

# **Training Rheumatologists in Europe**

**Anthony D Woolf  
on behalf of the  
UEMS Section of Rheumatology  
& European Board of Rheumatology**

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# **European Union of Medical Specialists (UEMS)**

- **The statutory purpose of the UEMS is the harmonisation and improvement of the quality of medical specialist practice in the European Union**
- **Education is a key element to achieving this**
- **Charters have been developed on Training and on Continuing Medical Education of Medical specialists in the European Community**
- **The UEMS Section of Rheumatology and the European Board of Rheumatology have developed recommendations specific to rheumatology. Consensus was achieved by review of existing training requirements and programmes followed by workshops with representation from the various European countries.**
- **The recommendations for specialist training are presented**

# **U.E.M.S. European Training Charter For Medical Specialists (1995)**

**The Charter describes the requirements for adequate training which prepares specialists for practice in their speciality. The Charter considers:**

- Chapter 1            National Authority**
- Chapter 2            General Aspects of Training of  
Medical Specialists**
- Chapter 3            Requirements for Training Institutions**
- Chapter 4            Requirements for Chief of Training**
- Chapter 5            Requirements for Trainees**
- Chapter 6            Requirements for the Speciality**

# Requirements for the Specialty

## The Questions

- **What is Rheumatology ?**
- **What is a Rheumatologist ?**
- **What competencies should they have?**
- **What training programme is required to achieve this?**

# Rheumatology

- **Rheumatology is that branch of medicine concerned with medical musculoskeletal disorders. This term includes systemic disorders of connective tissue, inflammatory arthritis, osteoarthritis, back troubles, soft tissue rheumatism and non-traumatic bone disorders.**
- **A rheumatologist should be competent in the management of the full spectrum of rheumatological conditions**

# What Competencies?

- **Wide variety of interacting pathogenic mechanisms of the conditions and their impact**
  - ◆ immunological, infective, biochemical, biomechanical, psychological, sociological etc.....
- **Assessment and diagnosis dependent principally on clinical skills supplemented by investigations**
- **Management dependent principally on clinical and communication skills**
- **Principles of management include**
  - ◆ Diagnosis and prognosis
  - ◆ Reassurance, support, teaching self management
  - ◆ Pain control and disease suppression where possible
  - ◆ Restoration of function, maximise their activities and remove barriers to their participation

# **U.E.M.S. European Training Charter for Medical Specialists: Rheumatology Training Programme**

## **Criteria agreed for:**

- **Entry criteria for the trainee**
- **Training centre requirements**
- **Common trunk in General Internal Medicine**
- **Specialist training**
  - ◆ **duration**
  - ◆ **curriculum**
  - ◆ **assessment of competency**

# The Trainee

- **Completed basic training as a physician**
- **Common trunk in Internal Medicine for 2 yrs**
- **Rheumatology Specialist Training for 4 yrs  
( 3 yrs clinical, 1 yr research or rheumatology related discipline)**
- **Named supervisor**
- **Manpower planning to meet need and training facilities**
- **Content of training as per Core Curriculum**
- **Meetings, conferences, research skills, research experience**
- **Annual written evaluation**



# The Training Centre

- **Recognised by National Authority**
- **Sufficient clinical activity and responsibility - full spectrum of conditions, sufficient amount of experience, inpatient and outpatient**
- **Ratio trainers to trainees at least 2:6**
- **Access to relevant specialities and paramedical staff**

