

North West Rheumatology Club

Trainees Meeting

Leadership and Management Series

Preparation for your Consultant post: Applications, interview process and contract negotiation

Friday 16th May 2025
The Engine Rooms @Birchwood Park, Warrington WA3 6YN

Time	Activity	Facilitator
0915 - 0930	Coffee, registration, welcome	Mia Rodziewicz Taqdees Suhail
0930 - 1015	Preparing for your consultant interview	RCP speaker
1015– 1045	The journey from trainee to consultant: From application to appointment	Dr Laura Chadwick
1045 - 1115	Coffee break	
1115 -1145	The journey from trainee to consultant: Enhancing your application	Dr Qasim Akram
1145 - 1215	Top tips for consultant application	Dr Roz Benson
1215 - 1245	Panel discussion	RCP speaker Dr Laura Chadwick, Dr Qasim Akram, Dr Roz Benson
1245 - 1400	LUNCH	

Learning objectives

1. To improve understanding of the consultant application process, forms and interview process
2. To acquire knowledge on consultant contract specifics (e.g. PAs, on call commitments) and contract negotiation
3. To gain insight into person specification qualities which will enhance the success of your consultant application and interview skills.

Generic capabilities in practice (CiPs) (Rheumatology 2022 curriculum):

- Able to function successfully within NHS organisational and management systems
 - Demonstrates engagement in career planning
 - Aware of the role of and processes for operational structures within the NHS

This meeting has been sponsored by Novartis

Educators Workshop

Friday 16 May 2025

The Engine Rooms@ Birchwood Park

101 Faraday St, Risley, Warrington WA3 6YN

Optimising the performance of the mind and building resilience

Agenda

08:15 – 09:15	Coffee and registration / poster set-up
09:15 – 09:30	Welcome and housekeeping AM – Dr Audrey Low
09:30 – 10:45	Session 1
10:45 – 11:15	Coffee break
11:15 – 12:30	Session 2
12:30 – 12:45	Final Q+A / discussion
12:45 – 14:00	Lunch and networking

Facilitator: Mr Adam Wright, psychological skills mentor, Chimp Management

Why do we sometimes get overwhelmed with emotions and do things we regret later. The body and mind represent two of our greatest assets, a healthy lifestyle can optimise the body, but how do you optimise the mind. The two workshops will look at the neuroscience of the mind and the Chimp Model, to offer explanations for these questions and help to develop personal insights to optimise the performance of your mind and how you can stay resilient to what life throws at you.

Objectives:

- Explore the neuroscience of the mind
- Gain insight into our own mind
- How to develop skills to manage your mind
- Develop skills for moving back into staying resilient.
- Appreciate the difference between robustness and resilience.

North West Rheumatology Club Spring Meeting 2025

Friday 16 May 2025

The Engine Rooms at Birchwood Park
101 Faraday St, Risley, Warrington WA3 6YN

Hosts: Dr Rosalind Benson and colleagues from Liverpool University Hospitals NHS Foundation Trust

Organising committee:

Dr Audrey Low, Salford Royal Hospital, Northern Care Alliance NHS Foundation Trust
Dr Jennifer Nixon, TPD Mersey Deanery, Countess of Chester Hospital NHS Foundation Trust
Dr Rachel Gorodkin, TPD NW Deanery, Manchester Royal Infirmary
Dr Mia Rodziewicz, StR representative NW deanery
Dr Taqdees Suhail, StR representative Mersey deanery

Afternoon scientific meeting

13:30 – 14:00	Registration for scientific session / Poster viewing & judging I (<i>poster presenters to be beside posters at 1340-1400</i>)
14:00 – 14:05	Welcome and housekeeping PM – Dr Audrey Low & Dr Jenny Nixon
14:05 – 15:15	Oral presentations
15:30 – 16:00	Coffee break / Poster viewing & judging II (<i>poster presenters to be beside posters at 1530-1600</i>)
16:00 – 16:05	Judges' final deliberations (<i>poster presenters to remove posters from boards</i>)
16:05 – 16:40	Interactive case presentations (audience vote using sli.do)
16:40 – 17:20	Guest speaker – Professor Louise Connell <i>"Implementing and Evaluating Regional Online Rehabilitation: Insights from NeuroRehabilitation Online (NROL) for Rheumatology and Beyond"</i>
17.20 – 17:40	Business meeting (incl BSR regional update) & presentation of prizes
18:00	Dinner

Learning objectives

1. To identify key areas of research and up to date clinical evidence in rheumatology.
2. To review and debate the management of specific rheumatic disorders through interactive cases and poster presentations.

