

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

**Valencia, Spain**

**Friday, 21 March 2025 – Saturday, 22 March 2025**



## ORGANISATION & COMMITTEE

### Course Committee

- Andréa Marques (Nurse, Portugal) – Co-Convenor
- Cristiana Sieiro Santos (Rheumatologist, Spain) - Local Convenor
- Fer Estevez-Lopez (Sports Sciences and Psychology, Spain) – Local Convenor
- Khadija El Aoufy (Nurse, Italy) – Co-Convenor
- Ricardo Ferreira (Nurse, Portugal) - Convenor

### Speakers

- Andréa Marques (Nurse, Portugal) – Co-Convenor
- Cristiana Sieiro Santos (Rheumatologist, Spain) – Local Convenor
- Eleonora Camerone (Psychologist, Italy) – Speaker
- Fer Estevez-Lopez (Sports Sciences and Psychology, Spain) – Local Convenor
- Ilse Masselink (Occupational Therapist, Netherlands) – Speaker
- Jorge Façanha (Nurse, Portugal ) - Speaker
- Jette Primdahl (Nurse, Denmark) - Speaker
- Khadija El Aoufy (Nurse, Italy) – Co-Convenor
- Ricardo Ferreira (Nurse, Portugal) – Convenor
- Rikke Helene Moe (Physical Therapist, 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 **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 the knowledge and skills most relevant to HPRs' daily practice. Participants will have the opportunity to meet experts in an informal setting and network with other HPRs with different professional backgrounds and career pathways.

### Learning objectives

- Gain up-to-date knowledge on the management of pain, fatigue, physical activity, and telecare interventions in rheumatology, particularly for conditions like RA, OA, and others.
- Acquire practical skills in assessing and managing fracture risk, cardiovascular health, and physical function in patients with RMDs.
- Understand and apply interdisciplinary approaches, including rehabilitation and first-line mental health support for patients and colleagues.
- Enhance competence in both pharmacological and non-pharmacological interventions for pain management and wound care.
- Develop familiarity with innovative care models and evidence-based strategies for clinical practice, such as nurse-led interdisciplinary interventions (e.g., INSELMA).
- Engage in clinical case discussions to apply learned principles to complex, real-world scenarios, reinforcing collaborative, patient-centered care approaches.

## GENERAL INFORMATION

### Course venue

Barceló Valencia  
Avenida de Francia 11  
46023, Valencia, Spain

[Website](#)

### Course dates

Friday, 21 March 2025 – Saturday, 22 March 2025

### Official language

English

### Maximum participants

40

## Course Fee

**300 € (VAT included)**, package includes:

#### Friday, 21 March 2025

- Full access to the course.
- Afternoon coffee break.
- Engagement dinner.

#### Saturday, 22 March 2025

- Full access to the course.
- Coffee break.
- Lunch.

***\*Kindly note that accommodation is not included in the course fee.***

### Course certification

After the course, all participants who have successfully completed the course will receive a certificate of attendance on their EULAR School user account. 100% course attendance is required.

# 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=464>

Please login to your EULAR School of Rheumatology account to register.

**Registration deadline:** Sunday, 2 February 2025.

\* Early registration is advisable. Number of participants is limited.

## Bursary

EULAR grants **5 bursaries** in the amount of **EUR 300 each**. The amount of the bursary will be deducted from the course fee.

Please apply with your motivation letter, CV and publication list (if any) within the registration system.

