

# Pneumologia's workshops: how to write a scientific article

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Nowadays, many young doctors present interesting findings at events organized by the Romanian Society of Pneumology and international congresses, but these pieces of work rarely get to be printed as articles in a medical journal. This might be due to lack of time of the authors, lack of interest to make one's experience public, but certainly also due to the lack of knowledge on how to put the information collected in the structure of a publishable article.

Based on this observation, our Editorial College, at the initiative of Tudor Toma, started a series of workshops addressed especially to young colleagues, but also to any potential author, entitled "How to write a scientific article".

The aim of these workshops was to help the researchers overcome their fear of writing by offering hints on how to transfer clinical or research data in the structure of a scientific article. We were hoping for "face-to-face" meetings with people who were interested in publishing, and we also wanted to understand the reasons that prevented them from writing, so that we could address directly.

The first workshop was organized in December 2014 in Sibiu, within the Conference of Interns in Pneumology. This very informal meeting, where the young physicians are the only speakers, was the perfect background for an open discussion on how to build up an article. The workshop, led by Irina Strâmbu and Anca Macri, was structured as a hands-on workshop. Two presentations were selected from the scientific programme, one case report and one original paper. During the workshop, the power point presentations were transformed in draft articles, discussing in the process many technical details (how to insert and cite the references, how to insert figures, how to draw a table, what data to place in a graphic, what should the "discussions" section contain, etc). We very much appreciate the two authors, Iulia Stamat from Moldova and Adelina Creangă from Bucharest, for accepting to play the part of the "guinea pig" in this experiment.

The second workshop took place in April 2015 within the Conference of Rare Diseases and Conference of Lung Cancer in Băile Felix, Oradea. This time, Irina Strâmbu and Tudor Toma prepared talks on how to not be afraid to write

an article, and how to write the perfect paragraph, respectively. We discussed the reasons why somebody would decide to write an article and what are the hurdles one needs to pass to fulfill this task. It seems that, besides the shyness of the potential authors, there is also a fear of not disturbing the hierarchy of a department if a subordinate publishes something independent of his/her boss.

The third workshop was organized in Iași, with the full support of Professor Traian Mihăescu, and was hosted by the Society of Physicians and Naturalists, a scientific organization founded in the 19th century. An old journal (Pneumologia, founded in 1951) and a very young one (Archive of Clinical Cases, funded in 2014 by Mihai Danciu

from Iași) joined forces to convince young authors to break the proverbial ice in publishing. Mihai Danciu with his presentation "The devil is in details", discussed the technical drawbacks that hinder the chances of a paper being accepted by a journal. Irina Strâmbu and Tudor Toma presented the same topics as in Oradea, updated.

Professor Mihăescu

addressed the ethics of publications, and Radu Crișan-Dabija discussed the need to introduce "Letters to the editor" in Pneumologia, in order to make way for scientific discussion. The post-event online feedback survey showed a trend that favours the usefulness of this event and encourages the organizers to improve it.

These workshops are one of the key points in the journal's strategy to attract more papers of a scientific level and improve the visibility of the journal. Nonetheless, we sincerely hope that our efforts will also contribute to the increase of the scientific quality of research in respiratory medicine in Romania, according to the good level of medical practice of our colleagues.

In conclusion, we intend to repeat these procedures as well as give the workshop a stronger, more practical approach by helping our colleagues with the final draft of their papers. We also intend to include the workshop in the Continuous Medical Education system. We would be happy to answer local requests and organize workshops in Cluj, Craiova, Timișoara or other locations.

We are open anytime to help authors find the best formula for a successful article that wish to submit a paper to Pneumologia. And, remember: "publish or perish"! ■



# First National Conference on Interstitial Lung Diseases

Timișoara, October 9-10

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The Working Group for Interstitial Lung Diseases and Sarcoidosis within the Romanian Society of Pneumology, founded in 2012, achieved two essential goals in October: organising the first National Conference dedicated to the topic, and launching of the Guidelines for the Diagnosis and Treatment of Interstitial Lung Diseases.

Jointly organised by the University of Medicine and Pharmacy "Victor Babeș" Timișoara and under the auspices of the Romanian Academy for Medical Sciences, the conference brought together the most important Romanian leaders of opinion along with relevant European personalities: professor Athol Wells, from Brompton Hospital, London, a true "guru" of the idiopathic pulmonary fibrosis, Vincent Cottin from the Expertise Center for Rare Diseases in Lyon, Katerina Antoniou from Heraklion, Crete, the President of the ILD Group within the European Respiratory Society, Martina Vasakova from Prague and Veronika Muller from Budapest, leaders of the dedicated groups in Check Republic and Hungary respectively, and Daniel Dumitrescu from Köln, involved in the study of pulmonary hypertension related to vascular collagen diseases.

