



# Scottish Society for Rheumatology

## **Programme**

8.45 **Registration & coffee**

9.10 Welcome / opening address

9.15 **Morning plenary**

Prof Lene Terslev – MSUS examination of enthesitis, enthesitis prognosis, and responses to therapies

Dr Yousra Dakkak - Forefoot bursitis and tenosynovitis in RA

10.45 **Coffee & Poster Presentations**

11.15 *Podiatry & Physiotherapy session*

Dr Lisa Wright – Utility of Diagnostic Ultrasound in a Rheumatology Podiatry Clinic

Dr Anika Hoque –Outcome-driven foot care in RA

12.00 **LUNCH & POSTER Presentations**

12.45 Prof Ai Lyn Tan – Understanding the pathogenesis of enthesitis, dactylitis and nail disease

1.30 Stuart Johnston– How physical activity effects multimorbidity outcomes in Rheumatology

1.45 *Pharmacy session*

Hilary McKee – Advanced practice challenges and opportunities

Alifia Chakera – reducing the pharmaceutical burden on the environment

2.45 **Comfort break**

3.15 *OT session*

Catherine McCoy – The Role of an Advanced Clinical Practitioner in an Early Inflammatory Arthritis Clinic

Dervil Dockrell & Kathryn Berg – HSD/hEDS : Translating Research Into Change

Patricia Bisset – Workplace Wellness- Axial SpA Employment Audit / NASS Aspiring to Excellence Programme

4.25 Closing address and prize giving

4.30 **Close**

## Speaker Biographies

### Plenary Speakers

#### **Professor Lene Terslev**

Professor Lene Terslev, PhD, is the head of the Rheumatology Musculoskeletal Ultrasound Unit at Rigshospitalet, Copenhagen, Denmark. She has been involved in musculoskeletal ultrasound since 1999 and has taught on ultrasound courses since 2004 including the EULAR ultrasound courses. She is past-chair of the EULAR Standing Committee of Musculoskeletal Imaging and past-chair of OMERACT ultrasound working group. She has more than 200 peer-reviewed publications and her research interest focuses on the use of ultrasound as a clinical tool for RMDs.

#### **Dr Yousra Dakkak**

Yousra Dakkak is an MD, PhD. The title of her thesis is 'The forefoot in early rheumatoid arthritis: Anatomy, imaging and clinical aspects'. She acquired her PhD at Leiden Medical Center in the Netherlands, under guidance of Prof. Dr. A.H.M. van der Helm-van Mil. Currently she is a rheumatologist in training at the Amsterdam University Medical Centre in the Netherlands.

#### **Professor Ai Lyn Tan**

Dr Tan is an Associate Professor at the Leeds Institute of Rheumatic and Musculoskeletal Medicine at the University of Leeds, and a Consultant Rheumatologist at Chapel Allerton Hospital, Leeds Teaching Hospitals NHS Trust (LTHT) and the NIHR Leeds Biomedical Research Centre where she leads the Early Arthritis Clinic. Dr Tan's main research interests include using high resolution imaging techniques such as MRI and ultrasound to improve the understanding of the pathogenesis of early inflammatory arthritis and muscle conditions. Dr Tan is the Director of Research and Innovation at LTHT, and the Editor-in-Chief for Rheumatology Advances in Practice.

### Podiatry & Physiotherapy Session Speakers

#### **Dr Anika Hoque**

Anika is a post-doctoral research fellow at Glasgow Caledonian University, currently working on the POD-SCAN project funded by Great Foundations. Her research focuses on exploring the impact of musculoskeletal ultrasound imaging on the diagnosis and management of painful foot problems. Originally from Denmark, Anika began her academic journey by earning her BSc (Hons) in podiatry from Glasgow Caledonian University (GCU) in 2019. She furthered her expertise by acquiring a post-graduate certificate in Medical Musculoskeletal ultrasound in 2021. Anika's primary research interests lie in inflammatory arthritis and musculoskeletal ultrasound imaging.

#### **Dr Lisa Wright**

Lisa is a senior lecturer in podiatry in GCU and honorary podiatrist in NHS Greater Glasgow and Clyde. Lisa graduated from GCU in 2010 with a PgC in medical (musculoskeletal) ultrasound and in 2014 with a PhD titled: 'Foot Involvement in Rheumatoid Arthritis: A Prospective Ultrasound Study'. Lisa contributes to research and teaching across both podiatry and ultrasound programmes, with a clinical/research role using ultrasound in a hybrid rheumatology and podiatry clinic at the Queen Elizabeth University Hospital (QEUH). Lisa represents the Royal College of Podiatry (RCPod) on the Consortium for the Accreditation of Sonographic Education (CASE) committee and is Directorate of Education for the RCPod Specialist Ultrasound Advisory group.

## **Stuart Johnston**

Stuart Johnston is a Rheumatology Physiotherapist based in NHS Greater Glasgow and Clyde and Associate Researcher with the School of Cardiovascular and Metabolic Health at the University of Glasgow. His special interest within rheumatology care is the role of exercise and lifestyle interventions in managing multimorbidity. In this presentation, he will be covering the role of physical activity and exercise in managing rheumatoid arthritis. Specifically, he will be discussing the risks associated with low levels of cardiorespiratory fitness and strength, and how this may be impacting upon RA and multimorbidity outcomes.

