ESCAPE:

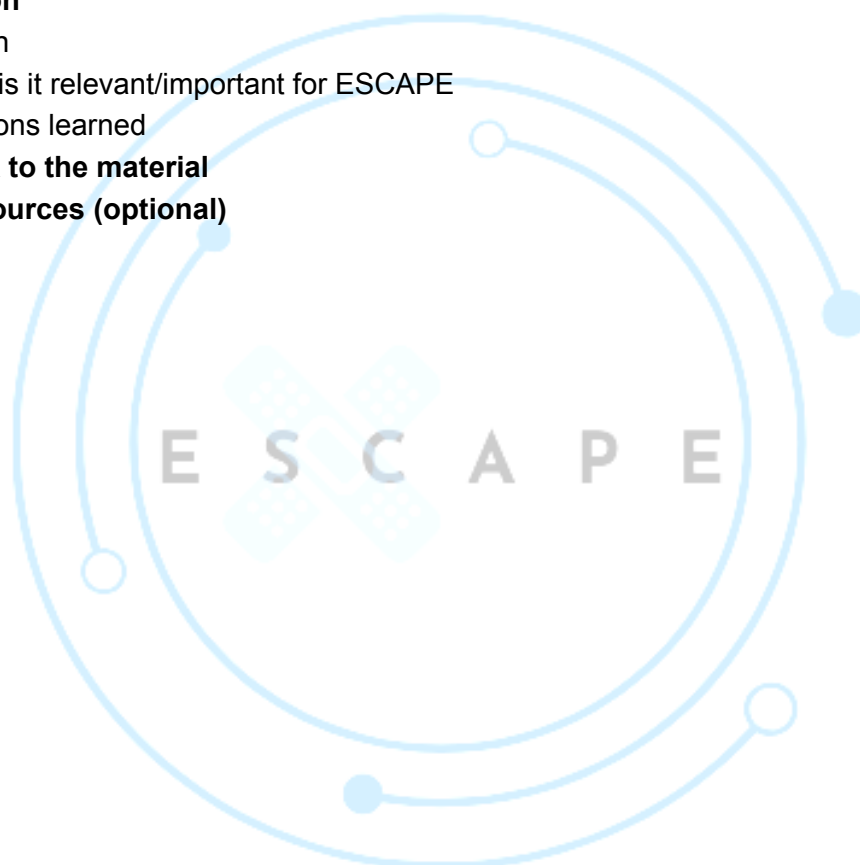# Preparing healthcare professionals for cyberattacks

Material for learners

IT Sicherheit Anforderungen und Schutzmaßnahmen, Tipps und Beispiele für die Praxis

ESCAPE: Preparing healthcare professionals for cyberattacks
IT Sicherheit Anforderungen und Schutzmaßnahmen, Tipps und Beispiele für die Praxis

Language	German

Table of contents

ESCAPE: Preparing healthcare professionals for cyberattacks
IT Sicherheit Anforderungen und Schutzmaßnahmen, Tipps und Beispiele für die Praxis

Language	German

1. Name of the material and description

The KBV booklet "IT-SICHERHEIT – Anforderungen und Schutzmaßnahmen, Tipps und Beispiele für die Praxis" explains the German IT Security Guideline for medical practices. It outlines mandatory and recommended safeguards, gives practical checklists and examples, and provides advice on implementation. The 2025 edition adds new rules, such as mandatory staff sensitisation on IT security and specific handling of suspicious emails.

2. Classification

Category	Mark if applies
Sector	☒ Healthcare
	☐ General public
	☐ Other
Topics covered	☒ Cybersecurity
	☒ Data protection
Situation type	☒ Prevention
	☒ Impact (i.e. when it is occurring or has occurred) on patient care.
	☐ Impact on all other activities not involving direct patient care.
Language of the original materials	☐ Dutch
	☐ English

ESCAPE: Preparing healthcare professionals for cyberattacks	
IT Sicherheit Anforderungen und Schutzmaßnahmen, Tipps und Beispiele für die Praxis	
Language	German

	☒ German
	☐ Italian
	☐ Spanish
Type of the material	☒ Guidelines or manuals
	☐ Case or examples
	☐ Training courses
	☐ Others (policy analysis)

3.   Description

The KBV booklet explains the German IT Security Guideline for outpatient practices outlining core technical and organisational safeguards, staff awareness, and data protection measures. It covers network and device security, secure e-mail and mobile use, updates and backups and access control and provides checklists, templates and practical examples to support compliant day-today implementation.

3.1.   Origin

The material was developed and published by the Kassenärztliche Bundesvereinigung (KBV), the National Association of Statutory Health Insurance Physicians in Germany. As a public-law body under §77 SGB V, the KBV represents physicians and psychotherapists in outpatient care and issues binding regulations in cooperation with the Federal Office for Information Security (BSI). The booklet complements the official KBV IT Security Guideline, providing practical support and examples for healthcare professionals.

3.2.   Why is it relevant/important for ESCAPE

This booklet addresses IT security directly within the healthcare sector making it highly practice-oriented and directly applicable to daily routines. It presents structured requirements for medical practices of differenz sizes and technical infrastructures, ensuring scalability and relevance across diverse settings. The material includes checklists, templates and practical guidance that support training, awareness and the safe implementation of IT measures. The 2025 updates highlight the growing importance of continuous staff awareness and the

ESCAPE: Preparing healthcare professionals for cyberattacks
IT Sicherheit Anforderungen und Schutzmaßnahmen, Tipps und Beispiele für die Praxis

Language	German

secure handling of IT systems, with directly align with ESCAPE´s goals of strengthening cybersecurity competence and resilience in healthcare.

3.3. Lessons learned

IT security is a legal obligation and fundamental to protecting patient data in healthcare. Even simple actions – such as regular updates, secure passwords and cautious handling of emails – can markedly improve security. Clear documentation and well-defined responsibilities streamline IT management within practice teams, while continuous training and awareness for all staff members are crucial to preventing incidents.

4. Direct link to the material

https://www.kbv.de/documents/infothek/publikationen/praxiswissen/praxiswissen-it-sicherheit.pdf