

Department of Rheumatology

Day to Day Living with Arthritis
and Connective Tissues
Diseases

2017 Conference

“Understanding the pieces of the puzzle- for management of Arthritis and Connective tissue diseases together”

Free

Health Care Professional
Conference

Wednesday 27th September
2017

Mountbatten Centre- Alexandra Park-
Portsmouth





<p style="text-align: center;">“Understanding the pieces of the puzzle- for management of Arthritis and Connective tissue diseases together”</p>	
08:30	Registration
09:15	Welcome and Introduction
09:30	Conventional and new biologic therapies available to manage arthritis and connective tissue diseases - getting to grips with Disease Modifying anti-rheumatic drugs and Biologic Therapies
10:15	Supporting patients during a flare – what advice and support do patients need during a flare of their arthritis and connective tissue disease - encouraging a patient to build their own tool kit for flares
11:00	Refreshments and Exhibition
11:30	<p>Fatigue and Sleep - Hand and Hand</p> <p>Sleep disorders, such as difficulty falling asleep, problems maintaining sleep, poor sleep efficiency, early awakening, and excessive daytime sleepiness, are prevalent in patients with Arthritis and Connective Tissue Diseases. For people living with these conditions, sleep is potentially affected by a variety of factors, including the biochemical changes associated with the process of the disease, treatments and symptoms that frequently accompany them such as pain, fatigue, and depression. Fatigue is highly prevalent and persistent in patients with Arthritis and Connective Tissue Diseases. Although Arthritis and Connective Tissue Diseases related fatigue and sleep disorders are distinct, a strong interrelationship exists between these symptoms, and a strong possibility exists that they may be reciprocally related.</p>
12:30	Lunch and Exhibition
13:30	Keep Moving - which is best being active or exercising? - Exercise is important for our patients if they have arthritis and connective tissue diseases, as it helps to limit pain and maintain mobility. It also boosts energy, keeps muscles strong to support joints, and can prevent disability later in life
14:15	Medication update - Osteoporosis and Bone Health - With the aging of the population, low bone mass will be an increasing clinical issue for both men and women. Identifying subjects at increased risk of fracture and defining rational treatment strategies that balance risks with therapeutic benefits promises to be a major focus in the decade ahead.
14:30	<p>If it's not inflammatory arthritis - what is it?</p> <p>Other health conditions that mimic inflammatory arthritis – such as connective tissue diseases, gout, Lyme disease etc.- clinical update</p>
15:15	Refreshments
15:30	Pain- understanding the difference between acute, chronic and neuropathic pain and management of pain for people living with arthritis and connective tissue diseases
16:30	Close



We are delighted to be hosting annual Health Care Professional Conference with a stimulating line up of speakers on Wednesday 27th September 2017

This conference is aimed at any health care professional supporting people living with arthritis and connective tissue diseases. It is hoped that the conference will help Health Care Professionals to develop the knowledge and skills to support patients with their own self-management their disease leading to empowerment and improved quality of life.

Reasons Why You Should Attend the Day to Day- Living Well With Arthritis/ Connective Tissue Diseases Patient and Public Conference

- * **Understand** how to support patients with the emotional challenges of living with Arthritis and Connective Tissue Diseases
- * **Education** – Being a Health Care Professional means a lifetime of learning. It is our responsibility to stay on top of a quickly changing healthcare environment. The care and management of Arthritis and Connective diseases continues to see advances in medication, technology, and research coupled with our patients' access to information about their illnesses means we must always be learning.
- * **Networking** – There's nothing better than meeting your colleagues and sharing experiences.
- * **Discovery** – Attending education sessions, visiting with colleagues and interacting with the exhibitors can be eye opening
- * **Build Your Reputation At Home** – One of the great things about attending an annual meeting is bringing what you learn back to your colleagues at home.

Presentations and Workshops sessions are led by the Rheumatology Team and other local leading medical and healthcare professionals. Whether you are newly diagnosed or have had arthritis/connective tissue disease for many years, the Day to Day Conference is a great way to learn about the disease and become connected with others that are dealing with Arthritis and Connective Tissue Diseases.



Exhibition Hall open 09:00-15:00

Exhibition stands

During your busy conference schedule, please take time to visit the charity and Health Care Professional Exhibition Fair Hall (lower ground floor) meet with charities and health care professionals that can offer you advice and support. - *"You will always receive a very warm welcome"*.

We value the support of each and every organisation that takes part in the exhibition and/or provides sponsorship support for this event. We appreciate the huge amount of time, cost and effort involved. The exhibition is a huge hub of information with something for everyone.

Too Hot/Too Cold- The Mountbatten Centre is a sport center and therefore the room temperature takes some time to change- it may be appropriate for you to wear comfortable warm clothing and to bring a bottle of water.

For your comfort

Change in Programme- Our conference programme is subject to change at any point before or during the conference itself. We are unable to accept responsibility for changes

Refreshments and light snack lunch - will take place within the exhibition area in the main exhibition halls- please note we are unable to cater for specialist diets - you are welcome to bring your own packed lunch.

If there are long queues - then pop back later- don't miss out

Health Care Professional Delegate- Registration form

Name _____

Address _____

Postcode _____

Telephone Number _____

Email _____

I will be attending

Signed _____ Date _____

Please send back to Rheumatology Conferences, Department of
Rheumatology, Queen Alexandra Hospital , Cosham, PO6 3LY

Email rheumatology.conference@porthosp.nhs.uk

