

ESMED 2022 GENERAL ASSEMBLY ABSTRACT BOOK

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been hypothesised that neuropathic dysregulation causing microvascular dysregulation limits exertion by shunting oxygenated blood from capillary beds and reducing cardiac return, deemed left to right shunting and 'preload failure', respectively. The iCPET has also been used to investigate exertional intolerance in long-COVID in a collaborative study between BWH and Yale New Haven Hospital. In this study, 10 patients who had recovered from acute COVID-19 and 10 control subjects underwent an iCPET. Similar to ME/CFS, long-Covid patients demonstrated preload failure, peripheral shunting; impaired systemic oxygen extraction and an exaggerated hyperventilatory response during exercise. As case reports of SFN have been described in long-Covid, we hypothesise neurovascular dysregulation is a likely cause of exertional intolerance in these patients. Furthermore, emerging data showing similar exercise pathophysiology in patients with ME/CFS and long-COVID could aid in the development of a diagnostic method, profile and future treatment for COVID long haulers.

How are you? A sociological perspective of COVID-19 pandemic from women in Italy

Nicolò Marchesini, Sveva Avveduto, Giuliana Rubbia

The COVID-19 pandemic has changed our lives. The first and unexpected lockdown happened in Italy over Spring 2020 and has seriously upset people's daily routine, working organisation, socialisation, and interactions with colleagues and relatives. To overcome people's physical isolation and collect impressions, the "How are you?" online questionnaire was designed as a potential conversation among friends. Such written conversations took place from mid-March to the end of May 2020, i.e. during a period in which Italy was the first country in Europe to confine people home for all but essential reasons. What impact had this situation on people?

This study aims to investigate some of the social and relational consequences that the first lockdown in Italy had on a group of women, in terms of changes and limitations on work routines and social isolation, focusing in particular on the emotions felt at that time.

Text mining techniques have been applied to almost one hundred women's replies, to highlight similarities and differences in their experiences during the lockdown, changes in daily actions, thoughts, and reflections.

Our findings show that during the Spring 2020 lockdown a moment of physical and relational confinement was bear, causing feelings such as fear, sadness, and restlessness concerning the near future. However, many respondents accepted this lockdown as an opportunity to reorder their own lives, in terms of physical activities such as daily habits, and personal relationships and priorities. The fresco on which the paper is based is unique in terms of time, space, gender, and professions.

Regarding changes in daily habits, almost 83% of respondents showed a feeling of acceptance towards the lockdown and, at the same time, 80% of respondents showed a feeling of restlessness. Along with acceptance, negative feelings such as unease, fear, sadness prevailed. However, such emotion analysis produces different results on a specific subset of respondents. Focusing on women professionals in science only, such as academics or managers having an intellectual profession, a more positive attitude towards

lockdown has shown despite the strong limitations in place when compared with the whole set. In particular, two main feelings seem to spring: an optimistic view associated to hope and desire for improvement of the situation, and the acceptance of practical and social constraints correlated to the ability to understand the situation seriousness as well as the ability to rediscover the pleasantness of the own home.

The lockdown experience brought along a new awareness, spread across the group of respondents. On the one hand, the freedoms taken for granted but at that time considerably reduces, and now been made central and indispensable - such as travelling, going out, and moving around regularly for social relations and physical reasons. On the other hand, the limits of our society, in terms of defending and respecting the environment and the importance of research and healthcare accessible to all.

Keywords: COVID-19, emotion analysis, women in science, text-mining techniques

Rapid adoption of resilience strategies during the COVID-19 pandemic

Florence LeCraw

Healthcare professional (HCP) burnout and mental health issues were a public health challenge before the pandemic. The pandemic has worsened the situation. Physicians experiencing burnout are more likely to generate unsolicited patient complaints that may be associated with avoidable medical and surgical errors and excess malpractice claims experience. Surveys have found an association between symptoms of burnout and physician perceptions of increased medical error, as well as increased physician intent to reduce clinical hours or leave clinical practice. Many experts believe that the greatest share of HCP burnout is related to healthcare organization's operations and its culture. The American Medical Association has made recommendations that a medical facility can use to improve the health and well-being of the HCP. These recommendations include frequent data collection of the HCP during the pandemic, establishment of a 5-member multidisciplinary committee to assess the data and make decisions based on the data, a mechanism to communicate the committee's decisions to senior leadership and HCP, and HCP feedback of the committee's decisions to assess the need for any revisions. Physicians can help their institution implement these recommendations. Easier said than done, but not impossible! Gerald Hickson, MD and Florence LeCraw, MD will share their experiences and observations on successes and obstacles encountered in initiatives to support professionals to improve their well-being and their professionalism in pursuit of safety and high reliability. Gerald Hickson, MD serves as the ViceChair on the board of the Institute of Healthcare Improvement and past chair of the National Patient Safety Foundation. He has led teams that successfully implemented elements of the AMA's recommendation at over 220 Hospitals in the U.S. A research focus of Florence LeCraw, MD has been patient safety and HCP burnout. She is a member of teams that successfully helped healthcare organizations implement a program that improved the well-being of HCP and patients when an unexpected adverse outcome occurred to their patient. They will describe the AMA's recommendations that a medical facility can use to identify professionals who may be struggling and how they can improve the resilience of the HCP and what you can do to help your institution affect change.