

## **TRAINING BURSARY PROGRAMME REPORT (2021)**

SLEuro c/o AIM Italy srl  
Via Ripamonti n. 129  
20141 Milan – Italy

Juan Camilo SARMIENTO-MONROY

Hospital Clínic Barcelona, Spain

Training bursary program destination: Service Médical, Service De Rhumatologie, Coordonnées, Hôpital De Hautepierre (Strasbourg)

### **1) What was the motivation to apply for training in this Centre?**

- As part of my training program as a Rheumatologist, I had the opportunity to apply for a stay in another center during the last year. From my perspective, the destination center had to meet three requirements: wide experience, teaching, and research.
- The Strasbourg National Reference Center (CRMR) for autoimmune diseases is the result of the collaboration of the Rheumatology Department of the Hautepierre Hospital and the Clinical Immunology Department of the Nouvel Hôpital Civil des Hôpitaux Universitaires de Strasbourg. These services offer an outpatient consultation, as well as conventional and day hospitalizations dedicated to the care of patients with autoimmune diseases.
- The CRMR has a wide recognition at the European and international level due to its extensive experience, active participation in the design and development of innovative research projects, as well as the dissemination of knowledge in the scientific field of autoimmune and rheumatic diseases.

### **2) How the objectives were fulfilled by the training?**

The objectives for this training were as follows:

- (i) to participate in the different assistance activities of the Rheumatology Department such as conventional hospitalization, clinical rounds, outpatient consultation, difficult case session, among others.
- (ii) to participate in a research project related to a clinically relevant topic such as the development of new digital solutions to improve the life of patients with lupus.

From my point of view, I met each of the objectives for this stay.

- The conventional hospitalization floor is organized by teams, made up of residents from various specialties (rheumatology, internal medicine, dermatology...), students, and supervised by two specialists (Chef de Clinique and Professor Arnaud). The environment is very academic since patients are discussed daily, questions are generated and the search and review of literature is encouraged to solve clinical problems.
- During the weekly clinical round, several of the admitted patients are reviewed in-depth and a very academic discussion led by the Professor Arnaud is conducted.
- The weekly consultation with the Professor Arnaud allows the assessment of patients referred from various centers, with various autoimmune diseases, especially systemic lupus erythematosus. He is always open to the discussion of each case and the resolution of questions.
- In the session of difficult cases, the residents present some patients with difficulties in the diagnosis or the treatment strategy to most of the staff of the service on a weekly basis.
- From the beginning of the stay, I had the opportunity to get involved in two research projects led by Professor Arnaud about lupus. As for the first one, I was a co-investigator in a project that was already underway. Regarding the second project, my role was as principal investigator, conducting research about the development and implementation of a digital tool to determine the likelihood of systemic lupus in a patient. These projects seek to bring opportunities to create knowledge, solve multiple unmet needs, and improve outcomes in patients with lupus in daily clinical practice.

### **3) What are the main opportunities / strengths this center offers for future applicants?**

From a technical standpoint, the main strengths of this center are:

- The extensive experience as it is a widely known reference center: exposure to a significant number of patients with different types of autoimmune and rheumatic pathologies, as well as some infrequent complications.
- The teaching field: the intern/resident is well accompanied, guided and motivated to dive deeper as to get a better understanding.
- This initiative provides a unique experience for young Rheumatologists to carry out research projects thoroughly: from conception, methodology definition, data collection, analysis of results, and even communication in the scientific field.

#### **4) Practical advice for future applicants to the SLEuro training bursary**

- The SLEuro bursary is a good opportunity to improve clinical and research skills at an international center with extensive experience in caring for patients with autoimmune diseases including lupus.
- I really encourage my colleagues with an interest in autoimmune diseases to apply for this bursary in order to live a challenging, but rewarding experience abroad. It has been an honor and an enriching experience so far. *Merci Professeur Arnaud et merci SLEuro!*