



During my week visiting my mentor, Annette von Drygalski, MD, Pharm D, RMSK, who directs the Adult Hemophilia Treatment Center at the University of California San Diego (UCSD), I was given a glimpse into a top adult hemophilia treatment center known for its multidisciplinary clinical approach and innovative translational and clinical research. I met multiple core members of this center-specific comprehensive team who are essential for addressing the needs of the aging individuals with bleeding disorders.

I was introduced to the use of point-of-care musculoskeletal ultrasound in patients with bleeding disorders. This innovative valuable tool is currently used at the bedside to assist physicians in the diagnosis and treatment of acute joint pain including detecting bleeds, distinguishing between types of joint pain causes, following up progression of disease, and as a research instrument. Currently, UCSD is the only center in the United States offering this comprehensive teaching course. Approximately 20 international attendees from different backgrounds including physicians, nurse practitioners, physical therapists and medical students were present. We learned normal anatomy, practiced on different volunteer patients to compare their joints structures, and observed a few joint injections. We were also taught how this clinical tool was standardized at this center to be used as an instrument for research protocols.

This encounter allowed me ample networking opportunities with expert faculty in the field of hemostasis. It provided me with the opportunity to discuss management

perspectives with multiple clinicians, some of whom were visiting from Greece and India. It was interesting to gain insight into the variability and limitation of resources among different treatment centers even in the United States. We also discussed innovative translational and clinical research opportunities.

Thanks to the Thrombosis and Hemostasis Societies of North America Travel-To-A-Mentor award, I was able to broaden my clinical knowledge, strengthen my skills in managing patients with bleeding disorders, learn a new innovative medical tool and network with experts in the field of hemostasis. This opportunity was pivotal for my career development, clinical expertise and allowed opportunities for future research collaborations.

Sincerely,

Akram Mesleh Shayeb, MD