

# 4<sup>th</sup> EULAR Postgraduate Course Health Professionals in Rheumatology

**Genoa, Italy**

**Friday, 29 September 2023 – Saturday, 30 September 2023**



## ORGANISATION & COMMITTEE

### Course Committee

- Andréa Marques (Nurse, Portugal) – Co-Convenor
- Diego Benavent-Nunez (Rheumatologist, Spain) – Convenor
- Marco Testa (Physiotherapist, Italy) – Co-Convenor
- Ricardo Ferreira (Nurse, Portugal) - Convenor

### Speakers, Chairs and Facilitators

- Alberto Sulli (Rheumatologists, Italy) – Speaker
- Alison Kent (Nurse, United Kingdom) – Workshop Facilitator
- Andréa Marques (Nurse, Portugal) – Group Facilitator
- Diego Benavent-Nunez (Rheumatologists, Spain) – Speaker and Group Facilitator
- Eleonora Camerone (Italy) – Keynote Speaker
- Emma Dures (Psychologists, United Kingdom) – Keynote Speaker
- Jette Primdahl (Nurse, Denmark) – Speaker
- Khadija El Aoufy (Nurse, Italy) – Speaker and Group Facilitator
- Marieke Voshaar (Patient Research Partner, Netherlands) – Keynote Speaker
- Ricardo Ferreira (Nurse, Portugal) – Group Facilitator
- Simone Battista (Physiotherapist, Italy) – Speaker and Group Facilitator
- Trish Cornell (Nurse, United Kingdom) – Workshop Facilitator
- Tuva Moseng (Physiotherapist, Norway) – Speaker

### Organising Secretariat

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### EULAR Committee

EULAR Education Committee, Live Courses & Meetings Sub-Committee

## COURSE DESCRIPTION

This is a 1.5-day course for health professionals in rheumatology (HPR) on the **basic management of common rheumatic and musculoskeletal conditions (RMDs)**, taught by selected faculty of European experts in a very interactive and cordial environment.

The course will focus on knowledge and skills most relevant for HPRs' daily practice. Participants have the opportunity to meet experts in an informal setting and network with other HPR with different professional backgrounds and career pathways.

### Learning objectives

- Obtain up to date knowledge on the epidemiology, pathogenesis, diagnosis and management of common RMDs, in particular RA and OA
- Be familiar with interventions commonly executed by health professionals in rheumatology (HPR) in the treatment of patients with RMDs
- Have in-depth knowledge on psychosocial aspects of RMDs and behavioral change techniques.
- Apply the principles of evidence-based practice and continuous professional development to one's own practice

### Course certification

100% course attendance is required, to receive the 4<sup>th</sup> EULAR Postgraduate Course Health Professionals in Rheumatology certificate after the course.

The course will integrate with the EULAR Educational Programme / EULAR School of Rheumatology and objectives.

## GENERAL INFORMATION

### Course venue

University of Genoa – Department of Internal Medicine and Medical Specialties (D.I.M.I.)  
Viale Benedetto XV, 6  
16132 Genoa, Italy

### Course dates

Friday, 29 September 2023 (Start at 13:00) – Saturday, 30 September 2023 (End at 15:30)

### Maximum participants

30 – 50

### Official language

English

## Course Fee

**100 € (VAT included), package includes**

#### Friday, 29 September 2023

- Full access to the course
- Afternoon coffee break
- Dinner

#### Saturday, 30 September 2023

- Full access to the course
- Coffee break
- Lunch

# REGISTRATION

## Application requirements / target audience

- No application requirements
- Health professionals in Rheumatology, i.e., nurses, physiotherapists, occupational therapists, psychologists, social workers, etc.

## Registration

Online: <https://esor.eular.org/course/view.php?id=408>

It is required to login to one's personal EULAR School of Rheumatology account to register.

Those without any EULAR School account, will need to create one before registering.

**Registration deadline:** 20 August 2023

## Detailed Programme

### Day 1 – Friday, 29 September 2023

Time	Type of session & Title	Speakers
12:00 – 13:00	REGISTRATION	
13:00 – 13:30	WELCOME	M. Testa R. Ferreira
13:30 – 14:00	Ice breaker activity (getting people to know each other)	K. El Aoufy
14:00 – 15:30	<b>Session I – Is there a missing link in RA management?</b> 1. Overall management of patients with RA 2. The use of PROMs in RA – are we doing enough? 3. Essentials on the management of co-morbidities	1. A. Sulli 2. R. Ferreira 3. J. Primdahl
15:30 – 16:00	COFFEE BREAK	
16:00 – 16:45	<b>Keynote lecture</b> – Updates on Fatigue Management	E. Dures
16:45 – 18:15	<b>Session II – The added value of Health Professionals in Rheumatology – the case of Osteoarthritis?</b> 1. Overall management of patients with OA 2. Community-based management programmes for people with OA – The Nordic case 3. The use of wearable devices and apps in the digital era: Pearls and Pitfalls	1. S. Battista 2. T. Moseng 3. K. El Aoufy
18:15 – 18:30	COMFORT BREAK	
18:30 – 19:15	<b>EULAR Rheuma Quiz</b> – Interactive Contest Game with Prizes	D. Benavent-Nunez
19:15 – 19:30	CLOSING	
20:30 -	DINNER	

## Day 2 – Saturday, 30 September 2023

Time	Type of session & Title	Speakers
08:30 – 08:40	Summary of the previous day and orientations for case discussion and workshops	R. Ferreira
08:40 – 09:15	<b>Keynote Lecture</b> – Psychological Approaches for the Management of Chronic Pain in Rheumatoid Arthritis	E. Camerone
09:15 – 09:20	<b>Clinical case discussion</b> – Presentation of a RA case and activity announcement	D. Benavent-Nunez
09:20 – 10:00	<b>Clinical case discussion by groups</b> – Breakout groups	Facilitators: A. Marques D. Benavent-Nunez K. El Aoufy M. Testa R. Ferreira S. Battista
10:00 – 10:20	<b>DISCUSSION COFFEE BREAK</b> – i.e., keep coffee while continuing case discussion	
10:20 – 10:45	<b>Clinical case discussion</b> – Experts and participants perspectives	D. Benavent-Nunez
10:45 – 11:45	<b>Workshop</b> – Assessment in Rheumatology (divided in the following 3 subgroups): A) Joint-count assessment in RA B) Cardiovascular Risk Assessment in people with Inflammatory Arthritis C) FRAX assessment for risk of Fractures	A) K. El Aoufy & T. Cornel B) J. Primdahl & R. Ferreira C) A. Marques & D. Benavent-Nunez
11:45 – 12:45	<b>LUNCH</b>	
12:45 – 13:30	<b>Keynote lecture</b> – Updates on Treatment Adherence	M. Voshaar
13:30 – 14:45	<b>Workshop</b> – "Role-Play" TGROW and health coaching	A. Kent
14:45 – 15:00	<b>Course evaluation and Course Self-assessment</b>	M. Testa
15:00 – 15:30	<b>CLOSING</b> – How to be involved in EULAR activities	R. Ferreira

Any changes to the scientific programme or to the list of speakers are possible until the date of course. Further updates will be published on the [EULAR School of Rheumatology](#) homepage.