



## Report of the short-term visit

### ERN Exchange Programme 2021-2022

### ERN ReCONNET

Name of the participant	Daina Andersone
Healthcare provider where the participant is employed	Pauls Stradins Clinical University hospital
Healthcare provider hosting the exchange visit	Hospital Policlinico San Martino
Start date of the exchange visit	20/06/2022/
End date of the exchange visit	24/06/2022/

#### 1. The objectives of the exchange visit were:

Participate in the examination of the nail fold with a capillaroscope;  
Learn the difference between normal and abnormal nail fold capillaroscopy findings;  
Be able to examine a patient with a capillaroscope and distinguish the nature of scleroderma from non-scleroderma  
The goal was to strengthen basic knowledge and skills in order to be able to independently perform capillaroscopy and practice it in Latvia and start to teach capillaroscopy residents in rheumatology

#### 2. Please describe the activities performed during your exchange visit:

Familiarity with the capillaroscope examination technique, the differences between different scopes;  
Capillaroscopy examination of patients with different diagnoses;  
Capillaroscopy examination for healthy people;  
Differences between non-scleroderma and scleroderma in these examinations;  
Learning to draw exam conclusions.  
During the exchange visit, several hours of practical lessons were held at the capillaroscopy equipment with regular theoretical explanations by the doctor.  
Image analysis of different clinical cases.  
Practical work with patients who came for a capillaroscopy visit.  
Practical lessons with skin ultrasound examinations.  
Practical lessons with LASCA thermographic examinations.  
Talks with researchers of the scientific center about current research in rheumatology.  
Let's get acquainted with the work of the medical staff  
We ourselves were able to perform and interpret capillaroscopy findings in patients with various diseases under the supervision of professional doctors.  
I especially appreciated Prof. Cutolo's care and attention, which he devoted to us. He came to our classes every day to make sure everything was okay



**3. Please describe below what you have learned during the exchange visit:**

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How to conduct an examination of capillaroscopy independently;  
How to differentiate non-scleroderma and sclerodema pattern on these examinations;  
I learned how to properly position the capillaroscope, which is very important to get good images.  
Read the obtained readings to analyze the pathology from the norm.  
Note the boundary conditions that require special attention in the future.  
Basic knowledge of ultrasound examination of the skin to be able to measure the thickness of the dermis.

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

Introducing capillaroscopic examination in daily practice in inpatient and outpatient groups;  
Start training in capillaroscopy for rheumatology residents.  
To introduce colleagues from other specialties  
Observing patients with a dynamic model of scleroderma.  
A capillaroscope has been purchased in the hospital, it is already in the rheumatology center, and the first tests are being performed on patients

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

Yes, I would definitely recommend the exchange program. This type of learning allowed us to practice on real patients and learn from experts in this field and the acquired knowledge and experience in capillaroscopic examination of rheumatic patients in Latvia