



Annual meeting of the Icelandic Medical Association

January 20 – 24, 2025

In HARPA, Reykjavík

Program

Monday, January 20

09:00-12:00 Physical activity as the cure - an active twist to daily life

Chair: Valgerður Rúnarsdóttir, MD

09:00-09:00 Introduction

09:05-09:25 Environmental influence on health and wellbeing, Kristin Thorleifsdottir, landscape architect, PhD, MLA

09:25-09:45 Physical activity, prevention for heart disease: Karl Kristjánsson, MD, PhD

09:45-10:05 Why stay indoors when you can be outdoors?! Kolbrún Kristínardóttir, MSc, Pediatric Physical Therapist

10:05-10:35 Coffee break

10:35-10:55 From screen time to playtime: encouraging active lifestyles in young individuals: Sunna Gestsdóttir, PhD, psychologist

10:55-11:15 Multifaceted Health Promotion – Future Lifestyle: Janus Guðlaugsson, PhD, Sports and Health Scientist

11:15-11:35 Sport medicine a must for geriatric medicine? Hannes Hrafnkelsson, MD, PhD

11:35-12:00 Discussion and questions

09:00-12:00 HIV – Current Situation in Iceland
Chair: Sigurður Guðmundsson, MD, PhD

09:00-09:30 The United Nation's 95-95-95 targets. Has Iceland reached the targets? Testing recommendations: Erna Milunka Kojic, MD

09:30-09:50 HIV treatment: Magnús Gottfreðsson, MD, PhD

09:50-10:10 Pre-Exposure Prophylaxis: Anna Tómasdóttir, Outpatient Infectious Diseases Clinic, Landspítali

10:10-10:40 Coffee break

10:40-11:00 Results from a survey among health care providers in Iceland on knowledge and stigma pertaining to HIV (Mapping surveillance systems for HIV/AIDS in the European region): Anna M. Guðmundsdóttir, MD, Directorate of Health

11:00-11:20 Metabolic complications in persons living with HIV: Birgir Jóhannsson, MD

11:20-11:40 Diagnosing HIV in the Department of Immigration Health Services: Ansgar Bruno Jones, MD

11:40-12:00 Panel Discussion

09:00-12:00 Liver disease in Iceland: Changing landscape and new challenges
Chair: Sigurður Ólafsson MD

09:00-09:10 Welcome and introduction: Chair

09:10-09:30 Alcoholic liver disease: Einar S. Björnsson MD, PhD

09:30-09:50 Viral hepatitis A-E: Sigurður Ólafsson MD

09:50-10:10 Cirrhosis in Iceland- a major increase in incidence: Steingerður A. Gunnarsdóttir MD, PhD

10:10-10:40 Coffee break

10:40-11:20 MASLD (metabolic dysfunction-associated steatotic liver disease) in 2024: A New Era Has Begun: Mazen Nouredin, MD, MHS

11:20-11:40 Clinical approach to the patient with suspected liver disease -role of the primary care physician: Óttar M. Bergmann MD

11:40-12:00 Panel discussions

12:10-13:00 Noon lectures:

- Clinical genetics – Role and utility in clinical practice**
Chair: Jón Jóhannes Jónsson, MD, PhD
 - Actionable genotypes – experience and impact in clinical practice: Arna Rut Emilsdóttir MD
 - Recessive founder mutations and possibilities of preimplantation genetic testing: Hákon Björn Högnason, genetic counsellor, MSc
 - Three revolutions of genetics: Hans Tómas Björnsson, MD, PhD
- Sigurður Breiðfjörð and Jónas Hallgrímsson. Two 19th century Icelandic poets with alcohol problems:** Óttar Guðmundsson, MD

13:10-16:10 Amyloidosis in Iceland: Mapping of amyloidosis and new challenges

Chair: Gunnar Þór Gunnarsson, MD

- 13:10-13:20 Introduction/welcome: Gunnar Þór Gunnarsson, MD
13:20-13:40 What is TTR cardiac amyloidosis? Ævar Örn Úlfarsson, MD
13:40-14:00 State of knowledge about TTR cardiac amyloidosis in Iceland: Inga Jóna Ingimarsdóttir, MD
14:00-14:20 Light chains in a tangle. Amyloidosis due to plasma cell disorders: Sæmundur Rögnvaldsson, MD
14:20-14:50 Coffee break
14:50-15:10 Renal amyloidosis: Fjölfnir Elvarsson, MD
15:10-15:30 The impact of amyloidosis on the nervous system: Ólöf Jóna Elíasdóttir, MD
15:30-15:50 Interdisciplinary care and future aspects: Þórdís Jóna Hrafnkelsdóttir, MD, PhD
15:50-16:10 Panel discussion

