

Addenbrooke's education evening

In September an education evening for people with psoriatic arthritis and psoriasis and their relatives and carers was held in the Clifford Allbutt Lecture Theatre at Addenbrooke's Hospital in Cambridge. The event was a collaboration between PAPAA and the psoriatic arthritis clinic staff.

Consultant rheumatologist Dr Gavin Clunie set up the psoriatic arthritis clinic last year and handed the lead to Dr Deepak Jadon in February, following his move from the Royal National Hospital for Rheumatic Diseases in Bath. The psoriatic arthritis clinic is held every Tuesday morning and is supported by two of his very enthusiastic and learned colleagues, Dr Carmel Stober and Sister Dominique Raut-Roy.

During the two-hour evening meeting there were a number of talks, with the audience given the opportunity to ask questions

Dr Jadon presented an informative talk about what to expect as a patient with psoriatic arthritis, with emphasis on the epidemiology, pathogenesis, symptoms and signs of psoriatic arthritis. The talk gave a comprehensive overview of the condition and was well received.

Dr Jadon was followed by registrar Dr Carmel Stober, who spoke about testing for psoriatic arthritis, including what the tests are for, what they tell doctors and how they helped to understand how the condition has progressed. Dr Sober also gave an overview of the imaging that might be used when diagnosing and reviewing someone with psoriatic arthritis.

Next to speak was Sister Dominique Raut-Roy, who talked about the holistic approach in managing psoriatic arthritis with the purpose of sharing ideas regarding the understanding and the management of psoriatic arthritis. The presentation included the issues which are most important to her patients, such as nutrition, pain, fatigue, psychological impact, relationships, family life, flares and intimacy. The emphasis is to treat every person as an individual given his or her different circumstances.

In the final clinical talk Dr Gavin Clunie presented the management of psoriatic arthritis, both pharmacological



Event speakers: Dr Deepak Jadon, Sister Dominique Raut-Roy, Dr Carmel Stober, Mr David Chandler, and Dr Gavin Clunie

and non-pharmacological, with the view that when you go and see your doctor they will be thinking really quite widely about how they can help you with your condition, and how you can help yourself. The mechanism of fatigue, Dr Clunie also considers, is a key to the understanding of the condition.

To end the evening David Chandler from PAPAA gave a presentation about the charity, its origins and current work. Mr Chandler, emphasised that PAPAA was a patient-driven organisation and was there to meet the needs of people with psoriasis and psoriatic arthritis; he encouraged people to not only engage with the charity, but to learn about the conditions and to be an active part of the management process when making decisions about treatment and care. This echoed much of what was said by the clinical team about an holistic and partnership approach.

Feedback received from those who attended overwhelmingly acknowledges it was a successful and useful event. Based on the positive feedback a second evening is being planned for 2017.

To find out more contact PAPAA (details on page 2) or visit www.papaa.org/get-involved/events

