

# GRAPPA Mentor Program

<b>1. Program Basic Information</b>	
<b>Department offering program under supervision of GRAPPA</b>	<p>General Internal Medicine Department, Rheumatology Division Ain Shams University.</p> <p><u>Facilities in Rheumatology Unit-Internal Medicine Department-Ain Shams University include the following:</u></p> <ul style="list-style-type: none"> <li>Inpatient department with a capacity of 28 beds</li> <li>Rheumatology Clinic daily from Saturday to Wednesday</li> <li>MDT clinics with Gynaecology, Pulmonology, GIT, Dermatology and ophthalmology departments</li> <li>Daily round for inpatients with a lecturer</li> <li>Weekly conference held in the department discussing a difficult to treat case in different aspects of rheumatology followed by review of literature on the related subject</li> <li>Monthly Grand conference held in a hotel for 3 hours, mostly MDT meetings</li> <li>An annual meeting that is usually held in May for four days with two days workshops and two days scientific lectures</li> <li>Unit for capillary microscopy, musculoskeletal ultrasound and intra-articular injection</li> </ul>
Program coordinator	<b>Prof. Samah A. El-Bakry</b>
<p>12 months training</p> <ul style="list-style-type: none"> <li>- <b>No of theoretical teaching hours:</b> 12 hours (1hs/month)</li> <li>- <b>No of Practical/clinical teaching Hours:</b> 14 hours/ week</li> </ul>	

<b>2. Course Aims</b>	
<b>Aim 1</b>	<ul style="list-style-type: none"> <li>Enhance the understanding of pathogenesis of each disease of the spondyloarthritis group</li> </ul>
<b>Aim 2</b>	<ul style="list-style-type: none"> <li>Know pathogenesis, clinical presentation, diagnosis and treatment of each domain of psoriatic arthritis</li> </ul>
<b>Aim 3</b>	<ul style="list-style-type: none"> <li>Learning more about tools that may help in the diagnosis, assessment of therapy and treatment of Diseases of the spondyloarthritis group such as musculoskeletal ultrasound, and/or capillary microscopy and/or intraarticular injection</li> </ul>

### 3. Intended Learning Outcomes (ILOs)

#### **Knowledge and Understanding:**

*By the end of the mentorship, mentees will be able to:*

	Learning Objective
k1	<ul style="list-style-type: none"><li>Describe different types of Diseases of the spondyloarthropathy group.</li></ul>
k2	<ul style="list-style-type: none"><li>Identify the role of imaging techniques in the investigation of diseases of the spondyloarthropathy group.</li><li>Select appropriate investigations and interpret the results.</li></ul>
k3	<ul style="list-style-type: none"><li>Recognize different types of laboratory investigations needed for the diagnosis of diseases of the spondyloarthropathy group, Formulate appropriate management plan for individual patients presenting with the most common diseases.</li></ul>
k4	<ul style="list-style-type: none"><li>Know the place of measurement techniques using imaging (ultrasonography) in the investigation of the diseases of the spondyloarthropathy group, Make decisions regarding the common clinical situations using appropriate problem solving skills.</li></ul>
k5	<ul style="list-style-type: none"><li>List the drugs used in the diseases of the spondyloarthropathy group, their indications, actions and monitoring, Know the indications for and limitations of the laboratory and imaging techniques used in the diagnosis and management of disease of the spondyloarthropathy group</li></ul>

#### **Skills**

*By the end of the mentorship, mentees will be able to:*

	Learning Objective
s1	<ul style="list-style-type: none"><li>Elicit and correctly interpret a history of: - the presenting symptoms of diseases of the spondyloarthropathy group - the disability and handicap caused by diseases of the spondyloarthropathy group, the psychosocial problems associated with diseases of the spondyloarthropathy group and other general medical problems.</li></ul>
s2	<ul style="list-style-type: none"><li>Undertake a physical examination - the normal musculoskeletal system and its' variations eg at extremes of age - the clinical signs associated with inflammation or structural damage of joints &amp; periarticular structures - non- articular, systemic manifestations.</li></ul>

s3	<ul style="list-style-type: none"> <li>Use the clinical findings to formulate a differential diagnosis and plan of investigation for patients presenting with - monoarthropathy - oligoarthropathy - polyarthropathy - axial arthropathy.</li> </ul>
s4	<ul style="list-style-type: none"> <li>Identify the correct indications for: joint injection/aspiration - soft tissue injection.</li> </ul>
s5	<ul style="list-style-type: none"> <li>Identify the indications of capillary microscopy and recognition of different abnormalities and its relations to systemic autoimmune diseases</li> </ul>
s6	<ul style="list-style-type: none"> <li>Recognise different musculoskeletal ultrasound changes in patients with psoriatic arthritis</li> </ul>
s7	<ul style="list-style-type: none"> <li>Inject soft tissue lesions competently using the appropriate techniques (tennis/golfer's elbow, carpal tunnel, tenosynovitis/flexor tendon nodules, bursitis, tendinitis and plantar fasciitis).</li> </ul>

