

Report of the short-term visit

ERN Exchange Programme 2021-2022

ERN ReCONNET

Name of the participant	Sebastian Miernik
Healthcare provider where the participant is employed	National Institute of Geriatrics, Rheumatology and Rehabilitation, Warsaw, Poland
Name of the Healthcare provider and Head of the Unit hosting the exchange visit Address Name of the Head of the Unit	Azienda Policlinico Umberto I – U.O.C. Reumatologia Viale del Policlinico 155 00161, Roma Prof.ssa Valeria Riccieri
Start date of the exchange visit	2.01.2023
End date of the exchange visit	27.01.2023

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

MD, at the 3rd year of specialisation in rheumatology

2. The objectives of the exchange visit were:

Exchange of experiences in taking care of rheumatologic patients, learning new types of treatment and approaches of the care.

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

Taking care of patient in the ward and outpatient clinic, performing ultrasonography of the joints, capillaroscopy.

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

I have learned new types of approach to the patients, how is the care organised in Italy. I have learned new types of treatment which are not always widely available in Poland. I observed that in Italy much more exams could be made in outpatient clinic, while in Poland we need a hospitalization to perform certain procedures.

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



I hope that we can improve our organisation and try to avoid so many hospitalization of the patients. Our treatment in my opinion should be also more aggressive and it should be performed faster, switching the drugs should be made more often. I would like to give a lecture to my colleges about what I have learned and what we could do to improve our quality of care of the patients.

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

Yes, if there is a possibility I would definitely visit the same or other ERN centre to see even more interesting patients and see how they are managed in order to raise our standards of care.

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

Of course, I will strongly recommend the Exchange Programme because it widens the horizon and helps to improve our quality of care. I think we should use the possibilities which we have in the European Union to collaborate with other countries and make a huge network between us.