



The Primary Care
Rheumatology and
Musculoskeletal
Medicine Society

Primary Care Rheumatology & Musculoskeletal Medicine Society Annual Conference

Programme

14-16th November 2019

PARK INN HOTEL, YORK

Thursday Main Conference

12.00 - 13.30	Arrival and Registration (Lunch served in the Exhibition Area)
13.30 - 13.45	Welcome
13.45 - 15.15	Workshop Session 1 <ul style="list-style-type: none">• Ultrasound• Paediatric Rheumatology• Evidence based guidelines for managing MSK conditions• Joint Injection Session 1• Implementing NIHR Research: Moving Forward - Physiotherapy for Musculoskeletal Health and Wellbeing
15.15 - 15.45	Coffee
15.45 - 16.45	Lecture: Temporal arteritis and PMR - Dr Sarah Mackie
16.45	Steering Committee Meeting
19.15	Optional supper followed by visit to the Christmas Market
<i>Friday</i>	
09.00 - 10.00	Lecture: Andy Martynoga Memorial Lecture Ehlers-Danlos Syndrome: Not rare, just rarely diagnosed - Dr Emma Reinhold
10.00 - 10.30	Coffee (served in the Exhibition Area)
10.30 - 12.00	Workshop Session 2 <ul style="list-style-type: none">• Ultrasound• Paediatric Rheumatology• Evidence based guidelines for managing MSK conditions• Osteoporosis• Health Policy
12.00 - 13.00	Lunch

13.00 - 14.30	<p>Workshop Session 3</p> <ul style="list-style-type: none"> • Podiatry • The opioid crisis in general practice: a practical for approach to making a difference! • All of our business: mental health and MSK • Osteoporosis • Incorporating FCP into the Workforce
14.30 - 15.00	Coffee
15.00 - 16.00	Lecture: Primary Care Networks - Dr Raj Patel, Dr Raj Patel, Deputy National Medical Director of Primary Care for NHS England
16.00	PCR Annual General Meeting
19.15	Conference Dinner - Venue to be confirmed Meet in the Foyer to walk to the Restaurant
Saturday	
09.00 - 10.30	<p>Workshop Session 4</p> <ul style="list-style-type: none"> • Podiatry • The opioid crisis in general practice: a practical for approach to making a difference! • All of our business: mental health and MSK • Joint Injection Session 2 • Incorporating FCP into the Workforce
10.30 - 11.00	Coffee
11.00 - 12.00	<p>John Dickson Memorial Lecture:</p> <p>Osteoarthritis, what's new and what's coming?</p> <p>Professor Philip Conaghan</p>
12.00	Review of the Weekend (Delegates Depart)

Primary Care Rheumatology & Musculoskeletal Medicine Society

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You can find out more at www.pcrsociety.org

The PCRMM - Improving MSK Medicine & Rheumatology

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Aims and Objectives:

Workshop Aims and Objectives

- **Joint Injections - using models**

- **Podiatry - Dr Heidi Siddle**

This Podiatry Workshop aims to help the clinician differentiate between inflammatory and mechanical disease in the feet, enabling the clinician to refer and/or direct their treatment strategies more appropriately. The combination of a presentation and practical 'hands on' examination will help the clinician to differentiate between joints that require treatment with mechanical interventions such as orthoses and footwear and/or determine the need for local or systemic treatment of inflammatory disease.

- **Osteoporosis - Dr Zoe Paskins**

Making sense of osteoporosis guidelines for primary care. This workshop will use cases to help illustrate current guidelines, including when osteoporosis treatment should be started, stopped and switched.

- **The opioid crisis in general practice: a practical for approach to making a difference! - Dr John Bedson**

- Persistent pain affects almost half the UK adult population of which up to two thirds will be given an analgesic. Worryingly, 62% of these will be for an opioid analgesic. The use of strong opioid has increased by nearly 500% between since 2001.
- However, most patients with persistent pain do not obtain useful pain relief from opioids, and adverse effects such as overdose, falls and increased mortality make using them potentially dangerous for patients.
- In this workshop we will use an interactive format with videos of GPs and patients to help build strategies that will help you avoid prescribing these drugs, decrease the likelihood of dose escalation, and where appropriate de-prescribe and stop them.
- The use of alternative strategies to treating pain will be at the centre of this, and highlighting the use of smartphone technology to help patients better understand their own pain, and manage their use of analgesia.

- **Ultrasound - Dr Lucy Douglas/ Dr Tony Mitchell**

The sessions will involve a practical hands-on introduction to musculoskeletal ultrasound anatomy and scanning techniques of peripheral joints. All participants will all be able to take part and learn some basic ultrasound scanning skills.

- **Evidence based guidelines for managing MSK conditions - Dr Graeme Wilkes**

Dr Wilkes will outline Connect Health's "10/10 guidelines" and how these were conceived, formed and kept up to date. Clinical outcome data will be presented that suggests that these guidelines have improved clinical care to benefit patients.

- **Implementing NIHR Research: Moving Forward - Physiotherapy for Musculoskeletal Health and Wellbeing - Mrs Kay Stevenson**

Aims and objectives:

- To introduce the NIHR Themed Review 'MOVING FORWARD Physiotherapy for Musculoskeletal Health and Wellbeing'
- To highlight the best evidence to underpin physiotherapy management of MSK conditions
- To highlight methods/models to embed the evidence into practice
- To discuss the challenges and solutions to changing clinical practice based on the best evidence

- **All of our business: mental health and MSK - Ms Sue Brown, ARMA**

Depression and anxiety are common comorbidities amongst people with musculoskeletal conditions. There is a complex interrelationship, with these conditions causing anxiety and depression, whilst depression and anxiety make pain feel worse. Pain, mental health and disability are strongly linked, so not recognising or treating one can impact the others greatly. Every healthcare professional has a role in addressing this. ARMA has made improving integrated mental health support for people with chronic musculoskeletal conditions a priority.

This session will:

- Outline the key issues, and the recommendations, from the ARMA roundtable on mental health and MSK
- Summarise key issues from a patient and healthcare professional perspective using results of recent surveys
- Discuss what health care professionals can do to support individual patients and to advocate for improvements in services

- **Health Policy - Dr Alastair Dickson**

- **Paediatric Rheumatology - Dr Graeme Denman**

- **Incorporating FCP into the Workforce - Ms Sally York**