## **Pharmacy Session Speakers**

### **Hilary McKee**

Hilary McKee is a Consultant Pharmacist at the Antrim Area Hospital in Northern Ireland. She has had a long career in rheumatology, and has been instrumental in the development of pharmacist led review clinics, and currently runs four clinics each week seeing around 1200 reviews each year. She also started the first pharmacist led gout clinic which now has been replicated in several centres. She is a co-founder and Clinical lead of Rheumatology Pharmacists UK, and also is the first pharmacist member of both BSR Education committee and also EULAR Health Professional Research (HPR) committee. She is involved in teaching undergraduate and post graduate students and has numerous publications.

### **Alifia Chakera**

Alifia Chakera is the Head of Pharmaceutical Sustainability with Scottish Government's Health Infrastructure and Sustainability Division. Alifia has a long-standing commitment to reducing health inequalities, health system strengthening and improving decision-making frameworks to become more sustainable. Her research into nitrous oxide mitigation led to her establish the award-winning Nitrous Oxide Project which has taken root globally. She is a co-founder of Pharmacy Declares a professional network committed to environmental sustainability.

## **Occupational Therapy Session Speakers**

### **Dervil Dockrell**

Dervil Dockrell is a Clinical Specialist Occupational Therapist in Rheumatology with over 30 years of experience in large teaching hospitals in Ireland, USA and UK. Since 2018, Dervil has worked at the University of Edinburgh in clinical research with Professor Stuart Ralston's Bone Research Group. Dervil's current research focus is Fatigue in Rheumatic diseases, Paget's Disease and hypermobile Ehlers Danlos Syndrome. Dervil also maintains clinical and teaching roles.

### **Kathryn Berg**

Kathryn Berg is a Research Manager at the University of Edinburgh. She graduated with a BSc in Geography in 2016 before eventually completing a Master's degree in Genomics and Experimental Medicine in 2022. Kathryn has co-authored several peer reviewed papers and has presented her work at international conferences. Her research interests lie mainly in rare diseases, women's health and the inequity of health services provision, and her passion for improving patients' lives through clinical research and policy engagement motivates her daily work.

## **Catherine McCoy**

Catherine McCoy is an Occupational Therapy Advanced Clinical Practitioner & Hand Therapy and Rheumatology OT Team Lead, from the Northern Care Alliance NHS Foundation Trust. Catherine has worked as an Occupational Therapist in Salford since qualification in 2001. She currently works as a lead therapist in the Hand Therapy and Rheumatology team at Salford treating a range of rheumatological conditions alongside orthopaedic and orthoplastic upper limb conditions. After developing a special interest in Hand Therapy and Rheumatology, Catherine completed a Post Graduate Certificate in Hand Therapy in 2007. Recognising the potential further contribution that could be offered by extending the scope of her role, in 2010 Catherine completed a Post Graduate Certificate in Injection Therapy and MSc in Advanced Practice and has worked in an Advanced Clinical Practitioner (ACP) role across Rheumatology and Orthopaedic Hand Services since then. Within rheumatology, Catherine works as an ACP in an Early Inflammatory Arthritis clinic. Within this role she educates patients about the AHP roles within the service, provides early access to therapy intervention, supports patients in the early stages of diagnosis and condition management and works with the multidisciplinary team to monitor disease activity and treatment efficacy. In her orthopaedic ACP role Catherine works in an elective hand clinic, assessing, investigating and treating a range of upper limb pathologies, including consenting and listing for surgical procedures. Outside of her clinical role, Catherine is the England representative for Rheumatology OT on the Executive Committee for Trauma and Musculoskeletal Health Specialist Section Group of the Royal College of Occupational Therapists.

## **Patricia Bisset**

Patricia Bisset is a Rheumatology Specialist Occupational Therapist in Greater Glasgow and Clyde. Patricia qualified as an Occupational Therapist in 1991, has worked in a variety of clinical roles and has been involved in the field of Rheumatology for over 30 years, working in both adult and paediatric services. Patricia is passionate about empowering patients to self-manage and has a special interest in supporting younger adults with their unique goals and challenges. For anyone that has met Patricia they will know how passionate she is about the life changing impact that Occupational Therapy can have on helping people live the life they wish to live. Over the last 2 years Patricia has completed extensive vocational rehabilitation training and had been part of The National Axial Spondyloarthritis (SpA) Society Aspiring to Excellence Programme quality improvement programme which aims to reduce the delay to diagnosis and improve care for people living with Axial SpA.

