

GP
SERIES

BMJ Masterclass for GPs: Musculoskeletal Medicine

Using the latest evidence to make better decisions

Dynamic and interactive sessions, led by expert speakers, covering the latest guidelines and practical advice in musculoskeletal medicine.

Choose from two dates in two locations
Friday 16 May 2008
London
Tuesday 3 June 2008
Manchester

Learn about the essentials of diagnosis and management of:

- Back pain
- Ankle and foot problems
- Chronic musculoskeletal pain
- Hip and knee disorders
- Shoulder pain
- Elbow and hand disorders.

"VERY RELEVANT TO MY DAILY WORK"

GP, London

Learn from and interact with leading experts, including:

Dr Elspeth Wise
GP, Durham, and GP with an interest in musculoskeletal education
The Freeman Hospital, Newcastle upon Tyne

Dr John Dickson
Community Physician in Rheumatology
Redcar and Cleveland PCT, North Yorkshire

Dr Stephen Longworth
GP Principal and Hospital Practitioner in Orthopaedic Spine Clinic, Leicester

Ms Heidi Davys
Arthritis Research Campaign Research Fellow
Section of Musculoskeletal Disease, University of Leeds and Specialist Rheumatology Podiatrist
Rheumatology Department, Leeds Teaching Hospitals NHS Trust, Leeds

Dr Philip Helliwell
Senior Lecturer in Rheumatology
University of Leeds, Leeds

Dr Peter Lanyon
Consultant Rheumatologist
Queen's Medical Campus, University Hospital, Nottingham

Dr Inam Haq
Senior Lecturer in Rheumatology and Medical Education
University of Brighton, Brighton

Dr Michael Burke
GP and GP with a Special Interest in Musculoskeletal Medicine
Wirral, Merseyside

Mr Paul Partington
Consultant Orthopaedic Surgeon
Northumbria Healthcare NHS Foundation Trust and Training Programme Director
Trauma and Orthopaedic Surgery, Northern Deanery

Dr Richard Smith
Consultant in Rheumatology and Musculoskeletal Medicine
Salisbury Hospital, Salisbury



BMJ Masterclass for GPs: Musculoskeletal Medicine

Using the latest evidence to make better decisions

Friday 16 May 2008, London - Royal College of Physicians, 11 St Andrews Place, Regent's Park, London NW1 4LE

Tuesday 3 June 2008, Manchester - Manchester Conference Centre, Weston Building, Sackville Street, Manchester, M1 3BB

Chairs: **Dr Elspeth Wise (London)**, GP, Durham, and GP with an interest in musculoskeletal education, The Freeman Hospital, Newcastle upon Tyne.

Dr John Dickson (Manchester), Community Physician in Rheumatology, Redcar and Cleveland PCT, North Yorkshire.

Programme

0800

REGISTRATION DESK OPENS

0800-0900

REGISTRATION AND REFRESHMENTS

0900-0910

Welcome and introduction by the Chair

Dr Elspeth Wise (London)

GP, Durham, and GP with an interest in musculoskeletal education, The Freeman Hospital, Newcastle upon Tyne.

Dr John Dickson (Manchester)

Community Physician in Rheumatology, Redcar and Cleveland PCT, North Yorkshire.

0910-0955

Back pain – what not to miss

This session will help improve your skills and knowledge in a key musculoskeletal area in primary care. Get practical advice on:

- Clinical examination and diagnostic tests of the spine
- Red flags and risk factors for chronicity
- Drug treatment, exercise tips and lifestyle changes
- Rehabilitation
- How to reduce your referral rate.

Dr Stephen Longworth

GP Principal and Hospital Practitioner in Orthopaedic Spine Clinic, Leicester.

0955-1005

Question time

1005-1045

Managing ankle and foot problems

Our expert speaker will give top practical tips on examining commonly encountered conditions of the foot and ankle, such as problems with:

- Achilles tendon
- Plantar fascia
- Forefoot, including the big toe.

This session will also cover a simplified approach to diagnosis and treatment.

Ms Heidi Davys (London)

Arthritis Research Campaign Research Fellow, Section of Musculoskeletal Disease, University of Leeds, and Specialist Rheumatology Podiatrist, Rheumatology Department, Leeds Teaching Hospitals NHS Trust, Leeds.

