

Clinical Practice Skills for Inflammatory Arthritis - Course Outline

	Virtual Days	In-Person Days
Objectives	<ul style="list-style-type: none">• To learn effective assessment and management strategies using clinical practice skills for a client with Osteoarthritis (OA), Rheumatoid Arthritis (RA) and Spondyloarthritis (SpA)• To gain a general understanding of the physiological features and management of Connective Tissue Diseases – namely, Systemic Lupus Erythematosus, Idiopathic Inflammatory Myopathies and Systemic Sclerosis	<ul style="list-style-type: none">• To learn and practice effective joint assessment techniques and treatment strategies for clients with arthritis• To learn and practice spinal assessment and enthesitis scan• To learn differentiations in exercise planning for different forms of arthritis• To introduce complexity of rheumatologic conditions• To increase your ability to perform a comprehensive rheumatological assessment• To increase awareness of psychosocial impact of rheumatological conditions
Learning Methods	<ul style="list-style-type: none">• Case Studies• Lectures• Break-out sessions• Large and small group problem-based learning• Interactive Game	<ul style="list-style-type: none">• Large and small group demonstration with hands on practice and problem-based learning• Rheumatology history taking, systems review, functional inquiry, and physical examination with patient volunteers• Case summary report to group facilitator• Panel Discussion

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Topics	<ul style="list-style-type: none">• Clinical and physiological features of various rheumatological conditions• Comprehensive assessment strategies following Biopsychosocial model• Differentiating between different forms of rheumatological conditions• Diagnostic criteria of rheumatological conditions• Fundamental principles of diagnostic imaging• Pertinent laboratory findings• Outcome measures• Pharmacological and non-pharmacological treatment strategies	<ul style="list-style-type: none">• Systematic Approach to Joint Assessment (SAJA)• GALS (Gait, Arms, Legs, Spine) screening tool• Foot assessment and footwear• Review of Systems• Hand Management• Assessment techniques for Spondyloarthritis• Biopsychosocial factors in arthritis• Exercise approach for SpA and RA
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