



Unexpected changes

Prof. Anthony Redmond recently took the difficult decision to step down as Chair of the EULAR Health Professional Standing Committee. Here he explains why

Of course, this is EULAR and the momentum and breadth of activity is far bigger than any one individual can influence

Welcome to autumn and to a newsletter piece I had hoped not to be writing just yet. It is the custom for the Chair of the Health Professional Standing Committee (HPSC) to open up with *HP News* and so, normally, I would be sitting down to write a few hundred words reflecting on the recent congress and picking out the big issues for the coming months.

Unfortunately, in May this year, I had a bit of a health scare and have been faced with making a few significant life choices – including stepping down from the HPSC Chair a year early. I am succeeded by the extremely able Annette de Thurah who I know will make a great job of being Chair. She has been thrown in at the deep end somewhat, having been ratified as Chair-elect only a few weeks before taking on the full Chair's role. The support I have received from Annette, from the Vice-President Christina Opava and from incoming Vice-President Tanja Stamm has also been immense and I am extremely grateful to them and to the wider EULAR community for the way that they have rallied round in our "hour of need".

significantly, and so the HPs will continue to be represented across all EULAR's activities. The School of Rheumatology is taking shape and we are ably led in that endeavour by Thea Vliet Vlieland. Within the HP pillar, we will continue to develop and deliver the educational and research sub-committees, and their associated strategies and projects.

As for me personally, I do need to slow down a bit and I will be stepping back from quite a few of my activities... but I am not disappearing completely. Over the next year I have committed, as Past Chair, to helping Annette settle into her new (and unexpected) role, and I will stay on the Scientific Committee planning the Madrid Congress. I have great friends in the Study Groups and will continue to participate actively in the Foot and Ankle Study Group. Most importantly I will continue to be an active member of the EULAR family and so hope to see many of you in Madrid, and around and about on the EULAR "circuit".

Have a great Autumn

Pain management project presented in London

By Prof. Rinie Geenen, project task force leader

During the EULAR 2016 Congress in London, the pain management task force made a broad audience acquainted with the preliminary "recommendations" and "points to consider" that enable health professionals to provide prompt and knowledgeable support for pain management in people with inflammatory arthritis and osteoarthritis.

It was explained that, while there is sufficient evidence for recommendations, the points to consider are not (yet) clearly substantiated by data, but they are considered important.

An example of a point to consider is that the health professional is guided by a patient-centred framework throughout the assessment and management process using an individualised approach. Task force members consider such an approach important,

although there is no clear evidence substantiated by data for such an approach.

Another point to consider is to understand pain as a phenomenon with multiple biomedical, psychological and social components including, but not limited to, pain intensity, peripheral and central neurophysiological factors, physical (dis)ability, psychological vulnerability and resilience factors, social factors, sleep quality and obesity.

Recommendations pertain to options that could be part of a personalised

management plan aimed at the improvement of pain and its associated symptoms, as well as at pain-related disability.

Such a plan can specifically include physical activity or exercise, aids and assistive devices, psychological and social interventions, sleep hygiene practices and weight management.

About 100 health professionals attended the symposium in London. They were enthusiastic about the session and impressed by the

systematic literature review that had been done to identify the scientific evidence associated with the pain management options. A modified version of the session will be presented, as part of the EULAR HP collaboration with the American Association of Health Professionals in Rheumatology, at their congress in Washington in November.

