



## Research Networking Programmes

Short Visit Grant  or Exchange Visit Grant

*(please tick the relevant box)*

### Scientific Report

The scientific report (WORD or PDF file – maximum of eight A4 pages) should be submitted online within one month of the event. It will be published on the ESF website.

**Proposal Title:** Update on diagnosis, treatment and follow-up of primary aldosteronism.

**Application Reference N°:** 6358

#### 1) Purpose of the visit

I am endocrinologist and PhD-student at the University of Bergen, Norway. My PhD-project is a clinical study of primary aldosteronism/Conn's syndrome in Norway. In our study we register and follow all patients diagnosed with primary aldosteronism in the Western and Central regions of Norway, from the time of confirmation of their diagnosis until one to two years after they have received definite treatment.

My short visit was to Medizinische Klinik und Poliklinik IV, Klinikum der Ludwig-Maximilians-Universität München. The aim of my visit was both to learn how patients with primary aldosteronism are examined and treated in this one of the world-leading centers on primary aldosteronism, which I then will be able to benefit from in my project in Norway. The aim was also to learn from how they organise their national Conn registry, which is a multi-center registry. Knowledge of how the Conn registry is organised will be very beneficial in our further work of registering Norwegian patients. Finally, we hope to take active part in the collaborative projects in the ENS@T network.

#### 2) Description of the work carried out during the visit

My visit at the Medizinische Klinik und Poliklinik IV, Klinikum der Ludwig-Maximilians-Universität München lasted five days, from March 30th until April 4th 2014. My daily schedule was organised by Dr.med.Anna Riester, who has been the medical doctor in charge of the daily work at the Conn registry in München for the last 18 months. During my visit I participated in the daily routines of dr. Riester and the other

medical doctors and nurses involved in patients with primary aldosteronism/Conn's syndrome. I participated in their clinical routine of diagnosing and treatment of this patient group. I was being introduced to how their multicenter Conn registry is organised, how they carry out their study visits, which tests the study patients are admitted to, and how they organise and register all the collected patient data. I participated in several study visits, both baseline visits and follow-up visits. I followed both the medical doctors and the Conn registry study nurses in their work with the register patients. I was also introduced to the Conn registry's electronical CRF. The study nurses showed how they handle the blood, urine and hair samples for the Conn biobank. I also visited the clinic's Hormone laboratory, and was given an introduction to the ICMA assay which they use for their aldosterone and plasma renin concentration measurements. I also visited the clinic's Endocrine Research Laboratory and was given a brief introduction to how analyses for different gene mutations in Conn's are performed and interpreted. I participated in the clinic's weekly Endocrinological tumor board/Conn board/Cushing board, and in the weekly Conn-registry meeting. I also participated in the clinic's weekly interdisciplinary endocrine meeting and weekly "Mittagskonferenz".

In addition I was also introduced to how their Cushing registry is organised, and I participated in a few study visits for Cushing patients.

**3) Description of the main results obtained**

This visit to the Medizinische Klinik und Poliklinik IV, Klinikum der Ludwig-Maximilians-Universität München gave me a better knowledge of how Conn patients admitted to this clinic are examined, treated and registered, and how the German Conn registry is organised. This knowledge will be very helpful in our further work of both the clinical work-up and registering of our Norwegian Conn patients in the best possible way. A thorough registration of our Norwegian Conn patients, in a manner similar to the patient registration in the Conn registry, will also be beneficial for future collaborative projects within the ENS@T network.

**4) Future collaboration with host institution (if applicable)**

The Medizinische Klinik und Poliklinik IV, Klinikum der Ludwig-Maximilians-Universität München already take active part in different collaborative projects within the ENS@T network. In Bergen, Norway we have now applied our regional ethics committee to take part in one of the ENS@T network studies.

**5) Projected publications / articles resulting or to result from the grant (*ESF must be acknowledged in publications resulting from the grantee's work in relation with the grant*)**

No specific publications are planned as a direct result of the grant.

**6) Other comments (if any)**