# The Trainers

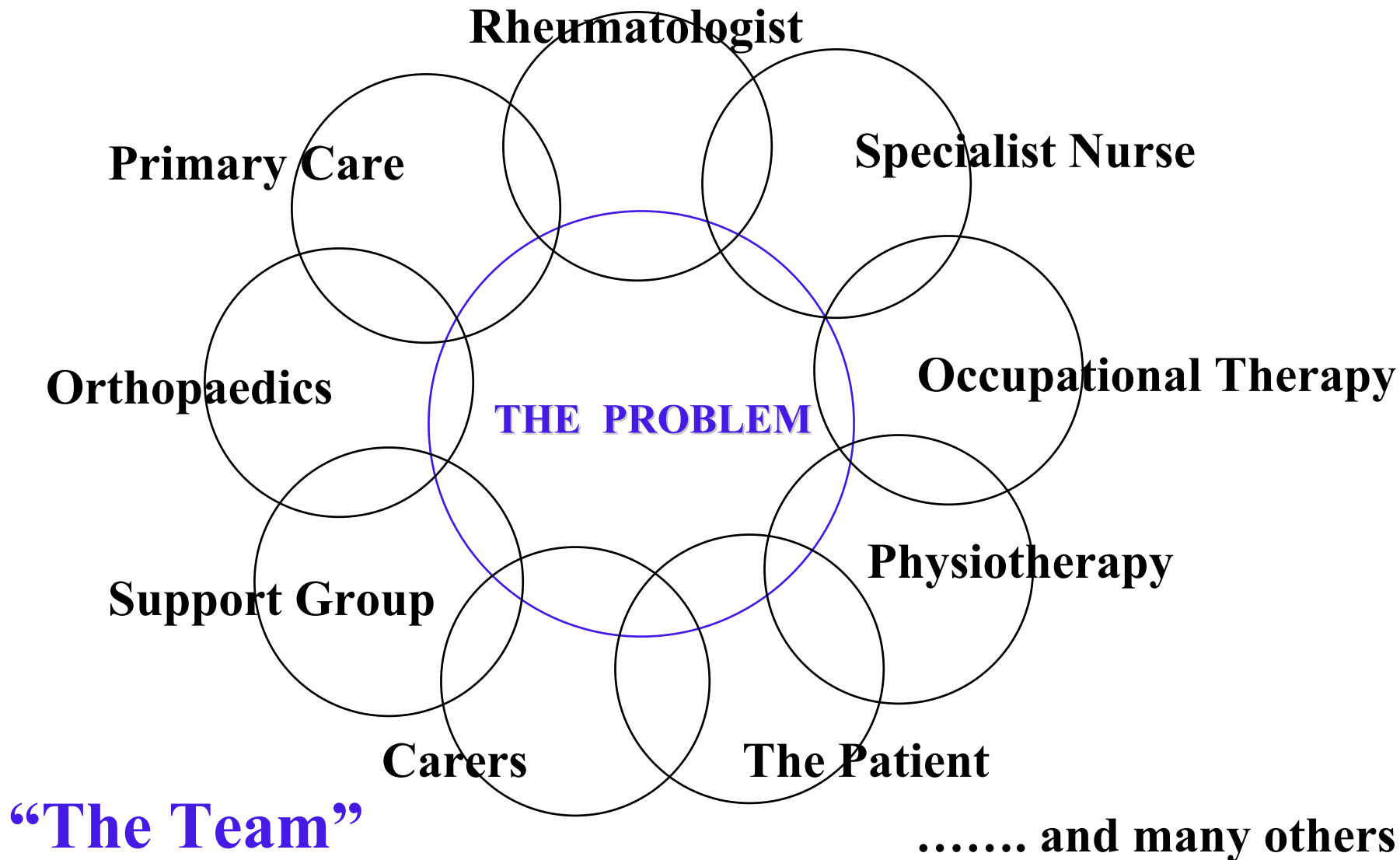
- **Recognised by National Authority**
  - ◆ **Recognised Specialist in Rheumatology**
  - ◆ **Work in recognised training centre**
- **Proper ethical attitudes**

# **The Training Programme**

**Specialist Training in Rheumatology in different European countries must consider:**

- **the health needs and priorities of local population**
  - ◆ **epidemiology of diseases**
  - ◆ **social settings and expectations of the people**
- **factors that influence clinical practice**
  - ◆ **health care systems and access to specialist care**
  - ◆ **role of specialists & other health professionals**
  - ◆ **differences in clinical practice**

# Training Must Consider Integrated Multidisciplinary Care

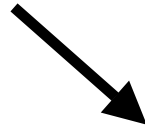


# Educational Programme Must Define:

**SKILLS**

**ATTITUDES**

**KNOWLEDGE**



**Competencies**



**Instructional objectives**



**Curriculum**



**Teaching methods**



**Assessment**

# **European Board Of Rheumatology: Core Curriculum**

**The recommendations give:**

- **General remarks**
  - ◆ **Description of the discipline**
  - ◆ **Goals of post-graduate training**
- **General knowledge, skills and attitudes**
- **Skills of the Speciality**
- **Optional skills of the Speciality**
- **Entry requirements and duration**

# Core Curriculum

- **General knowledge, skills and attitudes e.g**
  - **basic knowledge**
  - **clinical assessment**
  - **investigations**
  - **emergencies**
  - **drug therapies**
  - **role of allied professionals**
  - **patient education**
  - **research**
  - **teaching**
- **Skills of the Speciality**
  - **arthrocentesis**
  - **synovial needle biopsy**
  - **counselling and communication skills**
  - **management skills**
  - **audit methodology and outcome measures**

# Core Curriculum

- **Optional skills of the Speciality**
  - **various biopsies**
  - **bone densitometry**
  - **ultrasonography**
  - **electromyography**
  - **arthroscopy**
  - **non-surgical synovectomy**
  - **epidural and regional nerve blocks**
  - **manipulation and mobilisation techniques**
  - **capillaroscopy**
  - **intervertebral disc aspiration or injection**



# **European Board of Rheumatology: Evaluation of Training**

- **Inspecting and approving training programme**
- **Inspecting and approving training centre**
- **Assessment of knowledge and competence in required clinical skills**
  - ◆ **examination**
  - ◆ **assessment by trainer(s)**
  - ◆ **training record - quality of module evaluated by**
    - **trainee's comments**
    - **trainer's assessment of competence in performing learning objective(s)**

# European Specialist Training In Rheumatology

## AIM

- **To have a common high standard of clinical practice in rheumatology throughout Europe, that also meets local needs**

# European Specialist Training in Rheumatology

## What is happening:

- **Training charter, core curriculum, training record and CME / CPD guidelines**
- **European exchange training centres**
  - ◆ **Ability to train in a rotation around agreed departments within Europe with full recognition of training and of employment rights is being developed**
- **EULAR Travel Bursaries for short visits to other centres in Europe**
- **EULAR Congress and Postgraduate Courses**