13:10 – 16:10 Hospital at home and delivering acute care on the borders of general practice and hospital services

Chair: Jón Magnús Kristjánsson, MD, MBA

- 13:10-13:20 Introduction: Chair
13:20-13:50 Introduction to different hospital at home models and the possibilities they offer: Daniel Laserson, MD
13:50-14:10 Selfoss Hospital at Home: Guðný Stella Guðnadóttir, MD, PhD
14:10-14:30 The General practice view on collaborating with home care teams: María Ólafsdóttir, MD, PhD
14:30-14:50 Acute ambulatory care in Landspítali University Hospital: Telma Huld Ragnarsdóttir, MD, PhD
14:50-15:20 Coffee break
15:20-15:40 New models of work in Prehospital Medical Services in Iceland: Vicente Sanchez-Brunete Ingelmo, MD, MBA
15:40-16:00 Subacute geriatric evaluation: Anna Björg Jónsdóttir, MD, MPA
16:00-16:10 Discussions

13:10-16:10 What every doctor needs to know about sleep

Chair: Nanna Briem, MD

- 13:00-13:30 Healthy sleep and its usefulness: Erna Sif Arnardóttir, associate professor, director of the HR Sleep Research Center and president of the European Society for Sleep Research (ESRS)
13:30-14:20 Sleep problems and how to approach them: Prof. Dr. Dirk Pevernagie pulmonologist and sleep specialist, professor emeritus, Ghent University
14:20-14:50 Coffee break
14:50-15:05 The future in sleep monitoring: Erna Sif Arnardóttir
15:05-15:10 Relaxation exercise before sleep: Þórgunnur Ársælsdóttir, MD
15:10-15:40 CBT-I, cognitive behavioral therapy for sleep problems Erla Björnsdóttir psychologist, PhD
15:40-16:00 Drug treatment of sleep problems: Magnús Haraldsson MD, PhD

16:20 **Opening ceremony**

Tuesday, January 21

09:00-12:00 **Insidious presentation of serious diseases in children**

Chair: Helga Elíadóttir MD, PhD

09:00-09:10 Welcome: Chair

09:10-09:40 Immune deficiency in disguise: Sólrún Melkorka Maggadóttir, MD

09:40-10:10 The never-ending cough: Óli Andri Hermannsson, MD

10:10-10:40 When vomiting is not gastroenteritis: Jóhanna G Pálmadóttir, MD

10:40-11:10 Coffee break

11:10-11:35 A breakthrough in diagnosis and treatment: Brynja K. Þórarinsdóttir, MD

11:35-12:00 Everything is not as it seems- is it hormonal imbalance or something else? Soffía G. Jónasdóttir, MD

09:00-12:00 **Pain medicine/treatment**

Chair: Kristján G. Guðmundsson, MD, PhD

09:00-09:05 Introduction: Chair

09:05-09:30 Pain; definitions, physiology, and pain medicine: Haraldur Már Guðnason, MD

09:30-09:55 Specific interventions for chronic pain: Birkir Hlynsson, MD

09:55-10:20 non-medical treatment for pain: María Hrafnadóttir, MD

10:20-10:50 Coffee break

10:50-11:15 The pain problem from the perspective of psychology: Þorsteinn Guðmundsson, psychologist

11:15-11:40 Pain, epidemiology, treatment, and resources in Iceland: Kristján G. Guðmundsson, MD, PhD

11:40-12:00 Panel discussion

09:00-12:00 **What's up doc?**

Chair: To be announced

09:00-09:50 Vaccine hesitancy: Robert M. Jacobson, M.D., F.A.A.P., The T Denny Sanford Professor of Pediatrics, Mayo Clinic College of Medicine and Science

09:50-10:40 Common rheumatic diseases and corticosteroids: Katrín Þórarinsdóttir, MD, PhD

10:40-11:10 Coffee Break

11:10-12:00 The development of non-invasive treatment options for structural heart disease: Inga Hlíf Melvinsdóttir, MD, MHS

