

Advancing high-quality health care through knowledge translation



Polish Institute for
Evidence Based Medicine

A nonprofit focused on health care and medical education

From textbooks to professional development



McMaster Textbook
of Internal Medicine

Medicina Interna
Basada en la Evidencia
MIBE



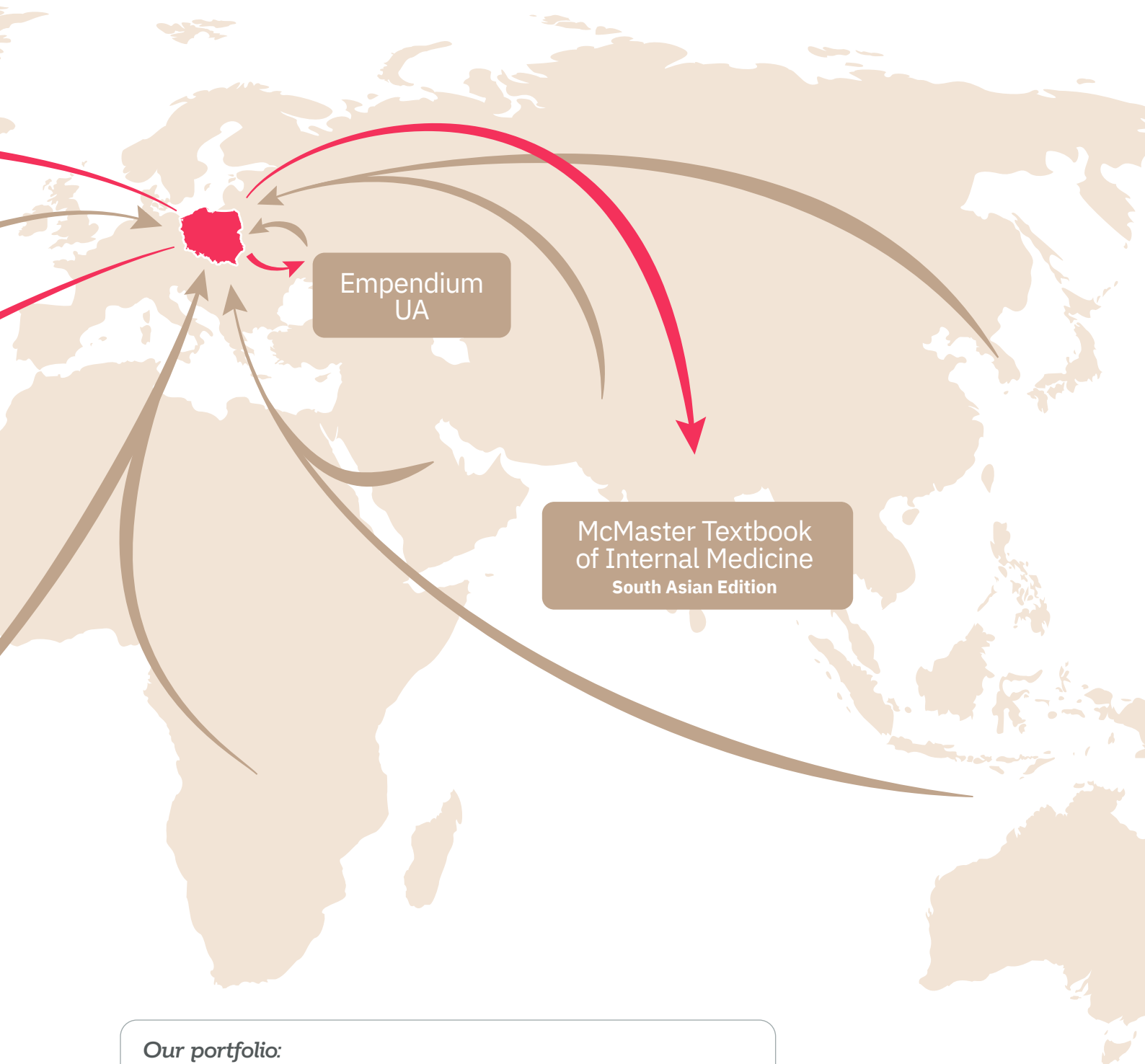
PIEBM

The **Polish Institute for Evidence Based Medicine (PIEBM)** is a nonprofit nongovernmental organization established in 2003.

