

## Report of the short-term visit

### ERN Exchange Programme 2021-2022

### ERN ReCONNET

Name of the participant	Matilde Bandeira
Healthcare provider where the participant is employed	Serviço de Reumatologia, Centro Hospitalar Universitário Lisboa Norte, Centro Académico de Medicina de Lisboa (CAML)
Name of the Healthcare provider and <b>Head of the Unit</b> hosting the exchange visit Address Name of the Head of the Unit	Name of the HCPs: Service de Rhumatologie adulte, Hôpital Bicêtre Address: 78 rue du Général Ledere, 94270 Le Kremlin-Bicetre, France Name of the Head of the Unit: Professor Xavier Mariette
Start date of the exchange visit	09/01/2023
End date of the exchange visit	20/01/2023

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

I am a 4<sup>th</sup> year Rheumatology resident in Lisbon, working at the Rheumatology Department of *Centro Hospitalar Universitário Lisboa Norte, CAML* since 2020.

**2. The objectives of the exchange visit were:**

I have a particular interest within the areas of Sjögren's syndrome and myositis. Sjögren is still an area with multiple unmet needs. This visit compliments my ongoing work in Sjögren's syndrome. This exchange allows me to gain much knowledge from centres with such relevant experts within this field, particularly Professor Xavier Mariette. The main objective of my exchange visit was to learn and improve the patient care, complementing our own practice with the knowledge of how other Sjögren clinics work as well as from clinical and research collaborations with different centres and different experts.

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

- Participation in both outpatient and inpatient clinics.
- Participation in Day Care Hospital. Participation in clinical and laboratorial research meetings.
- Participation in the discussion of multiple challenging cases during medical meetings.
- Observation of clinical trials and research organization systems.
- Participation in the General Assembly of NECESSITY.



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

During my visit, I've seen patients with multiple inflammatory rheumatic diseases. I was focused particularly on Sjögren's syndrome based on my interests and ongoing work but I was able to be in contact with multiple different disorders. One interesting aspect of my host centre is the follow-up of multiple myeloma patients that I had no previous experience with. I also got the opportunity to see some patients and discuss cases treated with novelty drugs such as the combined treatment with Rituximab and Belimumab as well as Daratumumab or Obinutuzumab, drugs we don't usually use in my centre.

I have seen a different Rheumatology department with all the mentioned clinical particularities but that also has an extraordinary research ability with a particular interest in Sjögren's and Rheumatoid Arthritis. I was also able to observe how they conduct multiple studies and maintain up-to-date cohorts as well as participation in clinical trials.

The participation in the General Assembly of Necessity was an amazing experience with most of centres involved in Sjögren's research present and excited to collaborate within a great European consortium.

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

I expect all the clinical experiences that I previously mentioned to allow for a more diverse experience and better knowledge when treating new patients back in my home centre. I also believe this mentioned experience with multiple myeloma cases will give me an advantage in the differential diagnosis of bone lesions as well as giving me some experience in working with drugs that are now starting to be used in rheumatic inflammatory disorders such as Daratumumab, for example (*Ostendorf L, Burns M, Wagner DL, et al. Daratumumab for the treatment of refractory ANCA-associated vasculitis. RMD Open. 2023;9(1):e002742. doi:10.1136/rmdopen-2022-002742*). This can prove to be a great advantage in the future when dealing with extreme refractory cases.

There are already at least 3 projects in which I am planning to collaborate with data from my home centre and these opportunities were only available to me because of this Exchange programme and will definitely allow for a better planning and expansion of our own research in the future.

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

Yes, I have another exchange planned for this year in another ERN centre but I would also gladly visit this centre once again as this was a short visit and such a great experience. There is much more I could see in terms of clinical practice and I have also joined some relevant clinical research projects in collaboration with my host team that have interesting potential for the future.

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

Definitely. I believe one gains a lot from being in other contexts and seeing how identical theoretical knowledge can be implemented in different ways in the clinical practice. It is also interesting to see how another centre develops their research and it's a magnificent opportunity to create bonds for collaborative research projects in the future.