

Otto Pichlhöfer, MD

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Current positions

2006 – ... *Lecturer*, Department for General Practice and Family Medicine, Vienna
1986 – ... *GP in private practice*, 1210 Wien

Areas of specialization

General Practice and Family Medicine
Health Services Research
Mindfulness based approaches

Education

1974 – 1980 DR. MED. UNIV. Medical University, Vienna

Postgraduate Training, Fellowship Appointments and Positions

1987 – 1991 Emergency Physician – Airport Ambulance, Wien–Schwechat
1985 – 1986 Fellowship in Surgery – Krankenhaus Hainburg
1985 – 1985 Fellowship in Neurology – Medical University of Vienna
1984 – 1985 Emergency Physician – Rotes Kreuz Schwechat
1982 – 1984 Residency in Internal Medicine, Gynecology & Obstetrics and Surgery – Krankenhaus Hainburg.
1981 – 1982 Residency in Emergency Surgery – UKH Meidling, Wien
1980 – 1981 Residency in Surgery – Krankenhaus Hollabrunn

Specialty Boards and Certification

1984 *Ius practicandi* by the Austrian Chamber of Physicians
1982 Diploma in Acupuncture from the Austrian Society for Acupuncture and Auriculotherapy
1989 Diploma in Emergency Medicine from the Austrian Chamber of Physicians.
1992 Diploma in Manual Medicine from the Austrian Society of Manual Medicine.
2002 Diploma in Osteopathy from the Vienna School of Osteopathy.

Current Memberships in Professional Societies

Board member of the Viennese Society for General Medicine – WIGAM
Austrian Society for General Medicine – ÖGAM
European Academy of Teachers in General Practice – EURACT
Österreichischer Hausärzteverband – ÖHV
Vienna Academy for Integrative Medicine – GAMED
Austrian Society for Manual Medicine
Austrian Chamber of Physicians

Teaching Activities

- 2012 Mentor for two research interns of the The Erasmus exchange program (NPHC).
- 2011 – ... Mentor for 3 Students (N202) who are writing their diploma thesis (“Effectiveness in Primary Health Care Teams”)
- 2011 – 2012 Österreichische Akademie für Psychologie (ÖAP): ”Einführung in Achtsamkeitstraining und Achtsamkeitsmeditation als psychologische Intervention”
- 2010 – 2012 Senior Mentor for students at the Medical University of Vienna.
- 2009 – ... Block 23 (N202): “Webordination Allgemeinmedizin”; responsible for development, content and evaluation.
- 2006 – 2012 Block 23 (N202): Lectures and small group lectures.
- 2007 Block 7 (N202): SSM 1
- 2006 – ... Block 6 (N202): Lectures and small group lectures.
- 2005 – 2009 Block 1 (N202): Group lectures and placement of students in my office.
- 2005 – ... Teaching practice of the Medical University of Vienna.
- 2005 – ... Member of the planning team for the Line Element in General Practice.
- 2005 – ... Conducting Seminars in ‘Mindfulness Based Stress Reduction’ (MBSR)
- 2003 – ... Teaching practice of the Austrian Chamber of Physicians.

Grants

- 2010 Grant from the Oesterreichische Nationalbank (Anniversary Fund, project number: 13683) – The Ecology of Health Care in Austria (ECOHCARE); registered with ClinicalTrials.gov.

Activities as Expert and Reviewer

- 2015 Reviewer for the *WONCA 2015 Europe Conference*, Istanbul.
- 2014 Reviewer for the *WONCA 2014 Europe Conference*, Lisbon.
- 2013 Reviewer for the *WONCA 2013 World Conference*, Prague.
- 2012 Member of the Scientific Committee of the *WONCA 2012 Conference*, Vienna.
- 2010 Reviewer for the Anniversary Fund of the Austrian National Bank.
- 2010 – ... Member of the Scientific Advisory Board of the *Mobile Hospice* of the Austrian Buddhist Union.
- 2009 Expert Evaluator for the call *FP7-HEALTH-2008-single stage* for the EU, Brussels.
- 2009 – 2012 Member of the Working Group “Child Health” of the Austrian Ministry of Health.
- 2009 – ... Member of the Academic Advisory Board of the dietary program *myLine*.
- 2001 – ... Examiner for the licensing Exam for General Practitioners of the Austrian Chamber of Physicians.

Lectures, Workshops and Presentations

- 2015 Pichlhöfer, O.; Chang, A. & Blasche, G. (2015), The comparative effects of a Buddhist meditation retreat and vacation on mindfulness and measures of well-being., *in* *WONCA Europe Conference 2015*.
- 2015 Pichlhöfer, O.; Hoffmann, K. & Maier, M. (2015), The Ecology of Care and it’s Global Variants, *in* *WONCA Europe Conference 2015*.
- 2015 Chang A. and Pichlhofer O. (2015), Recovery from work: A comparison of the effects of meditation retreat programs and leisure holiday vacations in working European and American adults *in* *Mindfulness and Compassion – The Art & Science of Contemplative Practice*, San Francisco State University.
- 2015 Pichlhöfer, O. (2015), Mindfulness Based Stress Reduction *in* *ÖGAM Wintertagung 2015*.
- 2014 Pichlhöfer, O. (2014), Mindfulness Based Stress Reduction (MBSR) - Einführung und Selbsterfahrung, *in* ‘Wiener Hausärztekongress 2014’.
- 2014 Pichlhöfer, O. (2014), Uncontrolled Access to All Levels of Care is Associated With Weak Primary Care Functions - Lessons from Austria, *in* ‘Abstracts of the 19th WONCA Europe Conference – New Routes for General Practice and Family Medicine’, p. 234.
- 2013 Pichlhöfer, O. (2013), The Ecology of Medical Care in Austria – disease burden and the health seeking behaviour across levels of care in Austria, *in* ‘Abstracts of the 20th WONCA World Conference’.

