

# RECOGNISING RHEUMATOLOGY AUDIOBOOK GUIDE

*An in-depth look at Rheumatology for  
Physiotherapists and other Allied Health  
Professionals*

Covering Rheumatoid Arthritis, Axial Spondyloarthritis and more!

**A RHEUMATOLOGY.PHYSIO PROJECT**



# Contents

## *Introduction*

---

**0** Introduction

## *1. Rheumatology*

---

**2:30** What Is Rheumatology?  
**7:45** Inflammatory Bloods  
**13:30** 24 Hour Symptom Pattern  
**17:00** Inflammatory Pain  
**19:45** Imaging

## *2. Rheumatoid Arthritis (RA)*

---

**24:15** An Introduction To RA  
**27:15** The Stages of RA  
**30:30** Clinically Suspected Arthralgia  
**36:30** Early Arthritis  
**42:00** Established Disease  
**46:45** Tendons And RA  
**53:00** Pregnancy and RA

## *3. Spondyloarthritis (SpA)*

---

**58:00** Introduction to AxSpA  
**1:01:45** Spondyloarthritis Overview  
**1:05:15** SpA Extra-Articulars  
**1:11:00** MRI for AxSpA  
**1:14:00** Pregnancy and AxSpA

## *4. Other Conditions*

---

**1:18:30** Gout  
**1:23:00** Polymyalgia Rheumatica  
**1:28:00** Osteoporosis  
**1:33:00** Psoriatic Arthritis

## *5. Further Resources*

---

**1:38:00** Further Resources

## *Bonus Content*

---

**1:41:00** Joint Dysfunction and  
Rheumatoid Arthritis

# References

Alehata D et al . 2010 Rheumatoid Arthritis Classification Criteria. Arthritis and Rheumatism 2010;62(9):2569-2581

Alexander N. Bennett, Helena Marzo-Ortega, Amer Rehman, Paul Emery, Dennis McGonagle, on behalf of the Leeds Spondyloarthropathy Group; The evidence for whole-spine MRI in the assessment of axial spondyloarthropathy. Rheumatology (Oxford) 2010; 49 (3): 426-432.

Astrid Zbinden et al (2018) Risk for adverse pregnancy outcome in axial spondyloarthritis and rheumatoid arthritis: disease activity matters. RHEUMATOLOGY.

Brouwer J, Hazes JMW, Laven JSE, et al. Fertility in women with Rheumatoid arthritis: influence of disease activity and medication Ann Rheum Dis (2014).

Book by Drs Al-Sukaini, Azam and Samanta - Rheumatology Clinical Handbook

Brosseau L, Wells G, Tugwell P, Egan, M, Dubulouz C, Casimiro L, Robinson V, Pelland L, MCGowan J. Ottawa Panel Evidence-Based Clinical Practice Guidelines for Electrotherapy and Thermotherapy Interventions in the Management of Rheumatoid Arthritis in Adults. Physiotherapy 2004;84(11):1016-1043

Brosseau L, Rahman P, Poitras S, Toupin-April K, Paterson G, Smith C, King J, Casimiro L, Angelis G, Loew L, Cavallo S, McEwan J. A Systematic Critical Appraisal of Non-Pharmacological Management of Rheumatoid Arthritis with Appraisal of Guidelines for Research and Evaluation II. PLoS ONE 2014 9(5)

Christie A, Dahm k, Moe, R, Haavardsholm E, Hagen K. Effectiveness of Nonpharmacological and Nonsurgical Interventions for Patients With Rheumatoid Arthritis: An Overview of Systematic Reviews. Physical Therapy 2007;87(12):1696-1715

Combe B et al .2016 Update of the EULAR Recommendations for the Management of Early Arthritis. Annals of the Rheumatic Diseases 2016;0:1-12

Cauley J - Osteoporosis: fracture epidemiology update 2016, Current Opin Rheumatol 2017, 29:150-156

Compston, J., Cooper, A., Cooper, C. et al. Arch Osteoporos (2017) 12: 43. <https://doi.org/10.1007/s11657-017-0324-5>

De Man, Y. A., Dolhain, R. J. E. M., & Hazes, J. M. W. Disease activity or remission of rheumatoid arthritis before, during and following pregnancy. Current Opinion in Rheumatology (2014).

Dr Priors Webinar (which was excellent by the way, part of a series by Lily and BSR which are free <https://www.rheumatology.org.uk/events-learning/webinars>)

Dejaco C, Singh YP, Perel P, et al 2015 Recommendations for the management of polymyalgia rheumatica: a European League Against Rheumatism/American College of Rheumatology collaborative initiative Annals of the Rheumatic Diseases 2015;74:1799-1807.

E. McNally et al. Diagnostic accuracy of a clinical prediction rule (CPR) for identifying patients with recent-onset undifferentiated arthritis who are at a high risk of developing rheumatoid arthritis: A systematic review and meta-analysis Seminars in Arthritis and Rheumatism 43(2014)498-507.

