

1st EULAR Postgraduate Course Health Professionals in Rheumatology Online, esor.eular.org Friday, 5 March – Friday, 19 March 2021



Introductory Live Session – “Ice breaker”

- Friday, 5 March 2021 – 17:00 to 18:00 CET

Group interactions during weekdays in a chat forum

- Friday, 5 March 2021 – Friday, 19 March 2021

Live sessions (workshops and keynote sessions)

- Friday, 12 March 2021 – 17:00 to 20:00 CET
- Friday, 19 March 2021 – 17:00 to 20:00 CET

ORGANISATION & COMMITTEE

Course committee

- Andréa Marques (Portugal)
- Eda Tonga (Turkey)
- Jenny de la Torre (Spain)
- Leticia León (Spain)
- Loreto Carmona (Spain)
- Milena Gobbo Montoya (Spain)
- Ricardo Ferreira (Portugal)
- Thea Vliet Vlieland (Netherlands)

Speakers, chairs and facilitators

- Emma Dures, Marieke Voshaar (Keynote speakers)
- Eda Tonga, Loreto Carmona, Jenny de la Torre, Ricardo Ferreira (English groups)
- Leticia León (Spanish group)
- Andréa Marques (Portuguese group)
- Patrizia Cornell (Workshop facilitator)
- Alison Kent (Workshop facilitator)

Responsible EULAR committee

EULAR Education Committee, Live Courses & Meetings Sub-Committee

Organising secretariat

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COURSE DESCRIPTION

This is a **virtual course for health professionals in rheumatology (HPR)** on the **basic management of common rheumatic and musculoskeletal conditions (RMDs)**, taught by selected faculty of European experts in a very interactive virtual environment.

This course will promote high collaborative and interactive learning methodology by:

- forming groups of 10 (max.) participants before the start of the course (based on native language, namely Spanish, Portuguese, Others/English) who will interact in a chat forum during the weekdays, to discuss two clinical scenarios (one each week); these groups will be facilitated by an expert who speaks the defined group language.
- summing-up the weekly discussion at the main Friday Live sessions, discussing the cases with leading experts who will talk about the key issues of the clinical scenarios, and by participating in workshops. All these will use an interactive format with live Q&A.
- providing knowledge through keynote and live Q&A sessions by experts

Learning objectives

- Be familiar with interventions commonly executed by health professionals in rheumatology (HPR) in the assessment and management of people with rheumatic and musculoskeletal disease (RMDs).
- Have in-depth knowledge on psychosocial aspects of RMDs and behavioural change techniques.

Structure of the course

The course includes pre-readings, introductory session, clinical case discussions in small groups, two speaker keynote sessions and two workshops.

For the forum case discussions and workshops, course participants will be asked in advance to split into small groups of maximum 10 participants each. These groups will be in three languages: English, Spanish, and Portuguese. All learning activities will be structured and guided by 6 EULAR experts.

Limited spaces per group; Sign up on a first come, first serve basis.

Pre-readings (advisable)

Prior to the course, participants will have the chance to access, for a limited time, certain parts of three modules of the EULAR Online Course for Health Professionals in Rheumatology, namely (I) Psychosocial Approaches; (II) Osteoarthritis and (III) Assessment and Evaluation. These pre-readings will ensure your active participation in the group discussions and workshops.

Introductory session

The course will start with a 1-hour introductory live session, where course participants will be briefed on the methodology of the course, pre-readings and what to expect at different workshops within the assigned groups. The attendance for this session is strongly advised.

Clinical cases

The course will navigate around two case-studies that will be discussed throughout the weekdays (Monday to Friday) by chat on a dedicated forum on the course platform (linked to e-mail).

Each group will discuss the cases in their language with the facilitator. There will be no established times to engage and participate. The student will have access to the cases from the beginning of the course.

Workshops

In two of the three live sessions there will be workshops in the same small groups with interactivity.

Keynote sessions

There will be a keynote session lead by an expert with a live Q&A during two of the live sessions.

GENERAL INFORMATION

Course venue

The course platform with the course material will be on esor.eular.org and Microsoft Teams will be used as the video conferencing tool for the live sessions.

Course dates

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Official language

English

(discussions and workshops are also held in Portuguese and Spanish)

Maximum participants

60

Certificate

A certificate of attendance will be granted to participants who actively engaged in discussions within their groups and workshops and who **attended all** sessions and workshops and complete the post-survey.

Pre- and post-assessment

Prior to the course, participants will be notified to fill in a pre-assessment. After the course, a post-assessment/survey also needs to be completed to obtain the certificate of attendance.

REGISTRATION

Application requirements / profile

- No application requirements
- Health professionals in Rheumatology
- No restrictions regarding professional backgrounds

Registration

Online: <https://esor.eular.org/course/view.php?id=218>

It is required to login to one's personal EULAR School of Rheumatology account to register. Those without an EULAR School account, will need to create one before registering.