The Conference included a dense programme, dealing with the diagnostic tools, genetic features, pathology, imaging and clinical characteristics of idiopathic pulmonary fibrosis (IPF). The critical elements for differentiating IPF from other idiopathic pneumonias or interstitial diseases of known origin were discussed. At the end of the day, in the perspective of the new treatment strategies available, the main question remains: is it IPF or is it not? This question has a difficult answer, needing a multidisciplinary approach, involving the collaboration of the pulmonologist, the radiologist and the pathologist.

In the first day, other topics were addressed, in parallel sessions: hypersensitivity pneumonitis, indications for lung transplantation and the complex care of patients after lung transplant, comorbid associations and particular phenotypes of IPF: emphysema, lung cancer, gastro-oesophageal reflux, as well as the exacerbations of IPF.

The second day focused on sarcoidosis and collagen diseases with pulmonary interstitial involvement. The treatment indications and the bronchial obstruction in sarcoidosis were addressed, as well as problems related to the lung involvement in collagen diseases, discussing the diagnostic difficulties and particular features of treatment.



The case report session proved to be, as expected, extremely interesting, and the 7 cases presented triggered many discussions.

The poster sessions included 12 papers, all related to the conference topic, dealing with various interstitial diseases, comorbid associations of sarcoidosis and interstitial lung disease in children.

The Conference ended with the launch of the Guidelines for Diagnosis and Treatment of Interstitial Lung Diseases, edited by the Romanian Society of Pneumology and offered to all participants. The Guidelines aim to unify the terminology used by Romanian physicians when dealing with these diseases and to offer practitioners a practical support for the diagnosis and management of these patients. The Guidelines address interstitial lung diseases in a concise and pragmatic manner, and contains up-to-date scientific information.

Timișoara, one of the undeniable poles of competence in interstitial lung diseases, promoted by prof. Voicu Tudorache's team, proved to be a perfect host for the "interstitial" team from "Marius Nasta" Institute in Bucharest, as well as for the large number of participants from the entire country. ■

# Another facet of tuberculosis

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The symposium "The Multidisciplinary Approach to Tuberculosis" was held in Constanta, between September 4-5, 2015 and was organised the Pulmonary Tuberculosis Division of The Romanian Society of Pneumology, together with Ovidius University in Constanta, The County Medical College and The Baylor-Black Sea Foundation. In fact, these activities have continued during the past years, with the aim to provide the "background" for scientific expertise in order to analyse this contagious disease and its implications. Actually, this symposium opened "Pandora's Box", and the other facet of tuberculosis which is on the border between specialties, and has raised a very difficult issue involving multidisciplinary teams

The symposium began with a session on the epidemiology of tuberculosis, where the following topics were analysed: "TB still a public health problem in Romania"(Gilda Geogeta Popescu et al.), "The performance of modern tests in detecting the Mycobacterium tuberculosis Complex"(Oana Cristina Arghir, Adriana Socaci, Constantin Marica et al.), "Genetic markers, a new dimension of TB epidemiology( the same team)", "Laboratory methods for the diagnosis and detection of Mycobacterium tuberculosis strains resistant to anti-TB drugs. The experience of The National Reference Laboratory of the "Marius Nasta" Institute of Pneumology Bucharest "( Adriana Moisoiu) and "The management of drug-resistant tuberculosis (DR-TB)"(Victor Spinu, Domnica Chiotan et al.). The presentation continued on the same topic with : "The morphological profile of the extrapulmonary TB"( Madalina Bosoteanu) with the presentation entitled "Epidemiological peculiarities of extrapulmonary TB in a southern region of Romania"( Victor Grecu et al.). It was a welcomed clarification, creating a panoramic view on multiple pulmonology problems caused by pulmonary tuberculosis and its multiple determinations. Just as welcomed was the second session, where multiple specialties contributed. Here, anatomopathologists analysed the causes of postmortem diagnosis of tuberculosis (Mariana Deacu, Madalina Bosoteanu, nephrologists talked about tuberculosis management in patients with chronic renal failure (Tuta Liliana et al.) while the specialist in occupational medicine talked about silicotuberculosis approaching the border between specialties (Agridina Rascu et al.). The pulmonologists and thoracic surgeons later came back, presenting information about : "Biological therapy, a real risk factor for tuberculosis?"(Ariadna Petronela et al.), "Smoking and tuberculosis"(Fl. Mihaltan, Ioana Munteanu), "The pulmonary carcinoma- post tuberculosis syndrom?" (Oana Arghir et al.) and "Surgical management in pulmonary aspergillosis"( Costel Mitrofan). Also during the first day, some other facets of tuberculosis were reviewed, together with

