

Short Term Scientific Mission (STSM) Report

STSM details

Title	Sharing knowledge on OSD prevention
Participant	Lucija Sreckovic
Host	Professor Swen Malte John, Institute for Interdisciplinary Dermatological Prevention and Rehabilitation (iDerm), University of Osnabrueck, Osnabrueck, Germany
Period	08.02.-22.02.2017.
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Background

Host institution is one of European leaders in the field of Occupational Skin Diseases, not only in terms of research, but also implementing new knowledge in everyday clinical setting. STSM was an excellent opportunity for young enthusiasts to learn about new breakthroughs, especially for those doctors coming from developing countries like Serbia, where similar approaches are unfortunately lacking.

Aim (purpose) of the STSM

The main goals of my two-week visit to Institute for Interdisciplinary Dermatological Prevention and Rehabilitation (iDerm) were to:

- Acquire new knowledge in the field of Occupational Skin Diseases (OSD), both theoretical and in a clinical setting
- Familiarize with “Osnabrück model” - learn about prevention and rehabilitation strategies and adopt interdisciplinary approach to it
- Learn about diagnostic and therapeutic methods that are currently being used
- Gain practical experience

Work carried out during the STSM

During my visit to iDerm I had a fantastic opportunity to observe a highly synchronized team as they perform their daily tasks and learn from them first hand.

The team is comprised not only of doctors, but of educators, occupational therapists and psychologists too, each one of them having an equally important role, which represents the basis of interdisciplinary approach, on which iDerm is (and should be) proud of. The concept is to provide top-class diagnostics and therapy for patients and furthermore to provide them with the most useful tool for handling their chronic disease – knowledge.

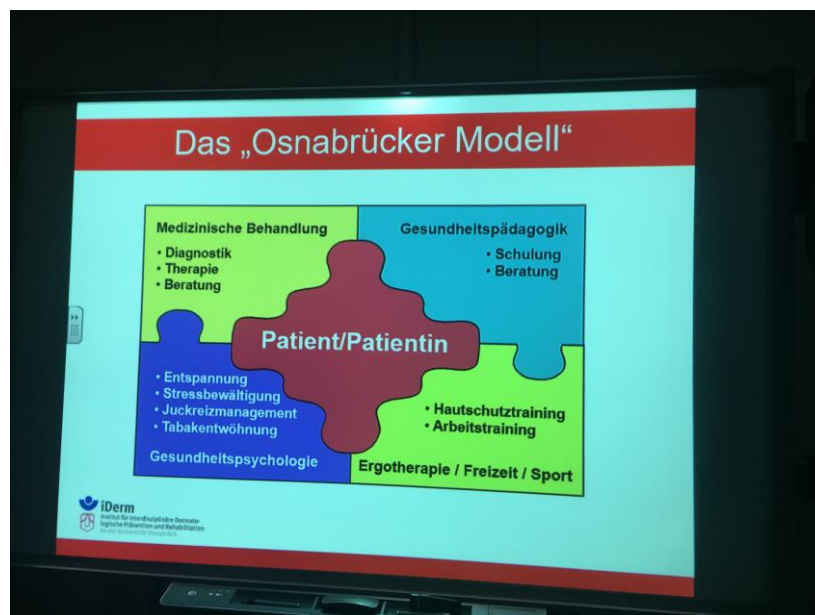


Figure 1. Graphic explanation of „Osnabrück model“ – it all revolves around patient, coming together as a puzzle

I PSYSIANS:

As for straightforward medical care:

- I had a pleasure to be present when new patients are being admitted to hospital and anamnesis interview and physical examination carried out
- I was also present in morning visits with either one particular physician or in a group visit (when all of the physicians are present), during which patients are carefully observed, the treatment is being discussed, patients' questions are being answered and they are strongly encouraged

- I observed epicutaneous testing and result reading with extended battery of allergens, mycological and bacteriological tests, as well as skin biopsy
- Observed how therapy (local, UV therapy) is being applied by nurses
- Participated in Consultation-hours (*Sprechstunde*) and Assessment interviews (*Gutachten*) on different topics (Hand eczema, Skin carcinoma)

II SKIN RESEARCH LABORATORY:

As I witnessed in person, iDerm is truly committed both to research as well as to knowledge transfer; skin research laboratory being one of several important fields of research. Equipped with modern technology, this laboratory enables measurement of crucial skin characteristics, such as skin pH, transepidermal water loss, hydration level of Stratum corneum, skin color measurements etc.

