

Annual report

Study Groups

Title of the study group: EULAR Physical Therapist Study Group

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Date of annual report submission: 08.03.2016

Summary of last year's activities

400 current members, many European, but also American, Australian, African and Asian countries are represented in the group.

- Networking group on Linked-in
- Meeting arranged at June 12th in Rome 1800-1900 H: programme on "physical activity"
- Submitted several proposals to EULAR scientific programme for 2016, discussed themes for 2017
- Discussed collaboration themes for EULAR HP Grant projects and divided interested participants into working groups
- EULAR Physical Therapist survey has been sent to all members in 2014/2015, this was discussed at the annual meeting. The survey with the purpose of investigating working conditions, physical therapy methods and educational needs for Physical Therapists within the EULAR was presented and discussed.

Our group is growing fast; the group consists of approximately 400 members from many different countries. The PT study group emphasizes the importance of Physical Therapy research within the field of RMDs, and has become a resource for project development and a network for discussing common projects and interests, an umbrella for smaller working groups, but for most of our members it is an information network (the 400 acts as a resource group, while about 30 actively meet and takes part in working groups).

We want to share knowledge, detect knowledge gaps, help each other applying for educational visits to be able to cooperate more, discuss new research calls and possibilities for collaboration. We also want to work for good session proposals for the EULAR conferences to make it an even more attractive conference for the health professionals and communicate the possibilities and skills of health professionals related to hot themes within RMD's.

Getting ready for Rome we were working to increase the focus on "Intensity of exercise and physical activity in RMD's" and had a very nice session at the conference. Next year we will be working for a session on how to measure Physical Activity.

At the study group last year in Paris the main theme was how to measure physical activity. Various members have different projects including questionnaires and devices. Collaboration around this focus resulted in a winner of the EULAR HP Research Grant 2015. Nina Brodin presented the project "Physical activity and aerobic capacity assessment - a survey among patients and health professionals in Sweden, Ireland, Denmark and Belgium". We have seen a need to apply for a separate but time restricted Study Group on Physical activity and lifestyle and RMDs in addition to the PT study group to recruit other dedicated groups of HP to join in one of the important themes for the group – and act as an additional reference group for the HP research granted project on Physical Activity.

One of our themes from the study group and EULAR conference was published in 'the rheumatologist'
<http://www.the-rheumatologist.org/article/eular-2015-benefits-of-individualizing-exercise-therapy/>

We hereby apply for meeting facilities for a one hour Study Group meeting during EULAR in London.