

# Rheumatology 2015

28-30 April | Manchester, UK

## Rheumatology 2015 Conference Report

28-30 April | Manchester, UK

WELCOME  
TO

Rheumatology 2015

UK





# A record breaking conference

**The numbers don't lie; Rheumatology 2015 was our biggest ever conference.**

A truly international event, **2177** delegates attended from **43** countries. That's the highest number of delegates at any of our conferences.

This rise in attendance demonstrates the growing influence and reputation of our conference as a leading event in the sector.



Twitter messages were viewed over **24,300** times

# Positive feedback

The post-conference survey painted a positive picture of the delegates' experience.

**93%** would recommend Rheumatology 2015 to colleagues

**92%** said they learnt new things at Rheumatology 2015



## The programme

Rheumatology 2015 offered delegates access to a comprehensive programme focusing on a range of topics.

Led by experts in their field, from the UK and from overseas, there were over 80 sessions to choose from, spanning 12 different streams.

Over **87%** rated the sessions as 'Good' or 'Very good'. High praise indeed.

*"Rheumatology 2015 was a well organised, friendly and informative event. I left feeling inspired and educated."*

Feedback from a Rheumatology 2015 delegate

**Over 93%** agreed that Rheumatology 2015 was a worthwhile event to attend

# AGM 2015



The Society's annual general meeting took place at conference and we're pleased to report that turnout was excellent with standing room only. Prof Simon Bowman, BSR President, chaired the meeting and Dr Michael Backhouse, BHPR President, reported back on progress over the last year.

It was a momentous AGM as members unanimously approved the formal integration with the British Society for Paediatric and Adolescent Rheumatology (BSPAR) as a section of BSR. This represents a significant milestone in the Society's history.

Alongside this, new fees were introduced for 2016, including reduced fees for trainees and students, plus the Society welcomed the new President-elect, Dr Peter Lanyon and the new BHPR President-elect, Dr Jill Firth. Further details on committees and regional chairs can be found on the BSR website.

## **BHPR Members' Meeting – regions network meeting**

BHPR hosted the second members' meeting chaired by Dr Michael Backhouse. The aim of the meeting was to enable networking and provide a steer for better communication amongst the regions and within each region. Dr Lindsey Cherry, BHPR Communications Officer and podiatry representative for South Central region, presented on the outcomes of the region's first meeting which attracted over 50 delegates. Dr Heidi Siddle, BHPR Lead for the Yorkshire and Humber region, shared on the progress the regional team were making and plans for their first meeting.

If you would like to find out more about what's happening in your region, please contact your regional lead, visit the website or contact [bhpr@rheumatology.org.uk](mailto:bhpr@rheumatology.org.uk)

# Keynote speakers

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Rheumatology 2015 boasted a prominent line-up of speakers covering key topics in rheumatology.



## **Jewels in the Crown, Prof Sir Mark Walport**

We were delighted to welcome Prof Sir Mark Walport, Government Chief Scientific Advisor, as the keynote speaker of the 'Jewels in the Crown' session at Rheumatology 2015. Sir Mark was Professor of Medicine at Imperial College Healthcare and then Director of the Wellcome Trust prior to taking up his current role. He gave a broad ranging talk covering government objectives that include the promotion of wellbeing, knowledge translation, emergency preparedness and leadership, where rheumatology might fit in to research priorities, the NHS five-year plan and also how an ageing population and climate change may require rethinking how, for example, we design cities of the future.

**Prof Simon Bowman**, BSR President



## **Heberden Round, Prof David D'Cruz**

Prof David D'Cruz is a world expert in lupus and his Heberden Round talk was a tour de force in the clinical management of the disorder. The talk was very well received by the audience with prolonged applause afterwards.

