

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

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Training bursary program destination: Rheumatology and Clinical Immunology Unit, ASST Spedali Civili and University of Brescia.

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

During my daily medical activity, I have always been involved in the management of systemic sclerosis patients.

In the last months, we set up an outpatient Lupus clinic for the treatments of patients with systemic lupus erythematosus (SLE).

For this purpose I have proposed myself to participate to an internship abroad also because I had never done similar experiences.

This idea had different objectives:

- A. To improve the clinical management of SLE patients
- B. To discuss with colleagues about the different aspects of SLE disease
- C. To start collaborations with other medical centers for possible multicentric clinical studies to improve diagnostic and therapeutic approach of SLE patients

When the tender from the SLEuro group was released, I decided to participate and I chose Brescia center because I wanted to improve my knowledge taking advantage of their expertise on the management of women with connective tissue disease during pregnancy and postpartum.

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

During my training bursary program, I attended Rheumatology and Clinical Immunology Unit ASST-Spedali Civili and University of Brescia.

In my daily activities I supported my tutors (Micaela Fredi and Cecilia Nalli), also if I have worked with Prof. Franco Franceschini, Prof.ssa Angela Tincani, Prof.ssa Laura Andreoli and all the others colleagues member team. I worked every day in the outpatient setting.

In the morning I visited patients affected by different rheumatological disease and treated with infusional therapies as biological therapies or other treatment such as vasodilators or endovenous immunoglobulin.

In the afternoon I visited patients in ambulatory dedicated to specific rheumatological disease; on Tuesday afternoon I attended ambulatory dedicated to the management of SLE patients (Lupus clinic), even if SLE patients could be managed also in other outpatient settings.

I collected patient's medical history and discussed with my mentors diagnostic and therapeutic approach of the single subject.

I had also the possibility to continue specific follow-up of patients, also analyzing results of laboratory or diagnostic examinations prescribed during ambulatory evaluation.

On Friday I also attended ambulatory dedicated to the management of women with rheumatic disease during pregnancy or postpartum.

I actively also participated to clinical research with my mentors.

During this period, I developed expertise on management of SLE patients and I created collaboration with this medical center also for future clinical studies.

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

Brescia hospital is a very important rheumatological center in Italy with a lot of SLE patients and with a lupus clinic in which there are many opportunities for physician and for patients.

This centre has also expertise on the management of pregnancy and puerperium of women with connective tissue disease.

Clinical and laboratory research is also very developed.

All these reasons make Brescia hospital a perfect centre to carry out research projects and to learn diagnostic and therapeutic management of SLE patients.

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

SLEuro training bursary program is an excellent occasion for doing an experience in one of the best centre for SLE.

If someone is interested in the management of SLE patients, this is a very useful experience. With your mentor and other colleagues of the centre, you participate in daily clinical activity as well as in clinical research.

This training bursary program is also a good opportunity to meet new people with high medical expertise.

In conclusion I strongly recommend to participate to this program, which is intense and full but also very well organized.