



ROYAL COLLEGE OF
PHYSICIANS OF IRELAND

MASTERCLASS

Royal College of Physicians of Ireland
No. 6 Kildare St, Dublin 2

4.00 pm Wednesday, April 1, 2009

RCPI Masterclass Series 2008/2009
***Treating the Acutely Ill
Patient*** – Update and advances
in management of common medical
conditions presenting on call

**Part V: Rheumatology
Session**



Welcome

Dr John Donohoe
President, RCPI

Dr Diarmuid O'Shea
Masterclass Series Convenor, RCPI



Dear Delegates,

In line with its mission to promote excellence in medical education and to support the advancement of the medical profession, we are pleased to welcome you to today's meeting – the ***Rheumatology session of the RCPI Masterclass Series on Treating the Acutely Ill Patient.***

The RCPI Masterclass Series – which will run over seven sessions from November 2008 through to June 2009 – is aimed at keeping doctors up to date in evolving medical practice outside their specialty area and to facilitate their continuing medical education. The objective of the series is to help those who are at the front line of our health service continuously improve their skills base, effectively facilitating excellence in patient care.

The series brings together medical experts from a variety of specialties under a central theme, provides a senior forum for peer discussion and has in the past attracted unprecedented numbers for Irish training. The entire series will be webcast live to 22 regional hospitals and will also be available as a recorded webcast via the RCPI's online medical education centre.

We would like to thank the chair of this session, Professor Doug Veale, and the speakers for their contribution to the programme and the Series.

Each session qualifies for 3 CME credits from RCPI (21 in total for the series).

If you have suggestions for future topics in the series include them on the assessment form in your meeting pack. Alternatively, email your suggestions to us at helenmurray@rcpi.ie.

We hope you enjoy the meeting.

A handwritten signature in black ink, appearing to read 'John Donohoe'.

Dr John Donohoe
President
Royal College of Physicians of Ireland

A handwritten signature in black ink, appearing to read 'Diarmuid O'Shea'.

Dr Diarmuid O'Shea
Vice President for Education and
Professional Development
Royal College of Physicians of Ireland

TIME	TITLE	SPEAKER	CHAIR
15.30 – 16.00	Registration		
16.00 – 16.30	The old and new therapies for managing osteoarthritis	Dr Alexander Fraser, Midwestern Regional Hospital Limerick	Prof Douglas Veale St Vincent's University Hospital, Dublin
16.30 – 16.35	Question and Answer Session		
16.35 – 17.05	Rheumatological emergencies – the first 24 hours	Dr Bobby Coughlan, National University of Ireland Galway	
17.05 – 17.10	Question and Answer Session		
17.10 – 17.40	The acutely hot joint – examination, investigation, differential diagnosis and management	Dr Trevor Duffy, James Connolly Memorial Hospital Blanchardstown, Dublin	
17.40 – 17.45	Question and Answer Session		
17.45 – 18.00	Refreshments		
18.00 – 18.30	Managing the patient with rheumatoid arthritis	Dr Sinead Harney, Cork University Hospital	Prof Douglas Veale St Vincent's University Hospital, Dublin
18.30 – 18.35	Question and Answer Session		
18.35 – 19.05	Acute back pain	Dr Donough Howard, St James's Hospital, Dublin	
19.05 – 19.10	Question and Answer Session		
19.10 – 19.30	Panel Discussion		

Professor Douglas Veale
St Vincent's University Hospital, Dublin



Prof Veale will chair session 1 & 2

Douglas Veale is Adjunct Professor of Medicine, UCD, Consultant Rheumatologist and Medical Director of Research at St Vincent's University Hospital and a principal investigator at the Conway Institute of Biomolecular and Biomedical Research in Dublin, Ireland.