- 12:10-13:00 Noon lectures:**
-Famine mortality in Iceland in the 18th and 19th centuries: Guðmundur Jónsson, professor
-Stories from rural practice
 Chair: Margrét Ólafía Tómasdóttir, MD, PhD, chair of the Icelandic College of GP's
 Opening: Chair
 Story 1: Hera Birgisdóttir, MD
 Story 2: Indriði Einar Reynisson, MD
 Story 3: Hallgrímur Hreiðarsson, MD
 Story 4: Súsanna Björg Ástvaldsdóttir, MD
 Story 5: Sigurgeir Trausti Höskuldsson, MD
- 13:10-16:10 Antimicrobial Resistance (AMR): Challenges and Actions**
 Chair: Karl G. Kristinsson, MD, PhD, FRCPath, ESCMID Fellow
- 13:10-13:15 Introduction: Chair
- 13:15-13:45 Extensively drug-resistant pathogens – do not let them over the bridge: Arnfinn Sundsfjord, MD, PhD
- 13:45-14:05 Antimicrobial Use and Resistance: The Situation in Iceland and International Cooperation: Anna Margrét Halldórsdóttir, MD, PhD
- 14:05-14:30 One Health National Action Plan (NAP) of the Icelandic Government on Antimicrobial Resistance: Þórólfur Guðnason MD, PhD
- 14:30-15:00 Coffee break
- 15:00-15:40 Guidelines for the Treatment of Common Infections and Antimicrobial Stewardship in Iceland. Perspectives of Primary care and Landspítali University Hospital:
 -Primary Care - Strama and Electronic Monitoring of Prescriptions: Jón Steinar Jónsson, MD
 -Landspítali University Hospital - Antimicrobial Stewardship and Clinical Guidelines (Eolas Medical): Birgir Jóhannsson, MD
- 15:40-16:05 Infection Prevention and Control - How to Tackle Resistant Organisms in Hospitals: Ólafur Guðlaugsson, MD
- 16:05-16:10 Concluding Remarks: Karl G. Kristinsson, chair
- 13:10-16:10 Fecal incontinence**
 Chair: Steinar Ólafsson, MD
- 13:10-13:15 Introduction: Chair
- 13:15-13:45 Epidemiology and work up: Kjartan Örvar, MD
- 13:45-14:00 First line of treatment: Elsa Björk Valsdóttir, MD
- 14:00-14:15 Relationship between diet and stool: Elínborg Hilmarsdóttir, nutritionist
- 14:15-14:45 Coffee break
- 14:45-15:05 Tran anal irrigation and plugs: Birna Björnsdóttir, stoma nurse specialist
- 15:05-15:25 Physical therapy for the pelvic floor: Katarzyna Maniakowska, physical therapist
- 15:25-16:00 Operations: Theódór Ásgeirsson, MD

- 13:10-16:10 One day each man shall die**
 Chair: Helga M. Ögmundsdóttir, MD, PhD
- 13:10-13:30 Changing attitudes to death through the ages: Óttar Guðmundsson, MD
 13:30-14:00 Causes of death through a century: Sigríður Haralds Elínardóttir, PhD
 14:00-14:30 Coffee break
 14:30 -15:00 Working close to death – views from palliative care: Arna Dögg Einarsdóttir, MD
 15:00 -15:30 A doctor’s experience of assisted suicide: Helgi Hafsteinn Helgason, MD
 15:30 -16:00 General discussion

