



UK- Rheumatology Nurses & Practitioners Society Rheumatology Conference

Venue

Holiday Inn Southampton- Herbert
Walker Way, Southampton, SO15 1AG



**1st December 2016 Day 1- Wessex
Rheumatology Network Conference – everyone
welcome**

**2nd December 2016- Day 2- Sex, Drugs and Rock
and Roll- UK Rheumatology Nurses/
Practitioners Society Conference**

You are invited to attend our first UK Rheumatology Nursing conference on the 1st and 2nd December 2016 in Southampton

The conference aims to provide an exceptional education programme designed specifically for Rheumatology nurses/ practitioners.

This conference will support you through providing a programme to meet your continuing education needs and networking opportunities.

Delegate Fees- various packages available

Day 1 & 2 - 1 nights accommodation (01/12/2016) - bed and breakfast £175:00- includes refreshments and buffet lunch on both days- evening symposium and dinner 01/12/2016

Day 1 delegate rate only £35:00 includes refreshments and buffet lunch/ evening symposium and dinner 01/12/2016

Day 2 delegate rate only £35:00- includes refreshments and buffet lunch evening symposium and dinner 01/12/2016

Day 1 & 2 delegate rate £60:00- includes refreshments and buffet lunch- evening symposium and dinner 01/12/2016

Sponsorship for the event

The educational content of this meeting is supported by Pfizer Limited, Abbvie, BMS, Amgen, Celgene, Napp, Biogen, Roche, A Menarini, Interispharma, Stirling Anglian Pharmaceuticals, UCB, Medac. The Sponsors for the event did not organise the meeting, select any speakers nor input into the educational content





UK- Rheumatology Nurses & Practitioners Society

If you are a rheumatology nurse/ practitioner, it's the time to join us for this conference dedicated to provide you with up to date evidence base practice where you can meet you peer through networking opportunities as well as - reviewed, digested and discuss subjects covered.

Aims and objectives

This two day conference will:

- * enhance attendees professional and clinical practice knowledge demonstrate links between policy and practice
- * allow attendees to share ideas and discuss issues.

A line up of expert speakers will highlight some of the main issues facing rheumatology nurses/practitioners today

Take action, get involved, and enjoy the conference-register to attend today

Registration Form

UK Rheumatology Nursing Conference 1st and 2nd December 2016

Holiday Inn Southampton- Herbert Walker Way, Southampton, SO15 1AG

Email address

Title First name Surname

Job title

Home number Mobile number

Address

Postcode

Special Dietary Requirements

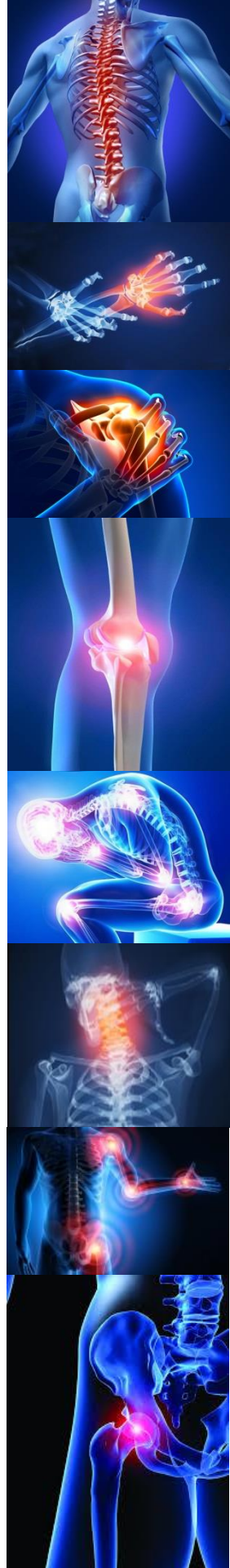
Delegate Fees

Delegate Fees- various packages available- please tick

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Cheques made payable to UK Rheumatology Nurses Society- return to ukrheumatologynurses@gmail.com or write to Colin Beevor c/o Department of Rheumatology, Queen Alexandra Hospital, Cosham, PO6 3LY

