

Report of the short-term visit

ERN Exchange Programme 2021-2022

ERN ReCONNET

Name of the participant	CHIARA CARDAMONE
Healthcare provider where the participant is employed	MASSIMO TRIGGIANI
Name of the Healthcare provider and Head of the Unit hosting the exchange visit	ZAHIR AMOURA
Address	Medicine Interne HÔPITAL PITIÉ-SALPÊTRIÈRE
Name of the Head of the Unit	47-83 Bd de l'Hôpital, 75013, Paris
Start date of the exchange visit	16.01.2023
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 M.D. with specialization in Internal Medicine with 9-years of practice.

2. The objectives of the exchange visit were:

- Create new skills and strengthen the knowledge about systemic autoimmune diseases, learning from health care professionals of one of the best specialized centres in Europe
- Receive training on best management of patients with systemic connective tissue diseases, especially in specific scenarios (pregnancy, infections, serious systemic involvement)

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

I took part at outpatient and inpatient clinic visit with the Head of the Unit or with his close colleagues, and, in one occasion, with a dermatologist who was expert in cutaneous lesions in patients with systemic lupus erythematosus. I participated to the multidisciplinary meeting between gynaecologists and internal doctors for the management of pregnancy in women with systemic autoimmune diseases. Finally, I significantly contributed to data collection for a research project.

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

I have learned some new information about management of outpatients, either blood tests for monitoring disease (e.g. C3 monitoring is sufficient compared to C3 and C4 monitoring) and therapeutic tips to improve patient's quality of life (e.g. colchicine could be a good tool as add-on therapy in patients already being treated who complain about arthralgias).



Moreover, during the outpatients with the dermatologist, I had the possibility to examine with him several cutaneous lesions in patients with systemic lupus, not only the most frequent lesions, which usually are easy to be identified, but also the other ones.

About management of inpatients, I have learned all the therapies, old, new and experimental, which could be carried out in case of resistant thrombocytopenia in patients with systemic autoimmune diseases.

Finally, during the meeting with gynaecologists I heard and learned about prophylactic and effective treatment in pregnancy of patients with autoimmune diseases.

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

I would like to plan a monthly meeting with a small group of gynaecologists, aimed to increase personal growth and awareness interest, in order to build a common path for patients with systemic autoimmune diseases during pregnancy.

I will adopt information that I've acquired during my Exchange Program in my daily work-life, both for disease activity monitoring and for an optimal management of patients.

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

I would like either visit the same centre for an update or visit another ERN centre.

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

Absolutely yes; visiting a third level/specialized centre, with trained doctors and a lot of patients, also with rare manifestations/involvement of a rare disease is a great opportunity for professional growth.