**4. Course Contents**

<b>Virtual Topic title</b>	<b>For the virtual part (40-44 weeks) Once per month virtual meeting, each is one hour</b>
Pathogenesis of spondyloarthropathy	
Introduction to musculoskeletal ultrasound (part 1)	
Pathogenesis of enthesitis, how to diagnose, enthesitis scores	
Introduction to musculoskeletal ultrasound (part 2)	
Pathogenesis of dactylitis, how to diagnose, dactylitis score	
Musculoskeletal ultrasound in the diagnosis of enthesitis	
Types and presentation of psoriatic arthritis and the difference between axial PsA and axial SpA	
Musculoskeletal ultrasound in the diagnosis of dactylitis and psoriatic arthritis	
Discussion of different treatment recommendation of psoriatic arthritis	
Difficult to treat and complex to manage, the concept and the causes	
Mentee will prepare two real cases of spondyloarthropathy including a case of PsA that will be discussed for approach to diagnosis and management	
Mentee will prepare two real cases of difficult to treat spondyloarthropathy that will be discussed for approach to diagnosis and management	

2-4 weeks observership (example per week)
• One day inpatient round (2hours) and Radiographic changes in psoriatic arthritis (1 hour) /wk
• One day outpatient clinic (2hours) /wk
• One day capillary microscopy (1 hour lecture and 2 hours hands on) /wk
• One day intra-articular and soft tissue injection (1 hour lecture and 2 hours hands on) /wk
• One day musculoskeletal ultrasound (2hours) /wk
• Weekly conference / MDT clinic (2hours) on Wednesday
• Friday is a day off

5-Teaching and learning		
Teaching/ Learning Methods	Knowledge/ Understanding	skills
Virtual Lecture	✓	
Workshops	✓	✓
Assignment/ Case presentation/ Journal club	✓	

## 6. Mentees Assessment

### 6.1

Mentees are expected to produce a **scholarly output** (e.g., abstract submission, presentation at the GRAPPA Annual Meeting, or peer-reviewed manuscript)

## 7. List of books & References

7.1	<i>Essential Books (Text Books) written in reference form with recent dates</i> Duvuru, G., Stone, J. H., Imboden, J. B., & Hellmann, D. B. (2013). Current diagnosis and treatment. Rheumatology
7.2	<b>Recommended Books</b> <i>Firestein, G. S., Budd, R. C., Gabriel, S. E., McInnes, I. B., &amp; O'Dell, J. R. (2012). Kelley's Textbook of Rheumatology E-Book. Elsevier Health Sciences.</i>
7.3	<b>Periodicals, Web Sites, etc</b> <a href="http://www.amazon.com/CURRENT-Rheumatology-Diagnosis-Treatment-">http://www.amazon.com/CURRENT-Rheumatology-Diagnosis-Treatment-</a>

[LANGE/dp/0071410279#reader](#)

[http://www.worldortho.com/dev/index.php?option=com\\_content&view=article&catid=&id=411:musculoskeletal-examination](http://www.worldortho.com/dev/index.php?option=com_content&view=article&catid=&id=411:musculoskeletal-examination)

[http://www.medmatrix.org/\\_SPages/rheumatology.asp](http://www.medmatrix.org/_SPages/rheumatology.asp)

<http://courses.washington.edu/colleges/vids/injection.shtml>

[www.qub.ac.uk/cskills/hipexamination.htm](http://www.qub.ac.uk/cskills/hipexamination.htm)

Rheumatology journals

<http://www.epodiatry.com/resource/rheumatology-journals.htm>

[Journal of Clinical Rheumatology](#)

[Annals of the Disease of the](#)

[Journal of Rheumatology](#)

[spondyloarthropathy group](#)

[Lupus](#)

[Arthritis Care & Research](#)

[Musculoskeletal Care](#)

[Arthritis & Rheumatism.](#)

[Osteoarthritis and Cartilage](#)

[Arthritis Research and Therapy](#)

[Osteoporosis International](#)

[Best Practice & Research Clinical](#)

[Seminars in Arthritis & Rheumatism](#)

[Rheumatology](#)

[Scandinavian Journal of](#)

[Clinical and Experimental](#)

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[Clinical Rheumatology](#)

[Rheumatology](#)

[Current Opinion in Rheumatology](#)

[Rheumatic Disease Clinics of North America](#)

[Arthritis Today](#)

[Current Rheumatology Reports](#)