



Arthritis & Connective
Tissue Disease

Department of Rheumatology

Getting to Grips Programme

Petersfield and Surround Area

Getting to Grips with Arthritis and Connective Tissue Disease goes **LIVE** in the Petersfield and surrounding areas. Winter **2016** and spring **2017** programme announced.

The Department of Rheumatology, Portsmouth Hospitals is pleased to announce that the successful, Getting to Grip with Arthritis and Connective Tissue Disease programme will start at the Petersfield Community Hospital in October 2016.

The programme organised by the Department of Rheumatology, will support patients, their family and carers through a comprehensive programme of talks and enabling patients to continue to effectively self-manage their arthritis or connective tissue disease.

Colin Beevor, Matron and Clinical Nurse Specialist:

"It is recognised that patient self-management is a key component of effective Arthritis and Connective tissue disease care and will improved patient outcomes by reducing pain and fatigue and preventing disability. Supporting patients to self-manage goes beyond traditional educational talks to include processes that develop patient problem-solving skills, improve self-efficacy, and support application of knowledge in real-life situations that matter to patients."

If you would like to join us, please contact rheumatology.conference@porthosp.nhs.uk or write to: Rheumatology Conference, Queen Alexandra Hospital, Cosham, PO6 3LY

We look forward to meeting you,
Colin Beevor

All the meetings and talks will be held at: Petersfield Community Hospital,
Swan Street, Petersfield, GU32 3LB. See room details below:

Date	Time	Theme
25/10/2016 Willows Day Room	13:30 For 13:45 Start 15:45 Finish	Getting to Grips with Pain associated to Arthritis and Connective Tissue Diseases
20/12/2016 Willows Day Room	13:30 For 13:45 Start 15:45 Finish	Managing the Christmas and New Year Flare Living well with Arthritis and Connective Tissue Diseases over the Festive Period
21/02/2017 Health Education Room	13:30 For 13:45 Start 15:45 Finish	Getting to Grips with Fatigue associated to Arthritis and Connective Tissue Diseases