Date Signed





UK- Rheumatology Nurses & Practitioners Society

Programme

Day 1- Thursday 1st December 2016

1:30pm- Welcome and introduction

1:45pm- Healthy Life style coaching for Practitioners- supporting

When it comes to food and exercise, most people know what to do, but just aren't doing it!, developing health coaching skills enables rheumatology practitioners to support patients to follow-through with what they already know and they should be doing, by inspiring patient and their family to grow habits that support their well-being

2:30pm- Pain and Depression- hand in hand

In this era of aggressive treatment pathways for the physical aspects of arthritis, with rates of clinical remission are increasing, it must be expected that the rates of associated depression will decline. However, we fail to deal appropriately with early predictors of a poor psychological outcome, such as negative coping mechanisms and negative attitudes, then patients may continue to experience pain and depression in future years even when clinical remission is achieved

3:15pm- New DMARDS, Biologics and Biosimilars- update

As the pace of new DMARDS, biologics and biosimilars development continues to grow, its important for rheumatology nurses and practitioners to have in-depth knowledge of the current state of play in the new DMARDS biologics and biosimilars field and to support patients choice of treatment options, this session will explore the current and look to the future of this therapy field

4:00pm- Refreshments and exhibition stands

4:30pm – Inflammatory Arthritis/ Connective Tissue Diseases and Anaemia: are they connected?

Patients with rheumatoid arthritis (RA) may exhibit a variety of hematologic abnormalities. Common changes associated with active disease include anaemia of chronic disease. The session will look at the management of anaemia in this group of patients

5:15pm- Perioperative Rheumatology Care and advice-

When facing surgery, patients with rheumatic diseases often receive conflicting advice from multiple disciplines” Rheumatology nurses can be a valuable liaison between multiple disciplines to synthesize information and give the patient clear guidance in order to improve outcomes, decrease adverse events, and increase patient satisfaction

6:00pm- Methotrexate- “don 'throw the baby out with the bath water”

The past decade has brought important advances in the understanding of inflammatory arthritis and its management and treatment. Today we have more treatment options to improve outcomes and remission. the question is “Does Methotrexate still have a place in treatment options” and what can be done for those patients experiencing problems with oral Methotrexate

6:45pm- Closing remarks- Day 1

7:00pm- Evening Symposium and Dinner (see attached flyer)





UK- Rheumatology Nurses & Practitioners Society

Programme

Day 2- Friday 2nd December 2016

09:00- Welcome and introduction to Day 2

09:15- What patients want to know- what questions are patients asking on patient charity help lines

This session will explore themes of question asked by patients to charity help lines for answers.

Feedback from National Rheumatoid Arthritis-
Feedback from National Ankylosing Spondylitis

10:00- Supporting our patient sexual health needs- behind closed doors

Nurses should always consider patients' sexual health as part of a holistic approach to care. It is an extremely important area in all our lives, Practitioners deal with sensitive and private issues, and people often feel at their most vulnerable, so it is important to understand that many patients will welcome the opportunity to discuss concerns about their sexual health - being given permission to discuss this area will often be enough to alleviate any worries they may have.

10:45- Refreshments and exhibition stands

11:15- Recreational drugs- use and abuse, the legal aspects

No matter what you call it, the medical use of recreational drugs has been a hotly debated and highly politicized topic in recent years. Today patients talk openly about its benefits, but how do we stand professionally and remain within the law as practitioners when these discussion take place

12:00- Lunch and exhibition

13:00- Dance as a form of exercise- is there the evidence

There are many forms of dance, from ballroom to barn dancing and disco to Morris dancing. Dance has always been a part of human culture, rituals and celebrations. Today, most dancing is about recreation and self-expression, although it can also be done as a competitive activity. Dancing is an enjoyable way to be more physically active and stay, should we discuss with our patient dance as a form of exercise, risks and benefits