**Bursary application deadline:** Sunday, 5 January 2025.

**Notification:** Mid-January 2025.

# Detailed Programme

## Day 1 – Friday, 21 March 2025

Time	Type of session & Title	Speakers
13:00 – 14:00	REGISTRATION	
14:00 – 14:30	WELCOME and ICE BREAKER: Let's get to know each other	K. El Aoufy R. Ferreira
14:30 – 16:00	<p><b>SESSION I</b> - What is new (2024 - 2025) for Health Professionals in Rheumatology on:</p> <ul style="list-style-type: none"> <li>A) Pain management.</li> <li>B) Fatigue management.</li> </ul> <p>5 minutes active break</p> <ul style="list-style-type: none"> <li>C) Physical activity and safety.</li> <li>D) Telecare interventions.</li> </ul> <p>Overall discussion of the previous topics.</p>	<p><b>Moderator:</b> K. El Aoufy</p> <p><b>Speaker a</b> - E. Camerone <b>Speaker b</b> - R. Ferreira <b>Speaker c</b> – R.H. Moe <b>Speaker d</b> – A. Marques</p>
16:00 – 16:30	COFFEE BREAK	
16:30 – 17:30	<p><b>WORKSHOP I</b> (participants divided per workshops – ranking preferences)</p> <ul style="list-style-type: none"> <li>A) FRAX assessment of the risk of fractures.</li> <li>B) Cardiovascular risk in rheumatology.</li> <li>C) Assessment of physical function and fitness.</li> </ul> <p><i>*participant's first or second preference.</i></p>	<p><b>Speaker a</b> – A. Marques <b>Speaker b</b> – J. Primdahl <b>Speaker c</b> – F. Estevez-Lopez</p>
17:30 – 17:45	ROTATION BREAK	
17:45 – 18:45	<p><b>WORKSHOP II</b> (participants divided per workshops – ranking preferences)</p> <ul style="list-style-type: none"> <li>D) Splint orthoses: how and when to use them?</li> <li>E) Pain management (pharmacological and non): tips for effective patient education.</li> <li>F) Wound care non-pharmacological treatment for upper and lower limb ulcers.</li> </ul> <p><i>*participant's first or second preference.</i></p>	<p><b>Speaker d</b> – I. Masselink <b>Speaker e</b> – E. Camerone <b>Speaker f</b> – K. El Aoufy</p>
18:45 – 19:30	<p><b>Keynote lecture</b> How to develop a new outpatient nurse-led interdisciplinary rehabilitation intervention (INSELMA)</p>	J. Primdahl
19:30 – 19:45	CLOSING	
20:00 -	ENGAGEMENT DINNER	

## Day 2 – Saturday, 22 March 2025

Time	Type of session & Title	Speakers
08:00 – 08:45	<b>OPTIONAL: BREAKFAST WITH EXPERTS</b> <i>(in the hotel of the course – registration is needed)</i>	F. Estevez-Lopez J. Primdahl R.H. Moe
09:00 – 09:05	<b>Welcome and summary of the previous day and orientations to the morning</b>	R. Ferreira
09:05 – 09:45	<b>Keynote lecture</b> First mental health support to patients or colleagues	J. Façanha
09:45 – 11:00	<b>Clinical case discussion by groups</b> <ol style="list-style-type: none"> <li>1. 3 clinical complex scenarios (provided by participants or faculty) are presented – 15min</li> <li>2. 3 groups are formed and each group discuss 1 scenario – 30min</li> <li>3. Plenary discussion – 30min</li> </ol>	<b>Moderator:</b> C. Sieiro Santos  <b>Group 1:</b> R. Ferreira & R.H. Moe <b>Group 2:</b> A. Marques & F. Estevez-Lopez <b>Group 3:</b> E. Camerone & K. El Aoufy
11:00 – 11:30	<b>DISCUSSION COFFEE BREAK – i.e., while continuing case discussion</b>	
11:30 – 12:30	<b>Workshop III</b> <i>*participant's third or fourth preference based on previous workshop topics.</i>	<b>Group 1:</b> TBC <b>Group 2:</b> TBC <b>Group 3:</b> TBC
12:30 – 13:15	<b>EULAR Rheuma Quiz</b> – Interactive contest game with prizes	C. Sieiro Santos
13:15 – 13:25	<b>Course evaluation and course self-assessment</b>	R. Ferreira
13:25 – 13:40	<b>CLOSING</b> – How to become involved in EULAR activities and how can EULAR support you	R.H. Moe
13:45 -	<b>LUNCH</b>	

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.