

INVITATION

JAM Session (Joint and Musculoskeletal Pain)

Saturday 11 August 2018

Dr Chau Chak Wing Building
University of Technology Sydney

About the JAM Session

BJC Health JAM Session was conceived to facilitate training in musculoskeletal disease for GPs and physiotherapists. It's a shame that most get so little exposure to rheumatic disease even though these diseases commonly grace their treatment rooms. It's important to understand both inflammatory disease as well as biomechanical and degenerative disease to further appreciate their interplay.

Delayed diagnoses and missed opportunities lead to failure to achieve lasting remission or to prevent recurrent, unnecessary suffering.

These are real goals for us to help address.

The aim is to provide information about a range of common musculoskeletal issues, clinical nuggets that can be used straight away, in treatment rooms on the following Monday.

BJC Health's purpose is to change the lives of people with rheumatic disease to help them live & feel better.

We believe this requires an integrated approach utilising the different expertise of a variety of health professionals. We hope to show our attendees how this Connected Care approach may benefit patients.

Learning outcomes:

- To understand that musculoskeletal complaints can be due to mechanical/degenerative issues or to inflammatory diseases, or a combination of both
- To appreciate that autoimmune, rheumatic disease can present in many different ways, and can often be hard to diagnose early without applying a high index of suspicion
- To improve skills in assessing a problem, using history, examination technique and imaging
- To improve awareness of current management principles for a range of rheumatic disease
- To further understand the interplay between pharmaceutical treatment and non-pharmaceutical management

We look forward to JAMming with you!

Cost: Free to attend

To avoid a \$50.00 cancellation fee, please notify the BJC Health Registration team on 02 9970 5984 or e-mail: admin@cuttingedgeservices.com.au within 48 hours of the event if you wish to cancel.

RACGP Activity ID Number 127046 ALM 40 Category 1 points

JAM Exhibition Hall

We have a JAM exhibition hall with 8 sponsors who will be showcasing all their leading products, services and information.

RSVP

To register for this educational symposium, please access the registration page on:

www.bjchealthjam.com.au

If you have any questions, please call the BJC Registration line on: 02 9970 5984;
RSVP by Monday 6 August 2018.

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JAM Agenda

TIME

SESSION

8:40 - 10:40 PLENARY: FOCUS ON DIAGNOSIS & INVESTIGATIONS

08:45 - 08:50 • WELCOME

Errol Lim, Managing Director, BJC Health

08:50 - 09:25 • He presents with a painful shoulder then the other shoulder starts being stiff

Dr Anne Chung, Rheumatologist, BJC Health

09:25 - 10:00 • "I'd had chest pain for 7 years! No-one can tell me what's going on."

Dr Andrew Jordan, Rheumatologist, BJC Health

10:00 - 10:40 • How to interpret a positive ANA?

Dr Herman Lau, Rheumatologist, BJC Health

10:40 - 11:10 MORNING TEA

11:10 - 13:10 SESSION 1 WORKSHOPS

- Attendees choose 3 workshops from below:

1. Psoriatic Arthritis: it's much more than joint disease

Dr Anne Chung & Dr Shirley Yu, Rheumatologists

2. How to assess the Shoulder

Physiotherapists & Exercise Physiologists

3. Imaging of the Foot & Ankle

Dr James Linklater, Radiologist & Dr Rob Russo, Rheumatologist & Nuclear Medicine Physician

4. Trochanteric Pain Syndrome: a multidisciplinary approach

Dr Andrew Jordan, Rheumatologist & Justine Walker, Physiotherapist

5. Low FODMAP diet: how to use it for Irritable Bowel Syndrome

Monica Kubizniak, Dietitian & Dr Irwin Lim, Rheumatologist

13:10 - 13:50 LUNCH

13:50 - 16:00 SESSION 2 WORKSHOPS

- Attendees choose 3 workshops from below:

1. Back pain: how to quickly work out if its mechanical or inflammatory? And what to do after!

Dr Herman Lau & Dr Yuen Leow, Rheumatologists

2. Spinal Cord Stimulation for Chronic Pain Syndromes

Dr Alan Nazha, Pain Physician & Dr Irwin Lim, Rheumatologist

3. "Doctor, when can I run again?"

Exercise Physiologists

4. The Meniscus: surgical vs non-surgical approaches

Dr Adrian Low, Orthopaedic Surgeon & Physiotherapist

5. Enthesopathy: a refresher & what it might mean if recalcitrant

Dr Rob Russo, Rheumatologist & Nuclear Medicine Physician & Physiotherapist

16:00 CLOSING REMARKS