



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

Name of the participant	Anna Taulaigo
Healthcare provider where the participant is employed	Centro Hospitalar Universitário de Lisboa Central
Name of the Healthcare provider and Head of the Unit hosting the exchange visit Address Name of the Head of the Unit	Name of the HCPs Hospital Clinic de Barcelona Address Name of the Head of the Unit Dr. Ricard Cervera
Start date of the exchange visit	23.01.2023
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:

I am an internal medicine specialist since 2021 and I work since 2016 (starting during residency) in a tertiary hospital which hosts an autoimmune disease unit. I usually spend 1 day of the week in the autoimmune disease unit, visiting outpatients. I take part in weekly meeting and occasionally I take care of inpatients with AI diseases. Moreover, I am subspecialized in obstetric medicine and I follow patients before and during pregnancy and in the postpartum period.

2. The objectives of the exchange visit were:

To experience daily practice in a highly specialized center, with attention to organizational models and clinical challenges as well. To take part in obstetric medicine appointment / pregnancy clinic.

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

Most of the days I took part as an observer in the outpatients clinic or day hospital care. I could enjoy specialised outpatients clinic, like lupus clinic, autoinflammatory disease and vasculitis clinic. In the day hospital I observed the routine, but some urgent patients as well. I had the opportunity to contact several physicians, and several "ways" of working. Even if I could not participate in the pregnancy clinic because of a strike, I had the opportunity to meet the coordinator, and discuss challenges they face in clinical practice.

Due to the high level of differentiation of the unit, I had the opportunity to observe several cases of rare diseases, discover the diagnostic pathway that led to the diagnosis and so on.



I also had the opportunity to engage in virtual meetings (interstitial disease group). Last but not least, I had the opportunity to attend master lessons, a very nice experience that let me discover the intense academic activity.

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

What I valued most was the opportunity to observe rare disease, in particular autoinflammatory disorders, systemic or single organ vasculitis. I have also appreciated that I could see several patients with less rare diseases (ex lupus or antiphospholipid syndrome) and discuss practical aspects of care and therapeutic approach.

It was useful to see how outpatient clinic and day hospital are organized and how residents and fellows are integrated into rotations in order to maximize learning experiences.

Also, the working day was organized in order to have some "spare time" to dedicate to learning through meetings and academic activities, which is the basis for updated and proper care.

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

I would like to organize outpatient clinic on a disease or disease group basis, in order to consent multidisciplinary appointments (for instance for SLE dermatology and nephrology +/- other specialities). I would like to improve education of the residents and fellows.

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

I would like to visit it again for sure. Professor Cervera and all the team were extremely kind to us and open to discuss a lot of clinical and organizational issues.

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

Yes for sure. Because it opens your mind, looking through a different point of view.