

APPLIED RHEUMATOLOGY MADE SIMPLE

(A.R.M.S.)

1:00 PM to 5:00 PM, Friday 18th of May 2018

LORMA MEDICAL CENTER, San Fernando City, La Union, Philippines

By Dominic S. dela Cruz, MD

The Rheumatology Educational Trust Foundation, Inc. (RETFI) in partnership with Philippine Rheumatology Association (PRA) successfully held another Applied Rheumatology Made Simple (A.R.M.S) workshop last May 18, 2018 at the Lorma Medical Center, San Fernando City, La Union. The workshop highlighted the different types of rheumatic diseases commonly seen in primary care practice.

University of Santo Tomas (UST) Head of Rheumatology and Course Director, Professor Sandra V. Navarra, and Dr. Joseph Patrick N. Patricio, Rheumatologist from Ilocos Training and Regional Medical Center, led the ARMS presentations, focusing on four main categories of rheumatic diseases from a non-rheumatologist's standpoint: 1. Ambulatory rheumatology, 2. Arthritis-rash syndromes, 3. Chronic rheumatic diseases and 4. Serious rheumatic diseases.



Dr. Joseph Patrick N. Patricio discussing on chronic rheumatic diseases

Under the category ambulatory rheumatology, soft tissue conditions, osteoarthritis, and gout were discussed. Arthritis-rash syndromes were comprised of psoriatic arthritis, reactive arthritis, systemic lupus erythematosus (SLE), and dermatomyositis. A brief discussion on the chronic rheumatic diseases like rheumatoid arthritis, and ankylosing spondylitis were also tackled. Serious rheumatic disease such as infection, malignancy and vasculitis were given emphasis. Simple discussion on anatomy, clinical features, laboratory parameters, causes/pathogenesis, risk factors, physical examination, diagnostics and overview of the management of each disease were likewise presented. Cases of real patients were added for a more interactive discussion.

The patient is the best teacher. This workshop couldn't be more interesting without the participation of two rheumatoid arthritis (RA) patients, Mrs. Zenaida "Zeny" Estrada and Miss Eloisa Aguinaldo, both of whom had



Prof Sandra V. Navarra giving a lecture on rheumatic diseases

been patient partners for more than a decade. In their tireless efforts, despite their physical disabilities, they had been teachers to medical students and doctors for many years. They underwent formal training and became officially certified to teach musculoskeletal examination starting from the Rapid Musculoskeletal Screener. Their stories of despair, hope and triumph continue as they spread awareness of their disease. During the workshop, participants were given a chance to engage and learn musculoskeletal examination with the two RA patient-partners.



Patient-partners: Zeny and Eloisa, demonstrating musculoskeletal screener



Patient-partners, Zeny and Eloisa, performing musculoskeletal exam together with the participants.



Patient-partner, Eloisa, teaching the participants on the physical findings of an RA patient.



Up close with patient partner, Zeny and the participants at the workshop.

Thirty doctors, mainly Internal Medicine consultants, successfully completed the workshop and received certificates of participation. Overall, the half-day event turned out productive, educational, fun and exciting.

Why develop A.R.M.S.?

- High volume and wide scope of rheumatic diseases seen and managed by different kinds of physicians
- Musculoskeletal disorders have high impact on the patient, society and the primary care physician
- Limited number of rheumatologists
- Practical and “user-friendly” approach to rheumatic diseases
- Efficient networking/ referral systems between *specialists* and *generalists* caring for rheumatic disease patients