## List of Exhibitors / Sponsors

The meeting has been generously supported by sponsorship from commercial companies who provide services to the rheumatology profession. Representatives from sponsoring companies will be present in the exhibition space (CEE\_6 and CEE\_7) throughout the meeting. It should be noted that sponsors have no role in programme planning or procedures at SSR events. SSR does not endorse any commercial products

The sponsoring companies are:

### Platinum



### Gold



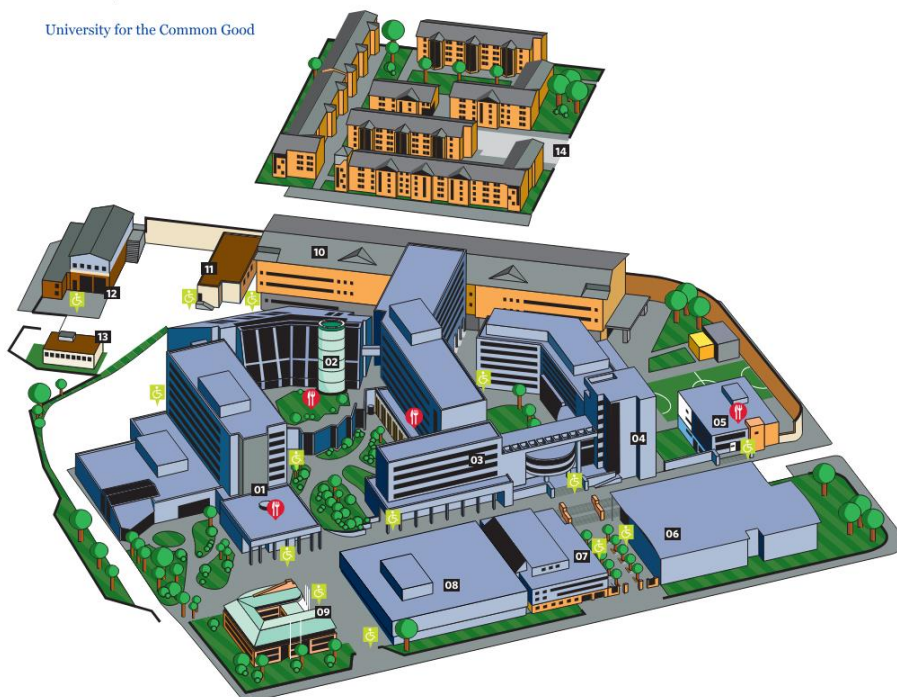
### Event Information

5 hours of CPD for the meeting has been approved.

## Venue Information

How to find Glasgow Caledonian University: <https://www.gcu.ac.uk/aboutgcu/howtofindus>

The event will take place in the Centre for Executive Education (CEE) building, which is **building 7** on the campus map below. All presentations will take place in CEE\_2 and posters will be available for viewing in room CEE\_8.



### Campus Key

1. Annie Lennox Building (Rooms W)
2. Sir Alex Ferguson Library
3. George Moore Building (Rooms M)  
Contains the University Restaurant, 'Study Club' area and Campus Life desk
4. Govan Mbeki Building (Rooms A)
5. Students' Association
6. Arc Health and Wellbeing Facility
7. Centre for Executive Education (Rooms CEE)
8. William Harley Building (Rooms H)
9. Britannia Building (Rooms B)
10. Charles Oakley Laboratories (Rooms C)
11. PhD Centre
12. Milton Street Building (Rooms MS)
13. Nursery
14. Caledonian Court  
Student Accommodation

### Accessibility

All buildings are wheelchair accessible. for further information please visit: [www.accessible.co.uk/glasgow-caledonian-university](http://www.accessible.co.uk/glasgow-caledonian-university) or scan the QR code below.



## Car Parking:

***Conference and Events at Glasgow Caledonian University has negotiated a rate of £9.00 per day for car parking at Concert Square and Cambridge street car parks and £7.00 per day at Dundasvale car park to make the day of your event more comfortable for you and your event delegates.***

The university is easily accessible from Junction 16 (Westbound) or Junctions 15 & 17 (Eastbound) of the M8 motorway. Although no parking is available on campus, there is ample space available at the nearby Cambridge street and Dundasvale car parks.

1. Upon your arrival at the car park you will be issued with a ticket
2. Take this ticket and bring it along to the event at GCU as this is where the ticket will need to be scanned
3. The machine where your ticket can be validated is located in the Security office which is located in the William Harley building - number **8 on the campus map**.
4. After your parking ticket has been scanned and your event has finished take the ticket back to the car

## Open Wi-Fi Instructions:

Open Wi-Fi access is available to GCU visitors throughout the GCU main campus.

GCU staff, students and delegates from other academic institutions should be able to connect to the Internet via **Eduroam**, as our main Wi-Fi network, by using their institution log in details.

GCU visitors can connect to the internet via **WiFi Guest** by registering their personal devices. To connect to the guest wireless from your Wi-Fi device, please do as follows:

1. Select **WiFi Guest** from the Wi-Fi network list.
2. Open your preferred web browser and select **Get Online** at Glasgow Caledonian University.
3. If you are already registered with Cloud Wi-Fi, you may use your previous credentials to access the service, otherwise select the **Create Account** option.
4. Enter all the required information and select **Continue**.
5. Name the device so you can manage it later, or skip this step.
6. You are **now connected to WiFi Guest** network and you can browse the Internet.

**Please note:** Visitors can only register two devices per email account. Existing users can connect directly by logging in with a previous account created in another establishment.