Giles J. Cardiovascular Disease In Rheumatoid Arthritis: Current Perspectives on Assessing and Mitigating Risk in Clinical Practice. Best Practice & Research Clinical Rheumatology 2015:1-15

Ince-Askan H, Dolhain RJEM, Pregnancy and rheumatoid arthritis, Best Practice & Research Clinical Rheumatology (2015).

Lamb S et al. Exercises to Improve Function of the Rheumatoid Hand (SARAH): A Randomised Controlled Trial and Economic Evaluation. *Health Technology Assessment* 2015;19(19) ISSN 1366-5278

Iustina et al, Structural damage in rheumatoid arthritis: comparison between tendon damage evaluated by ultrasound and radiographic damage *Rheumatology* 2016;55:1042:1046

Lee S, Shin B, Ernst E. Acupuncture for Rheumatoid Arthritis. *Rheumatology* 2008;47:1747-1753

Loof H et al. Fear Avoidance Beliefs About Physical Activity in Adults with Rheumatoid Arthritis. *Scandinavian Journal of Rheumatology* 2015;44:93-99

Luqmani R et al. British Society for Rheumatology and British Health Professionals in Rheumatology Guideline for the management of Rheumatoid Arthritis (The first 2 years). *Rheumatology* 2006;45(9):1167-9

Luqmani R et al. British Society for Rheumatology and British Health Professionals in Rheumatology Guideline for the management of Rheumatoid Arthritis (after the first 2 years). *Rheumatology* 2009;48(4):436-9

Lee J, Choi C. Total Knee Arthroplasty in Rheumatoid Arthritis. *Knee Surgery and Related Research* 2012;24(1):1-6

Lambert RGW et al. Defining active sacroiliitis on MRI for classification of axial spondyloarthritis: update by the ASAS MRI working group *Ann Rheum Dis* 2016;0:1-6

Markatseli T et al. Prognostic Factors of Radiological Damage in Rheumatoid Arthritis: A 10-year Retrospective Study. *The Journal of Rheumatology* 2011;38:44-52

Mouyis et al. (2017) Pregnancy Outcomes in Patients with Psoriatic Arthritis. *J Rheumatol*;44:128-129.

Rosen CJ. The Epidemiology and Pathogenesis of Osteoporosis. [Updated 2017 Feb 21]. In: Feingold KR, Anawalt B, Boyce A, et al., editors. *Endotext* [Internet]. South Dartmouth (MA): MDText.com, Inc.; 2000-

Mouyis et al. (2017) Pregnancy Outcomes in Patients with Psoriatic Arthritis. *J Rheumatol*;44:128-129.

Rosen CJ. The Epidemiology and Pathogenesis of Osteoporosis. [Updated 2017 Feb 21]. In: Feingold KR, Anawalt B, Boyce A, et al., editors. *Endotext* [Internet]. South Dartmouth (MA): MDText.com, Inc.; 2000-

Robinson, P.C., Sengupta, R. & Siebert, S. Non-Radiographic Axial Spondyloarthritis (nr-axSpA): Advances in Classification, Imaging and Therapy *Rheumatol Ther* (2019).

Stoffer M et al. Evidence for Treating Rheumatoid Arthritis to Target: Results of a Systematic Literature Search Update. *Annals of the Rheumatic Diseases* 2016;75:16-22.

Sahbudin et al, The role of ultrasound-defined tenosynovitis and synovitis in the prediction of rheumatoid arthritis development. *Rheumatology* 2018;57:1243-1252

Sharif S et al. Resistance Exercise Reduces Skeletal Muscle Cachexia and Improves Muscle Function in Rheumatoid Arthritis. *Case Reports in Medicine* 2011;2:205691

Ursin et al (2018) Disease activity during and after pregnancy in women with axial spondyloarthritis: a prospective multicentre study. *Rheumatology*;57:1064-1071.

van Steenbergen HW et al. EULAR definition of arthralgia suspicious for progression to rheumatoid arthritis *Ann Rheum Dis* 2017;76:491-496.

van der Helm-van Mil et al. A Prediction Rule for Disease Outcome in Patients With Recent-Onset Undifferentiated Arthritis *ARTHRITIS & RHEUMATISM* Vol. 56, No. 2, February 2007, pp 433-440.

van Beers-Tas MH, et al., How does established rheumatoid arthritis develop, and are there possibilities for prevention?, *Best Practice & Research Clinical Rheumatology* (2015)

Van Den Ende C et al. Effect of Intensive Exercises on Patients with Active Rheumatoid Arthritis: A Randomised Clinical Trial. *Annals of Rheumatological Disease* 2000;59:615-621



**Jack March | Rheumatology.Physio**

Copyright - Jan 2020 - Jack March

**A RHEUMATOLOGY.PHYSIO PROJECT**