**Prof Simon Bowman**, BSR President

***“Professor D’Cruz gave excellent talks, very interesting bowel flora session and excellent sessions on dermatology, and lupus”***

Feedback from a Rheumatology 2015 delegate



### **Heberden Oration, Prof David L Scott**

Prof Scott is one of the UK's foremost experts in clinical trials in rheumatoid arthritis. In his Heberden Oration he gave a masterly historical perspective to this topic starting from the 19th century. He described initial trials before 1980 starting with the discovery of corticosteroids and the Empire Rheumatism Council Trial of gold versus placebo in the 1960's. He described his own experiences in the 1980's and 1990's during the early use of disease-modifying drugs, a better range of drugs and better tools to assess outcome and earlier referral of patients to Rheumatology were implemented. He then brought us into the modern era with early and intensive use of combination therapy and the introduction of biologic therapies with better disease control, less joint damage and fewer side effects than in previous eras. He concluded by encouraging younger researchers to get involved in asking questions and doing research to address these questions in the hope that they may also have the huge level of satisfaction and enjoyment that he has had over his career and improve further the care of patients with rheumatoid arthritis.

**Prof Simon Bowman**, BSR President



### **Droitwich Medical Trust Lecture, Susan Oliver OBE**

Sue Oliver has been a leading light in rheumatology for many years both on the UK and international stage. Sue's 2015 Droitwich lecture took delegates on a journey through the changing landscape of rheumatology and the wider healthcare landscape over the past 15 years: a landscape that her work has had a substantial impact upon. From involvement on working groups with BSR & BHPR through to work with the Department of Health, Kings Fund, National Audit Office, and NICE, Sue's efforts have helped all clinicians deliver better care. Rather than focusing on these achievements, Sue concentrated on sharing what she learned through working on such projects. In a world where the pace of change is increasing, nurses & AHPs were urged to use new approaches such as collective leadership and 'nudging' to lead change in order to improve rheumatology services.

**Dr Michael Backhouse**, BHPR President

# Session reviews

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## Get fired up for audit and research

This session gave a fantastic overview for clinicians thinking about conducting audit and research themselves. Sandra Robinson, Northumbria Healthcare NHS Foundation Trust, North Shields, presented some excellent examples of why research is important to our practice and how we implement this in our daily practice. She highlighted some of the barriers to conducting research or audit with very encouraging tips to help the audience to overcome these. As part of that journey, we heard from Dr Anne-Maree Keenan, Leeds NIHR Musculoskeletal Biomedical Research Unit, about career options supported by the National Institute for Health and Research (NIHR) and research internships funded by Arthritis Research UK. Dr Keenan presented a very comprehensive overview on how the internships are operationalised between the NHS and NIHR to promote allied health professionals and nurses. Finally, we were informed about how important it is to disseminate our findings through publication. Dr Sarah Ryan, Haywood Hospital, Stoke on Trent, brought to our

attention, from her perspective as editor of the journal *Musculoskeletal Care*, some important tips that could enhance our publications. The session ended with a dynamic panel discussion with delegates having the opportunity to pick up specific issues of personal relevance.

**Dr Kanta Kumar**, University of Birmingham and **Prof Anthony Redmond**, NIHR Leeds Musculoskeletal Biomedical Research Unit

## Imaging in rheumatology: a practical perspective

I started the session by demonstrating the use of imaging in (mechanical) low back pain - the pitfalls and benefits, and the dangers of over-imaging. Prof Philip Conaghan's lecture very adequately covered the use of different imaging modalities for assessing and monitoring inflammatory arthritis. Finally, and appropriately for an imaging session, we had a radiologist who showed some exquisite images of PET-CT scans and their use in rheumatic disease.

**Dr Philip Helliwell**, University of Leeds



**Managing lupus nephritis in the era of biological therapies. This clinically orientated session was well attended by approximately 150 delegates. The three speakers were all well received.**

Firstly, Prof Liz Lightstone, Imperial College London, delivered a comprehensive overview of the existing evidence base which currently informs management approaches in lupus nephritis. She delineated the clear unmet need for more therapies in this area but also took the time to discuss some of the methodological flaws of past studies. She proceeded to outline current and future clinical trials which seek to offer new solutions and finished on a fairly optimistic note regarding the multiple future options which may be effective in the treatment of this challenging condition.

Secondly, Prof Lars Erwig, University of Aberdeen, discussed the management of renal vasculitis and specifically ANCA diseases. He employed the recently developed BSR guidelines as a structure for his presentation, using them to highlight areas of controversy in the field and to proffer data backed alternatives based on his own experiences over the last 20 years. For example, the traditional debate regarding the optimal mode of cyclophosphamide delivery (oral versus intravenous) was re-visited and led to erudite questions and interactions with the audience.