A graduate of the Royal College of Surgeons in Ireland (1984), Professor Veale completed his training at The Jervis Street Charitable Infirmary, Dublin, and the Waterford Regional Hospital. He commenced specialist and General Internal Medicine training in 1988 at Beaumont Hospital and St Vincent's University Hospital achieving an MD degree by thesis in 1992. After three years as lecturer in Medicine, Professor Veale completed his training in the University of Dundee and Ninewells Hospital, receiving JCHMT(UK) accreditation in 1994. He was then appointed Senior Lecturer in Rheumatology at Leeds University, where he established with colleagues a premiere Early Arthritis Programme and Academic Musculoskeletal Centre, until his appointment at St Vincent's University Hospital in 2001.

Professor Veale is a Fellow of the Royal College of Physicians of Ireland and the Royal College of Physicians of London. He is a member of the American College of Rheumatology, the Irish and British Societies of Rheumatology, and the Society of Irish and American Rheumatologists, among others. He is an invited speaker at national and international meetings and a member of several advisory groups including The Health Research Board of Ireland, Arthritis Research Campaign (UK). The main focus of Professor Veale's research is Translational Medicine of early inflammatory diseases including Rheumatoid arthritis, Psoriatic arthritis, Psoriasis and systemic sclerosis to understand the cellular and molecular mechanisms of angiogenesis and cartilage degradation, in addition to Biomarker Development.

This meeting is approved for 3 CME credits by the Royal College of Physicians of Ireland

Session 1

16.00 – 16.30

The old and new therapies for managing osteoarthritis

Dr Alexander Fraser,
Midwestern Regional Hospital Limerick



Biographical Sketch

Alexander Fraser is Consultant Rheumatologist, General Physician and Honorary Senior Lecturer Mid-Western Regional Hospital, Dooradoyle, Limerick. He graduated in medicine from Trinity College Dublin in 1991. He began practicing Rheumatology in 1996 and the following year was appointed Specialist Registrar in Rheumatology at the Yorkshire Deanery. Training with Professor Emery's group in Leeds he developed a research interest in clinical, immunological and therapeutic aspects of Rheumatoid Arthritis, Psoriatic Arthritis and the Seronegative Spondyloarthropathies. He was appointed Consultant Rheumatologist and Honorary Senior Lecturer at the Leeds Teaching Hospitals NHS Trust, working at The Leeds General Infirmary and St James University Hospital, in October 2001 and working closely with Professor Paul Emery and Professor Doug Veale he has published in the area of angiogenesis, vascularity and inflammation in early and established arthritis and biomarkers of cartilage turnover.

Dr Fraser took up his current appointment as Consultant Rheumatologist, General Physician and Honorary Senior Lecturer in the Mid-Western Region in August 2006.

Overview of Presentation

As our population ages it is increasingly common for patients admitted acutely to have significant osteoarthritic co-morbidity. The aim of this overview is to address some of the common ward based questions the general physician may be faced with; what treatment options are available to help

patients; what newer treatments may help in the future and what is the evidence for these.

The talk also aims to address some of the more confusing and controversial questions faced on a daily basis such as when to use NSAID's and which are safer and whether food supplements have a role to offer.

16.35 – 17.05

Rheumatological emergencies – the first 24 hours

Dr Bobby Coughlan,
National University of Ireland Galway



Biographical Sketch

Robert Coughlan qualified from NUIG in 1974. Having worked in The Adelaide Hospital, Our Lady's Children's Hospital, Crumlin and St Vincent's University Hospital where he commenced his rheumatology training, Dr Coughlan undertook his research in rheumatoid arthritis in Guy's Hospital, London.

Following this he completed his training in Addenbrook Hospital in Cambridge where his main research interest was complex regional pain syndrome.

Having worked for six years as a consultant in The Mater Hospital, Dublin, Dr Coughlan moved to Galway University Hospitals.

Overview of Presentation

This presentation will discuss three rheumatological emergencies. Whereas each of these emergencies is encountered infrequently, each of them needs early intervention in order to optimise patient outcome.

