

Report of the short-term visit ERN Exchange Programme 2021-2022

ERN ReCONNET

Name of the participant	Francesco Bonomi
Healthcare provider where the participant is employed	AOU Careggi
Name of the Healthcare provider and Head of the Unit hosting the exchange visit Address Name of the Head of the Unit	Karolinska Universitetssjukhuset Eugeniavägen 3, Solna Head of the Unit Prof. Ingrid Lundberg
Start date of the exchange visit	27/12/2022
End date of the exchange visit	31/01/2023

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

I am a rheumatology fellow currently enrolled in the third year of my fellowship. I am an MD. I attended university at Vita-Salute San Raffaele University and am currently employed in Florence at AOU Careggi Hospital.

2. The objectives of the exchange visit were:

My main objective was to compare the way of diagnosing and treating patients with Idiopathic Inflammatory Myopathies and Systemic Sclerosis between my center and Karolinska hospital. Since in the majority of cases approved drugs are few and most of the time we have to rely on off-label therapies I aim at observing and learning other clinical approaches from other centers, sharing the respective knowledge, to improve patient care in my center.

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

I spent two weeks in the inpatient clinic where severe patient with systemic vasculitis, worsening or new diagnosis of idiopathic inflammatory myopathies or with other rheumatic diseases were admitted. I participated in the consultations and in the therapeutic decision meetings. I also assistend in multiple muscle biopsies that were performed in outpatient regimen. Then I spent the remaining three weeks in the outpatient clinics attending mainly the scleroderma clinic and the myositis clinic. I participated in multidisciplinary meeting with radiologists and neurologists and with the lab team.



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

The experience abroad has been extremely enriching. The main thing that I appreciated was the amount of time that every doctor was able to dedicate to every single patient to reach a complete patient-based decision. Every medical test that the patient performed was available to the doctor before the start of the visit, so the whole visit of 45 minutes was dedicated to talking with the patient and decide with him/her the best therapeutic strategy. Also, the clinical workers and the people in lab worked jointly making possible to have a very quick response (autoantibodies and first biopsy response were available in 12-24 hours) making a very early diagnosis possible and so an early start of the most appropriate treatment.

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

I am going to make my visit more patient-based trying to explain as many information as possible to him/her to try to make diagnostic and therapeutic decisions more understandable. Unfortunately, our healthcare is different as we have less time also per visit, but I will try to do my best. Also, I will try to implement their diagnostic work up for myositis. Finally, I also learned some of their therapeutic regimens for myositis which I will implement in my clinic.

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

I would really like to visit again the Karolinska Hospital as I really enjoyed their work approach, their ongoing research projects and all the doctors were extremely nice and available to explain and share their knowledge.

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

Absolutely. It was a great experience from which I learned a great deal of new information.