Wednesday, January 22

- 09:00-12:00 Adult ADHD in Iceland: Diagnostic procedures, prevalence, and treatment**
 Chair: Engilbert Sigurðsson, MD, PhD
- 09:00-09:05 Balancing functioning, diagnosis, and treatment of ADHD: Engilbert Sigurðsson, MD, PhD
 09:05-09:25 ADHD is over-diagnosed in Iceland: Oddur Ingimarsson, MD, PhD
 09:25-09:40 A perspective on behalf of the ADHD Association on adult ADHD diagnostic procedures in Iceland: Vilhjálmur Hjálmarsson, Chair of the ADHD Association
 09:40-09:55 The perspective of the ADHD primary health care team on the diagnostic procedures of ADHD among adults: Elvar Daníelsson, MD
 09:55-10:10 What is the risk of psychosis or mania developing within a year of adults commencing ADHD treatment? Ragna Kristín Guðbrandsdóttir, MD
 10:10-10:40 Coffee break
 10:40-10:55 The perspective of a psychologist in private practice on the diagnostic procedures of ADHD among adults: Sóley Dröfn Davíðsdóttir, Psychologist
 10:55-11:10 The perspective of a psychiatrist in secondary care on the diagnostic procedures of ADHD among adults: Kristófer Sigurðsson, MD
 11:10-11:30 The perspective of the Directorate of Health on the diagnostic procedures of ADHD among adults: Alma D. Möller, MD, PhD, Director of Health
 11:30-12:00 Panel discussion and questions from the audience: Lecturers and representatives from Icelandic Health (NN) and the Icelandic Ministry of Health - Green Book Working Group on the current state of diagnostic procedures of ADHD: Bjarni Sigurðsson pharmacologist, Chair of Working Group
- 09:00-12:00 Connected Europe – Reducing Burden and Increasing Patient Safety with Better Access to Electronic Health Records Across Borders**
 Chair: Sigurður E. Sigurðsson, MD, Director of Medical and Operational Affairs, The Healthcare Institution of West Iceland
- 09:00-09:10 Opening Remarks: Ásta Valdimarsdóttir, Permanent Secretary, Ministry of Health
 09:10-09:30 Escalated Burden on Healthcare Professionals with Growing Tourism; Experience of a General Practitioner: Nanna Sigríður Kristinsdóttir, MD
 09:30-09:50 Connected Europe and Digital Transformation: Auður Harðardóttir, Directorate of Health
 09:50-10:00 How Does This Work? Cross-Border EHR Access for Physicians: Einar Logi Einarsson, Directorate of Health

10:00-10:10 Unified Implant Registration: Einar Logi Einarsson, Directorate of Health
10:10-10:35 Coffee Break
10:35-10:50 Centralized Medication Card; Current Medication: Sunna Brá Stefánsdóttir, Directorate of Health
10:50-11:10 Laboratory Results and Imaging Reports; Cross-Border Access: Ragnheiður Arnardóttir and Ingi Steinar Ingason, Head of Division, Directorate of Health
11:10-11:25 New Centralized “Snowflake”; Increased Safety in Treatment: Auður Harðardóttir, Directorate of Health
11:25-11:40 Implementation and Dissemination in Iceland: Helga Margrét Clarke, Directorate of Health
11:40-12:00 Questions from the Audience and Discussion

09:00-12:00 Clinical guidelines in treatment of obesity

Chair: Erla Gerður Sveinsdóttir, MD

09:00-09:05 Introduction: Chair
09:05-10:00 Implementing clinical guidelines: Ximena Ramos-Salas, MD, PhD
10:00-10:20 Clinical guidelines for adults: Hildur Thors, MD
10:20-10:50 Coffee break
10:50-11:10 Clinical guidelines for children: Tryggvi Helgason, MD
11:10-11:30 Treatment in Iceland: Guðrún Þ. Höskuldsdóttir, MD and Bjarni G. Viðarsson, MD
11:30-11:55 Stigma in obesity: Ximena Ramos-Salas, MD, PhD
11:55-12:00 Wrap-up and questions

12:10-13:00 Noon lectures:

-**You are what you eat:** Bryndís Eva Birgisdóttir, MD, PhD
-**Syphilis – a historical disease reemerges:** Erna M. Kojic, MD

13:10-16:10 Fuel your mind—and the Force will be with you

Chair: Svala Sigurðardóttir, MD

13:10-13:20 Opening: Chair
13:20-13:35 Foundation of the Icelandic Lifestyle Medicine Association (ILMA): Kjartan Hrafn Loftsson, MD
13:35-13:55 Lifestyle medicine, is it really evidence-based? Thomas Wood, MD, PhD, Associate Professor (Faculty Scientist), Department of Pediatrics, Division of Neonatology, University of Washington Seattle, WA
13:55-14:10 Metabolic health- for good energy: Tekla Hrund Karlsdóttir, MD
14:10-14:25 Metabolic psychiatry: Guðmundur Freyr Jóhannesson, MD
14:25-14:55 Coffee break
14:55-15:05 Where is your mind? Svala Sigurðardóttir, MD
15:05-15:20 With environmental medicine on the brain: Una Emilsdóttir, MD
15:20-16:05 The Neuroscience of Lifestyle Medicine: Thomas Wood, MD, PhD
16:05-16:10 Panel discussion/question

