

## BSR Conference 2018, Liverpool 1st-3rd May

By Will Gregory

Selected highlights from my notebook scribbles, do hope these are of some help(!)



We've had some information on work in SpA from the BSRBR-AS register - the poster / abstract made it as one of the "Jewels in the Crown" at conference, presented earlier this morning. They compared a cohort of AS on biologics vs a cohort not on biologics. Using the

WPAI as an outcome measure the data extraction has found those on biologics had greater improvements in presenteeism and overall activity impairment; improvements for presenteeism were similar for both groups.

We've seen the creeping progress of the Escape-Pain programme as it aims to see as many as 50% of those in the UK with knee OA go through one of its education and exercise groups. To hit as many targets as possible Prof Mike Hurley has been knocking on a lot of doors and it looks like progress is now more rapid, look out for a programme near you run by exercise instructors in local exercise facilities, or opt to run one in house ideally staffed by well established physiotherapy assistants (he suggests at band 4 level). Really impressive results from the programme, but challenges to getting it adopted across the country. We've seen how this kind of programme fits into a 4-tiered approach to physical activity in rheumatic diseases, from the broad public health

messages all the way to one-to-one tailored physiotherapy input.

Dr Yeliz Prior reports there are only 125 rheumatology OTs in the UK as part of her access to rheumatology OT services in the UK review. Dr Lindsay Bearne states, from a recent NRAS members survey, that over 20% of those referred to rheum physio wait for over 16 weeks before accessing services. Dr Yeliz Prior states that rheum OT includes assertiveness training to help patients deal with often invisible yet highly troubling symptoms.

Professor Sarah Hewlett presents results from the RAFT trial: cognitive-behavioural approach to fatigue is effective, maintained for 2 years and deliverable for patients with RA



**Will**