolfgang K. Aulitzky, Director of AAF, we talked about the mission and logistics of the seminar and explained the need to prevent brain drain and foster brain gain in our countries motivating us to use the opportunities given by observerships, seminars with faculties (among others), they also introduced the staff of Duke University, and our AMSA foundation in Mexico, we had a toast and a delicious dinner and were able to get to know the other fellows and talk about their countries.

August 29, Thursday. And the long-awaited day came I’m excited, we started with a test on the topics that are going to be addressed, we started the syllabus with teacher John Ragsdale of DUKE University. He gave us an instruction on the mission and vision gives as well as us an idea of the work they do in the family medicine service, we subsequently listened to Dr. Manfred Maier about Family Medicine in Europe, and the importance as providers of quality of life in the community, in addition to the different types of complex patients and how to address them. We agreed that all countries have patients of this type, and explained how to present the case, we were divided into 3 groups since we are 35 fellows. In the afternoon the workshops took place. On the 1st day I presented my case, and despite the nervousness I was very satisfied to be able to share my active aging program in primary care with doctors around the world. Today was very productive with the faculty and we closed the night with the concert, what a pleasant and relaxing moment. In the end we were all sharing experiences, we even created whatsapp group to be connected, communicate and share photos.
August 30, Friday. We started the day with very interesting topics, update on Hypertension, Choosing Wisely. I call attention how to engage and create responsibility with the patient and make decisions together, the other topic that I liked was motivational interviewing, such as achieving behavior change for good habits, very useful strategies for my daily practice. In the afternoon it was my first workshop on breaking bad news, I have a fondness for palliative care issues, I like them and with activities I was able to get to know my colleagues and their experiences better. It was helpful for our professional and human growth, we decided after dinner to go for a walk in the city center.

August 31, Saturday. Today is only half a day but topics of great importance and very common in our practice, from diabetes, public health, prostate cancer the scientific evidence sharing changes the panorama of what I do in Mexico, avoid the use of useless laboratories, also in the subject of osteoarthritis and tendinopathies with innovative treatments and therapies at home accessible in our media and avoid supplements, acetaminophen etc., so far this day I have learned much, and wanting to read more about the topics so that we can share such valuable information. The rest of the day was free for a walk, we went to the Lakes and Mountains tour, excellent to know the country side and we relaxed on a boat. When we came back we walked around the city and time to rest.

September 1, Sunday. The agenda of this day was very productive and I think they were my favorite subjects, deprescribing can be difficult, eliminating unnecessary drugs in my practice is a complicated task but with all the information that was presented, I can learn more on the subject and do it safely and put it in practice immediately, it will be of great benefit to our patients. Additionally, we had a very challenging workshop (motivational interviewing) such as managing to change habits, behaviors of our patients to stop smoking, lose weight, control excellent diseases tools on the part of Dr. Nancy Weigle and Dr. Kenzie Johnston. This seminar has been a great experience for me in a professional and personal way, my 1st trip to Europe that better than for academic reasons, exceeded my expectations and were immense. Getting to know the experiences of my fellow doctors in their countries was interesting and also to know their feelings, joys, sorrows regarding medicine binded us as family doctors. I thank infinitely all those who are creators of this seminar: the American Austrian Foundation, OMI, the faculty of Duke University, and the great hospitality of Schloss Arenberg. This great opportunity to be here in Salzburg definitely inspired me to be a leader in family medicine in my country, share what I learned and bring about change in my region. I have new friends, a lot of knowledge but the most important inspiration to continue preparing and contribute to society.

Rosa Maria Lerma Parga, MD (Mexico)