



Autumn Meeting

31st October and 1st November 2024

Stirling Court Hotel

University of Stirling

Organisers: Dr A Laws and Dr S Boyle

Event approved by the Federation of the Royal Colleges of Physicians of the United Kingdom for 9 category 1 (external) CPD credit(s).

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Thursday 31st October 2024

**Bone Interest Group of Scotland programme
Blair Atholl Room**

09:45 - 10:00: Registration and Coffee (*Silver Glen Room*)

Chairs: Dr Barbara Hauser, Consultant Rheumatologist, NHS Lothian
Dr Elizabeth Clarke, Consultant Rheumatologist, Greater Glasgow & Clyde

10:05 - 10:15: Abstract1: "A digital platform to support FLS in Scotland" Dr Maria Talla

10:15 - 10:50: Bisphosphonates and ONJ – from a dentist's perspective

Deborah Gray, Assistant Clinical Director - Special Care Dentistry, GG&C

10:50 - 11:10: Brittle Bone Society presentation

BBS team

11:10 - 11:45: Osteoporosis treatment in Chronic Kidney Disease

Prof Stuart Ralston, University of Edinburgh

11:45 - 11:55: Abstract2: "Height loss, back pain and severe pain are highly predictive for the diagnosis of pregnancy associated osteoporosis" Elizabeth Orhadje

12:30 - 14:00: Lunch (*Restaurant*)/Registration

14:00 - 16:30: Parallel workshop sessions (coffee break 3:15-3:30pm *Silver Glen Room*)

Trainees (*Callander Room*):

14:00 - 15:15: Bone Disease Beyond Osteoporosis: Dr Min Chong, Consultant Endocrinologist, NHS Lanarkshire

15:30 - 16:30: Biologics, JAKs and other options in the horizon: Dr Mostafa Ahmad, Consultant Rheumatologist, NHS Fife

Allied Health Professionals (*Erskine Room*):

14:00 - 14:30: "Advice line, laughter and tears" D Hood, N Jamieson, RAH Rheum CNS

14:30 - 15:15: "Fibromyalgia: The Elephant in the Rheumatology Service. How can the AHP help improve care for the person with fibromyalgia?" C MacDougall, NHS Lothian ANP

15:30 - 16:30: "AHPs and Service Improvement: Facilitated networking session for AHPs to discuss service strengths and pitfalls" NHS Lothian CNS

Consultants: Business meeting (*Blair Atholl Room*)

Close of Day One

18:30: Pre-dinner drinks

19:00: Dinner - Stirling Court Hotel (**Abbeycraig Room**)

Friday 1st November 2024

9:00 - 9:30: Registration, coffee (**Silver Glen Room**) & Welcome (Prof R Munro)

Clinical Updates (Blair Atholl Room)

Chair: Dr D Crosbie

9:30 - 10:10: “A Clinical and Research update on PSA “

Prof Stefan Siebert, Inflammation Medicine and Rheumatology, University of Glasgow/NHS GGC

10:10 - 10:50: “How to approach neurovasculitis” (via videolink)

Prof David Hunt, Head of Neuroinflammatory Medicine, University of Edinburgh

10:50 - 11:20: Coffee (Silver Glen Room)/poster viewing

11:20 - 12:00: “HLH-where are we now?”

Chair: Dr S Kerrigan

Dr Alexis Jones, University College London Hospital Trust

12:00 - 12:45: “Managing SLE and APS in pregnancy“

Dr Oseme Etomi, Guys and St Thomas NHS Foundation Trust

12:45 - 13:30: Lunch (Restaurant)/poster viewing

13:30 - 14:00: SSR Annual General Meeting (Blair Atholl Room)

14:00 - 15:15: *Service challenges/redesign*

Chair: Dr H Bhat

14:00 - 14:40: “Quality improvement at a national scale: the Getting It Right First Time programme for rheumatology in NHS England” Dr Lesley Kay, NHS England

