

Report of the short-term visit

ERN Exchange Programme 2021-2022

ERN ReCONNET

Name of the participant	Joanna Dmowska- Chalaba
Healthcare provider where the participant is employed	Marzena Olesińska
Name of the Healthcare provider and hosting the exchange visit Address Name of the Head of the Unit	Name of the HCPs Ricard Cervera Address: Department of Autoimmune Diseases, Hospital Clínic de Barcelona, Villarroel, 170. 08036 Barcelona Name of the Head of the Unit Ricard Cervera
Start date of the exchange visit	09 Jan 2023
End date of the exchange visit	20 Jan 2023

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

Senior Assistant in Early Arthritis Clinic, Researcher involved mostly in rare diseases problems (Sjogren's syndrome, Systemic sclerosis, Systemic Lupus erythematosus etc.)- Specializations- internal medicine specialist, rheumatology. 22 years of clinical practice

2. The objectives of the exchange visit were:

Participations of every part of diagnostics and therapeutic process, out-patients clinic consultations, participation with scientific meetings, analysis of methods of care for patients with rare diseases.

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

Whole visit was divided into 3 parts: clinical department (3 days, one day hospitalizations (3 days) and external consultations (out-patients clinic).

I accompanied the doctors during their rounds in the ward, participated in the analysis of cases, selection of diagnostics tests and treatment. I was a participant in scientific meetings where difficult cases were presented ("Grand MAS"). As well as the difficult problems in immunological "dependent" diseases were presented during the lectures of highest quality specialists during meetings which held in the Medical University (associated with activities of Clinic of Autoimmune Diseases). I got to know the system of



external consultations, information (medical data) flow and methods of monitoring and treatment used in this centre.

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

The first - the medical information flow system available in the hospital and state medical centers in Catalonia enables access to the patient's full medical documentation, which is very valuable and allows for proper inference, comparison and shortens time and saves unnecessary expenses for examinations. The flow of information between doctors (specialists) is one of the greatest benefits of such a system.

The second - what was new to me: the separation between rare diseases (autoimmune diseases) and diseases with dominant joint involvement, such as rheumatoid arthritis and spondyloarthropathies. In Poland, a rheumatologist deals with both major topics in parallel as a specialist. Including autoinflammatory and genetic diseases in the analysis was new to me. In Poland, as a rule, a specialist in immunology/allergology/genetics is the main doctor for such patients.

The third - observation in practice of shifting the routine care of rare autoimmune and autoinflammatory diseases from hospital beds to outpatient care (including diagnostics) and one-day hospitalizations.

Fourthly, I am impressed by the availability for patients with autoimmune diseases of various biological drugs used according to the latest reports, despite the lack of registration for these indications.

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

As a beginning I started to improve the teaching system of our clinical doctors by extending the topics to rarer clinical and immunological situations.

Streamlining the functioning of one-day stays. the financing system in Poland hinders deeper diagnostics in the field of outpatient clinics.

Staying in touch with my colleagues in Barcelona is my goal to share experience and knowledge.

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

I would be happy to be able to compare my experience with another center dealing with similar problems in another place (country, but I will also be happy to return to Barcelona. I also invite my colleagues to our Institute in Warsaw.

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

I strongly recommend. This program is a very good opportunity to broaden your knowledge of the different health care systems. You can deepen your knowledge about the diagnosis and treatment of rare inflammatory diseases, it also gives you the opportunity to make new friends and meet doctors from various partner centers.