Finally, Prof Mark Little, Trinity College, Dublin, successfully provided an enlightened, vibrant presentation on the potentially dry topic of iatrogenic nephrotoxicity. New data on methotrexate and NSAID toxicity were presented and pragmatic perspectives and advice were delivered to an engaged audience.

**Dr Neil Basu, Aberdeen Royal Infirmary**



# Awards and prize winners

Dr Elizabeth Rosser



## Garrod Prize

Dr Elizabeth Rosser, University College London

Prof Wan-Fai Ng



## Michael Mason Prize

Prof Wan-Fai Ng, Newcastle University

Dr Maria Di Cicco



## Young Investigator Award

Dr Maria Di Cicco, Queen Mary University of London

Dr Sam Norton



Dr Sam Norton, King's College London

## BHPR Clinical Prize

Fidelma Gordon, East & North Hertfordshire NHS Trust

Fidelma Gordon



## Droitwich Lecture

Sue Oliver OBE, European League Against Rheumatism (EULAR) and University of Exeter

Sue Oliver OBE



## Chris Moran Poster Prize

Rebecca Stack, University of Birmingham  
Jessica Gunn, Nuffield Orthopaedic Centre

# AbbVie UK Perspectives Gallery

## Perspectives – Art, Inflammation and Me

is a gallery exhibition created by AbbVie which brings a different dimension to the understanding of immune-mediated inflammatory diseases (IMIDs) and their impact on patients and society. This exhibit is a glimpse into more than 200 unique artistic expressions – all inspired by the collective desire of patients and artists to help people gain new perspectives into these conditions, and the unknown, ignored or underestimated burdens associated with them.

Each artwork and story carries a message of hope – along with a passionate desire to help better understand, and enable change.

The pieces (from the entire collection) are the result of collaboration between more than 30 universities, 40 countries, and 200 artists and patients.

The gallery at Rheumatology 2015 is the largest AbbVie has had, showing the greatest number of pieces from the whole collection in one place.





## Rheumatology 2016

26-28 April 2016 | SECC Glasgow, UK

### See you in Glasgow

Next year's Rheumatology conference takes place north of the border in Glasgow and and you can now register your details to make sure you are the first to know when booking opens. You can also contribute to the programme by submitting an abstract. Submission deadline is 6 November 2015.

Find out more and view a promotional video at [www.rheumatology2016.org.uk](http://www.rheumatology2016.org.uk)

### Check out the latest education courses for the whole multidisciplinary team

Review the range of upcoming courses covering a range of specialisms and supporting the training needs of all levels of rheumatologists and related rheumatology health professionals.

#### **BSR/MSD Trainees in Rheumatology: Understanding the wider world outside the NHS**

20 Nov | Bristol

#### **Core skills course in rheumatology for trainees**

25-26 Nov | Newcastle

#### **Masterclass in myositis**

03-05 Dec | Manchester

For more information and to book your place visit

[www.rheumatology.org.uk/education](http://www.rheumatology.org.uk/education)



Stay up-to-date with the latest developments @RheumatologyUK

The British Society for Rheumatology

# AUTUMN CONFERENCE 2015

Case-based discussions

15-16 October 2015 | The ICC, Birmingham

BSR's Autumn Conference is a two day event that focuses on interactive cases submitted by delegates and led by world experts.

The event brings together consultants and next generation rheumatologists to share and exchange clinical best practice through discussion groups, debate and expert panel sessions.

The summit will focus on five key topic areas:

#### **Metabolic bone disease**

#### **Spondyloarthritis**

#### **Rheumatoid arthritis**

#### **Systemic lupus erythematosus**

#### **Sjögren's syndrome**

Plus, there will be a lively debate on biosimilars titled: 'Biosimilars are effective and safe and should immediately replace innovator molecules in the NHS'.

Places are limited so reserve yours today.

Find out more at [www.autumn-conf.org.uk](http://www.autumn-conf.org.uk)

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