

Report of the short-term visit

ERN Exchange Programme 2021-2022

ERN ReCONNET

Name of the participant	Margarida Lucas Rocha
Healthcare provider where the participant is employed	Centro Hospitalar Universitário de Lisboa Norte – Hospital de Santa Maria, Lisboa, Portugal
Name of the Healthcare provider and Head of the Unit hosting the exchange visit	APHP, Hôpital Cochin
Address	27 rue du Faubourg St-Jacques, 75679 Paris Cedex 14, France
Name of the Head of the Unit	Luc Mouthon
Start date of the exchange visit	8 th January 2023
End date of the exchange visit	16 th January 2023

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

I am a Portuguese Rheumatology resident. Years of practice: 3 years.

2. The objectives of the exchange visit were:

Getting to know the reality of another ERN ReCONNET center. Sharing experience among peers. To improve clinical knowledge and practice.

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

I had the opportunity to participate in several multidisciplinary meetings and to attend to medical appointments mainly systemic sclerosis ones. I have also been present in Weekly Hospital and Day Hospital.

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

I have met another reality and a much more pragmatic way to do the follow up of systemic sclerosis patients as was demonstrated to me in Cochin's Hospital. I have broadened my knowledge in the area of systemic sclerosis as well as I had the opportunity to see patients on therapies not yet approved by EMA and not existing in Portugal (e.g. Brodalumab, a considerable number of stem cells transplanted patients).



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

I pretend to implement what I had learned by presenting a session about my exchange program at my service's weekly meeting. I intend to present the positive and negative points of another ReCONNECT centre, to promote a reflection on them, and subsequently implement what I found to be the most positive.

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

Yes of course, Professor Luc Mouthon and the whole service were fantastic hosts.

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

Yes, as I had already mention, I think it is very good way to acquire knowledge, expand horizons and see what is positive in other ERN ReCONNECT centres and try to implement it in our own centre. It is also a good way to compare and to value what we find positive in the organization of our centre.

Lisbon, 4th February, 2023

Margarida Lucas Rocha