14:40 - 15:15: “Patient initiated review - NHS Grampian experience” Dr Hazem Youssef, Aberdeen

15:15 - 15:30: Coffee (Silver Glen Room)/poster viewing

15:30 - 16:20: Abstract Presentations

Chair: Prof R Munro

- Do physical activity and sedentary behaviour determine health-related quality of life in people with an inflammatory arthritis? A longitudinal study. K Bell.NHS Tayside
- Learning from GoutSMART: Predicting Time to Cessation of Gout Flares. R Hart , A Krause , D Alexander , B Hauser , B Kuske , PL Riches.NHS Lothian, University of Edinburgh
- Real-world data: Giant cell arteritis (GCA) patients who received Tocilizumab in NHS Fife - a Survey of Clinical Practice. K Petridis, J McLaren, M.M Ahmad.NHS Fife
- Identifying Phenotypic Clusters in Psoriatic Arthritis Patients. C. Bredemeyer, F. Sunzini, N. Basu, K. Stefano.Queen Elizabeth University Hospital
- Evaluation of biological drug tapering strategies: clinical outcomes and cost efficiency in rheumatic disease (2016-2023)L Roberts, M Perry.University of Glasgow, Rheumatology Department, Royal Alexandra Hospital

16:20 - 16:30: Prize Presentation and Close of Meeting

Our Speakers



Deborah Gray, Assistant Clinical Director - Special Care Dentistry, Greater Glasgow & Clyde

Deborah qualified as a dentist in 2012. She has worked in general practice, community dental services and hospital dental services. She became a specialist in Special Care Dentistry in 2019. She currently works within the Public Dental Service for GG&C as the Assistant Clinic Director for Special Care Dentistry.



Prof Stuart Ralston, University of Edinburgh

Stuart H Ralston graduated in Medicine from Glasgow University in 1978 and underwent higher medical training in General Internal Medicine and Rheumatology. He previously held the chair of Medicine and Bone Metabolism at the University of Aberdeen and moved to Edinburgh University in 2005 where he now holds the Arthritis Research UK Chair of Rheumatology. He is currently director of Edinburgh University's online distance learning MSc in clinical trials and was director of Edinburgh Clinical Trials Unit between 2009 and 2016. He holds an

honorary consultant rheumatologist position with NHS Lothian where he is clinical lead for the osteoporosis service and clinical director of the rheumatology service. Professor Ralston has researched widely on the molecular and genetic basis of osteoporosis and other bone and joint diseases. He has a special interest in the pathogenesis and management of Paget's disease of bone. He is joint editor-in-chief of Calcified Tissue International and an editor of Davidson's Principles and Practice of Medicine. He was chair of the SIGN 142 guideline group on the Management of Osteoporosis and Prevention of Fragility Fractures in 2015 and 2021 and chairs one of the working groups of the Osteoporosis and Bone Research Academy for the Royal Osteoporosis Society. He was chair of the Commission for Human Medicines (CHM) for the Medicines and Healthcare Regulatory Authority (MHRA) between 2013 and 2021 during which time the CHM advised that the Pfizer/BioNtech, Moderna and AstraZeneca vaccines should be approved for emergency use in the UK.

The Brittle Bone Society is the sole organisation set up to address the needs of people born with Osteogenesis Imperfecta (OI). The charity supports people in the UK and Republic of Ireland. It was the first registered charity in the world set up to support individuals with OI.



Patricia Osborne

Patricia has been CEO since 2009 working previously in the media, politics, and sport. 4 years as an Elected Member and as Chairperson for a National Sports Governing Body. Patricia worked on three successful strategic plans for the BBS. Patricia's focus has been on establishing the best support possible for the OI community, the set up of the charity's Medical & Scientific Advisory Boards, and membership of (AMRC) with non-commercial status / NIHR. A current aim is to improve adult health care for rare bone by involvement with the new NHS Rare Disease Collaborative Network (RDCN)



Coreen Kelday

Coreen has been working for the charity since 2011. Her main area of responsibility is to provide a UK-wide support service to anyone affected by OI their families, carers and associated professionals. She works closely with NHS healthcare staff to develop new factsheets and resources and is also the first point of contact for any wheelchair applications. Coreen is also kept busy with organising our ever-increasing list of events.