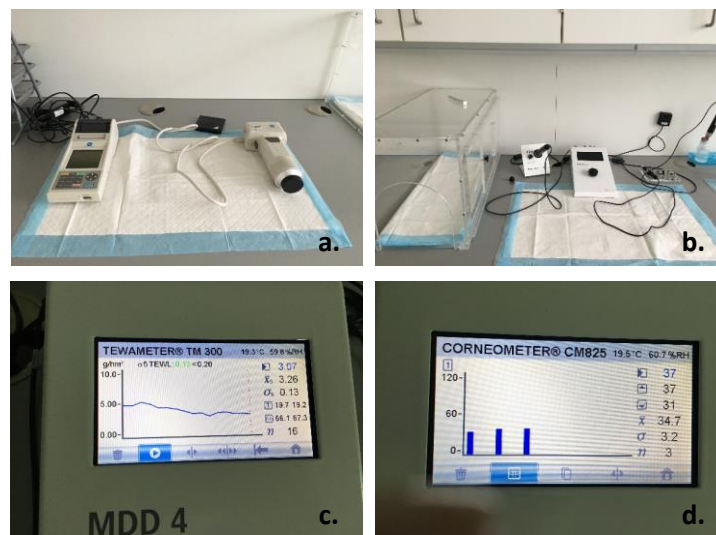


Figure 2. a. ChromaMeter. b. Device for the determination of physiological skin-parameters. c,d. My measurement results

III EDUCATORS:

As for equally important role of educators:

- I have joined Skin care seminars (*Hautschutzseminar*), which were aimed to provide in-patients with detailed information about:
 - (I) Osnabrück model in general, Legal aspects of OSD and regulations system in Germany
 - (II) Structure and function of human skin, most important inner and external risk factors

- (III) How most common OSDs develop and how to protect oneself from it, or at least how to diminish effects of harmful factors
 - (IV) A review seminar
- I was present also at seminars which are held with outpatients, individually

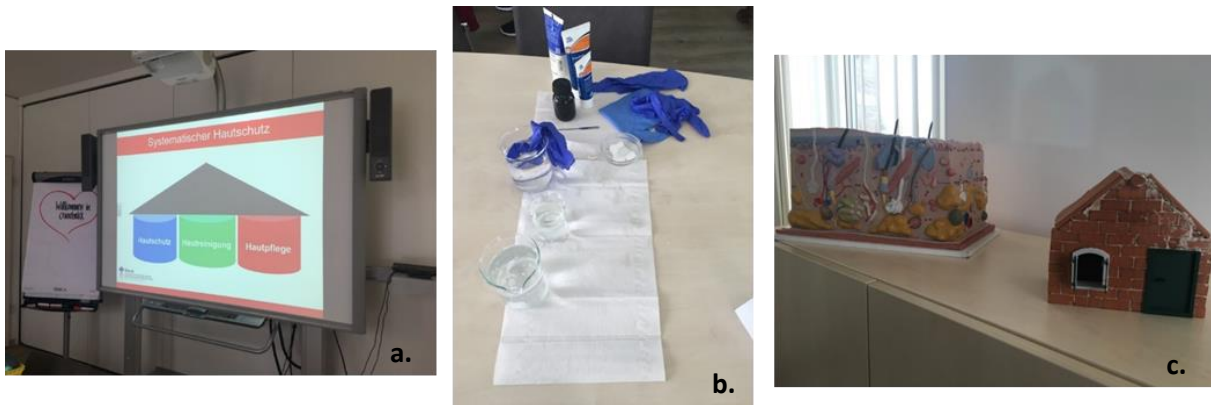


Figure 3. a. Theoretical part of seminar. b. Practical part of seminar – small demonstrational experiments. c. 3D Skin model and comparison to structure of a wall

- Observed Individual counseling on Protective hand- and footwear, where for example patients were able to try out different sorts of protective gloves and choose the best fitting one according to their professional activities



Figure 4. Individual consultations on Protective hand- and footwear

IV ERGOTHERAPY

I took part in ergotherapy, where patients are encouraged to practice fulfilling their daily tasks, both professional and in private life, this time using prescribed protective hand wear. Trained occupational therapists are there to provide additional help and advice. In order to make these exercises as close to real life situations that patients will encounter, different kinds of props are at their disposal (kits for painters, carpenters, florists, medical personal etc.).



Figure 5. Ergotherapy. a. Kits for different professions. b. Concrete example - kit for hairdressers

Main results obtained

- Gained further practical and theoretical knowledge on OSD
- Broadened understanding of epicutaneous testing, including preparation, result reading and interpretation
- Learned how to use measuring instruments in skin research laboratory and which prerequisites must be fulfilled in order to obtain precise results
- Learned which therapeutic means are used in everyday practice, with particular emphasis on how to and why glucocorticoids should be avoided
- Comprehended significance of interdisciplinary approach, as well as true meaning of „personalized“ in personalized medicine
- Learned what „Patients education“ should consist of, how to demystify medical terms in order to make them more understandable and less frightening and how to transfer the knowledge using helping tools

- Learned about different features of personal protection equipment which determine its main purpose and how individual counseling should be carried-out

Future collaboration with the host institution

I strongly believe that Serbia has still a lot to learn from iDerm and try to implement same principles in its health system. Therefore, I hope that projects like this will continue in the future.

Foreseen publications/articles resulting from the STSM

NA

Other comments

I would like to thank once again Professor Swen Malte John and entire staff of iDerm for providing young doctors opportunity to stay at their highly respected institution and to learn from them. I would also like to stress how welcome I felt during my stay – everyone was beyond helpful and kind to me, making me feel, day after day, as if I was a true part of their amazing team. Many thanks also to COST Action StanDerm for providing financial support, which enabled me to visit iDerm.

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