their associated diseases. There was a discussion about the TB-HIV relationship, exploring : "TB Guard - Draft prevention of tuberculosis among people living with HIV in Constanta" (Stefania Florentina Mihale et al.), "The IRIS Syndrome and TB phenotypes in a HIV positive patient"(Irina Magdalena Dumitru et al.), "Pediatric tuberculosis and HIV infection before and after cART"(Claudia Simona et al.), "Clinical and social aspects of patients with TB-HIV registered at the TBC Dispensary in Sector IV, Bucharest - a 5 year retrospective study" (Ana Maria Zaharie et al.) and "Tuberculosis in immunocompromised patients: transplanted patients, HIV patients"(Monica Pop et al.). Other topics were discussed the next day, such as: "Lymph node tuberculosis" (Tatiana Adam et al.), "Recurring lymph nodes with multiple locations- therapeutic difficulties" (Mimi Nitu et al.), "Endobronchial tuberculosis at an extreme age- diagnostic difficulties" (Emilia Crisan et al.), "The risk factor in lung cancer"(Doina Tofoleanu et al.) and "The contribution of CT in detecting lung cancer" (Macovei Tinel). Actually, the TB-neoplasm relationship was examined in detail in the following presentations: "Concomitant association between pulmonary TB - laryngeal cancer. Methods of diagnosis and treatment" (Emilia Tabacu et al.), "Pulmonary tuberculosis and lung cancer in medical practice"(Doina Tofoleanu et al.), "Bilateral pulmonary tuberculoma or metastatic disease" (Adriana Socaci et al.), "Professional judgement and malpraxis in oncology patients" (Ruxandra Ulmeanu) and "New therapeutic methods in NSLC-immunotherapy" (Laura Mazilu et al.).

For the first time on an RSP event, the NAM was there, with a presentation on: "Monitoring the safety profile of medicines (including vaccines) "Lecturer - dr. Marius Tanasă, vice president of NAMMD. Two courses were organised during the event, one for nurses, called "TB infection control", coordinated by Dantes Elena, from the Faculty of Medicine of Ovidius University and the other, "Post-tuberculosis syndromes and respiratory rehabilitation", for physiotherapists and pulmonologists, lead by Associate Dr. Postolache Paraschiva, from the Faculty of Medicine of "Grigore T. Popa" University of Medicine and Pharmacy, Iasi ; there was also a session about non-invasive ventilation, during a Linde symposium. The involvement of other pharmaceutical companies, like Chiesi, Astra Zeneca, and Cipla, allowed for such event to take place, since it is well-known that the interest of drug manufacturers in the RSP manifestations isn't as great when discussing subjects like tuberculosis.

The event was a success because we managed to bring many specialties to the table, and tuberculosis proved to have multiple facets with implications that can only be solved through a multidisciplinary debate. ■



## High-level meeting between two professional societies

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A new initiative coming from the Romanian Society of Occupational Medicine, endorsed by Dr. Horatiu Moldovan, acting president of the conference, was honoured by the Romanian Pneumology Society, within the new partnership expansion policies adopted 2 years ago. The conference theme: "The radiological diagnosis of pneumoconiosis" proved to be exciting, bringing several specialties under one flag and having a renowned foreign guest, Prof. Kurt Georg HERING - Consultant at the Westfalen Clinic in Dortmund Germany. The variety of topics allowed for interesting discussions: occupational medicine and imaging specialists, pulmonologists and health care organizers, all attended different presentations in various areas.

After a short introduction made by the organisers, the discussion went straight to the topic, which was: "Collagenous pneumoconiosis – sources of exposure, clinical aspects" and "Noncollagenous pneumoconiosis - sources of exposure, clinical aspects" (Marilena OARGĂ), "Tuberculosis and pneumoconiosis" (Florin MIHĂLȚAN), "Smoking as an aggravating factor of pneumoconiosis" (Corina Marginean) and "Pneumoconiosis diagnostic procedure in Romania" (Eugenia NAGHI –President of the Romanian Society of Occupational Medicine ). It was a batch of topics which generated a lot of questions about the tuberculosis - pneumoconiosis and, in particular, silicosis interrelationship. Noticing that there was a difference between the national tuberculosis registry and the cases declared by the occupational medicine clinics, it was suggested that these cases be consolidated, so that the identification of one of the conditions can be automatically registered in the other network. The common problems regarding the names of the disorders and the indication of chemoprophylaxis were also discussed.