13:45- Developing patient self management tool kit- Pain and Fatigue- Table workshop- developing pain tool kits

Introduction of patient "pain and Fatigue tool kits" and then exploring items/ advice that should be included with an patient tool kit- following the event- copies of the proposed tool kits will be shared with the delegates

14:30- Refreshments and exhibition stands

15:00- Interconnected World: Using Technology to Improve Patient Care-

What are the potential advantages and disadvantages of patient accessing mobile, PC and tablets applications and devices that may help help with new ways of delivering care and information. Is telemedicine the answer to the NHS Challenges for future rheumatology care

15:45- Closing remarks Day 2





UK- Rheumatology Nurses & Practitioners Society

Accommodation at Conference Venue

The Holiday Inn Southampton hotel is situated near to the centre of the city, with good transport links and offers great views of the Cruise Terminals and Southampton Water.

We are pleased to offer -complimentary parking for all delegates

Delegates staying overnight

The guest bedrooms have a number of features to enhance your stay with us and to offer you the best possible sleep experience.

Holiday Inn Southampton is located close to the city's centre and is conveniently located within easy access to the M27 and M271. It is also within close proximity to Southampton Central train station (0.6miles) and Southampton International Airport, (4.7) miles making it the perfect location for both business and leisure travel.

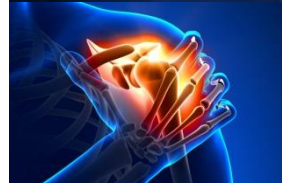
For Sat Nav directions please use post code SO15 1AG.



The hotel is situated near many attractions that are within easy access via local transport links to the hotel. Places of interest range from historical sites and museums to fun days out and city parks.

Places to visit include:

- Southampton Docks
- West Quay Shopping and Leisure Centre
- Isle of Wight
- New Forest
- Southampton Football Club
- Mayflower Park
- Paulton's Park
- Marwell Zoo
- Beaulieu Motor Museum





UK- Rheumatology Nurses & Practitioners Society

Self Booking Hotel

Other Hotels- within walking distance of Conference Hotel

Premier Inn Southampton City Centre (0.6 miles away.) **3-star hotel**
6 Dials, New Road, Southampton, SO14 0AB, United Kingdom

ibis budget Southampton Centre (0.4 miles away) **2-star hotel**
3 West Quay Road, Southampton, SO15 1RA, United Kingdom- also
walking distance to Southampton British Rail Station.

Novotel Southampton (0.4 miles away) **4 star hotel**
1 West Quay Road, Southampton, SO15 1RA- also walking distance to
Southampton British Rail Station.

Premier Inn Southampton (0.4 miles way) **West Quay 3-star hotel**
Harbour Parade, Southampton, SO15 1BA - 1RA- also walking distance
to Southampton British Rail Station.





UK- Rheumatology Nurses

Gout Evening Symposium

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Southampton, SO15 1AG

1st December 2016

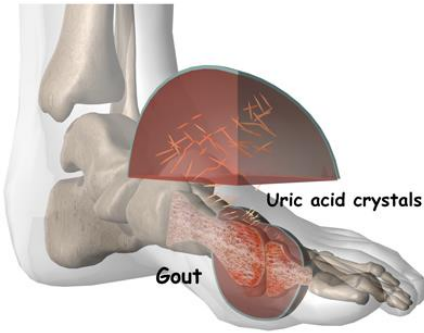
19:00pm for 19:15 start- working dinner

19:15pm- Welcome and introduction

**19:30pm- Gout Update- Dr L Sammut
invited**

20:15pm- Case Study- Colin Beevor

21:00- close



You are invited to attend our first UK Rheumatology Nursing conference – evening symposium on the 1st December 2016 in Southampton

The evening symposium will follow the day one conference which aims to provide exceptional update and education event in relation to gout specifically for Rheumatology Nurses/ Practitioners.

This conference will support you through providing you with continuing education sessions and networking opportunities.

Delegate fee - Free

Sponsorship for the event

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