



Forging Alliances:

Case Studies in LUPUS



Sunday, 05 May 2019, 8:00 am – 5:00 pm, The Bayleaf, Intramuros, Philippines

By: **Drs. Annabel Joy Yap, Lisa S. Traboco, Sheila Marie Reyes**

The Intramuros of Manila was historically known as the seat of government and center of political alliances during the colonial era.

Fast forward to the 21st Century, on a beautiful Sunday on **the 5th of May 2019**, the University of Santo Tomas and St. Luke's Medical Center Sections of Rheumatology, in partnership with **Rheumatology Educational Trust Foundation, Inc.** and **Philippine Rheumatology Association** held a special course on **LUPUS** at the **Bayleaf Intramuros**. The highly educational activity aimed to *strengthen alliances* with other specialties such as Nephrology, Obstetrics, and Infectious Diseases.

109 Participants from a diverse pool of Internal Medicine specialists, non-IM specialists and even medical students, trooped to The Walled City with a common mission to learn more about Lupus.



Dr. Sheila Marie Reyes and Dr. Jeanine Salmon

The sessions began with an enthusiastic **Dr. Sheila Marie Reyes** with **Dr. Jeannine Salmon** who presented the interesting case of a refractory lupus nephritis (LN) patient. The invited panelists were: **Dr. Aisha Lateef**, rheumatologist and chief of the department of Medicine, Woodlands Health Campus in Singapore, **Dr. Jose Protacio Marcia**, nephrologist of USTH, and **Dr. Lenore Rosario**

Lugue-Lizardo, rheumatologist of Fatima University Medical Center.

To encourage the audience, quiz questions on lupus nephritis was asked and answers were recorded via interactive voting.



Dr. Aisha Lateef, Dr. Jose Protacio Marcia and Dr. Lenore Rosario
Lugue-Lizardo

Dr. Marcia gave valuable insights on the characteristics of the biopsy findings of the case presented. He also expounded on the implications of the scoring for activity and chronicity indices. Dr. Lizardo would add the limitations in the ISN/RPS criteria. Dr. Lateef also emphasized the importance of early recognition and management of co-morbid conditions, as well as co-management with other subspecialties for LN. Management issues were further discussed such as with Tacrolimus and Rituximab, clarification of refractory LN and other questions contributing to the worsening of LN.



Dr. Aisha Lateef, Rheumatologist, Singapore

For the second “alliance” session, we veered a bit from Internal Medicine specialists to discuss about Pregnancy. A quick knowledge check on SLE pregnancy was facilitated by **Dr. Ma. Theresa Collante**, and **Dr Lateef** gave a lecture on the topic of practical issues in Lupus pregnancy. She emphasized that all pregnancies in this scope of patients were very high risk and that planned and in collaboration with other subspecialties is needed. She discussed about safe medications, complications, and management of the causes of pregnancy loss which was very interesting.



Dr. Maria Theresa Collante and Dr. Kevin Fregil

A sample case of a pregnant SLE patient then followed, presented by medical resident **Dr. Kevin Fregil**, facilitated by **Dr. Maria Theresa Collante**, and panelists: **Dr. Aisha Lateef** and **Dr. Helmar Soldevilla**, rheumatologist and assistant professor of the College of Medicine of West Visayas State University, Iloilo City.



Dr. Aisha Lateef and Dr. Helmar Soldevilla

There were also Obstetricians in the audience who participated in asking questions to the panel. They agreed that with regards to preeclampsia and nephritis, it is acceptable to treat both conditions in one patient, and that some procedures are not always done routinely in the local setting such as fetal echocardiography. Dr. Lateef continued to answer questions even after the session.



Dr. Lisa Traboco and Dr. Shane Villamonte

The third case was a young female lupus patient with prolonged fever, and a possible diagnosis of extrapulmonary tuberculosis. Facilitator **Dr. Lisa Traboco**, and presenter **Dr. Shane Villamonte** shared their insights with a new alliance **Dr. Daisy Tagarda**, Infectious disease specialist, USTH, as well as **Dr. Rosario Baes**, rheumatologist of Far Eastern University-NRMF Medical Center and of course, **Dr. Aisha Lateef**.



Dr. Aisha Lateef, Dr. Rosario Baes and Dr. Daisy Tagarda

There was agreement between among the panelists on emphasizing physical examination and history in determining flare versus infection, emphasizing close coordination with other specialists such as Infectious Disease (ID). Dr. Tagarda also explained

that although non-infective cause of endocarditis such as Libman-Sacks may be the initial presentation, the complication of bacterial endocarditis is not far off and treating both SLE and IE should be done. It is important to recognize that not all tests, such as IGRA, is reliable in testing for TB positivity especially in SLE and a highly endemic area like the Philippines. Dr Tagarda further mentioned that Immune Reconstitution Inflammatory syndrome (IRIS) may occur among patients starting TB treatment.