The Institute excels in developing medical publications, comprehensive digital resources, and continuing medical education (CME) programs for health professionals and medical trainees.

Through effective **knowledge translation** we aim to transform complex scientific findings into accessible, practical information that enhances clinical decision-making. By bridging the gap between research and practice, we strive to improve the quality of health care and medical education globally.

Our collaborations with prestigious medical centers, academic institutions, and professional societies worldwide have created a powerful **network for knowledge exchange**. Thanks to these partnerships, our educational resources have had a direct effect on clinical practice across diverse health care settings, including resource-limited regions.



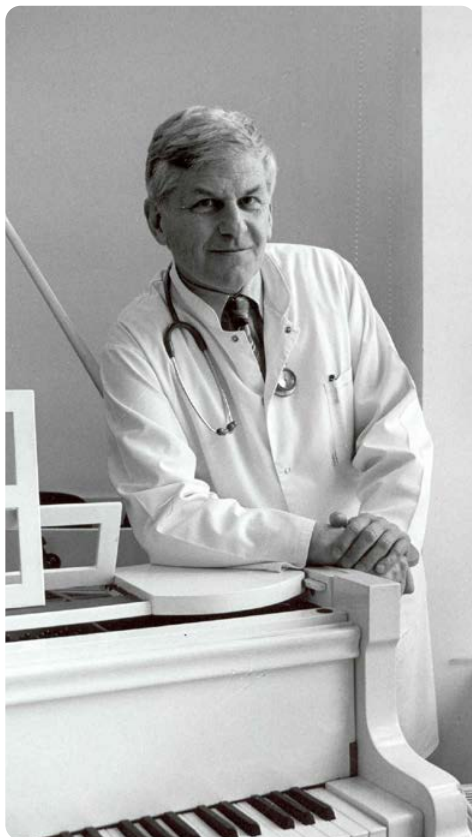
Our portfolio:

- McMaster Textbook of Internal Medicine
- McMaster Textbook of Internal Medicine South Asian Edition
- Medicina Interna Basada en la Evidencia (MIBE)
- Внутрішні хвороби (Empendium UA)
- McMaster International Review Conference of Internal Medicine (MIRCIM)
- Young Talents in Internal Medicine World Contest
- Medical Education Forum

Interna Szczeklika

Szczeklik's Internal Medicine

Polish edition



Professor Andrzej Szczeklik at the piano in the clinic on Skawińska Street in Kraków, Poland (Photo: Zbigniew Łagocki)

The textbook ***Interna Szczeklika (Szczeklik's Internal Medicine)*** originated as the brainchild of Professor Andrzej Szczeklik, MD, PhD, a distinguished Polish physician and scientist. Initially titled *Choroby wewnętrzne (Internal Diseases)*, it was first published in 2005 and renamed after Szczeklik's death in 2012 to honor his legacy.

Currently, Szczeklik's textbook serves as Poland's leading comprehensive reference on internal medicine. Covering all the major specialties, it has become an essential resource for Polish medical students and physicians, offering evidence-based clinical guidance that balances thoroughness with practical usability and reflects current medical knowledge. Its widespread adoption in Polish medical education and clinical practice reflects its authoritative status in Polish medicine. The textbook is updated annually and published by the publishing house Medycyna Praktyczna.

The target audience are internists, subspecialists, family physicians/general practitioners, hospitalists and medical students.

