



## **EULAR 2021 Congress**

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**Full delegate 2**

**Name of the session:** Multidisciplinary patient care: the new era of Rheumatology

**Main topic(s) of the session** – Main professions for a holistic rheumatic patient approach; to define their individual roles; ways of effective collaboration.

**Speakers:** Prof. Dimitrios Vassilopoulos, Prof. Thea Vliet Vlieland, Dr Elena Nikiphorou, Prof. Dr. György Nagy

### **Most important points interesting for young people with RMDs**

- Importance of physical activity
- Healthy diet
- Sleep hygiene

A holistic approach, about caring for the whole person- providing physical, mental, spiritual, and social needs. A synopsis describing accompanying health issues and finding ways to solve them. The question is whether a rheumatologist should go it alone, or should be part of a team that consists of physical therapists, occupational therapists, dieticians, amongst other specialists.

An assessment of activity of the disease. To assist daily living, the aim of rheumatologists is to reduce the inflammation, but if a patient is still not feeling well, it is recommended to refer a patient to another specialist in order to investigate other possible medical conditions. High comorbidities cause relapses of the RDM diseases. One of them is obesity, so in this case a patient should be referred to a dietician. Other conditions accompanying the RDMs- patient are very common. Getting to know the patient better to be able to investigate other underlying conditions, including psychological comorbidities. There are multiple factors to consider.

Fighting the fatigue in RDM. We should remember that there might be other causes for fatigue than RDMs and it is important to look into this carefully. Investigation by

providing patients with special questionnaires, to help diagnose the cause of the fatigue. Physical exercises help patients reduce their fatigue.

Adjusting the medication to patient general needs. High comorbidities are risk factors and management of the disease as they influence disease activity levels, limit treatment options and accelerate the inflammation.