

Report of the short-term visit

ERN Exchange Programme 2021-2022

ERN ReCONNET

Name of the participant	Pauls Rubins
Healthcare provider where the participant is employed	Pauls Stradins CUS, Riga, Latvia
Healthcare provider hosting the exchange visit	IRCCS AOU San Martino, Genoa (Italy)
Start date of the exchange visit	20/6/2022
End date of the exchange visit	24/6/2022

1. The objectives of the exchange visit were:

In my case, it was the first practical acquaintance with capillaroscopy, I had previously learned it only at the theoretical level. The goal was to strengthen basic knowledge and skills in order to be able to independently perform capillaroscopy and practice it in Latvia.

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

During the exchange visit, several hours of practical lessons were held at the capillaroscopy equipment with regular theoretical explanations from the doctor.

Analysis of pictures of different clinical cases.

Practical work with patients who came for a capillaroscopy visit.

Practical lessons with skin ultrasound examinations.

Practical lessons with LASCA thermographic examinations.

Discussions with researchers of the scientific center about current research in rheumatology.

Attended work in rheumatology day hospital, outpatient visits of patients.

Reception with Prof. Cutolo with discussion and analysis of current issues.

3. Please describe below what you have learned during the exchange visit:

I learned how to properly position the capillaroscope, which is very important to get good images.

Read the obtained readings to analyze the pathology from the norm.

Notice the boundary conditions that require special attention in the future.

Basic knowledge of ultrasound examination of the skin to be able to measure the thickness of the dermis.

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



A capillaroscope has been purchased in the hospital, it is already in the rheumatology center, and the first examinations of patients in the rheumatology hospital are being performed.

In the future, it is planned to learn capillaroscopy more deeply, so that paid visits can also be performed as an examination method.

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

I would definitely recommend it to anyone who has a plan to acquire knowledge and apply it in their practice, but at the moment it is not available in the work of a certain specialist.

Meeting colleagues from other parts of the world is a wonderful experience, getting to know other cultures and making new contacts.