Dr Min Chong, Consultant Endocrinologist with interest in mineral metabolism.

Currently working for NHS Lanarkshire.



Dr Mostafa Ahmad, Consultant Rheumatologist, NHS Fife

Dr. Mostafa Ahmad is a Consultant Rheumatologist at NHS Fife. He graduated from Assiut University in Egypt, where he earned an MSc in Internal Medicine. After relocating to the UK, Dr. Ahmad completed his specialty training in Rheumatology and General Internal Medicine (GIM) in Edinburgh. Passionate about medical education, he designed and continues to lead the Rheumatology module for the University of Edinburgh's online MSc programme in Internal Medicine. He is also an

Associate Fellow of the Higher Education Academy (AFHEA). Currently, Dr. Ahmad is a member of the British Society for Rheumatology's (BSR) working group, contributing to the update of biologic DMARDs safety guidelines. His clinical interests include macrophage activation syndrome and musculoskeletal ultrasound.



Professor Stefan Siebert, Inflammation Medicine & Rheumatology, University of Glasgow, NHS GG&C

Professor of Inflammation Medicine and Rheumatology in the University of Glasgow and honorary Consultant Rheumatologist in NHS Greater Glasgow and Clyde where he runs specialist psoriatic arthritis (PsA) and combined dermatology-gastroenterology-rheumatology clinics. He leads the PsA and inflammatory arthritis clinical research programme in Glasgow. Research activities include disease pathogenesis, biomarker discovery, comorbidities, routine-data linkage and running observational cohort, experimental

medicine and interventional studies. He has published widely in peer-reviewed journals. He is the current co-lead for the ongoing EULAR Task Force for the definition of difficult-to-treat PsA. He is also the Deputy Chair of the UK NIHR Musculoskeletal TRC and co-director of the Glasgow Centre of Excellence for Trials Collaboration (CETC), member of GRAPPA (previous member of the GRAPPA global steering committee) and ASAS.



Professor David Hunt, Consultant Neurologist, University of Edinburgh/NHS Lothian

Professor David Hunt is a Wellcome Trust Senior Clinical Fellow and Consultant Neurologist who leads clinics and research in the field of brain inflammation and multiple sclerosis. He undertook medical and neurology training in London and Switzerland. As Head of Neuroinflammatory Medicine, David leads NHS multiple sclerosis and neuroinflammation services in Edinburgh and directs related research at the Anne Rowling Clinic. David has

developed specialised clinics for people affected by rare neuroinflammatory disorders, including joint neurovasculitis clinics.



Dr Alexis Jones, Consultant Rheumatologist, UCLH

Dr Alexis Jones is a Consultant Rheumatologist at University College London Hospital (UCLH). Her interests include hyperinflammatory syndromes, acute inpatient rheumatology, spondyloarthritis, MSK imaging, teaching and training. Dr Alexis Jones runs the HLH service with Dr Jessica Manson, Consultant Rheumatologist at UCLH. In 2024, the service combined with the HLH service at Sheffield Teaching Hospitals NHS Foundation Trust, won the British Society for Rheumatology Best Practice Award and Patient Choice Award. Dr Alexis Jones has published a number of papers on HLH and was part of the task force in the Getting It Right First Time (GIRFT) pathway and guidance for diagnosis, treatment and management of HLH as well as the HiHASC guidelines on the diagnosis and investigation of HLH. Dr Alexis Jones completed her MD (Res) on quantitative imaging in axial spondyloarthritis. She has a keen interest in teaching and training and is the Post Graduate Medical Education lead for rheumatology at UCLH.