13:10-16:10**Common topics in Cardiology**

Chair: Helga Margrét Skúladóttir, MD

13:10-13:20

Introduction from the chairperson

13:20-13:45

Preventing heart disease: Karl Konráð Andersen, MD, PhD

13:45-14:10

Common arrhythmias: Kristján Guðmundsson, MD

14:10-14:35

Approach to heart failure and new therapies: Ævar Örn Úlfarsson, MD

14:35-15:05

Coffee break

15:05-15:35

Coronary disease and CT: Berglind Libungan, MD, PhD

15:35-16:10

EKG quiz: Hjálmar Ragnar Agnarsson, MD

13:10-16:10**Elbows – so much more than tennis elbow. Knees – common problems and challenges in younger patients**

Chairperson: Eypór Örn Jónsson, MD

13:00-14:00

Elbows – so much more than tennis elbow: Eypór Örn Jónsson, MD

-Introduction: Epidemiology, anatomy, how the elbow works and physical examination

-Tennis elbow – often but not always. Diagnosis and treatment

-Instability – also in the elbow!

-Discussion

-Stiff elbows. Arthrolysis can help

-Arthroplasty, also for elbows!

-Discussion

14:00-15:50

Knees – common problems and challenges in younger patients

-Introduction: Anatomy, physical examination and initial approach to knee injuries: Arnar Sigurðsson, MD

14:20-14:50

Coffee break

-Common stress-related conditions in the knee: Arnar Sigurðsson, MD

-Meniscus tears – practical approach: Þorkell Snæbjörnsson, MD

-Cruciate ligament injuries– aims of treatment: Þorkell Snæbjörnsson, MD

15:50-16:10

Discussion

13:10-16:10**Kirurgia minor – workshop**

Maximum number of participants is 15 - special registration is needed

Participants are divided into three groups who rotate between three stations.

There will be a coffee break after the first two stations.

Station A: Suturing. Instructor: Kristín Huld Haraldsdóttir

Station B: Draining an abscess. Instructor: Kristín Jónsdóttir

Station C: Excision of lesion. Instructor: Örvar Arnarson

Thursday, January 23

- 09:00-12:00 The environment for medical research at Landspítali – room for improvement**
Chair: Sunna Snædal MD, PhD
- 09:00-09:30 Combining medical research and clinical practice, how do we keep the fire alive? Katrin R. Kemp Guðmundsdóttir MD, PhD and Sunna Snædal MD, PhD
- 09:30-10:00 Medical research at Landspítali University Hospital; progress and challenges: Magnús Gottfreðsson, MD, PhD
- 10:00-10:30 Coffee break
- 10:30-11:00 My experience in practicing medical research at Landspítali the past years: Sigurdís Haraldsdóttir, MD, PhD
- 11:00-11:30 Embedding a research culture at the University Hospital: Unnur Anna Valdimarsdóttir, epidemiologist, PhD, Professor
- 11:30-12:00 Panel discussion
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- 09:00-12:00 Methods to improve medication management in older people**
Chair: Nanna Sigríður Kristinsdóttir, MD
- 09:00-09:05 Introduction: Chair
- 09:05-09:30 Chronic illness of older people - monitoring and review. The need for a clear division of tasks and responsibilities, teamwork, and work processes: Pálmi V. Jónsson, MD, Professor Emeritus
- 09:30-09:55 Tackling inappropriate medications. Updated Beers criteria and Stop/Start criteria (2023): Aðalsteinn Guðmundsson, MD
- 09:55-10:25 Coffee break
- 10:25-10:45 Clinical pharmacy in primary healthcare: Treatment adaptation, deprescribing, practical tools: Elín Ingibjörg Jacobsen, Clinical pharmacist
- 10:45-11:15 Descriptive cases from home care: Sandra Seidenfaden, MD and Rákel Ingólfssdóttir, MD
- 11:15-11:35 Implementation of effective medications reviews within Primary Healthcare: Anna Bryndís Blöndal, Chief clinical pharmacist
- 11:35-12:00 Panel discussion
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- 09:00-12:00 Legal issues**
Program to be announced
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- 12:10-13:00 Noon lectures:**
Cases from The Children's Hospital in Iceland – Best of the Best: Ásgeir Haraldsson, MD, PhD