After successful payment, access will be granted to the course platform.

Registration deadline: 21 February 2021

Course fee

30 € (VAT included), package includes:

- full access to the “1st EULAR Postgraduate Course Health Professionals in Rheumatology” including forum, live sessions, and online materials.

DETAILED PROGRAMME

Day 1 – Friday, 5 March 2021

Time	Type of Session & Title	Speakers / Facilitators
17:00 - 18:00	INTRODUCTION	
	Introductory Live Session – “Ice breaker” <ul style="list-style-type: none"> Course introduction and information Get to know each other! 	A. Marques, E. Tonga J. de la Torre L. León L. Carmona R. Ferreira

Day 2 to 6 – Monday, 8 March to Friday, 12 March 2021

Time	Type of Session & Title	Speakers / Facilitators
Chat discussions in forum groups	DISCUSSION	
	Discussion of clinical case I (Rheumatoid Arthritis, RA) <ul style="list-style-type: none"> Participants will discuss 1 clinical case using the chat forum on the course platform. Materials will be provided to facilitate the discussion. Active participation (i.e. ≥3 posts with content – i.e. not only “agree”, “same opinion” and not only on the last weekdays) will be key to success. One rapporteur needs to prepare a summary to present on Friday. Each group will have an expert as facilitator. There will be no established times to engage and participate. 	4 groups in English (L. Carmona, E. Tonga, J. de la Torre, R. Ferreira) 1 group in Spanish (L. León) 1 group in Portuguese (A. Marques)

Day 6 – Friday, 12 March 2021

Time	Type of Session & Title	Speakers / Facilitators
	LIVE SESSION	
17:00 - 17:05	Welcome	
17:05 - 17:30	Clinical case discussion The rapporteurs of the 6 groups will be asked to summarise the discussions and conclusions	A. Marques, R. Ferreira
17:30 - 18:00	Keynote Speaker Updates on Fatigue Management	E. Dures
18:00 - 18:20	Q&A The speaker answers questions and engages in the debate to revisit the solutions for clinical case 1	E. Dures and participants
18:20 - 18:30	BREAK	
18:30 - 18:45	Workshop introduction Assessment in Rheumatology	P. Cornell
18:45 - 19:45	Workshop Breakout Session in groups Overview and discussion of assessments and evaluation in rheumatology and some methodological principles	4 groups in English (L. Carmona, E. Tonga, J. de la Torre, R. Ferreira) 1 group in Spanish (L. León) 1 group in Portuguese (A. Marques) <i>Support by P. Cornell</i>
19:45 - 20:00	Workshop Plenary Session Discussion and closing of workshop	All participants and facilitators

Day 7 to 11 – Monday, 15 March to Friday, 19 March 2021

Time	Type of Session & Title	Speakers / Facilitators
	DISCUSSION	
Chat discussions in forum groups	Discussion of clinical case 2 (Osteoarthritis OA) <ul style="list-style-type: none"> • Participates will discuss one clinical scenario using the chat forum on the course platform. • Materials will be provided to facilitate the discussion. • Active participation (i.e. ≥3 posts with content – i.e. not only “agree”, “same opinion” and not only on the last weekdays) will be key to success. • One rapporteur needs to prepare a summary to present on Friday. • Each group will have an expert as facilitator. • There will be no established times to engage and participate. 	4 groups in English (L. Carmona, E. Tonga, J. de la Torre, R. Ferreira) 1 group in Spanish (L. León) 1 group in Portuguese (A. Marques)

Day 11 – Friday, 19 March 2021

Time	Type of Session & Title	Speakers / Facilitators
	LIVE SESSION	
17:00 - 17:05	Welcome	
17:05 - 17:30	Clinical case discussion The rapporteurs of the 6 groups will be asked to summarise the discussions and conclusions	L. Carmona, J. de la Torre
17:30 - 18:00	Keynote Speaker Updates on Treatment Adherence	M. Voshaar
18:00 - 18:20	Q&A The speaker answers questions and engages in the debate to revisit the solutions for clinical case 2	M. Voshaar and participants
18:20 - 18:30	BREAK	
18:30 - 18:45	Workshop introduction TGROW and health coaching	A. Kent
18:45 - 19:00	Workshop “role-play” TGROW and health coaching	A. Kent, L. Léon
19:00 - 19:30	Workshop Breakout Sessions in groups Discussion of role-play and theories, and practice role-playing	4 groups in English (L. Carmona, E. Tonga, J. de la Torre, R. Ferreira) 1 group in Spanish (L. Léon) 1 group in Portuguese (A. Marques) <i>Support by A. Kent</i>
19:30 - 19:45	Workshop Plenary Session The rapporteurs of the 6 groups will be asked to summarise the discussions and conclusions	All participants and faculty
19:45 - 19:55	Q&A The speaker answers questions	All participants and faculty
19:55 - 20:00	Closing	All participants and faculty