



The PCR - Improving MSK
Medicine & Rheumatology

Annual Conference Programme

22-24th November 2018

PARK INN HOTEL, YORK

Thursday

Special Joint Injection Session (Pre-booked)

(Speakers Drs Alan Walker, Arthur Mone, Simon McGraw and Ms Kirsty Smith)

Following the previous interest in injection workshops using cadavers, we are running workshops again this year on Thursday morning and afternoon, the first day of the Annual Conference.

As well as traditional formalin preparations, there will also be Thiel-embalmed specimens this time, which give a flexible and more life-like experience.

The hand, wrist, and the elbow regions will be featured.

Our team of PCRS presenters will be joined by Kirsty Smith, specialist hand physiotherapist, who will add her insights to the subject

In order to provide a hands-on approach and small group interactive discussions, we will have to limit the numbers to a maximum of 16 delegates (4 rotating groups of 4 delegates) per workshop. The workshop has always been very popular and therefore it is essential to book early to secure a place,

Unfortunately, due to the high cost of transporting the cadavers, and other costs, we will have to charge delegates an additional £100 for the morning workshop and £75 for the afternoon workshop (reduced from £100 to compensate delegates for missing an afternoon workshop) but I am sure you will find it a very rewarding and worthwhile experience.

It is essential that you arrive at the Conference in adequate time to register and to catch the coach which will leave promptly at 9.00 for the morning session and 12.30 for the afternoon session. We plan to get back to the hotel about 12.30 after the morning session and 3.45pm after the afternoon session depending on the traffic.

Special Joint Injection Session (Pre-booked)

Group 1

- 09.00 Group to leave hotel by coach for University
- 12.00 Depart University by coach to return to hotel
- 12.30 Hotel - Registration and Lunch followed by main conference

Group 2

- 11.45 Hotel - Registration and Lunch
- 12.15 Group to leave hotel by coach for University
- 15.15 Depart University by coach to return to hotel

Thursday Main Conference

The future of community MSK and social prescribing

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">• Special Joint Injection Session (pre-booked)• Is pain self-management your first choice, or last resort?• When does foot pain become arthritis?• NICE Guidelines for SpA - Spondyloarthritis• Gout - experiences developing an MDT, nurse-led clinic approach in primary care
15.15 - 15.45	Coffee
15.45 - 16.45	Lecture: Physical activity – Dr Jean Wong
16.45	Steering Committee Meeting
19.15	Welcome drink in the bar followed by free time
<i>Friday</i>	
09.00 - 10.00	Lecture: Andy Martynoga Memorial Lecture Sports Medicine (minimal invasive surgery for ankles and feet, what should be operated on, when, different referral and intervention criteria in children, the older adult and sports medicine) – Mr Adam Budgeon
10.00 - 10.30	Coffee (served in the Exhibition Area)
10.30 - 12.00	Workshop Session 2 <ul style="list-style-type: none">• Is pain self-management your first choice, or last resort?• Osteoporosis• Choosing Wisely – Shared Decision Making• Developing the FSEM-PCR diploma
12.00 - 13.00	Lunch

13.00 - 14.30	<p>Workshop Session 3</p> <ul style="list-style-type: none"> • Osteoporosis • Ultrasound • Choosing Wisely – Shared Decision Making • Orthopaedic examination and case histories • Chronic Pain
14.30 - 15.00	Coffee
15.00 - 16.00	Lecture: The new community GPSI MSK Team – Dr Alastair Dickson
16.00	PCR Annual General Meeting
19.15	<p>Conference Dinner - Venue to be confirmed Meet in the Foyer to walk to the Restaurant which is approx. 15 minutes away</p>
Saturday	
09.00 - 10.30	<p>Workshop Session 4</p> <ul style="list-style-type: none"> • Gout- experiences developing an MDT, nurse-led clinic approach in primary care • Orthopaedic examination and case histories • Chronic Pain • Ultrasound • When does foot pain become arthritis?
10.30 - 11.00	Coffee
11.00 - 12.00	<p>John Dickson Memorial Lecture: Chronic pain, surgery and use of opioids - lessons and evidence from low back pain studies – Mr Diarmaid Ferguson</p>
12.00	Review of the Weekend (Delegates Depart)

Workshops:

- **Is pain self-management your first choice, or last resort? - Pete Moore**

For many patients it's offered to them, last resort. During the workshop, I will share with you, some very simple ways, to make it your first.

- **Osteoporosis - Zoe Paskins, Keele**

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.

- **When does foot pain become arthritis? – Jill Halstead-Rastrick**

Using clinical cases and imaging, this workshop will provide a clinical and research update (from the Longitudinal OA Foot study) to enhance clinical decision making in primary care.

- **NICE Guidelines for SpA- Spondyloarthritis -Who to refer to rheumatology: what to look out for and what to do - Nicky Goodson**

This workshop will use a case-based discussion approach

The aims of the workshop being:

- 1) To consolidate knowledge of Spondyloarthritis and primary care presentation
- 2) To optimise management and referral of patients with suspected Spondyloarthritis (in line with NICE guidance)

- **Developing the FSEM-PCR diploma. Discussion re the curriculum and developing it further – Jean Wong & Andrew Jackson**

FSEM and PCR are involved in setting the curriculum for the new diploma - potentially called the Primary Care Musculoskeletal Diploma.

This is an entry level diploma for health care professionals who want to develop an interest in musculoskeletal medicine. This diploma would be recognised nationally, and accredited.

We are now at stage 2 of developing the syllabus for this Diploma, and this workshop hopes to use the vast experience that we have in our PCR membership to develop and chart the path of this new venture.

- **Choosing Wisely – Shared Decision Making – David Pilbury**

Choosing Wisely UK has launched their second round of recommendations, with inclusion of guidance from British Society for Rheumatology members on the diagnosis and treatment of rheumatological conditions, for the first time. Hosted at the Academy of Royal Medical Colleges, Choosing Wisely UK is part of a global initiative to improve conversations between doctors and patients to reduce unnecessary interventions. The aim of Choosing Wisely UK is to promote conversations between doctors and patients to choose care that is supported by evidence, not duplicative of other tests or procedures already received, free from harm, truly necessary and consistent with patients' values. This session will explore the new guidelines and other resources and skills to aid shared decision making.

- **Gout - experiences developing an MDT, nurse-led clinic approach in primary care – Alastair Dickson**

- **Ultrasound – Lucy Douglas/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.

- **Chronic pain/fibromyalgia – Mike Horsfield**

Why do some patients develop chronic pain? Why don't the painkillers work? Does managing fibromyalgia leave you weary?

- **Orthopaedic examination and case histories - Louise Warburton & Sukhman Kalra**

- Examination of the Wrist and Evidence based diagnosis in primary care:- Covering the approach to diagnosis of wrist pain, with emphasis on understanding of anatomy in relation to different wrist problems. An evidence-based approach to diagnosis in primary care rheumatology will also be discussed with easy examples.
- A quiz to test delegates knowledge of evidence-based guidelines and MSK disease.