

Report of the short-term visit

ERN Exchange Programme 2021-2022

ERN ReCONNET

Name of the participant	Melissa Alexandre Fernandes
Healthcare provider where the participant is employed	Hospital Curry Cabral - Centro Hospitalar Universitário Lisboa Central (CHULC), Lisbon, Portugal
Name of the Healthcare provider and Head of the Unit hosting the exchange visit Address Name of the Head of the Unit	Name of the HCPs: Hospital Clínic de Barcelona / Dr. Ricard Cervera Address: C. de Villarroel, 170, 08036 Barcelona, Spain Name of the Head of the Unit: Dr. Ricard Cervera
Start date of the exchange visit	09/01/2023
End date of the exchange visit	13/01/2023

1. Please introduce your position/employment (MD, HAP, patient, other) and years of practice of your profession:

I'm a medical doctor (MD) specialized in Internal Medicine, I'm member of our Autoimmune Disease Unit since 2015. I have been practicing since 2013.

2. The objectives of the exchange visit were:

- To visit a reference centre which would allow me to learn and acknowledge everything that a specialized unit in this specific area has to offer;
- Collaboration with colleagues in one-to-one bases;
- Multidisciplinary discussions;
- Interact with the head of clinical trials and understand what type of clinical trials are ongoing;
- Understand how the consultations are divided (e.g. area of expertise), Day Hospital etc.

3. Please describe the activities performed during your exchange visit:

During my 5 day stay, I was able to:

- Interact with multiple colleagues and discuss cases;
- Attend diverse consultations, from auto-inflammatory diseases, myositis and uveitis consultation;
- Attend the day hospital and understand the organization and how it was structured;
- Attended multidisciplinary discussion everyday with different specializations;



- Attended a couple of classes which are part of the Autoimmune Master.

4. Please describe below what you have learned and which new information/novelties you got during the exchange visit:

I learned that it is possible to work in harmony with multiple specialities, but the patient in the center of all decisions. There must be a holistic approach in these disease that affect more than one system, and the importance of collaboration is crucial.

Also learned that having two different specialists in a consultation when consulting the patient can be more efficient for the health professionals, as well as, the patient.

5. Please describe below how you plan to implement what you have learned in your Healthcare provider/clinic/practice:

There are many things that I will try to implement in my Unit for things to work more efficient in its organization, such as:

- Specific consultations for specific diseases
- Multidisciplinary discussions with ophthalmology
- Reorganize the Day Hospital
- Support groups for patients living with the disease
- Collaboration in clinical trials

6. Would you visit in the future the same center or another ERN centre for update/new topics?

I really liked the experience and would visit either the same ERN centre or another for update/new topics and most of all to create a link and bond with other colleagues from other centres which would contribute in working together in clinical research and share ideas in autoimmune diseases.

7. Would you recommend the Exchange Programme to your colleagues? If yes, why?

I would recommend the Exchange Programme to other colleagues. It is important to see other realities and see not only the success of a centre, but also their struggles and how they try to overcome them. Collaboration starts in these programmes where you meet colleagues one-on-one and establish relationships for future research and other interesting opportunities.