

EULAR On-line Course for Health Professionals

Start each September

(Completion and final exam in June, automatic 2nd year extension if not finished, or exam failed)

- Approx. one year of educational training for Health Professionals entirely on line
- 8 modules corresponding to roughly 60 hours of study
- International faculty with at least 2 different authors for each module
- Regular evaluation of knowledge, final examination on line and certificate given by EULAR if passed
- Course fee: 100EUR
- Reduced price for EULAR Textbook on Rheumatic Diseases for participants

MODULE 1: Rheumatoid Arthritis (RA)

- Core material** This module describes the basic knowledge about the pathogenesis, epidemiology, and clinical aspects of rheumatoid arthritis (RA). In addition, the role of health professionals in the assessment and management of RA patients will be explained.
- In-depth discussion 1:** Introduction to the International Classification of Functioning, Disability and Health ICF)
- In-depth discussion 2:** Hand function in RA and its management
- In-depth discussion 3:** Coping and self-management in RA (working title)
- Interactive clinical case 1:** Early RA: the role of the specialized nurse
- Interactive clinical case 2:** Established RA: cardiovascular risk management and the importance of physical activity and social support (working title)

MODULE 2: Osteoarthritis (OA)

- Core material** This module describes the basic knowledge about the pathogenesis, epidemiology, and clinical aspects of osteoarthritis.. In addition, the role of health professionals in the assessment and management of OA patients are explained.
- In-depth discussion 1:** Communication in the osteoarthritis consultation
- In-depth discussion 2:** Exercise and osteoarthritis
- Interactive clinical case 1:** Assessment and management of knee osteoarthritis.
- Interactive clinical case 2:** Assessment and management of hand osteoarthritis

MODULE 3: Fibromyalgia (FM)

- Core material** This module describes the basic knowledge about the pathogenesis, epidemiology, and clinical aspects of fibromyalgia. In addition, the role of health professionals in the assessment and management of fibromyalgia patients are explained.
- In-depth discussion 1:** A practical guide on graded activity.
- In-depth discussion 2:** Social influences in fibromyalgia
- Interactive clinical case 1:** The role of the physical therapist in fibromyalgia
- Interactive clinical case 2:** Identification of dysfunctional cognitions in fibromyalgia

MODULE 4: Regional musculoskeletal pain syndromes

Core material This module commences with a general overview of the classification and aetiology of regional musculoskeletal pain syndromes (RMPS). Furthermore, the principles of clinical assessment and rehabilitative care of RMSP are discussed. Following this, shoulder, knee, lateral elbow, and back pain as well as complex regional pain syndrome are presented.

In-depth discussion 1: Fear avoidance beliefs

In-depth discussion 2: Vocational rehabilitation

Interactive clinical case 1: A patient with low back pain

Interactive clinical case 2: A patient with a complex regional pain syndrome

MODULE 5: Psychosocial approaches

Core material This module explains how biological and psychosocial factors contribute to physical and mental functioning. Interventions to target persistence of chronic pain and fatigue are presented.

In-depth discussion 1: Provider-patient relations

In-depth discussion 2: Behavioral pain management

Interactive clinical case 1: Difficulty with coping with RA and its consequences

Interactive clinical case 2: An osteoarthritis patient with dysfunctional cognitions about pain and physical activity

MODULE 6: Assessment and evaluation

Core material: This module explains the basic concepts of assessment that health professionals need to know in order to apply and interpret assessments in clinical practice. An overview of commonly applied assessments is provided.

In-depth discussion 1: Clinical and educational assessments performed by nurses

In-depth discussion 2: To be determined

Interactive clinical case 1: Patient specific assessment and goal setting

Interactive clinical case 2: Performance-based measures in rheumatology

MODULE 7: Interventions

Core material This module describes the indication and content of the most commonly applied interventions for rheumatic diseases delivered by health professionals

In-depth discussion 1: Interventions to promote physical activity

In-depth discussion 2: Patient educational interventions

Interactive clinical case 1: RA Patient not responding to DMARDs

Interactive clinical case 2: Generalized OA with comorbidity

MODULE 8: Evidence Based Practice (EBP)

Core material

This module provides the health professional with the knowledge and practical skills to locate the best evidence to inform clinical practice. In addition, the module explains the basic principles of EBP and clinical research and provides practical guides on how to conduct a literature search and appraise the literature.

In-depth discussion 1: A practical guide on how to locate and access a paper

In-depth discussion 2: How to implement evidence into practice

Interactive clinical case 1: A practical guide on how to appraise a qualitative paper

Interactive clinical case 2: A practical guide on how to appraise a quantitative paper

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