



Eastern European Roadshow: Belgrade and Budapest (Spring 2016)

Now in its 5th year, the Lupus Academy continues to provide educational activities across several platforms, including Annual and Regional Meetings and through eLearning courses

In March 2016, the Lupus Academy held its first 'Roadshow' in Eastern Europe, taking its CME-accredited educational programme to a regional hospital in Belgrade and a university medical centre in Budapest where many of the participants worked and studied. This education at the 'coal face' model is the latest maturation of the Lupus Academy's learning initiative and allows clinicians, who may otherwise not be able to attend large Annual Meetings, to benefit from the educational programmes offered by the Lupus Academy.



Day 1: CHC Bežanijska Kosa, University Medical Center, Belgrade, Serbia, 18th March 2016

The first day of the Lupus Academy Eastern European Roadshow began at CHC Bežanijska Kosa, University Medical Center, Belgrade, Serbia. The medical center was hosting several meetings in this 3rd week of March to celebrate the 60th anniversary of the opening of the

hospital. It was a fitting venue for the first Roadshow meeting of the Lupus Academy, organised in collaboration with Professor Ljudmila Stojanovich (Serbia).

Attended by 100 regional delegates with varying clinical practice experience this one day CME-accredited meeting was delivered by a faculty of four: Professors Ricard Cervera (Spain), Andrea Doria (Italy), Ljudmila Stojanovich (Serbia) and Dragomir Marisavljevic (Serbia). Following the same format as the Lupus Academy's Annual Meeting the programme provided 2 hours of plenary sessions and 1.5 hours of workshops, focusing on key issues in lupus in 2016.

In the morning sessions, plenary topics focused on diagnostic challenges in lupus and antiphospholipid syndrome (APS), before unravelling insights into the new trends in treating these enigmatic diseases. After lunch, two parallel case-study based workshops provided the opportunity for delegates to share clinical practice views focusing on challenging cases of neurological and cardiovascular lupus manifestations, and haematologic challenges in lupus.



Professors Andrea Doria (Italy), Ljudmila Stojanovich (Serbia) and Ricard Cervera (Spain)

Of the 100 delegates attending, 60 completed an online evaluation of the meeting. >95% of delegates said the meeting addressed its educational objectives, with content based on evidence that was current and relevant to their clinical practice, allowing them to improve patient care. Several of the delegates noted the importance

of meetings like these to help improve collaboration between multidisciplinary teams (e.g., Rheumatologists and Nephrologists) and better manage different manifestations of lupus.

Day 2: Semmelweis University, Budapest, Hungary 19th March 2016

The second day of the Lupus Academy Eastern European Roadshow took place at Semmelweis University, Budapest, Hungary.

Organised in collaboration with Professor György Nagy, this one day CME-accredited meeting was delivered by a faculty of six: Professors Ricard Cervera (Spain), Andrea Doria (Italy), György Nagy (Hungary), László Czirják (Hungary), Emese Kiss (Hungary), László Kovács (Hungary) and attracted over 50 delegates.

The programme followed a similar format to that presented in Belgrade the previous day, with morning plenary sessions focusing on the pathogenesis of lupus and diagnostic and treatment challenges in lupus and APS and afternoon workshops reviewing case-study based best practice in the management of lupus glomerulonephritis, and haematological challenges in lupus.



Professors György Nagy (Hungary), Ricard Cervera (Spain) and Andrea Doria (Italy)

Of the 54 delegates attending, almost half completed an online evaluation of the meeting. >95% of delegates said the meeting addressed its educational objectives, with content based on evidence that was current and relevant to improving their current clinical practice. Several delegates highlighted the value of this educational programme in improving their understanding of challenges in the diagnosis and treatment of lupus and APS, most notably the haematological challenges they face in clinical practice.

Presentation abstracts and workshop case study summaries from both Eastern European Roadshow meetings can be downloaded from the Lupus Academy website (<http://lupus-academy.org/regional-meetings/regional-meeting-programme/>)

The Lupus Academy: What Does the Future Hold?

Educational Meetings

Over the next 12 months the Lupus Academy is preparing to host a Regional Meeting in Dubai (9–10th December 2016) and an Annual Meeting in Portugal (5–7th May 2017). Both meetings will offer delegates the opportunity to experience and discuss the latest education in lupus clinical practice and basic science. Based on a foundation of interactive learning, these meetings continue to offer both lecture and case-study based education, delivered in plenary and workshop sessions, as well as through some more innovative learning approaches. Up to date programmes for both Regional and Annual Meeting programmes will be available on the Lupus Academy's website (<http://lupus-academy.org/>).

eLearning and Other Activities

As the Lupus Academy continues to grow and develop education to meet clinical practice needs, the Steering Committee endures to utilise as much of its educational materials to support its mission of improving clinical practice and patient outcomes in lupus. In addition to the Roadshow Meetings in Eastern Europe, further roadshow meetings have taken place in the Philippines. Two eLearning modules (Lupus Nephritis and Pregnancy) are currently undergoing accreditation and will be available on the Lupus Academy's eLearning platform soon, and two further eLearning modules are under development for launch later in 2016.

The Lupus Academy Steering Committee is committed to providing education for clinicians, and is also exploring collaborations that may help both clinicians and patients work better together to improve dialogue and understanding of lupus.



