

6th EULAR Postgraduate Course for Health Professionals in Rheumatology

Amsterdam, Netherlands

Friday, 6 February 2026 – Saturday, 7 February 2026



ORGANISATION & COMMITTEE

Course Committee

- Christopher Martey (United Kingdom)
- Erika Mosor (Austria)
- Khadija El Aoufy (Italy)
- Nina Brodin (Sweden)
- Rikke Helene Moe (Norway)

Speakers

- Annette de Thurah (Netherlands)
- Christopher Martey (United Kingdom)
- David Ueckert (Netherlands)
- Eleonora Camerone (Italy)
- Jette Primdahl (Denmark)
- Jorge Façanha (Portugal)
- Khadija El Aoufy (Italy)
- Kristine Røren Norden (Norway)
- Rinie Geenen (Netherlands)
- Wilfred Peter (Netherlands)

Organising Secretariat

EULAR Office

Seestrasse 240

CH-8802 Kilchberg (Zurich)

Switzerland

T: +41 44 716 30 43

F: +41 44 716 30 39

W: www.eular.org / esor.eular.org

E: education@eular.org

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 knowledge and skills relevant to HPRs' daily clinical 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

- Gain up-to-date knowledge on the management of pain, fatigue, physical activity, and digital health interventions in rheumatology, particularly for conditions like RA, AxSpa, OA and others.
- Acquire practical skills in assessing and managing frailty risk, cardiovascular health, and physical and mental function in people 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-centred care approaches.

GENERAL INFORMATION

Course venue

NH Amsterdam Zuid,
Van Leijenberghlaan 221,
1082 GG Amsterdam, Netherlands

Course dates

Friday, 6 February 2026 – Saturday, 7 February 2026

Official language

English

Maximum participants

40

Certification

Upon successful completion of the course, all participants will receive a certificate of attendance via their EULAR School user account.

Please note that full attendance (100%) is required to receive the certificate.

COURSE PACKAGE

300 € (VAT included), package includes:

Friday, 6 February 2026

- Full access to the course.
- Coffee break.
- Engagement dinner.

Saturday, 7 February 2026

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

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=710>

To register, log in to your EULAR School of Rheumatology user account, navigate to the appropriate course page, and complete the registration process by submitting the course fee payment.

An official confirmation email will be sent to you upon approval of your registration.

Registration deadline: Sunday, 7 December 2025.

* Early registration is advisable. The number of participants is limited.

BURSARY

Annually, EULAR offers bursaries to applicants aged 40 or younger from European countries to attend its rheumatology courses. These bursaries aim to foster the personal and professional development of researchers and clinicians in the field of rheumatology.

EULAR grants **10 bursaries** for the course, each with a value of **EUR 300**. The bursary amount will be applied as a deduction from the course fee.

Additionally, bursary recipients are eligible for reimbursement of **up to** EUR 120 per night for accommodation.

The following terms apply:

- Reimbursement is provided solely for nights that are directly associated with the course: Friday, 6 February 2026 – Saturday, 7 February 2026 (1-night, single occupancy).
- Reimbursement is not available for shoulder nights.
- Upon completion of the course, bursary recipients must submit the finalised reimbursement form, and accommodation receipts (only), and the EULAR Certificate of Attendance to education@eular.org.

Application process

Please apply with the following documents within the registration system:

- CV.
- A motivation letter, clearly outlining your interest in the course, along with the reasons for your desire to participate.
- A list of publications (if acceptable).

Additional considerations when applying for the bursary:

- All documents must be submitted in PDF format.
- Applications submitted via email will not be processed.

Bursary application deadline: Sunday, 2 November 2025.

Notification: end of November 2025.

DETAILED PROGRAMME

Day 1 – Friday, 6 February 2026

Time	Type of session & Title	Speaker
13:30 – 14:30	REGISTRATION	
14:30 – 15:00	Welcome session – Icebreaker: "Know Your Team"	C. Martey K. El Aoufy
Session 1: What’s new for HPRs in 2025 – 2026? <i>Translating Evidence into Practice</i>		
Chair: C. Martey and K. El Aoufy		
15:00 – 16:30	Pain Management: Beyond Analgesia	E. Camerone
	Fatigue or Lifestyle Change? <i>Behavioural Interventions that work</i>	R. Geneen
	ACTIVE BREAK ‘ 6min	
	Physical Activity: Assessing Safety and Promoting Adherence	K. Røren Norden
	Telecare and Remote Monitoring: What should HPRs lead?	A. de Thurah
16:30 – 17:00	COFFEE BREAK with informal discussion of the previous topics	
Practical skills activity – Part 1 <i>Participants get to choose topic A or topic B</i>		
17:00 – 18:00	A) Axial versus peripheral physical examination: joint count, foot and ankle, differentiating lumbar versus hip pathology B) Cardiovascular and metabolic risk profiling in RMD patient: an HPR perspective	A) C. Martey B) K. Røren Norden
18:00 – 18:15	ROTATION AND COMFORT BREAK	

Practical skills activity – Part 2 <i>Participants get to choose topic C or topic D</i>		
18:15 – 19:15	C) Patient Education for pain management: tips, scripts and tools D) Assessing functional fitness inclusive of frailty and balance assessment	C) E. Camerone D) K. Røren Norden and D. Ueckert
19:15 – 20:00	Insights from the INSELMA model: how to design nurse-led interdisciplinary rehab pathways (35min lecture + 10min discussion)	J. Primdahl
20:00 – 20:05	CLOSING DAY 1	C. Martey K. El Aoufy
20:15 -	DINNER & GROUP PICTURE & INTERACTIVE TEAM CHALLENGE	

Day 2 – Saturday, 7 February 2026

Time	Type of session & Title	Speaker
08:00 – 08:45	Optional: Coffee with Experts	All speakers
09:00 – 09:05	Day 2 Kickoff: Summary and Orientation	K. El Aoufy
09:05 – 09:45	Mental health support and management in RMDs for patients: screening tools, recognising distress, supporting teams, and referral strategies (30min lecture + 10min discussion)	J. Façanha
Clinical case workshop <i>3 pre-submitted cases or selected from faculty</i>		
Chairs: TBC		
09:45 – 11:00	Interdisciplinary problem-solving in complex RMDs <i>Breakout group work with mentors: clinical reasoning, priority setting</i>	A. de Thurah D. Ueckert W. Peter
11:00 – 11:15	COFFEE BREAK with an informal discussion of the previous topics	

Practical skills activity 3 <i>Participants get to choose topic E or topic F or topic G</i>		
11:15 – 12:15	E) Wound care and non-pharmacological treatment for upper and lower limb ulcers in RMDs	K. El Aoufy
	F) How can HPR perform a neurological assessment for SLE and other RMDs	TBC
	G) Remote monitoring in the clinic	A. de Thurah
12:15 – 13:00	EULAR Rheuma Quiz: Interactive Contest <i>A live game-based quiz covering all course content</i>	C. Martey K. El Aoufy
13:00 – 13:10	Course evaluation and self-assessment	W. Peter
13:10 – 13:25	CLOSING: Get involved with EULAR! Opportunities for HPRs in research, education, and advocacy	J. Primdahl
13:30 -	LUNCH and informal networking	

Any changes to the scientific programme or to the list of speakers are possible until the date of course.