Another discussion was held on the same day, where the following topics were analysed: "The radiological anatomy of the thorax in terms of conventional and digital radiography", of computer tomography (Marian POP), "Indications and contraindications for thoracic radiological investigations - ALARA concept, elements of radiation protection" (Horatiu MOLDOVAN) followed by a series of topics such as: "The historical development of the ILO classification and the introduction of pneumoconiosis in the radiographic ILO classification" (Kurt Georg HERING). It was actually an analysis of all the indications from the imaging investigations and a correlation with elements of anatomy and radiation protection, that was welcomed by both specialties.

Saturday was no less prolific. This time, we witnessed a series of presentations on topics such as: "The radiologic differential diagnosis of pneumoconiosis" (Edith Simona IANOSI and colab.) after which the foreign guest delighted us with: "Pneumoconiosis assessment through HRTC including the International Classification for occupational and environmental diseases (ICOERD)" and "Radiological classification and CT-HRCT with case demonstrations". All these new elements of the international classification triggered a series of questions and lively discussions that were very enlightening for the Romanian specialists, with the direct, immediate purpose of complying with the new radiological standards imposed by the international organisations.

The event achieved its purpose, being both a meeting and an interesting exchange of experiences between two professional societies facing difficult radiological diagnoses with border pathologies and challenging comorbidities through the twists and turns of the differential diagnoses that they cause. ■

## “About smoking: from theory to public” another initiative of the Romanian Society of Pulmonology

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The Romanian Society of Pulmonology, an organization that has already been involved for several years in the implementation of a smoke-free law, brought together in another important initiative leaders of opinion in the field of pulmonology and cardiology, public health professionals, authorities, social life representatives and journalists, in order to introduce a mutual goal: an accurate and more effective communication of the topics regarding smoking in Romania.

Smoke-free law enforcement was and remains one of the major priorities on the Romanian Society of Pulmonology agenda. Our mission is to have a comprehensive smoke-free law not only pass, but be regularly and consistently enforced as well. Furthermore, we need educational packages, higher taxes on tobacco and high-impact pictograms, in order to drastically reduce tobacco consumption among Romanians. The Romanian Society of Pulmonology’s steps for implementing a legislation that prohibits smoking in public places, as well as for reducing the number of smokers, represent actions intended to align Romania to global health policy. Since last year, the procedure was founded on a solid partnership between the Romanian Society of Pulmonology and the Romanian Society of Cardiology. In time other organisations and NGOs joined us. We were on the front line of the debates and meetings with our parliamentarians. Even so, the implementation of smoke-free law and the attempt to change social behavior are slow and difficult, therefore the initiative requires partnerships. We need every time new allies. That’s why training of journalists and other representatives of mass media have become a priority for the Romanian Society of Pneumology .

Every participant brought in this conference his or her expertise. The cardiologists who attended the meeting brought into question the importance of partnership between medical societies involved in combating smoking, in order to have a more profound impact on society. These actions are all the more pressing since the risk of myocardial infarction in young smokers is high in Romania. Another important topic the experts approached was education as an important element in terms of raising awareness regarding the risks of smoking.

The representatives of the authorities admitted that, unfortunately, Romania is the only country in the European Union which has not adopted legislation to ban smoking in enclosed public places, emphasizing that Romania should reach the European standards. However, there is an optimistic attitude regarding the adoption of a smoke-free law and the hope that the lawmakers will reach a consensus in applying the law, which will also bring a beneficial change at the community level. A big chance for this year is the strong coalition “Romania Respira” including more the 200 organizations who made the necessary pressure on the authorities for approving the new law quickly.

The civil society representatives in this conference opined that the implementation of the smoke-free law protects the rights of non-smokers and helps them to enjoy the fresh air in public spaces. They also pointed out the long term repercussions that tobacco consumption has on the economy. A cost-benefit analysis would show that if there isn’t a responsible intervention costs of hospitalisation, workplace absenteeism, loss of productivity etc., will continue to grow.

In terms of trying to change the behaviour of smokers, specialists on quitting smoking underline also that they rely heavily on reverse psychology, on putting out more positive effects of quitting smoking and less on the negative effects of nicotine addiction.

The impact of the meeting was positive in term of media representation. The event had good coverage on Romanian TV channels, radio and online media. Afterwards we observed a growing interest from the different parties in further discussing methods to improve this law with our experts. ■