Dr. Jonah Venturina

Because the learning atmosphere was on a roll, as a “wildcard” case, **Dr. Jonah Venturina** presented a pregnant young female lupus patient with urinary tract infection (UTI). This was facilitated by **Dr. Sandra Navarra**, who piqued audience interest with continuous questions covering the various materno-fetal morbidity issues represented by this case.



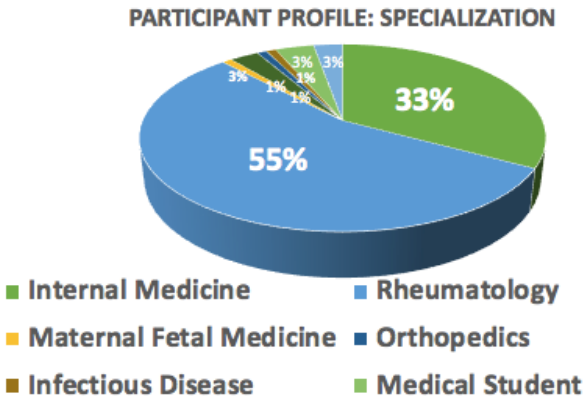
Dr. Sandra Navarra

And finally, to solidify inter-specialty alliances a closing lecture was given by **Dr. Navarra**, elaborating that Lupus is every clinician’s concern.

She stressed the multi-organ involvement in systemic lupus erythematosus (SLE), its complex pathogenesis, and the many challenges to be overcome.

The audience gratefully acknowledged that the sessions were very interesting, providing new insights and knowledge which would impact on their clinical practice. Many commented the interactive sessions to be highly educational and that they “did not want to miss a thing”.

We ended the morning with a mind of learning as high as the summer noon. We hope that this conference opens doors to future alliances to help meet the everyday challenges with Lupus patients.



Organized by Rheumatology Educational Trust Foundation, Inc (RETFI) in partnership with Philippine Rheumatology Association, we gratefully acknowledge the invaluable contribution of the faculty, fellows and staff in making this course achieve its learning objectives.

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Forging Alliances: Case Studies in LUPUS
7 am to 1 pm, Sunday 05 May 2019 • The Bayleaf Intramuros, Manila, Philippines

CPD units: 5 PCP • 3.5 PRC • PMA • PAFP

PROGRAMME

Session		Faculty
0700H	Registration	
0750H	Introduction to the course	
0800H	Knowledge check: Lupus nephritis (LN) Interactive Q&A on LN classification, pathology, treatment protocols	Facilitator: Dr. Sheila Marie M. Reyes Presenter: Dr. Jeanine O. Salmon, <i>medical resident</i> Panelists: Dr. Aisha Lateef , Rheumatologist & Chief of Department of Medicine, Woodlands Health Campus (WHC), Singapore Dr. Jose Protacio D. Marcia , Nephrologist, University of Santo Tomas Hospital, Manila Dr. Ma. Lenore Rosario Lague-Lizardo , Rheumatologist, Fatima University Medical Center, Metro Manila
0820H	Case study: 21F Class IV Lupus nephritis s/p cyclophosphamide maintains disease remission on MMF with addition of tacrolimus, develops severe renal & extra-renal flare <i>Discussion</i>	
0900H	Knowledge check : SLE pregnancy Interactive Q&A on lupus pregnancy, antiphospholipid syndrome (APS), neonatal lupus Facilitator: Dr. Ma. Theresa M. Collante	
0915H	"Practical issues in Lupus pregnancy"	Lecturer: Dr. Aisha Lateef
1000H	Case study: Difficult pregnancy in a 32 year old lupus patient with history of multiple fetal losses <i>Discussion</i>	Facilitator: Dr. Ma. Theresa M. Collante Presenter: Dr. Kevin T. Fregil, <i>medical resident</i> Panelists: Dr. Aisha Lateef, Dr. Helmar F. Soldevilla , Rheumatologist, West Visayas State University, Iloilo City
1040H	Break	
1100H	Case Study: 21F with prolonged fever and evolving CNS manifestations <i>Discussion</i>	Facilitator: Dr. Lisa S. Traboco Presenter: Dr. Shane B. Villamonte, <i>medical resident</i> Panelists: Dr. Daisy I. Tagarda , Infectious Disease specialist, University of Santo Tomas, Manila, Dr. Rosario P. Baes , Rheumatologist, Far Eastern University-NRMF Medical Center, Metro Manila, Dr. Aisha Lateef
	"Wildcard" case: Incidental early pregnancy in a 25F on treatment for SLE flare & complicated UTI <i>Discussion</i>	Facilitator: Dr. Sandra V. Navarra Presenters: Jonah O. Venturina, <i>medical senior</i> , Dr. Kevin T. Fregil ALL
1215H	Forging alliances: Current lupus landscape & future directions	Dr. Sandra V. Navarra , Rheumatologist, University of Santo Tomas, Manila
1245H	Summary and close	



Chair - moderator: **Dr. Leonid D. Zamora**



A continuing medical education program of Lupus Inspired Advocacy (LUIA)
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