

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

Name of the participant	El Aoufy Khadija
Healthcare provider where the participant is employed	University of Florence, Careggi Hospital, Florence, Italy
Name of the Healthcare provider and Head of the Unit hosting the exchange visit Address Name of the Head of the Unit	Prof. Dagna Lorenzo Via Olgettina 60, Milano Prof. Dagna Lorenzo
Start date of the exchange visit	10/01/2023
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 third year PhD student at University of Florence, and a rheumatology research nurse since 2015. I participated in research projects regarding various Rheumatic and Musculoskeletal Diseases, however the main focus of my clinical and research activity is on patients affected by Systemic Sclerosis/Scleroderma. In the last 2 years, I have been involved in the Health Professionals in Rheumatology (HPR) committee of EULAR, and as the convenor of the online course for HPR of ESOR (EULAR School of Rheumatology).

2. The objectives of the exchange visit were:

The main aim of the exchange visit was to assess digital ulcers in Systemic Sclerosis patients, however the activity of the exchange period was focused on SSc patients' assessment in general and not only on digital ulcers. Indeed, patients' assessment and follow up.

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

- Attendance of the scleroderma outpatient clinic and day hospital
- Multidisciplinary discussion of complex cases of SSc
- Drafting of the protocol for the DUFLASS study (a multicentric study to assess and define flare in scleroderma digital ulcers)
- Nailfold Video Capillaroscopy (NVC) in Raynaud Phenomenon and SSc patients

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



- How to perform an NVC
- How to implement patient education and treatment adherence in SSc patients
- How to help the rheumatologist in the management of complex SSc cases

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

Digital ulcers treatment and management is still very heterogeneous among different Rheumatology practices, thus it would be ideal to discuss complex cases and find a common local treatment strategy to implement in daily practice.

Furthermore, patient education, follow up and adherence to treatment requires to be better implemented to enhance clinical and clinimetric outcomes for SSc patients, resulting in an improvement in their quality of life despite the disease.

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

It would be nice to visit another or the same centre. I will certainly do it.

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

I would recommend the Exchange program of ERN- Reconnet, it has been a positive and useful experience for me.