

**9th McMaster International Review Course in Internal Medicine (MIRCIM), sponsored by the Polish Institute for Evidence Based Medicine (PIEBM)**

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Krakow, Poland

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I cannot say enough about what an incredible opportunity this was for me. I was able to present important, evidence-based information on the topic of osteoarthritis, something internal medicine physicians deal with every day; see an international internal medicine meeting in action (and learn about things that I do not normally hear about in my subspecialty meetings); be so engaged with the really outstanding and impressive trainee presentations; meet colleagues from all over the world; and appreciate the shared goals for care we have across the globe. Great to hear the European perspective on evidence-based medicine, not just a US centric perspective. Great to talk about the experience of clinicians in widely varying circumstances and the challenges faced. Eye opening to hear that our concerns and innovations in medical education are aligned and so similar. The meeting agenda covered a broad and important range of internal medicine topics. Highlights included highly evidence-based discussions with up to the minute updates on guidelines for management of hypertension, anticoagulation, osteoporosis.

Although I anticipated a broad European audience (and that was the case), there were quite a few participants from South America, the Mideast, India, even South Africa. Quite international and diverse. Few North Americans (they are encouraged to attend). Many young trainees and early career participants, as well as mid-career and more senior attendees—very broad representation across the career spectrum.

Krakow is a wonderful town full of medieval, Baroque and modern wonders. You can enjoy the town easily on your own, but the conference organizers made available an excellent range of tours including the Salt Mines, the Wavel Castle, a boat ride down the Vistula River, and more. The conference hosts arranged for faculty to hear the presentations of Clinical Cases in Internal Medicine on the first day of the conference at the historic Jagiellonian University Medical Center, the oldest university in Poland (3<sup>rd</sup> oldest in Europe); that was cool. Faculty had dinner one evening in the historic City Hall building then went to an “underground” restaurant for some accordion music in the historic city center; delightful! All attendees were also invited to a musical presentation by a Chopin Award winning pianist.

In the difficult, changing, challenging world we live in, the great camaraderie, joy in learning and sense of shared mission I experienced at this meeting was so valuable, so appreciated. The course organizers are a devoted, welcoming, committed group of internal medicine physicians dedicated to delivering up to date information in succinct, well-crafted sessions with world experts. I would certainly participate, if asked, again.