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Speaker

Louise Connell is Professor of Allied Health Rehabilitation. She works as a clinical- academic in a partnership post between Lancaster University and East Lancashire Hospitals NHS Trust. Her interest is in implementation research, and she is undertaking a programme of research into neurological rehabilitation. Her current research focuses specifically on implementation research for increasing intensity after stroke. Louise integrates implementation science into rehabilitation, demonstrating how its theories, models and frameworks can address real-world challenges. Her work has provided actionable insights and practical guidance to clinicians and researchers alike. A key achievement is her work on the GRASP program for upper limb rehabilitation after stroke, which is now implemented in over 200 sites across five continents, informing clinical guidelines and increasing uptake in the UK, where more than 50% of therapists report regular use (Yang et al, 2023).

Louise has led the development of scalable and sustainable interventions, such as the NeuroRehabilitation OnLine (NROL) innovation, which leverages telerehabilitation to address resource constraints while maintaining high-quality care delivery (Ackerley et al, 2023). This has now been included as an exemplar in UK National Clinical Guidelines, has been upscaled regionally with further upscale planned in 2025.

Louise has internationally recognised research outputs, with over eighty peer-reviewed publications, over 4000 citations, and a H-index of 31(Google scholar). She is a physiotherapist and is particularly passionate about improving research capacity and capability of Allied Health Professionals. She is chair of the NIHR Doctoral Clinical Academic Fellowship scheme. Her work has been recognised by being awarded a Fellowship of the Association of Chartered Physiotherapists In Neurology.

Oral presentations 1415 – 1530

(8mins + 2mins questions)

1405-1415

Association between a Combined BMI-Partial Body Fat Percentage Approach with Fragility Fractures in a Large Observational Cohort

Hamzah Amin¹, Michelle G Swainson¹, Muhammed Aqib Khan¹, Marwan Bukhari^{1,2}

1.Lancaster University, United Kingdom

2.Royal Lancaster Infirmary, United Kingdom

Job title: Intercalating medical student

1415-1425

Service evaluation: the use of Avacopan for ANCA-associated vasculitis

Alex Connew, V Reid, E Bruce, R Patel

Manchester Royal Infirmary

Job title: ST6 rheumatology

1425-1435

Co-production of a patient-led explainer animation storyboard to enhance recruitment to the LEADER (oral vErsus intrAmuscular glucocoticoiDs in rhEumatoid aRthritis) trial

Hannah Shafi¹, Iniobong Ekan², Karen Staniland³, Kate Wilkins⁴, Anne Barton¹, James Bluett¹, Nicky Wilson⁵

¹Centre for Musculoskeletal Research, The University of Manchester, Manchester, UK.

²Musculoskeletal Research User Network, VOCAL, Manchester University NHS Foundation Trust, Manchester, UK

³Centre for Epidemiology versus Arthritis, The University of Manchester, Manchester, UK

⁴Centre for Rheumatic Disease, King's College London, London, UK

⁵King's College Hospital NHS Foundation Trust, Rheumatology, London, UK

Job title: Research assistant

1435-1445

Machine learning identifies distinct trajectories of clinical response to rituximab therapy in systemic lupus erythematosus and offers a more meaningful assessment than conventional landmark analysis

Mia Rodziewicz¹, Stephanie Shoop-Worrall, ¹ John A Reynolds, ^{2,3} Sarah Dyball, ¹ Emily Sutton, ¹ Mark Lunt, ¹ Ben Parker, ³ Ian N Bruce, ^{1,4} on behalf of the British Isles Lupus Assessment Group Biologics Register (BILAG-BR) consortium

