

# DE BILBAO A TORONTO...



UNIDAD DE INVESTIGACIÓN DE  
ENFERMEDADES AUTOINMUNES

IOANA RUIZ-ARRUZA  
UNIDAD DE INVESTIGACION DE EAS  
MEDICINA INTERNA  
HOSPITAL UNIVERSITARIO CRUCES

ZARAGOZA, OCTUBRE DE 2013

# POR DONDE EMPEZAR...

- ◉ FECHA
- ◉ LUGAR
- ◉ OBJETIVOS
- ◉ OTROS:
  - > DISTANCIA
  - > IDIOMA
  - > REQUERIMIENTOS DEL CENTRO
  - > OTROS INTERESES

# TORONTO

- ◉ RELEVANCIA A NIVEL INTERNACIONAL
- ◉ LINEAS DE INVESTIGACION
- ◉ CLINICAL and RESEARCH FELLOW vs OBSERVER

# UBICACION







# PRIMEROS DATOS: TORONTO

## Población (2011)

- **Total** **2,615,060 hab.**
- **Densidad** **4,149 hab/km<sup>2</sup>**
- **Pobl. urbana** **5,113,149 hab.**
- **Pobl. metropolitana** **6,136,654 hab**

**Superficie total 629 94 km<sup>2</sup> 1 2**

## WEATHER

From January 7 , 2012 to August 7 ,  
2012 - Toronto City

Max Temp: **36.7 °C**

Max Temp.Date: Jul.17 2012

Min temp: **-14.5 °C**

Min Temp. Date: Jan.15 2012

Precip Accumulation: 402.6 m



# PRIMER CONTACTO









# DIFICULTADES

● PAPELEO

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## ARTMENT OF MEDICINE

y of Medicine  
sity of Toronto

### Clinical Fellowship Application - New Appointment Visa/Work Permit Required\*

\*Applicants who are neither citizens nor Permanent Residents of Canada require a work permit.

**NOTE:** You should begin your application for a Fellowship well in advance of your intended start date of training. We provide that you meet all eligibility requirements at the time you submit your paperwork. The University of Toronto requires a minimum time allowance of 5 months from the time a complete application package is received to the start of your Fellowship training. **The intended start date of your Fellowship may be adjusted upon receipt of your application to allow sufficient time for all matters to be finalized. Any adjustment will be reflected in your Letter of Appointment issued by the University.** Incomplete application packages will delay the processing and approval of your application. Please ensure that you have included all documents requested in the attachments below in your application.

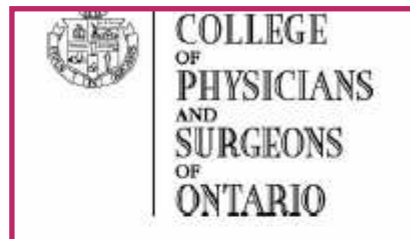
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Dear Applicant:

The College is pleased to provide this application for a Postgraduate Education certificate of registration for international medical graduates (IMG) with a confirmed Clinical Fellowship appointment.

**Note that this application package is specifically for IMG Clinical Fellows recognized as specialists outside Canada or the USA. (Applicants lacking specialty certification must instead pass the Medical Council of Canada Evaluating Examination (MCCEE)).**

This application package contains the following:

#### Instruction Guide:

- General Rules and Time Frames
- Information about Pre-Entry Assessment Program and Clinical Fellowship Certificates
- Schedule of Requirements for Registration as a Clinical Fellow
- Requirements Checklist



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SURGEONS  
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- PGMEO-University of Toronto-Faculty of Medicine
  - > TOEFL-IT
  - > PEAP: Pre-Entry Assessment Program
- INMINGRACION-EMBAJADA
- PCRC: Physicians Credentials Registry of Canada
- CPSO: College of Physicians and Surgeons of Ontario
- CMPA: Canadian Medical Protection Association



# ...MAS DIFICULTADES...PRACTICAS

- ALOJAMIENTO
- TELEFONIA
- BANCO
- SANIDAD

# ...MAS DIFICULTADES...PRACTICAS

- ◉ ALOJAMIENTO
- ◉ TELEFONIA
- ◉ BANCO
- ◉ SANIDAD
  
- ◉ ...TEMPERATURAS BAJO CERO, COMUNICACION EN INGLES CON INTERLOCUTORES NO NATIVOS, TRAMITES POR TELEFONO...

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- ◉ SOLEDAD

# **ORGANIZACION DEL CPSRD:**

## **Centre for Prognosis Studies in the Rheumatic Diseases**

- ◉ **CLINICA DE LES: RECEPCION, CONSULTAS MEDICAS Y SALA DE ENFERMERIA**
- ◉ **AREAS DE TRABAJO: DESPACHOS MEDICOS, DESPACHOS DE SECRETARIAS y DE ENFERMERA**
- ◉ **UNIDAD DE INVESTIGACION: SALA COMUN EN CUBICULOS**
- ◉ **UNIDAD CLINICA DE INVESTIGACION (ENSAYOS CLINICOS)**
- ◉ **OTRAS UNIDADES: AR, ESPONDILOARTROPATIAS, REUMATOLOGIA GENERAL, VASCULITIS, ESCLERODERMIA**





# PROGRAMA DE ACTIVIDADES

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
0800hr: <b>Radiology Rounds</b>	0800hr: <b>JOURNAL CLUB</b>  ICC Rnds @ HSC	0800hr: Physical Exam Rounds	0900hr-1200hr: Core Teaching/ In-pt activities	AM Clinics
AM Clinics	0900hr-1200hr: Core Teaching/ In-pt activities	AM Clinics	0900hr-1200hr: Core Teaching/ In-pt activities	
1300hr -1500hr: Teams on WARD	<b>Rheumatology Noon Rounds</b>	1200hr: <b>Medical Grand Rounds</b>	<b>Rheumatology Resident Noon</b>	1300hr -1500hr: Teams on WARD
1500hr -1700hr: Staff Round	PM Clinics	1300hr -1500hr: Teams on WARD	PM Clinics	1500hr -1700hr: Staff Round

