

## 1<sup>st</sup> EULAR Postgraduate Course Health Professionals in Rheumatology

**Madrid, Spain**

**Thursday, 19 March – Friday, 20 March 2020**



# ORGANISATION & COMMITTEE

## Postgraduate course committee

- Loreto Carmona (Spain)
- Jenny de la Torre (Spain)
- Ricardo Ferreira (Portugal)
- Milena Gobbo Montoya (Spain)
- Eda Tonga (Turkey)
- Thea Vliet Vlieland (Netherlands)

## Presenters, chairs and facilitators

**Xenofon Baraliakos**, Germany; **Mercedes Coello**, Spain; **Patrizia Cornell**, UK; **Silvia García Díaz**, Spain; **Emma Dures**, UK; **Isidoro González-Álvaro**, Spain; **Margreet Kloppenburg**, Netherlands; **Keegan Knittle**, Finland; **Leticia León**, Spain; **Angeles Pastor Mira**, Spain; **Cecilia Peñacoba**, Spain; **Jette Primdahl**, Denmark; **Marta Redondo**, Spain; **Victoria Romero Pazos**, Spain; **Tanja Stamm**, Austria; **Joke Vriezekolk**, Netherlands

## Patient education partners

TBD

## Partner

In cooperation with Camilo José Cela University, Madrid

## Responsible EULAR committee

HPR Classroom EULAR School of Rheumatology, in cooperation with PARE and rheumatologists' classrooms.

## Organising secretariat

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## GENERAL INFORMATION

### Course venue

Camilo José Cela University  
Madrid-Almagro Campus  
C/ Almagro, 5, 28013 Madrid, Spain

### Course dates

Thursday, 19 March 2020 (Start at 09:00) – Friday, 20 March 2020 (End at 18:00)

### Participants

80 participants maximum

### Official language

The course is in English.

Language facilitation consists of translation of key messages and real time moderation in Spanish of workshops and round table discussions.

### Application requirement

#### Profile:

- Health professionals in Rheumatology
- No restrictions regarding professional backgrounds

### Course Fee

#### **50 € (VAT included), package includes:**

Thursday, 19 March 2020 & Friday, 20 March 2020

- Full access to 1<sup>st</sup> EULAR Postgraduate Course Health Professionals in Rheumatology
- Morning coffee break
- Lunch
- Afternoon coffee break

## COURSE DESCRIPTION

This is a two-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 behavioural 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 "1st 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.

## Detailed Programme

Day 1 – Thursday, 19 March 2020

Time	Type of session & Title	Learning objectives & Details	Speakers
09:00 – 09:30	<b>Welcome + Pre-Self-Assessment</b>		T. Vliet Vlieland, J. de la Torre, M. Gobbo Montoya, L. Carmona
09:30 – 10:00	<b>Introduction to RMDs</b>	General introductory to ensure harmonise start Basic understanding of common RMDs	L. Carmona
10:00 – 10:30	<b>RA</b> Diagnosis, Epidemiology and Immune System	Up to date knowledge on epidemiology pathogenesis, and diagnosis of RA	I. González-Álvaro
10:30 – 11:00	<b>Imaging of RA</b>	Update on diagnosis and monitoring of RA by means of imaging	X. Baraliakos
11:00 – 11:30	<b>COFFEE BREAK</b>		
11:30 – 12:00	<b>Pharmacological Treatment</b>	Update on pharmacological management of RA	I. González-Álvaro
12:00 – 12:30	<b>Non-Pharmacological Treatment</b>	More confident application of knowledge and skills regarding the non-pharmacological management of RA	J. de la Torre
12:30 – 13:00	<b>Cardiovascular Risk Management</b>	More confident application of knowledge and skills regarding cardiovascular risk management in inflammatory RMDs	J. Primdahl
13:00 – 13:30	<b>Behavioural Change</b>	General introductory to Behavioural Change with RMDs	K. Knittle
13:30 – 14:30	<b>LUNCH</b>		
14:30 – 16:00	<b>Workshops</b> (90 mins each session; running concurrently)	Assessment (English)	P. Cornell
		Motivational Skills (Spanish)	A. Pastor
16:00 – 16:30	<b>COFFEE BREAK</b>		
16:30 – 18:00	<b>Workshops</b> (90 mins each session; running concurrently)	Assessment (Spanish)	J. de la Torre
		Motivational Skills (English)	K. Knittle
18:00 – 19:00	<b>Round table session</b>	Pain & Sexual problems will be discussed (General on RMDs; 30 mins each topic)	R. Ferreira, V. Romero Pazos, M. Redondo, L. León E. Tonga
19:00 – 20:00	<b>NETWORKING</b>		

## Day 2 – Friday, 20 March 2020

Time	Type of session & Title	Learning objectives & Details	Speakers
09:00 – 09:30	<b>OA</b> Diagnosis and Epidemiology	Up to date knowledge on epidemiology, pathogenesis, diagnosis and of OA	M. Kloppenburg
09:30 – 10:00	<b>Imaging of OA</b>	Up to date knowledge on diagnosis and monitoring of OA by means of imaging	X. Baraliakos
10:00 – 10:30	<b>Medical Treatment</b> Pharmacological & Surgical	Up to date knowledge on management of OA	M. Kloppenburg
10:30 – 11:00	<b>Non-Pharmacological Treatment</b>	More confident application of knowledge and skills regarding the non-pharmacological management of OA	T. Stamm
11:00 – 11:30	<b>COFFEE BREAK</b>		
11:30 – 12:15	<b>Psycho-social impact of RMDs</b>	Up to date knowledge on the psychosocial impact of RMDs	J. Vriezekolk, V. Romero Pazos
12:15 – 13:00	<b>Self-Regulation</b>	More confident application of knowledge and skills regarding the application of self-regulation theories in practice	K. Knittle
13:00 – 14:00	<b>LUNCH</b>		
14:00 – 15:00	<b>Workshops</b> (60 mins each session; running concurrently)	Evidence-based Practice (English)	J. Primdahl
		Continuous Professional Development (Spanish)	S. García Díaz
15:00 – 15:30	<b>COFFEE BREAK</b>		
15:30 – 16:30	<b>Workshops</b> (60 mins each session; running concurrently)	Evidence-based Practice (Spanish)	L. Carmona
		Continuous Professional Development (English)	R. Ferreira
16:30 – 17:30	<b>Round table Session</b>	Psycho-social & Fatigue Interventions (General on RMDs; 30 mins each topic)	J. Vriezekolk, E. Dures, C. Peñacoba, M. Coello E. Tonga
17:30 – 18:00	<b>Closing + Post-Self-Assessment</b>		