



The Primary Care  
Rheumatology and  
Musculoskeletal  
Medicine Society

**Primary Care Rheumatology and MSK Medicine Conference; York.**

**PARK INN**

**November 14-16 2019**

**Conference Report.**



Dr Arthur Mone

The PCRMM conference was held again in picturesque York again at the **Park Inn.**

The PCRMM President Arthur Mone welcomed delegates and this was his last conference as President as he was handing over to Lucy Douglas after an extended run of six years.

We also welcomed a number of physiotherapists, some First Contact Physios and other AHP for the first time to York, plus a stream of GP Registrars who were attending a Versus Arthritis Core Skills training event which ran alongside the conference.

<https://www.versusarthritis.org/about-arthritis/healthcare-professionals/core-skills-in-musculoskeletal-care/>

The event began with workshops ;

- Joint Injection Session using models of limbs with electronic indicators to show when the correct place was reached with a needle
- Ultrasound demonstrations when Tony Mitchell and Lucy Douglas scanned delegates and volunteers to demonstrate anatomy and pathology
- National Institute for Health Research - Kay Stevenson; Kay discussed the evidence around treating MSK conditions from a physiotherapy point of view.
- Evidence based guidelines for managing MSK conditions – Dr Graeme Wilkes from Connect Health. Graeme spoke of the traffic light system for assessing and treating; see link below  
<https://www.connecthealth.co.uk/blog/stop-traffic-lights-signal-the-best-clinical-outcomes-at-connect/>  
10/10 Guidelines
- For further information please contact: Graeme Wilkes, Medical Director | [graemewilkes@connecthealth.co.uk](mailto:graemewilkes@connecthealth.co.uk)

***We then had an excellent lecture on Temporal arteritis and PMR by Dr Sarah Mackie, a Rheumatologist from Leeds.***

After a buffet supper, delegates walked into York to enjoy the Christmas markets.



Dr Alan Walker demonstrating injection techniques.

On Friday morning, Dr Emma Reinhold gave us the **Andy Martynoga Memorial Lecture**

This covered Ehlers –Danlos syndrome and introduced us to POTS (Postural Orthostatic Tachycardia syndrome), mast cell activation syndrome and the excellent EHD Toolkit on the RCGP website.

<https://www.rcgp.org.uk/clinical-and-research/resources/toolkits/ehlers-danlos-syndromes-toolkit.aspx>

Emma should have had twice as long to tell us about such a fascinating syndrome (maybe next year?).

Further workshops followed

- Osteoporosis – Zoe Paskins; Zoe gave an excellent presentation on using FRAX and managing patients with fragility fractures
- Podiatry - Heidi Siddle who is an academic podiatrist from Leeds made us all take off our socks and shoes and practice examining each other's feet. This was great.



- Keele Pain Recorder App and managing Opioid Withdrawal in Primary Care - John Bedson

John gave an inspired talk about the use of opioids and potential harms and some strategies for getting people off opioids using his Keele Pain App.

<https://www.keele.ac.uk/kpr/>



- Promoting improved services for IAPT for Long Term Conditions - Sue Brown, ARMA  
Sue spoke to us about the importance of mental health and MSK disorders
- Sally York who is an FCP, discussed First Contact Physio practitioners and how one could add value to a busy general practice.

Next was a talk from Dr Raj Patel, Deputy Medical Director for Primary Care at NHS England, but he was unable to attend at the last minute and Jean Wong one of the PCRMM members and lecturer for Public Health England delivered her famous session on Exercise and activity.

She had us all moving around and exercising which was fun and we all learned a great deal.

### **Conference Dinner**

We then walked to the *Hotel du Vin* in York for our excellent conference dinner. York looked lovely with the Christmas lights.

On Saturday morning we concluded with more workshops and a final lecture by

### **Dr Philip Conaghan on “Osteoarthritis; what’s new and what’s coming?”**

This outlined the current drug trials trying to find an effective disease-modifying agent for OA and developments for the future.

***Thank you so much to Helen Livesley who organised this and many previous conferences.***

***We look forward to seeing you next year!***

Louise Warburton. November 2019