

Applied Rheumatology Made Simple (A.R.M.S.) Educational Program

28 July 2018, Cavite Medical Society Building, LTO Compound, Palico 4, Imus, Cavite

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The Applied Rheumatology Made Simple (ARMS) is an educational program intended to increase awareness among primary care physicians in recognizing and managing various rheumatic diseases. Last 28 July 2018, another ARMS workshop was held at Cavite Medical Society Building located at LTO compound, Imus, Cavite. The event was made possible through the initiative of the Rheumatology Educational Trust Foundation, Inc. (RETFI) in partnership with Cavite Medical Society.



Dr. Sandra Navarra giving lecture to participants during the ARMS workshop held on 28 July 2018 at Imus, Cavite.

The ARMS program is being headed by Dr. Sandra Navarra as the course director. Faculty members include Dr. Eizelle Fernandez and Dr. Lisa Traboco. The program consists of a series of lectures which emphasizes on four main categories of rheumatic diseases: ambulatory rheumatology, arthritis-rash syndromes, chronic rheumatic diseases, and serious rheumatic diseases.



Participants in the workshop composed mostly of physicians involved in primary care.

Twenty nine physicians from different healthcare institutions in Cavite participated in the activity. The program is composed of a series of lectures about rheumatic diseases that are commonly encountered in the primary care setting.

Dr. Sandra Navarra taught the participants about common rheumatic diseases in the outpatient setting. She emphasized the importance of diligent history taking and meticulous physical examination, as well as the practical approach to these disease conditions in order to minimize expensive ancillary tests that may not be helpful in the management of patients. She also discussed those common serious rheumatic diseases and the warning signs that they need to be recognize, and refer these patients to a rheumatologist for specialized care.

Dr. Lisa Traboco discussed about various diseases presenting with arthritis with extraarticular features and gave some pointers on the approach to diagnosis of

these cases. Afterwards, Dr. Eizelle Fernandez gave a very interesting discussion on the management of chronic rheumatic diseases.



Ma'am Zeny enthusiastically demonstrating the rapid musculoskeletal screener as the audience actively participate.



Participants get a chance to interact with Ma'am Eloisa to better understand patients with chronic rheumatic diseases.

A workshop with patient partners was held in between lectures to educate the attendees about the basics of physical examination in patients with rheumatic diseases. This was facilitated by our veteran patient partners, namely: Mrs. Zenaida "Zeny" Estrada and Mrs. Eloisa Aguinaldo. They demonstrated to the audience the rapid musculoskeletal screener in order for them to recognize the key clinical findings seen in rheumatic diseases. Participants

were later given the chance to interact with our patient partners. This enabled them to have a deeper understanding about the challenges that a patient with chronic rheumatic diseases may encounter in the course of their disease.



Left to Right: Drs. Lisa Traboco, Eizelle Fernandez, Sandra Navarra, faculty members of the ARMS workshop, together with Dr. Carolyn Enriquez, President of the Cavite Medical Society.

A summary of the topics was then given by Dr. Navarra. In addition, she gave a take home message about caring for our environment which is equally as important as caring for the health of our patients.

The value of experience is not in seeing much, but in seeing wisely.

-Sir William Osler

Rheumatic diseases may not be as common as other diseases a primary care physician may encounter in his or her daily clinical practice. But activities such as this would definitely give them a meaningful experience and increase their awareness about these disease conditions. As Sir William said, "The value of experience is not in seeing much, but in seeing wisely."