

# PCR

PRIMARY CARE  
RHEUMATOLOGY SOCIETY

## Annual Conference 19<sup>th</sup>-21<sup>st</sup> November 2015 Provisional Programme

### Physical Activity in Long Term Conditions

#### **Special Joint Injection Session**

For the first time, we are holding a joint injection workshop using cadaveric prosections to demonstrate upper limb anatomy and injections on the Thursday afternoon, November 19th, of our annual Conference.

Alan Walker has kindly prepared the excellent prosections in Hull Medical School which I visited last week. We are going to arrange for the cadavers to be transported by hearse to York Medical School and we will arrange for a coach to take us to and from the hotel to the York Medical School. Alan Walker, Arthur Mone, Elspeth Wise and Dr Graham Davenport will be the 4 facilitators. In order to provide a hands-on approach and small group interactive discussions, unfortunately we will have to limit the workshop to a maximum of 24 delegates. If the workshop is successful we plan to cover the lower limb at our annual Conference in November 2016.

Unfortunately, due to the high cost of transporting the cadavers etc, we will have to charge delegates an additional £50 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 12.30 and we plan to get back about 5pm depending on the traffic. We have moved the AGM to the Friday afternoon so that we will all be able to attend the AGM.

<b><u>Thursday</u></b>	
11.45 - 12.30	<b><u>Joint Injection Delegates Only - Arrival and Registration</u></b> <b>Transport leaves for York University promptly at 12.30</b>
12.00 - 13.15	<b>Arrival and Registration (Lunch served in the Exhibition Area)</b>
13.15 - 13.30	<b>Welcome</b>
13.30 - 15.00	<b>Workshop Session 1</b>
	<b>1</b> Concepts of Pain – Mr Diarmaid Ferguson
	<b>2</b> Physical Activity: Benefits in Public Health – Dr Dane Vishnubala
	<b>3</b> Rehabilitation after Arthroplasty – Professor David Beard
	<b>4</b> Lumbar Spine - Dr Kika Konstantinou
<b>5</b> Health and Well-being in the Elderly, Minimising disability – tbc	
15.00 - 15.30	<b>Coffee</b>
15.30 - 16.30	<b>Lecture: Psoriasis and Ankylosing Spondylitis looking at Exercise and Chronic Joint Disease - Dr Ben Thompson</b>
18.30	<b>Buffet Supper</b>
19.50	<b>Meet in the Foyer for Ghost Walk</b>
<b><u>Friday</u></b>	
09.00 - 10.30	<b>Workshop Session 2</b>
	<b>1</b> Concepts of Pain – Mr Diarmaid Ferguson
	<b>2</b> Physical Activity: Benefits in Public Health – Dr Dane Vishnubala
	<b>3</b> Rehabilitation after Arthroplasty – Professor David Beard
	<b>4</b> Lumbar Spine - Dr Kika Konstantinou
	<b>5</b> Health and Well-being in the Elderly, Minimising disability – tbc
<b>6</b> Treatment pathways for the foot and ankle - an active discussion with optional practical element – Dr Jill Halstead	
10.30 - 11.00	<b>Coffee (served in the Exhibition Area)</b>
11.00 - 12.00	<b>Lecture: Back Pain - Professor Charles Greenough</b>
12.00 - 13.00	<b>Lunch</b>

	<b>Workshop Session 3</b>	
13.00 - 14.30	<b>1</b>	Biosimilars – Dr Neil Snowden
	<b>2</b>	Patients Viewpoint – Ms Ailsa Bosworth/Dr Ruth Williams
	<b>3</b>	Osteoporosis and Vitamin D – Dr Alun Cooper
	<b>4</b>	Shoulder – Dr Arthur Mone
	<b>5</b>	PMR and Gout Case Studies – Dr Graham Davenport
	<b>6</b>	Connective Tissue Clinical Assessment – Dr Peter Lanyon
14.30 - 15.00	<b>Coffee</b>	
15.00 - 16.00	<b>Lecture: Shoulder - tbc</b>	
16.00 - 16.30	<b>Implementing stratified care for back pain - Mrs Kay Stevenson</b>	
16.30	<b>PCR Annual General Meeting</b>	
Meet Hotel Foyer 19.30	<b>Dinner - Rustique <i>Restaurant</i></b> Meet in the Foyer to walk to the Restaurant which is approx. 10 minutes away	
<b><u>Saturday</u></b>		
	<b>Workshop Session 4</b>	
09.00 - 10.30	<b>1</b>	Biosimilars – Dr Neil Snowden
	<b>2</b>	Patients Viewpoint – Ms Ailsa Bosworth/Dr Ruth Williams
	<b>3</b>	Osteoporosis and Vitamin D – Dr Alun Cooper
	<b>4</b>	Shoulder – Dr Arthur Mone
	<b>5</b>	PMR and Gout Case Studies – Dr Graham Davenport
10.30 - 11.00	<b>Coffee</b>	
11.00 - 12.00	<b>Andy Martynoga Memorial Lecture: Running....good or bad? What should we tell our patients? - Dr Richard Smith</b>	
12.00	<b>Review of the Weekend (Delegates Depart)</b>	

## **Accommodation:**

The conference is to be held at the Park Inn Hotel, York, which we have used in the past. The hotel has had a major refurbishment and I am sure that you will agree is an ideal venue and very well situated in York.

<http://www.parkinn.co.uk/hotel-york>

Accommodation can be booked at a discounted rate directly with Conference York via the following:

Web Link: <https://resweb.passkey.com/go/pcrsociety>

Tel: +44 (0) 1904 554653

Fax:+44 (0) 1904 554460

Email: [delegates@visityork.org](mailto:delegates@visityork.org)



Name: .....

## Workshops

Please number in order of preference 1- 13  
(1 = first choice)

	↓ 1-13
• Injection Special Session (incurs additional cost of £50)	
• Biosimilars	
• Concepts of Pain	
• Patients Viewpoint	
• Osteoporosis and Vitamin D	
• Physical Activity: Benefits in Public Health	
• Rehabilitation after Arthroplasty	
• Health and Well-being in the Elderly, Minimising disability	
• Lumbar Spine	
• Treatment pathways for the foot and ankle - an active discussion with optional practical element	
• Shoulder	
• Connective Tissue Clinical Assessment	
• PMR and Gout Case Studies	

**\*\* Once completed please return all pages of this form to:**

**Helen Livesley, PCR Society,  
PO Box 42, Northallerton, N Yorkshire DL7 8YG**