In the case of pulmonary haemorrhage and scleroderma renal crisis there are important indicators of their possibility by knowing the patient's primary diagnosis. Thus

evaluation and knowledge of the underlying condition is advised. In the case of patients with rheumatoid arthritis, involvement of the cervical spine is a threat to the cervical cord which in turn is a grave threat to the patient's mobility and is frequently a life-threatening event. In these patients again there are important indicators that might alert an admitting physician to the possibility of cord compression.

Session 1

17.10 – 17.40

The acutely hot joint – examination, investigation, differential diagnosis and management

Dr Trevor Duffy,
James Connolly Memorial Hospital Blanchardstown, Dublin



Biographical Sketch

Trevor Duffy graduated from University College Dublin in 1994 and completed general professional training in St Vincent's University Hospital, Dublin. He began SpR training in Rheumatology in 1997, moving to the University Hospital Geneva for fellowship training in 2003. Dr Duffy remained in Geneva as an attending rheumatologist until returning to take up a consultant post with the James Connolly Memorial Hospital Blanchardstown and the Royal College of Surgeons in 2006.

Overview of Presentation

Acute monoarthritis is a frequent emergency presentation, to both physicians and their surgical colleagues. Management is hampered by the broad range of causative pathology and the non-specific nature of clinical presentation. Further early, appropriate treatment is imperative in the setting of acute joint sepsis in order to prevent long term complications.

The talk shall discuss the clinical presentation and the likely causative agents with particular emphasis on the early, acute period. Our emphasis will be on the adult presenting to the emergency department with acute monoarthritis of a native joint. We will consider the best immediate investigative course of action, with a review of the evidence available. We will also consider the best initial treatment approach in order to secure good outcomes for the patient.

Session 2

18.00 – 18.30

Managing the patient with rheumatoid arthritis

Dr Sinead Harney,
Cork University Hospital



Biographical Sketch

Sinead Harney graduated from National University of Ireland Galway in 1994. She completed her higher specialist training in Rheumatology and General Internal Medicine in 2005. Dr Harney was awarded a DPhil in the MHC Genetics of Rheumatoid Arthritis in 2006 by Oxford University and completed a Masters in Sports and Exercise Medicine in University College Cork (UCC) in 2007. Dr Harney is working as a Rheumatologist and General Physician in Cork University Hospital, and as an honorary Clinical Senior Lecturer in the Department of Medicine in UCC since 2005.

Overview of Presentation

Rheumatoid Arthritis (RA) is a common disease which affects 1% of the population. It varies in severity but, left untreated RA results in joint damage and disability. Early recognition and treatment is of paramount importance in improving outcome. Drug treatments have changed dramatically over the last decade with the introduction of biologics, which have improved patients' quality of lives and have resulted in remission rates of 50% in

early RA. These drugs do not come without risks, and monitoring whilst on treatment is important. Further, one must be vigilant for infection in any patient on these drugs. Since the advent of the biologics patients expectations have risen and more people are now in active employment with RA. Earlier treatment of RA with the induction of remission is now our aim and hopefully this will translate into improved mortality figures for RA in the future.

Session 2

18.35 – 19.05

Acute back pain

Dr Donough Howard,
St James's Hospital, Dublin



Biographical Sketch

Donough Howard is a Consultant Rheumatologist at St James's Hospital and Hermitage Medical Clinic. He graduated from RCSI and completed postgraduate training both in Ireland and the US. He previously worked in Lahey Clinic Medical Centre, with academic appointments to both Harvard and Tufts Medical Schools. Dr Howard has published in the fields of vasculitis and also has subspecialty interests in the fields of scleroderma and rheumatoid arthritis.

Overview of Presentation

The talk will provide an overview of medical emergencies presenting with back pain. Short case histories will be used to highlight clinical presentations.

UPCOMING SESSIONS in the *RCPI Masterclass Series. Treating the Acutely Ill Patient 2008/2009*

Part VI:	Cardiology Session	May 6, 2009	4.00 – 7.30 pm
Part VII:	Medical Neurology Session	June 3, 2009	4.00 – 7.30 pm