# BENEFICIOS

## ◉ PROFESIONAL

### > CLINICO

- Pautas de tratamiento
- Perfiles clínicos
- Programa de actividades formativas
- Organización del sistema de salud

### > INVESTIGACION

- Organización de la unidad
- Líneas de investigación
- Ensayos clínicos

## ◉ PERSONAL

**Evidence-based recommendations for the prevention and long-term management of thrombosis in antiphospholipid antibody-positive patients: Report of a Task Force at the 13th International Congress on Antiphospholipid Antibodies**

G Ruiz-Irastorza, MJ Cuadrado, I Ruiz-Arruza, R Brey, M Crowther, R Derksen, D Erkan, S Krilis, S Machin, V Pengo, S Pierangeli, M Tektonidou and M Khamashta

*Lupus* 2011 20: 206

DOI: 10.1177/096120331039580

The online version of this article can be

<http://lup.sagepub.com/content/20/2>



J Rheumatol. 2013 Mar 1. [Epub ahead of print]

**Recommendations for Frequency of Visits to Monitor Systemic Lupus Erythematosus in Asymptomatic Patients: Data from an Observational Cohort Study.**

Gladman DD, Ibañez D, Ruiz I, Urowitz MB.

From the University of Toronto Lupus Clinic and the Centre for Prognosis Studies in the Rheumatic Diseases, Toronto Western Hospital, Toronto, Ontario, Canada.



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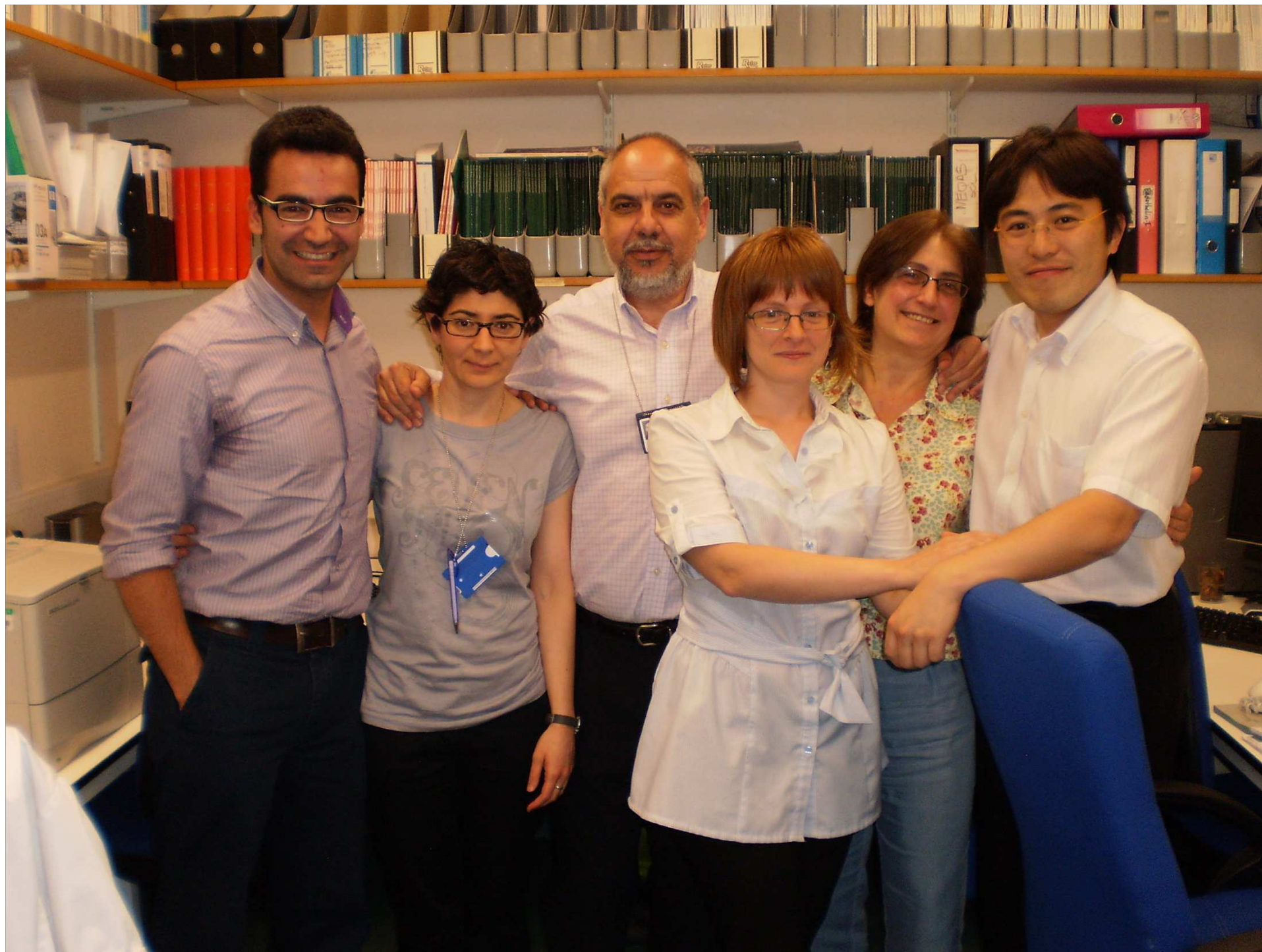
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## ◉ PERSONAL



















# ESKERRIK ASKO