- ✦ Developed according to the principles of evidence-based medicine (EBM)
- ✦ Available in multiple formats (unabbreviated text in hardcover or softcover, pocket-sized handbook, online)
- ✦ Updated on an ongoing basis by over 400 Polish experts representing all fields of internal medicine

Global impact through international adaptations

Interna Szczeklika has established itself as one of the most authoritative textbooks of internal medicine in Polish, earning recognition alongside universally respected international medical references. The methodical approach to clinical medicine, comprehensive coverage of disease pathophysiology, and emphasis on evidence-based disease management have made it a standout resource in medical education. This solid foundation created a natural springboard for successful adaptation into different languages to meet the needs of medical professionals across distinct regions and health care systems.

Our growing family of *Interna Szczeklika* adaptations currently includes the following languages:

- English
- Spanish
- Ukrainian

What sets us apart from other global medical textbooks is our unique localization approach. Rather than simply translating the content, each international edition is:

- **Tailored for specific countries or regions**, acknowledging the important differences in health care systems, epidemiological patterns, diagnostic and therapeutic resources, and regional medical terminology.
- Developed through **close collaboration with local medical experts and opinion leaders**, ensuring each adaptation maintains clinical relevance and aligns with regional medical practices.

2005



2010



2011



2012



2013



2014



2015



2016



2017



2018



2019



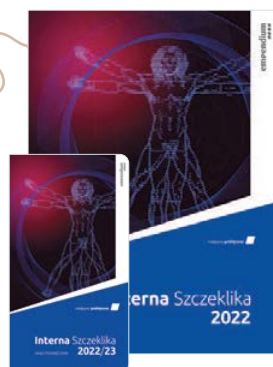
2020



2021



2022



2023



2024



McMaster Textbook of Internal Medicine

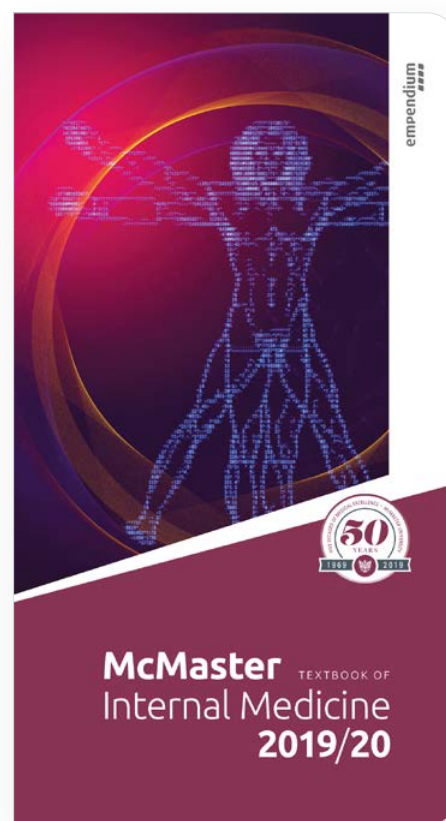
English-language edition

Online

 www.mcmastertextbook.com

The **McMaster Textbook of Internal Medicine** was developed through a yearslong collaboration between the Polish Institute for Evidence Based Medicine, the Polish publisher Medycyna Praktyczna, and McMaster University—a globally recognized leader in medical education and research.

Known as the birthplace of evidence-based medicine (EBM) and problem-based learning (PBL), McMaster University has been at the **forefront of medical education for decades**. Its pioneering role in developing EBM has revolutionized how health care professionals assess and apply clinical research, ensuring that patient care is guided by the most robust scientific evidence. With faculty members contributing extensively to clinical guidelines, groundbreaking trials, and medical education worldwide, McMaster brings unparalleled expertise to this edition.



The first edition released in celebration of the 50th anniversary of the Michael G. DeGroote School of Medicine.