¹ Centre for Musculoskeletal Research, Faculty of Biology, Medicine and Health, The University of Manchester, Manchester, UK

² Rheumatology Research Group, Department of Inflammation and Ageing, School of Infection, Inflammation and Immunology, College of Medicine and Health, University of Birmingham, Birmingham, UK

³ Rheumatology Department, Sandwell and West Birmingham NHS Trust, Birmingham, UK

⁴ NIHR Manchester Biomedical Research Centre, Manchester University Hospitals NHS Foundation Trust, Manchester Academic Health Science Centre, Manchester, UK

⁵ Centre for Public Health, Faculty of Medicine, Health and Life Sciences, Queen's University Belfast, UK

Job title: Clinical research fellow

1445-1455

Transcriptomic Insights into Predictive Biomarkers for Optimising Psoriatic Arthritis Therapy

Nahdia Afiifah Abdul Jalil^{1,2} Nisha Nair¹, Paul Martin¹ and James Bluett¹

¹University of Manchester, Versus Arthritis Centre for Genetics and Genomics, Centre for Musculoskeletal Research, Manchester Academic Health Science Centre, Manchester, UK

²Universiti Kebangsaan Malaysia, Faculty of Medicine, Kuala Lumpur, Malaysia

Job title: PhD student

1455-1505

Distinct synovial fluid cell profiles are associated with different types of inflammatory arthritis

Francesca Oram¹, Elliot Colman¹, Catinca Ciuculete¹, Khilan Santilal¹, Priyanka Kamath¹, Pauline Ho^{1, 2,3}, Anne Barton^{1, 2, 3}, Ryan Malcolm Hum^{1, 2, 3}

¹The Kellgren Centre for Rheumatology, Manchester Royal Infirmary, Manchester University NHS Foundation Trust, Manchester, UK

²National Institute for Health and Care Research Manchester Biomedical Research Centre, Manchester, UK

³Centre for Musculoskeletal Research, School of Biological Sciences, Faculty of Biology, Medicine and Health, The University of Manchester, Manchester, UK

Job title: FY1 doctor

1505-1515

Who holds the syringe? Denosumab self-administration initiative

Zuhair Al-Zuhair¹, Syeda Humayun¹, Dr Preeti Shah², Helen Isherwood³

¹University of Manchester, ^{2,3}Manchester University NHS Foundation Trust

Job title: Medical students (joint presenters)

Interactive case presentations 1605 - 1635

(6 mins + 2mins questions)

1605-1613

“An unexpected crisis”

Annie Cheung, J Little

Stepping Hill Hospital

Job title: ST7 rheumatology

1613-1621

“A Febrile Puzzle in Lupus”

Dhanushka Withanage¹, Subhra Raghuvanshi¹

Department of Rheumatology, Wrexham Maelor Hospital, Betsi Cadwaladr University Health Board

Job title: Specialty doctor

1621-1629

Beyond the basics: a rare form of arthritis with unusual presentation

Taqdees Suhail , Dr Manoj Samaranayake, Prof James Galloway, Dr Hoda Temple, Dr Eva Domanne

Countess of Chester Hospital NHS foundation Trust

Job title: ST5 rheumatology

Guest speaker 1640 – 1720

Professor Louise Connell

Title: *Implementing and Evaluating Regional Online Rehabilitation: Insights from NeuroRehabilitation Online (NROL) for Rheumatology and Beyond*

Poster presentations

(Poster judging between 1340-1400 and 1530-1600)

