



Comorbidities in rheumatology

Monday 15 September 2014

Royal College of Physicians, 11 St Andrews Place, Regent's Park, London NW1 4LE

Programme lead – Professor Gary Macfarlane, University of Aberdeen

09.15 Registration and coffee

09.40 **Welcome and opening remarks**
President, Royal College of Physicians

09.45 **Comorbidities in rheumatology - prevalence, diagnosis, management and outcomes**
Professor George Kitas, Russells Hall Hospital

Session 1: Specific comorbidities in rheumatology - assessing the risk, diagnosing and managing?

Chair: Professor George Kitas

10.05 **Cardiovascular**
Professor Deborah Symmons, University of Manchester

10.25 **Cancer**
Dr James Galloway, King's College London

10.45 **Fatigue**
Dr Neil Basu, University of Aberdeen

11.05 Coffee

Session 1 continued

Chair: Professor George Kitas

11.30 **Mental health**
Elizabeth Hale, Russell Halls Hospital

11.50 **Osteoporosis**
Professor Cyrus Cooper, University of Southampton

12.10 **Respiratory**
Dr Clive Kelly, Queen Elizabeth's Hospital, Gateshead

12.30 **Panel Q&A**
All speakers from morning session

12.50 Lunch

Session 2: How lifestyle factors can impact on comorbidities and how they can be managed

Chair: Professor Cyrus Cooper

13.45 **Smoking**
Dr Nicola Goodson, University of Liverpool

14.05 **Exercise**
Professor Mike Hurley, St George's University of London

14.25 **Obesity**
Dr Greg Summers, Derby Hospitals NHS Foundation Trust

14.45 Tea

Session 3: Managing patients with comorbidities

Chair: Professor Gary Macfarlane

15.10 **Improving outcomes in patients with multi-morbidity in primary care settings: what is the evidence?**
Professor Susan Smith, Royal College of Surgeons of Ireland

15.30 **Patient priorities in managing their disease and comorbid conditions**
Professor Bie Nio Ong, Keele University and Ailsa Bosworth, National Rheumatoid Arthritis Society

16.00 **How do we manage comorbidities within the healthcare system?**
Professor David Scott, University of East Anglia

16.20 **Closing remarks by the Chair**

16.25 **Close of conference**