In numbers

- Online since 2016
- 200+ contributors from North America and Europe
- 514,000 pageviews in 2024

- ✦ Developed in alignment with **EBM principles** to present high-quality, research-backed medical knowledge
- ✦ Adapted for diverse health care systems by **over 200 leading specialists from North America and Europe**, ensuring authoritative, valid, current, peer-reviewed content
- ✦ Uniformly organized chapters support **quick reference and streamlined decision-making** for busy clinicians
- ✦ Integrated **GRADE indicators** to support informed treatment decisions with clear, evidence-based recommendations
- ✦ **Online edition** offering interviews, lectures, and bonus resources
- ✦ **Designed for** internists, family physicians/general practitioners, hospitalists, subspecialists, medical residents, students, and other frontline health care professionals

McMaster Textbook of Internal Medicine

South Asian Edition

English-language edition

Print and online

 www.mcmastertextbook.asia

The **McMaster Textbook of Internal Medicine South Asian Edition** is a regional adaptation of the McMaster Textbook designed to address the needs and challenges of health care professionals across South Asia. Developed in collaboration with local experts, this edition builds on McMaster's globally respected expertise in EBM while addressing the unique epidemiological, diagnostic, and therapeutic landscape of South Asia.

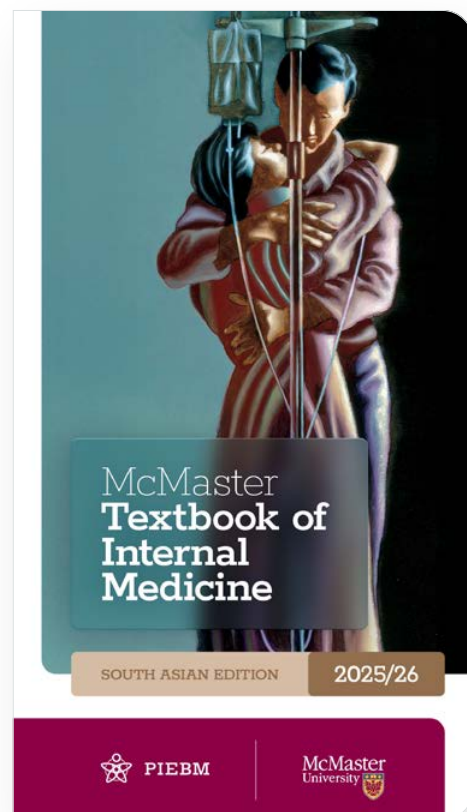
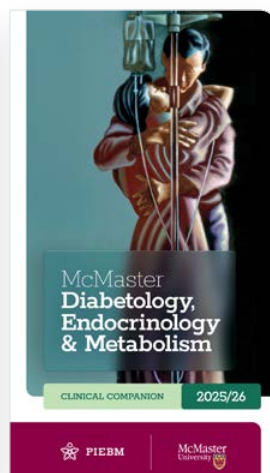
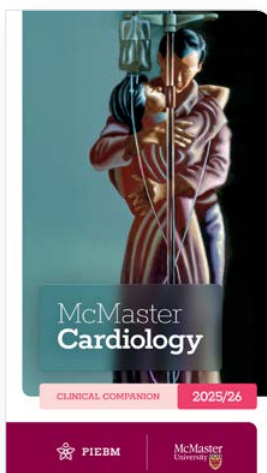
The demand for the South Asian edition became apparent as South Asia found itself at the crossroads of a shifting health care burden, facing a “perfect storm” of infectious diseases alongside rapidly rising rates of noncommunicable conditions such as obesity, diabetes, and cardiovascular disease. As health systems in India, Pakistan, Bangladesh, Sri Lanka, Nepal, Bhutan, the Maldives, and neighboring regions modernize, clinicians are tasked with integrating cutting-edge medical advances into local practice while managing diverse patient populations with distinct health care needs.

The McMaster Textbook of Internal Medicine South Asian Edition ensures that frontline clinicians, from general practitioners to specialists, have **access to the latest medical knowledge tailored to the realities of their practice environments**.

McMaster Clinical Companion series

Building on the success of the McMaster Textbook of Internal Medicine South Asian Edition, we have launched the McMaster Clinical Companion series: a collection of **specialty-focused pocket handbooks** designed for quick reference in clinical settings.

Each volume in the series extracts a single specialty section—such as cardiology, endocrinology, or infectious diseases—from the main text and supplements it with extra chapters as well as carefully selected topics on relevant signs and symptoms, laboratory tests, and procedures. This ensures that frontline clinicians, residents, and medical students have a concise yet comprehensive resource tailored to their immediate needs.