- 2013 Pichlhöfer, O. (2013), Ecology of Care - health seeking behaviour of migrants in Austria, in 'Abstracts of the 20th WONCA World Conference'.
- 2012 Pichlhöfer, O. (2012), Mindfulness based approaches to Holistic Health - A practical exploration, in 'Abstracts of the 18th WONCA Europe Conference – The Art and Science of General Practice', pp. 95.
- 2012 Pichlhöfer, O. (2012), Ecology of Care - health seeking behaviour of migrants in Austria, in 'Abstracts of the 18th WONCA Europe Conference – The Art and Science of General Practice', pp. 30.
- 2011 Pichlhöfer, O.; Kutalek, R.; Zehetmayer, S.; Spiegel, W.; Shibamori, Y. and Maier, M. (2011), The Ecology of Medical Care in Austria, in 'Abstracts of the 17th WONCA Europe Conference – Warsaw'.
- 2008 Pichlhöfer, O. and Spiegel, W. (2008), A Bias of Specialty Choice – Why did you become a Family Physician in Austria?, in 'Proceedings of the 14th Regional Conference of Family Doctors (WONCA Europe) in Istanbul'.
- 2008 Pichlhöfer, O. (2008), Epidemiologie der CED, in '4. Kongress für Allgemeinmedizin und Integrierte Gesundheitsversorgung – Wien'.
- 1998 Mueller, M. R. and Pichlhöfer, O. (1998), Update Bronchuscarcinom, in 'Van Swieten Tagung, Wien'.
- 1998 Mueller, M. R. and Pichlhöfer, O. (1998), Der postoperative Patient in der Praxis, in 'Van Swieten Tagung, Wien'.

Publications

JOURNAL ARTICLES

- 2014 Otto Pichlhöfer and Manfred Maier, Unregulated access to health-care services is associated with overutilization—lessons from Austria. *Eur J Public Health* [Internet]. 2014 Nov 23; Available from:<http://eurpub.oxfordjournals.org/content/early/2014/11/22/eurpub.cku189.abstract>
- 2013 Gerhard Blasche, Wolfgang Marktl, Brigitte Eisenwort, Astrid Skolka and Otto Pichlhöfer, The Treatment Experience Questionnaire: Development and Validation of a Questionnaire Assessing the Individual's Emotional, Perceptual, and Cognitive Reactions to Alternative, Physical, and Dental Treatments, *Forschende Komplementärmedizin / Research in Complementary Medicine*20(3)205-212.
- 2013 Marlies ME Kerkenaar, Manfred Maier, Ruth Kutalek, Antoine LM Lagro-Janssen, Robin Ristl and Otto Pichlhöfer, Depression and anxiety disorders among migrants in Austria: a population based study of prevalence and utilization of health care services, *J Affect Disord*151(1):220–8.
- 2013 Otto Pichlhöfer, Hans Tönies, Wolfgang Spiegel, Andree Wilhelm-Mitteräcker and Manfred Maier, Patient and preceptor attitudes towards teaching medical students in General Practice, *BMC Medical Education*13(1), 83.
- 2010 Jelercic, S.; Lingard, H.; Spiegel, W.; Pichlhöfer, O. and Maier, M. (2010), Assessment of publication output in the field of general practice and family medicine and by general practitioners and general practice institutions, *Fam. Pract.*, cmq032.
- 2009 Reichardt, B.; Pichlhöfer, O.; Zehetmayer, S. and Maier, M. (2009), [Current diagnosis of acute pharyngitis.], *Wien Med Wochenschr* 159(7-8), 202–206.
- 2009 Reichardt, B.; Pichlhöfer, O.; Zehetmayer, S. and Maier, M. (2009), Antibiotikaeinsatz verbessern - Schnelldiagnostest erleichtert bei Racheninfekten die Differenzierung in bakteriell oder viral., *Ärzteweche*.
- 2008 Spiegel, W.; Pichlhöfer, O.; Haoula, D.; Schneider, B. and Maier, M. (2008), Specialty selection and relative job satisfaction of family physicians and medical specialists in Austria., *Croat Med J* 49(3), 375–383.

OTHER PUBLICATIONS

- 2012 Pichlhöfer, O. (2012), Re: Facilitated physical activity as a treatment for depressed adults: randomised controlled trial, *BMJ*, Letter to the Editor, Available from: <http://www.bmj.com/content/344/bmj.e2758/rr/593790>
- 2011 Wolschlager, V. and Angel, B. ed.(2011), Kindergesundheitsstrategie, Technical report, Bundesministerium für Gesundheit, Radetzkystraße 2, A-1030 Wien.
- 2007 Pichlhöfer, O. (2007), Guideline authors and medical practitioners - a cultural divide?, *Ann Fam*

Med, Letter to the Editor,

Available from: http://annfamned.org/content/5/5/436.short/reply#annalsfm_el_6952

NEWSPAPER ARTICLES

2009 Pichlhöfer, O. (2009), Stressbewältigung durch Achtsamkeit, *ProMed Komplementär* 16, 26-27.

Awards and Honors

1985 Award of the province of Lower Austria for life saving help under potentially life threatening conditions during medical service as Emergency Physician.

Private Interests and Voluntary Work

1983 – ... Member of an international association of Buddhist meditation centers (Shambhala International).
Conducting seminars on Buddhist philosophy and practice.

2006 – ... Representative to the Austrian Buddhist Union.

Private Information

Born: 17.01.1956, Klosterneuburg, Austria

Family status: Married; two daughters (1991, 1992)

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