Dr Philip Helliwell (Manchester)

Senior Lecturer in Rheumatology, University of Leeds, Leeds.

1045-1055

Question time

1055-1115

REFRESHMENTS

1115-1200

Chronic pain and pain in multiple joints

This session will increase your confidence in providing best care for patients with complex musculoskeletal conditions.

The speaker will discuss diagnosis and management of patients with:

- Pain in multiple joints
- Chronic musculoskeletal pain
- Inflammatory conditions
- Hypermobility.

Dr Peter Lanyon (London)

Consultant Rheumatologist, Queen's Medical Campus, University Hospital, Nottingham.

Dr Inam Haq (Manchester)

Senior Lecturer in Rheumatology and Medical Education, University of Brighton, Brighton.

1200-1210

Question time

Overview

A new one day course covering essential updates on and useful tips about managing key musculoskeletal conditions in primary care. Learn exactly what you need to know about diagnosing and managing back pain, shoulder pain, hip and knee disorders, and ankle and foot problems. Practical advice from expert speakers leading the symptom and case based sessions will give you greater confidence in tackling the musculoskeletal conditions you encounter every day.

Who should attend?

GPs, GP registrars, GPs with a special interest in musculoskeletal medicine, rheumatology and sports medicine.

This course will also be of interest to physiotherapists, occupational therapists, podiatrists and junior doctors interested in a career in musculoskeletal medicine.

Why attend?

- Update your knowledge of the latest evidence and practical hints in musculoskeletal medicine
- Increase your awareness of red flags, conditions that are easy to miss and possible complications
- Get advice on referral and how to make it work within your multidisciplinary team
- Interact with, and learn best practice from, leading experts
- Network with your peers throughout the day
- Develop your portfolio for your appraisal.

BMJ Masterclass for GPs in 2008

Why not advance your knowledge in other specialist series:

- Cardiology, Diabetes and CKD
- Paediatrics and Women's Health
- Mental Health

Or get an overall update by attending the **BMJ Masterclass for GPs: General Update.**
To find out more, check out upcoming events on masterclasses.bmj.com/GPs

1210-1310 LUNCH

1310-1355 **SPONSORED SYMPOSIUM supported by Pfizer:**
Management of neuropathic pain in primary care



Dr Joan Hester

Consultant in Pain Medicine, King's College Hospital, London and President of the British Pain Society.

For more information please visit our website masterclasses.bmj.com

1355-1440 **Hip and knee disorders: when should I refer?**

This dynamic session, co-presented by a GP and a surgeon, will cover the essentials in the management of knee and hip pain, including:

- Examination of the hip and knee
- The new osteoarthritis guidelines
- Joint injection techniques.

Dr Michael Burke

GP and GP with a Special Interest in Musculoskeletal Medicine, Wirral, Merseyside.

Mr Paul Partington

Consultant Orthopaedic Surgeon, Northumbria Healthcare NHS Foundation Trust and Training Programme Director, Trauma and Orthopaedic Surgery, Northern Deanery.

1440-1450 **Question time**

1450-1510 REFRESHMENTS

1510-1550 **Shoulder pain – examination and management tips**

Learn more about clinical examination and management of shoulder pain, including simple exercises and injection techniques. The speaker will also highlight potential pitfalls in the management of common conditions affecting the shoulder.

Dr Elspeth Wise

GP in Durham and GP with an interest in musculoskeletal education, The Freeman Hospital, Newcastle upon Tyne.

1550-1600 **Question time**

1600-1640 **"Have I got arthritis Doctor?" – Management of elbow and hand complaints in primary care**

This case based session addresses differential diagnosis and management of:

- Tennis elbow and golfer's elbow
- Carpal tunnel syndrome
- Early rheumatoid arthritis and osteoarthritis of the hands
- Hands in fibromyalgia
- Trigger fingers
- Dupuytren's contracture and Raynaud's disease.

Dr Richard Smith (London)

Consultant in Rheumatology and Musculoskeletal Medicine, Salisbury Hospital, Salisbury.

Dr John Dickson (Manchester)

Community Physician in Rheumatology, Redcar and Cleveland PCT, North Yorkshire.

1640-1650 **Question time**

1650-1700 **SUMMARY AND CLOSING REMARKS**

*All content has been reviewed by the Editor
Programme subject to change*