Medicina Interna Basada en la Evidencia MIBE

Spanish-language edition

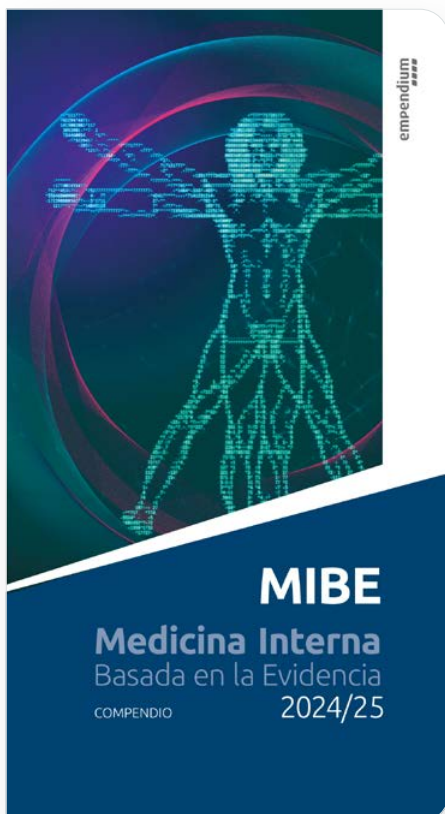
Print and online

 www.mibe.one

Medicina Interna Basada en la Evidencia (MIBE) is the first Spanish-language internal medicine textbook specifically adapted to the unique health care systems and medical challenges of Latin America. Since its first edition in 2015, MIBE has been continuously evolving to meet the needs of physicians, residents, and medical students across the region. Today, it is widely distributed in nearly every Latin American country, with each new edition gaining greater recognition and readership.

One of MIBE's defining strengths is its extensive regional adaptation. What started out as the first edition developed with contributions from 20 Chilean experts has today grown to a network of over 150 leading specialists from Chile, Peru, Argentina, Mexico, and Colombia that shape the content, ensuring it reflects the latest local clinical guidelines, epidemiological trends, and diagnostic and treatment options.

The textbook follows the principles of evidence-based medicine (EBM), ensuring that clinical recommendations are grounded in the best available research. It is endorsed by 5 national societies of internal medicine, which provide physical copies to their members and distribute MIBE at conferences, courses, and training sessions as an essential tool for medical practice.



- ✦ **Local perspective** boxes provided by regional experts highlight country-specific considerations (eg, disease patterns, drug availability, clinical protocols, local guidelines)
- ✦ Offering **different formats** that support clinicians in both major urban hospitals and remote, underserved regions to help bridge health care gaps across Latin America
- ✦ Print edition offering **complimentary access to an online platform** with lectures from the McMaster International Review Conference of Internal Medicine (MIRCIM) translated into Spanish to help health professionals keep abreast of global medical advancements

In numbers

- 10 years in Latin America with 5 editions and 75,000 physical copies distributed
- 150+ experts from 5 countries adapting content for local needs
- Endorsed by 5 leading Latin American societies of internal medicine
- Over 88,000 registered users and 3.7 million website visitors in 2024

Внутрішні хвороби

Підручник заснований на принципах доказової медицини

Ukrainian-language edition

Print and online

www.empendium.com/ua

Внутрішні хвороби (Internal Diseases) is one of the most popular medical textbooks in Ukrainian. Launched in 2014, it is firmly grounded in the principles of evidence-based medicine (EBM) and offers a practical overview of the most relevant recommendations for practicing physicians that take the local context into consideration.

The Ukrainian edition is adapted by a **team of 100 leading Ukrainian medical experts** who represent top medical universities, including those in Lviv, Lutsk, Ternopil, Poltava, Kyiv, Ivano-Frankivsk, Uzhhorod, Chernivtsi, and Rivne, with additional input from Kharkiv, Dnipro, and Odessa.