Interviews with Professor Ricard Cervera (Spain) and Professor Ljudmila Stojanovich (Serbia)

Professor Ricard Cervera, MD, PhD, FRCP
Hospital Clinic, Barcelona, Catalonia, Spain.
Lupus Academy 2015 co-Chair.

Q: The Eastern European “Roadshow” Meetings were a different educational approach for the Lupus Academy; taking the educational meeting to the learners as opposed to bringing the learners to the educational meeting. What, in your opinion, are the benefits of this approach to as a speaker and your students?

A: This was an innovative way to perform educational activities by the Lupus Academy that allows, on one side, to reduce the costs for the participants (extremely important given the current financial climate) and, on the other side, to adapt the educational contents to a local audience.

Q: Did you receive any direct feedback from the learners in your Eastern European “Roadshow” Meetings? If so, please describe some of the highlights.

A: We received positive feedback from the local organisers of both meetings – they were very happy for the promotion of their local educational activities with the endorsement of the Lupus Academy – and the participants – many of them had not been able to attend an international educational activity on lupus in the past because of the cost of travelling abroad.

Q: How do you think the Lupus Academy can better differentiate itself from other educational meetings about lupus?

A: The main characteristic of Lupus Academy meetings is that they are clinically orientated (i.e., focused on clinical problems, discussion of real cases, and debates on controversial clinical issues).

Q: From your own perspective, briefly describe the relevance/importance of both treat-to-target and patient reported outcomes in lupus.

A: Treat-to-target strategy in lupus is a great challenge aimed to implement a more strict clinical management of

lupus in a similar way to what is already implemented in other autoimmune diseases such as rheumatoid arthritis or common conditions such as hypertension or diabetes. We have great expectations to improve the quality of life as well as the overall survival of our lupus patients if we manage to implement the treat-to-target strategy.



Professor Ricard Cervera

On the other side, patient reported outcomes in lupus should be implemented in both our daily clinical practice and the research projects (e.g., including them as primary endpoints in clinical trials) because the main complaints of patients (i.e., fatigue, aches and pains, memory loss...) should be taken into consideration at the same level as the main topics of interest for physicians (i.e., lupus nephritis, neurolupus...).

Q: What difference do you think the Lupus Academy can make to patients with lupus?

A: We certainly believe that improving the clinical knowledge on lupus of physicians will improve the quality of the management of patients with lupus.

Q: Describe a typical/or most memorable day at work, you choose...

A: Every day is different and includes a great variety of activities. As an example, my agenda for tomorrow is as follows:

07:30-08:45: “Paper work” (checking e-mails, write medical reports, review manuscripts for publications, analyse administrative documents...).

08:45-09:00: Clinical briefing (information on new hospital admissions during the weekend, medical complications of in-patients...).

09:00-14:00: Out-patient clinics (25 expected out-patients mainly with lupus and the APS that will be visited together with my residents and fellows in 2-3 offices).



14:00-14:15: Lunch.

14:15-15:00: Administrative work for the Faculty of Medicine where I am the Academic Secretary.

15:00-15:30: Teleconference with colleagues from 20 centres participating in a European Union sponsored research project (PRECISESADS).

15:30-17:00: Participation at a meeting of the Advisory Board on High Cost Medicines of the Catalan Department of Health (a NICE-like agency) (this will require a 5-minute taxi ride to the Headquarters of the Catalan Department of Health).

17:00-20:00: Outpatient clinic (for patients from outside Catalonia and Spain that ask for second opinions).

Professor Ljudmila Stojanovich, MD, PhD
Bežanijska Kosa, University Medical Center,
Belgrade University, Serbia.
Lupus Academy Eastern European
Roadshow Meeting co-Chair.



Professor Ljudmila Stojanovich

Q: The Eastern European “Roadshow” Meetings were a different educational approach for the Lupus Academy; taking the educational meeting to the learners as opposed to bringing the learners to the educational meeting. What, in your opinion, are the benefits of this approach to as a speaker and your students?

A: As a lecturer I have direct contact with all my colleagues: from students to eminent professors from a number of Clinics in Serbia and Croatia. The order of presentations can be adapted according to students’ questions and the level of knowledge they have. Also, teachers could choose

themes that focus on the relevant topics. The benefit for colleagues is personal contact.

Q: Did you receive any direct feedback from the learners in your Eastern European “Roadshow” Meetings? If so, please describe some of the highlights.

A: Students were satisfied with the choice of topics. In addition, they have got answers to some questions from their clinical practice.

Q: How do you think the Lupus Academy can better differentiate itself from other educational meetings about lupus?

A: Lupus Academy allows the opportunity to discuss. Every case study presented was very informative in itself, and the amount of time for discussion added value.

Q: What difference do you think the Lupus Academy can make to patients with Lupus?

A: Maybe a domestic lupus patient organisation could take part in the meeting as students, but also take active an active role in case presentations (i.e., to bring to life the case of a particular patient who is present).

Save the date

Annual Meeting

5–7th May 2017

**Registration
Opens Soon**

Regional Meeting

9–10th December 2016, Dubai
<http://lupus-academy.org/regional-meetings/registration/>