- 13:10-16:10 110th anniversary of the Icelandic Medical Journal 23 of January 2025**
Chair: Ólöf Jóna Elíasdóttir editorial member
- 13:10-13:40 The story of the Icelandic Medical Journal in past and modern time: Helga Ágústa Sigurjónsdóttir, MD, PhD, Chief Editor of the Icelandic Medical Journal
- 13:40-14:00 The Importance of publication of scientific articles in the Icelandic Medical Journal: Karl Andersen, MD, PhD
- 14:00-14:10 Prize for the best scientific article in 2024
- 14:10-14:30 The Importance of publication of case reports in the Icelandic Medical Journal: Sigurður Guðmundsson, MD, PhD, professor emeritus
- 14:30-14:40 Prize for the best-case report in 2024
- 14:40-15:10 Birthday coffee break and live music played by Icelandic doctors
- 15:10-15:40 Panel discussion with former and current Chief Editors of the Icelandic Medical Journal and the current editorial – do we need an Icelandic medical journal? Chair: Halla Vidarsdóttir, MD, editorial member
- 15:40-16:10 Pub quiz on Icelandic medical terms: Sæmundur Rögnvaldsson, MD editorial member

- 13:10-16:10 Latest development in diagnostics and treatment of dementia disorders**
Chair: Jón Snædal, MD, PhD, professor emeritus
- 13:10-13:20 Welcome and introduction: Chair
- 13:20-13:55 Alzheimer 's disease 2025: Helga Eyjólfsdóttir, MD, PhD
- 13:55-14:25 Genetic and proteomic research in Alzheimer 's disease: Hreinn Stefánsson, CNS, PhD
- 14:25-14:55 Coffee break
- 14:55-15:25 Latest development in diagnosis and treatment of Lewy body disease: Annegret Habich, MSc, PhD
- 15:25-15:55 Latest development in diagnosis and treatment of frontotemporal dementia: Steinunn Þórðardóttir, MD, PhD
- 15:55-16:10 Panel discussion

- 13:10-16:10 Symposium for junior doctors**
Chair: Hrafnhildur L. Runólfsdóttir, MD, PhD
- 13:10-13:30 Common methodological pitfalls, why some studies lead to false conclusions: Sæmundur Rögnvaldsson, resident physician
- 13:30-14:00 Hyponatremia- is the risk of osmotic demyelination syndrome not as great as previously believed? Arnar Snær Ágústsson, resident physician
- 14:00-14:30 Fluid administration - the perspective of an intensive care specialist: Martin Ingi Sigurðsson, MD, PhD
- 14:30-15:00 Coffee Break
- 15:00-15:30 Sensible use of Imaging studies: Enrico Bernardo Arkink, MD
- 15:30-16:00 The practical side of abdominal pain: Hjördís Ásta Guðmundsdóttir, resident physician

Friday, January 24

09:00-12:00 Endometriosis

Chair: Kolbrún Pálsdóttir, Chief physician at the Gynecological department at Landspítali

09:00-09:10 Opening of the session: Chair

09:10-09:25 Endometriosis and Primary Health Care Services: Margrét Ólafía Tómasdóttir, MD, PhD

09:25-09:40 Secondary Care service and Endometriosis: Hildur Guðjónsdóttir, MD

09:40-09:55 The Endoteam at Landspítali: Ragnheiður Oddný Árnadóttir, MD

09:55-10:10 Pain treatment in Endometriosis – view from the Pain Clinic at Landspítali: Haraldur Már Guðnason, MD

10:10-10:40 Coffee Break

10:40-10:55 Physiotherapists and endometriosis: Katarzyna Magdalena Maniakowska, physiotherapist

10:55-11:10 Psychologists and endometriosis: Anna Guðrún Guðmundsdóttir, psychologist

11:10-11:40 Approach to treatment of Endometriosis in Stockholm: Malin Bruner, MD, PhD

11:40-12:00 Panel discussion

09:00-12:00 It is fun to be a doctor

Chair: Steinunn Þórðardóttir, MD, PhD, President of the Icelandic Medical Association

09:00-09:10 Introduction: Chair

09:10-09:30 It is fun to be a doctor: Steinunn Þórðardóttir, MD, PhD

09:30-09:50 A medical vs. a technical approach to Medicine: Þórður Sverrisson, MD

