

TRAINING BURSARY PROGRAMME REPORT (2021)

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

Francy Milena Cuervo Gutiérrez
Fundación Santa Fe de Bogotá, Colombia
Training bursary program destination: Cliniques Universitaires Saint-Luc
Department of Rheumatology (Bruxelles)

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

- In my work team, the idea is to create a centre of care for lupus, especially in lupus nephritis.
- The Cliniques Universitaires Saint-Luc offers the service of patient consultation and hospitalization. As well as a centre of research.
- The huge knowledge of autoimmune diseases especially in systemic lupus erythematosus with kidney involvement, made it my first option to apply to this centre and reach my goals.

2) How the objectives were fulfilled by the training?

The objectives were three:

1. To learn about the patients with an autoimmune disease in the outpatient consultation. Follow up on new cases and have a retrospective view of patients that have been followed for more than 15 years.

In the hospitalization section, the objective was to do a clinical round, discuss every case in depth and propose outpatient care.

Also, there are other academic sessions for discussing difficult cases, which included radiologists, pneumologist, and unit critical care, among others

I had the opportunity to participate in other activities such as procedures of mini-arthroscopy and rheumatologist echography training. Tools that help in the study approach of our patients with autoimmune diseases

In the cases of lupus nephritis, I could participate in the process of the renal biopsy done by a nephrologist. And then, see the sample in the pathology service, which explained every step to obtain the result as soon as possible, to define the best therapeutic option.

2. To understand the organization of attention for autoimmune disease patients. Professor Houssiau is the leader, in the company of Dr Tamirou, a chief nurse and all the assistant's team, work together for the patients.

The main interest is to allow easy access to the autoimmune clinic. To resolve the patient's questions in every consultation, teach them about the disease during patient meetings.

The clinic includes pediatric patients, which is very interesting for my daily clinical practice which frequently includes transitional cases

3. To research. I had the opportunity to develop a retrospective analysis of a lupus nephritis cohort, to evaluate obesity, as a potentially poor prognosis factor, linked to more chronic kidney disease.

It will be a pleasure to be public our results as soon as possible.

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

- The Cliniques Universitaires Saint-Luc is a reference centre for autoimmune and autoinflammatory diseases.
It counts on great organization and holistic attention to the patients.
In this way, the main opportunity is to participate in high-quality academic-level service.
- The extensive experience of the group permits the study of a significant number of patients, in all stages (diagnosis, complications, flares and sequelae) of the different types of autoimmune and rheumatic pathologies.
- Finally, the opportunity to participate in research. Investigation in new knowledge, and why not, learn to create new questions to resolve.

4) Practical advice for future applicants to the SLEuro training.

Bursary SLEuro proposes a unique opportunity to take advantage of the most important centres and persons who focus their clinical practice in SLE.

As a young rheumatologist, it has an invaluable price. Including our daily clinical practice and research experience, but the most important result is the positive impact on our patients.

For my colleagues, my advice is to apply to live an enriching experience.

I am glad for this time. Thank you SLEuro for letting me participate in this programme.

Merci beaucoup professor Houssiau and Dr Tamirou.