

FORGING ALLIANCES in LUPUS: LUPUS ROADSHOW 2020



WEBINAR SERIES THE PILOT EPISODE

10 October 2020

By: Elbert DG. Mendez

The University of Santo Tomas Hospital (USTH) and St. Luke’s Medical Center – Quezon City (SLMC-QC) Sections of Rheumatology, in partnership with Lupus Academy, Lupus Inspired Advocacy (LUISA) of Rheumatology Educational Trust Foundation, Inc. (RETFI), and Philippine Rheumatology Association (PRA), organized a webinar series which showcases the diversity of systemic lupus erythematosus (SLE). Learning objectives include: to describe the clinical and laboratory features of SLE disease activity, identify manifestations directly attributable to the disease, recognize manifestations attributable to causes other than SLE, provide updates in the management, and discuss special considerations especially in SLE pregnancy, CNS lupus, and infectious complications. The series highlights interactive multidisciplinary case vignettes focusing on lupus activity assessments and attribution. The organizing committee is headed by Prof. Sandra V. Navarra (steering executive committee of the Lupus Academy) and co-chaired by Dr. Leonid D. Zamora, with members Drs. Sorrah Fiel Briones, Melissa Aquino-Villamin, Lenore Lague-Lizardo, Lisa S. Traboco, Sheila Marie Reyes, and Ma. Theresa Collante, joined by Rheumatology fellows Drs. Elbert Mendez, Daniel Castillo, Martin Carbonel, Honey Jirl Badiang and Danilyn Torres-Morado. Highly efficient staff and technical support is provided by Robelle Tanangunan, Marlon Gabuay, Eloisa Santiago and Haydee Gabuay.



Sandra Navarra

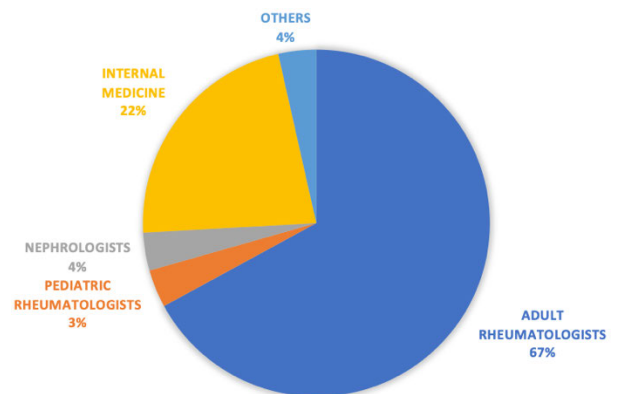
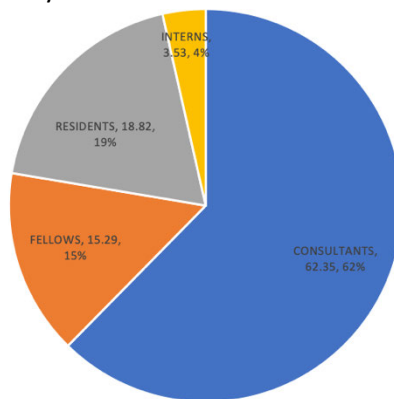
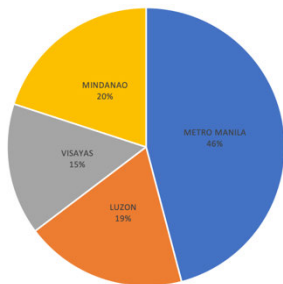
Prof. Sandra Navarra giving introduction and briefing of the Lupus Academy Roadshow webinar series.



Leonid Zamora

Dr. Leonid Zamora giving lecture on Lupus Disease Activity Measures.

Jump-starting the series was a lecture from Dr. Leonid D. Zamora, rheumatology consultant from USTH, entitled “Lupus Assessments in Clinical Care” held virtually last Saturday 10 October 2020, via Zoom meeting platform, moderated by Prof. Navarra. The lecture was attended by 85 healthcare professionals comprising of interns, medical residents, rheumatology fellows, rheumatology and nephrology consultants from many parts of the country.



Dr. Zamora’s lecture consisted of SLE overview and classification criteria as well as assessment of lupus patients including the five domains of the disease, namely disease activity, disease damage, health-related quality of life, drug-side effects, and economic impact. The presentation focused on SLE disease activity measures and their relevance in clinical practice. He reviewed the components, strengths and pitfalls, differences, reliability, and applicability of disease measures in practice as well as reviewed the definitions of flare and treat-to-target using disease activity measures. There were interactive poll questions where the attendees were given the chance to practice assessing SLE disease activity given a particular situation. After the lecture, questions were addressed by Dr. Juan Javier Lichauco, head of SLMC Rheumatology and president of Philippine Rheumatology Association. Questions included use of serum C3 to assess disease activity, the best and quickest tool to assess disease activity by the bedside, and the use of activity calculators. Towards the end, Prof. Navarra also emphasized that no activity measure is full-proof and absolute and that every patient is different from one another; they should be assessed and treated individually at any particular point in each patient’s disease course .



Dr. Juan Javier Lichauco

Overall, the ‘pilot’ episode was a success. The webinar majorly received positive evaluations from the participants, stating “very helpful lecture especially for clinical use, the discussions at the very end are very interesting”, “learned a lot”, and “clear and comprehensive”. Succeeding episodes consist of six-part case presentations to be held on October 17, November 14, 21, 28, December 5 and 12, 2020. There will be resource speakers from different specialties, including international experts like Prof DTM Chan (Hong Kong University) and Prof. Michelle Petri (Johns Hopkins University).

Topic or case, Date	Discussion highlights
Lupus Roadshow overview. Lecture: SLE Disease Activity Measures. Oct 10	SLE disease activity assessments: Practice points
Pregnancy in lupus nephritis (LN). Oct 17	Pregnancy in SLE: Need to know
(8AM) LN overview. (1PM) Lupus nephritis (LN) patient develops edema, hypertension, renal insufficiency during pregnancy. Nov 14	Overview LN management. LN flare, hypertension in pregnancy [Prof. D. Tak Mao Chan, HongKong U]
(1PM) Fever, deteriorating kidney function, ovarian mass. (8PM) Thrombocytopenia in APS. Nov 21	Causes of renal dysfunction in SLE. APS-associated thrombocytopenia [Prof. Michelle Petri, Johns Hopkins Univ]
(8AM) Febrile neutropenia, sepsis in a pregnant lupus patient, (1PM) with cutaneous flare. Nov 28	Drugs in pregnancy. Skin in SLE
Prolonged fever, visual loss, CNS involvement in male SLE. Dec 05	Retinopathy & CNS involvement in SLE [Prof. Marcello Govoni, Univ of Ferrara]
SLE patient with prolonged fever, episodes of hyponatremia, & rapidly deteriorating consciousness. Dec 12	Causes of prolonged fever in SLE. Hosp. course: SIADH, acute hydrocephalus

The Lupus Roadshow webinar series is made possible through an independent educational grant from Astellas Pharma Philippines, Inc.