09:50-10:10 Positive Leadership: Sigurður Böðvarsson, MD, MSc

10:10-10:40 Coffee break

10:40-11:00 Health promotion and happiness at work: Hilda Hrönn Guðmundsdóttir, MD

11:00-11:20 Passion and Burnout: Ólafur Þór Ævarsson, MD, PhD

11:20-11:40 Discussions

09:00-12:00 Streptococcus - an Enduring Battle

Chair: Ásgeir Haraldsson, MD, PhD

09:00-09:10 Introduction: Chair

09:10-09:45 GAS, a very versatile pathogen: Karl G. Kristinsson, MD, PhD, FRCPath, ESCMID Fellow

09:45-10:30 Streptococcus pyogenes – a global perspective: Shiranee Srisakandan, MD, PhD, Professor, FRCP, Imperial, London, UK

10:30-11:00 Coffee break

11:00-11:30 Streptococcal Carriage in Day Care Centers in Iceland: Helga Erlendsdóttir, MSc

11:30-12:00 Recent streptococcal epidemic in Icelandic children: Valtýr Stefánsson Thors, MD, PhD

12:10-13:00

Noon lectures:

-Live debate: Technological advances make the daily work of doctors increasingly simple

Moderator: Ásgeir Þór Másson, MD

This is the fourth consecutive year of engaging debates among doctors at Læknadagar!

This occasion presents us with the opportunity to celebrate and honor outstanding quality improvement work from our post-graduate trainees, and to have fun together digging deeper into quality related matters. We are thrilled that our reigning champions have graciously accepted the challenge of defending their title!

Debate team 1: Hrafnhildur L. Runólfsdóttir, MD, PhD and Þórir Bergsson, MD

Debate team 2: Defending champions Stella Rún Guðmundsdóttir, MD and Ágúst Hilmarsson, MD

Join us and cast your vote for the winner of this year's debate at the Læknadagar 2025. Your participation makes all the difference

-Rickets - in Times of Abundance: Soffía Guðrún Jónasdóttir, MD

13:10-16:10

Follow-up in Primary Care?

Chair: Margrét Ólafía Tómasdóttir, MD, PhD

13:10-13:15

Opening of the session: Chair

13:15-13:40

„Return to sender “– comparison of transfer of care between Denmark and Iceland: Ágúst Óskar Gústafsson, MD, GP in Copenhagen

13:40-13:55

„I always went south “– experience of a rural GP: Eyjólfur Þorkelsson, MD

13:55-14:10

„Consult or insult? “– Consulting between doctors in different segments: Sigurveig Margrét Stefánsdóttir, MD

14:10-14:40

Coffee break

14:40-14:55

Cooperation between primary and secondary care – the view of a psychiatrist: Elvar Daníelsson, MD

14:55-15:10

Referrals in walk in departments of Landspítali: Arnar Þór Guðjónsson, MD

15:10-15:30

Organization and future vision of transfer of care: Hlíf Steingrímsdóttir, MD

15:30-16:10

Panel discussion

13:10-16:10

Positive and negative effects of corticosteroids – live saving and secondary effect

Chair: Helga Ágústa Sigurjónsdóttir, MD, PhD

13:10-13:20

Introduction: Chair

13:20-14:00

The HPA axis response to critical illness: Professor Greet van den Berghe, MD, PhD, Leuven, Belgium

14:00-14:10

Case presentation

14:10-14:30

Secondary effects of corticosteroids on the adrenal function: Margrét Jóna Einarsdóttir, MD, PhD

14:30-14:55

Coffee break

- 14:55-15:10 Nationwide prevalence of glucocorticoid prescriptions over 17 years and osteoporosis prevention among long-term users: Björn Guðbjörnsson, Professor, MD, PhD
- 15:10-15:55 New guidelines from European Society of Endocrinology and Endocrine Society: Diagnosis and Therapy of Glucocorticoid - induced Adrenal Insufficiency – Debate:
-The clinical guidelines - are they the definitive answer: Yes, possible: Irina Bancos, Mayo, Rochester, USA
-The clinical guidelines - are they the definitive answer: No, possible not: Marianne Klose Rigshospitalet, Copenhagen, Denmark
- 15:55-16:10 Panel discussion
- 16:20 Closing ceremony**