The team of local experts is also instrumental in the process of disseminating information about the offer of free participation in McMaster training conferences for Ukrainian physicians. Given their extensive connections within the medical community, this network has played a crucial role in spreading the word in universities, hospitals, and medical associations to help Ukrainian health professionals take advantage of this learning opportunity.



- ✦ Established as a **trusted source** of reliable medical knowledge
- ✦ Endorsed by **Ukraine's Ministry of Health**
- ✦ **Open access online platform** hosting the digital edition of the textbook

In numbers

- 11 years in Ukraine
- 100+ local experts from top medical institutions reviewing the content
- Nearly 10,000 physical copies of the textbook donated to medical libraries, universities, and hospitals across Ukraine
- Approximately 480,000 online visitors monthly in 2024



McMaster International Review Conference of Internal Medicine

MIRCIM

In-person and online

 www.mircim.one

The **McMaster International Review Conference of Internal Medicine (MIRCIM)** is a training conference held annually in Kraków, Poland. Since its inception in 2015, it has become the premier educational event for health professionals and medical trainees offering practical annual overviews of key medical developments from different specialties.

MIRCIM is a nonprofit initiative focused on enhancing the knowledge of practicing physicians and medical educators—both in Poland and globally.

MIRCIM is made possible through the Institute's partnerships with renowned institutions. The conference is co-organized with Canada's McMaster University, one of the world's most prestigious medical schools that is the birthplace of evidence-based medicine (EBM) and problem-based learning (PBL). Other key partners include the European Federation of Internal Medicine (EFIM), the International Society of Internal Medicine (ISIM), the European Union of Medical Specialists (UEMS), the Jagiellonian University Medical College, and institutions from over 40 countries, including national societies of internal medicine and medical universities.

MIRCIM's agenda is designed to highlight the most critical updates from different disciplines that are relevant for internists, hospitalists, general practitioners, trainees, as well as subspecialists who need to keep abreast of key medical developments. The goal is to **provide participants with a firm understanding of the current medical landscape**, which is the backbone for providing effective, holistic patient care.

With its focus on EBM and practical takeaways, MIRCIM has established itself as a key event in the medical calendar. Every year the conference attracts participants from all over the world, contributing to the ongoing development of health standards and reinforcing Kraków's position as a hub for international medical collaboration.

Videos of lectures and discussions from MIRCIM, published online, serve as valuable educational materials that can be used for many months following the event.

MIRCIM also plays an important role in supporting physicians in need, offering free access to the lectures and panel discussions for doctors in Ukraine and certain resource-limited countries, primarily in Africa.

MIRCIM 2025 has been granted the patronage of the Minister for European Union Affairs during the Polish Presidency of the Council of the European Union in 2025.



McMaster
University

EFIM
www.efim.org

ISIM
International Society
of Internal Medicine

JAGIELLONIAN
UNIVERSITY
MEDICAL
COLLEGE



Young Talents in Internal Medicine World Contest

In-person and online

www.youngtalents.one

Young Talents contest



The **Young Talents in Internal Medicine World Contest** is an annual international competition for junior internists showcasing problem-based learning (PBL) through compelling clinical scenarios. The first edition took place in 2018.

The contest is organized by the Polish Institute for Evidence Based Medicine and McMaster University in collaboration with **over 40 partners worldwide**, including national societies of internal medicine and medical universities.

The contest serves multiple goals, including:

- ✦ Strengthening young physicians' proficiency in PBL and evidence-based medicine (EBM) methodologies.
- ✦ Giving voice to promising, dedicated internists just embarking on their professional career.
- ✦ Fostering knowledge transfer through discussion of real-life clinical case reports.
- ✦ Advancing the standards of medical education and health care internationally through interactive discussions based on the presented cases.

The final stage of the contest—presentations of top-ranked submissions—is featured prominently as part of the McMaster International Review Conference of Internal Medicine (MIRCIM).

The final top 20 submissions are shared online and can be accessed free of charge.

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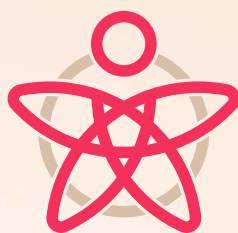
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