Dr Oseme Etomi, Consultant Obstetric Physician and Rheumatologist, Guys and St Thomas' Hospitals NHS Foundation Trust

Dr Oseme Etomi is a Consultant Rheumatologist and Obstetric Physician in South East London and works across 2 NHS trusts including Guy's and St Thomas' Hospital and the Queen Elizabeth Hospital in Woolwich. Within Rheumatology, she looks after patients with SLE predominantly. Within the field of Obstetric Medicine, her main interest is looking after women with inflammatory diseases and immunosuppression in pregnancy. She runs a weekly inflammatory rheumatic disease and a weekly inflammatory bowel disease clinic in pregnancy. Oseme has published abstracts and papers on Inflammatory Rheumatic Disease in pregnancy. In 2018 she was awarded the best oral presentation at the international Society of Obstetric Medicine for her work in this field. She was also instrumental in setting up the British Society of Rheumatology Specialist interest group in Pregnancy in 2019. She sits on the advisory board for the Biologics in Rheumatoid arthritis Pregnancy (BiRAP) group and was one of the organisers of the highly successful 12th Rheumapreg Symposium in September 2023 in London.

Her other interests include work on diversity, inclusion and wellbeing. She is the lead for trainee wellbeing in O&G at GSTT.



Dr Lesley Kay, Consultant Rheumatologist, Newcastle upon Tyne Hospitals NHS Foundation Trust

Dr Kay is a Consultant Rheumatologist in Newcastle upon Tyne, vice chair of the Northern Clinical Senate Council and a trustee of the National Axial Spondyloarthritis Society. She was previously acting medical director and deputy medical director at the Healthcare Safety Investigation Branch (HSIB), clinical director for musculoskeletal services and for patient safety and quality in her trust, and chair of the British Society for Rheumatology's clinical affairs committee. She has a masters' degrees in public health and in leadership and quality improvement.



Dr Hazem Youssef , Consultant Rheumatologist, NHS Grampian, Senior Lecturer at the University of Aberdeen

Hazem is also national TPD for Rheumatology in Scotland Deanery and President Elect of SSR with a particular interest in quality improvement & risk management. He delivers remote and rural clinics, sits in the RCPE Remote & Rural working Group and is a member of the BMA Scottish Consultants Committee.

Posters

Development of a protocol for diagnosis management of patients with retroperitoneal fibrosis. E Qian, A McKay, D Ho, V Granitsiotis, S Leung, B Dhaun, D Subedi, L McGeoch, L McGregor, A Laws, D Satya, P Lyons, D Porter, H Harris
Rheumatology Dept, Western General Hospital, Edinburgh

Improving outcomes for adult patients with HLH. A. Azari, R. Tattersall, J. Manson, A. Jones
University College London Hospital

Development of Web-Based Biologics Database for NHS Lothian Rheumatic Diseases Unit. N Scott , A Spiliopoulou , G Paton , S Ghauri
Pharmacy Dept, Western General Hospital

Audit investigating patient perspectives on transition from routine to Patient-Initiated Follow-Up (PIFU), and current use of the helpline, in the Rheumatology Department, NHS Lanarkshire. A Shortall, R Munro
Rheumatology dept, NHS Lanarkshire

The experience of middle grade doctors responding to rheumatology referrals in a large teaching hospital. R. Bunn, J Quinn Toye, A Tindell
Glasgow Royal Infirmary

Consistency of advice for the conservative management of knee osteoarthritis across international clinical practice guidelines. S McColm, P Ackerman, V Graham, DF Hamilton
NHS Lothian, Glasgow Caledonian University

E-Bike Loan for Rheumatology Patients in Forth Valley. R Friel
Forth Valley Royal Hospital

Audit on Systemic Lupus Erythematosus monitoring in NHS Greater Glasgow and Clyde (Clyde Sector) C Kuah, J Goh, M Perry
NHS Glasgow and Clyde

Outcomes of Referral to Dental Services in NHS Clyde. C Ryan, N Breacher
Royal Alexandra Hospital

IV Zoledronate in hip fractures- who was missed and why. C Ryan, T Harley, A MacRae
Royal Alexandra Hospital