	Poster title & Authors Key: <u>Presenting author</u>
1.	<p>Investigating the impact of COVID-19 lockdowns on fragility fracture risk and bone mineral density in a large observational cohort: a cross-sectional study</p> <p><u>Hamzah Amin</u>¹, Muhammed Aqib Khan², Marwan Bukhari²</p> <ol style="list-style-type: none"> 1. Centre for Health Informatics Computing and Statistics, Lancaster University Medical School. Faculty of Health and Medicine, Lancaster University, Lancaster, UK 2. Department of Rheumatology, University Hospitals of Morecambe Bay NHS Foundation Trust, Lancaster, UK <p>Job title: Intercalating medical student</p>
2.	<p>Re-education of young adults on DMARDs moving from paediatric to adult outpatient services in Kellgren Centre, Manchester Royal Infirmary.</p> <p><u>Jiaying Tan</u>¹, S Mukaro¹, J Humphreys^{1,2}</p> <ol style="list-style-type: none"> 1. Kellgren Centre, Manchester Royal Infirmary, Oxford Road 2. Centre for Epidemiology Versus Arthritis, University of Manchester <p>Job title: IMT2</p>
3.	<p>Addressing the advice line crisis: Is a pharmacy technician the answer?</p> <p>R. Heaton, <u>Jayne Little</u>, N. Smeeton, C. Dervin, J. Nasralla, L. Fitton, L. Furness</p> <p>Stepping Hill Hospital, Stockport NHS Foundation Trust</p> <p>Job title: Consultant Rheumatologist</p>
4.	<p>Improving the rheumatology advice line service - a quality improvement project</p> <p><u>Nishita Padmanabhan</u>, B Pais, C Amoasii</p> <p>Mid Cheshire Hospitals NHS Foundation Trust</p> <p>Job title: Rheumatology registrar</p>

	Poster title & Authors Key: Presenting author
5.	<p>Tackling health inequalities created by language barrier at initial appointment: What can a rheumatology department do?</p> <p><u>Carmen Chen</u>¹, A Madan², E MacPhie²</p> <p>1. Medical School, University of Manchester, 2. Minerva Health Centre, Lancashire and South Cumbria NHS Foundation Trust</p> <p>Job title: Medical student</p>
6.	<p>Management of Gout in secondary care across North Wales</p> <p><u>Dhanushka Withanage</u>¹, Gen Ho¹, Hamna Sahi¹, Wei Tioh², Yao Tay¹, Subhra Raghuvanshi¹</p> <p>1. Betsi Cadwaladr University Health Board 2. Dffryn Clwyd GP training scheme, HEIW</p> <p>Job title: Specialty doctor</p>
7.	<p>Quality Improvement Project and Service Evaluation: Annual Surveillance with Echocardiogram and Lung function tests in patients with Systemic Sclerosis</p> <p><u>Dr Taqdees Suhail</u>, Prof Theresa Barnes Countess of Chester Hospital NHS Foundation Trust</p> <p>Job title: ST5 rheumatology</p>
8.	<p>Utilisation of early inflammatory arthritis (EIA) slots by early inflammatory arthritis patients: A retrospective quality improvement project from a district general hospital</p> <p>F Mills-Baker¹, A Connew², <u>Surabhi Wig</u>¹</p> <p>1. Department of Rheumatology, Bolton NHS Foundation Trust, Manchester 2. Department of Rheumatology, Manchester University NHS Foundation Trust, Manchester</p> <p>Job title: Consultant Rheumatologist</p>
9.	<p>Evaluating Rheumatology-Radiology MDTs in enhancing service efficacy</p> <p><u>Bernadette Pais</u>¹, M Shah², N Padmanabhan¹, C Amoasii¹</p> <p>1. Mid Cheshire Hospitals NHS Foundation Trust, 2. Wrightington, Wigan and Leigh NHS Foundation Trust</p> <p>Job title: Clinical fellow in Rheumatology</p>

	Poster title & Authors Key: Presenting author
10.	<p>Schnitzler Syndrome?</p> <p><u>Andrew Ashton</u>, Jyotin Singh; Rik Patel Manchester Foundation Trust.</p> <p>Job title: Resident doctor</p>
11.	<p>Isolated Muscle Oedema</p> <p><u>Sabeeh Shams</u>¹, A Cheung², A Ismail², H Chinoy¹</p> <p>1.Salford Royal Hospital 2.Stepping Hill Hospital</p> <p>Job title: ST6 rheumatology</p>