

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

Name of the participant	Madalena Guerra Galrinho da Cunha Vicente
Healthcare provider where the participant is employed	CHULC – Hospital Curry Cabral
Name of the Healthcare provider and Head of the Unit hosting the exchange visit	Servicio de Enfermedades Autoinmunes y del Hospital Clínic
Address	Barcelona
Name of the Head of the Unit	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:

MD Internal Medicine specialist working in auto-immune diseases unit since 20215

2. The objectives of the exchange visit were:

My main goal was to develop my vision and training on connective tissue diseases, apprehending other centres' organizational knowledge. It was great to learn and acquire the best multidisciplinary approach of UCTD and other diseases. Moreover, I would like to learn more about patient education and empowerment strategies.

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

Outpatient clinic – I had the opportunity to see how different diseases are approached, as the Unit has specific days for SLE, vasculitis, SAAF, Systemic Sclerosis, etc. There is also a multidisciplinary outpatient clinic along with nephrology, obstetrics and ophthalmology.

Day Hospital - every day of the week, patients have access to this place where they can have a medical and nursing assessment. It is the place where intravenous biotechnological medications are administered. Physicians working in this area are also answering questions and discussing patients from other wards and emergency departments.

Inpatient - where the patient who needs hospitalization receives treatment and undergoes complementary diagnostic tests.



Online multidisciplinary clinical discussion sessions (multicentric discussion).

Master's classes in autoimmune diseases taught by the Unit.

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

Specialization in a given disease facilitates a systematic approach to patients, so it would be useful to try to implement this modality in the center where I work.

The exclusive dedication to autoimmune diseases within Internal Medicine is also an asset. At the center where I work, the Autoimmune Diseases Unit is made up of doctors who carry out nursing and emergency work in Internal Medicine as a whole.

Teamwork and multidisciplinary work is essential in this type of patient.

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

Specialization in a given disease facilitates a systematic approach to patients, so it would be useful to try to implement this modality in the center where I work.

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

It was a very enriching experience and I would like to repeat it in other centers or even in the same one, since there are always gains and learning.

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

Yes, for sure. It is always good to acquire organizational and clinical skills in order to improve our practice and can do the best for the patients.