

SESSION 7
SPRAINS & STRAINS:
A MULTIDISCIPLINARY
APPROACH

Scope

Sprains and strains are both very common injuries and can occur as a result of participation in sports and/or physical fitness activities but also from simple everyday activities. This session will highlight the management of these soft tissue injuries, and the role of the pharmacist in the team.

Objectives

- To define and illustrate the distinction between a sprain and a strain
- To discuss pharmacological and non-pharmacological treatments
- To give guidelines on when to refer patients for further intervention
- To have an overview of physiotherapy and rehabilitation for the most common soft tissue injuries
- To be aware of the role of braces/supports

Learning Objectives

By the end of the session pharmacists will be able to:

- better understand and recognise these conditions
- give advice on initial treatment to patients
- appreciate the importance of advising patients on the proper use of pharmacological treatment
- know when to refer patients for further assessment and management
- recognise the role of the team approach to managing these injuries
- gain an insight into the treatment conducted by the physiotherapist
- understand the indications for use of common types of support following injury

Delivered by

John Buhagiar

MD, DSMRCS (Diploma in Sports Medicine, Royal Colleges of Scotland)
 Member of the Malta Olympic Committee Medical Commission,
 Member of the International Federation of Sports Medicine (FIMS)

Nadya German MCSP MSc MMACP
 Musculoskeletal Physiotherapist

Date Wednesday, 29 November 2006
Time 19:30 for 20:00
Venue Lecture Centre, Car Park 2 University of Malta
Book by Wednesday, 22 November 2006

This workshop provides 1.5 hours towards the MCPP continuing education requirement.

THE MALTA COLLEGE OF PHARMACY PRACTICE
 PROFESSIONAL DEVELOPMENT PROGRAMME - AUTUMN 2006
IS BEING SUPPORTED BY



RENEWAL OF MEMBERSHIP

October 2005 - October 2006

Lm9 Full Member (≥30 credits)
 Lm10 Associate Member (< 30 credits)
 Lm10 New Member

In the interest of efficiency we would like to urge pharmacists to pay their membership in advance
 Cheques payable to The Malta College of Pharmacy Practice

For clarification of membership status and amount payable you may send an email to: registrar@mcppnet.org
 Cheques should be mailed to:
 Dr Maria Cordina, President
 Malta College of Pharmacy Practice
 c/o Department of Pharmacy
 University of Malta, Msida

Cheques should reach The College by no later than 11th October 2006

Session	Date	Book by
1 Osteoporosis	18 October	11 October
2 Osteoarthritis	25 October	18 October
3 SLE	1 November	25 October
4 Rheumatoid Arthritis 1	8 November	1 November
5 Rheumatoid Arthritis 2	15 November	8 November
6 Gout	22 November	15 November
7 Strains and Sprains	29 November	22 November

Exclusive attendance

All registered pharmacists are invited to become members of the Malta College of Pharmacy Practice and attend. Only registered pharmacists are eligible to become members of the College and thus participate in the events organised.

BOOKING

may be placed preferably by email info@mcppnet.org

or by phone 7947 0720 or 2340 2908 (office hours)

WORLD ARTHRITIS DAY
12 OCTOBER 2006 TAKE ACTION 2006

30 NOVEMBER 1 & 2 DECEMBER 2006

Sixth Malta Medical School Conference

THE RADISSON SAS HOTEL ST JULIAN'S, MALTA

Information and registration: www.mmsconf.org



Malta College of Pharmacy Practice

c/o Department of Pharmacy
 University of Malta
 Msida MSD 06 • Malta
 Tel: (356) 2340 2908
www.mcppnet.org

MALTA COLLEGE OF PHARMACY PRACTICE

PROFESSIONAL DEVELOPMENT PROGRAMME AUTUMN 2006

in collaboration with
 Department of Pharmacy
 Department of Clinical Pharmacology & Therapeutics
 University of Malta



Leonardo da Vinci, Anatomical drawings

Dear Colleagues

Our autumn programme will address the management of musculoskeletal disorders. The programme will run for 7 consecutive weeks. The panel of multidisciplinary speakers are leaders in their field whom we are sure will present us with the current updated modalities of management of musculoskeletal disorders. The update will provide participants with the necessary knowledge to take up a more active role in advising patients on their condition, selecting the most appropriate therapy and monitoring of the therapeutic outcomes.

As always we urge all pharmacists to become members of The College and attend our programmes.

We would like to thank our speakers who have kindly agreed to prepare and facilitate these workshops and to the sponsoring companies for their support.

Maria Cordina

BPharm (Hons), PhD (QUB), Dipl Health Outcome Research
President, Malta College of Pharmacy Practice

PHARMACEUTICAL CARE

*...is the responsible provision of drug therapy for the purpose of achieving definite outcomes that improve a patient's quality of life...
...is provided for the direct benefit of the patient and the pharmacist is responsible directly to the patient for the quality of that care."*

C.D. Hepler

SESSION 1**OSTEOPOROSIS****Scope**

This session will provide a general overview of osteoporosis with particular reference to the management of a patient with osteoporosis.

Objectives

- To understand the definition of osteoporosis
- To review the risk factors for osteoporosis
- To discuss the non-pharmacological management of osteoporosis
- To review the literature on the pharmacological treatment of osteoporosis

Learning Objectives

By the end of the session, pharmacists will have a clear understanding of

- The definitions of osteopenia and osteoporosis
- The risk factors for osteoporosis as well as associated conditions
- The importance of non-pharmacological measures in osteoporosis
- The recent literature on the drugs in the treatment of osteoporosis

Delivered by

Karen Cassar MD MRCP(UK)
Rheumatologist

Date Wednesday, 18 October 2006
Time 19:30 for 20:00
Venue Lecture Centre, Car Park 2
University of Malta
Book by Wednesday, 11 October 2006

This workshop provides 1.5 hours towards the MCPP continuing education requirement.

SESSION 2**OSTEOARTHRITIS****Scope**

Osteoarthritis is the commonest type of arthritis encountered in daily practice. It is a degenerative condition that affects mainly synovial joints and commonly weight-bearing joints at that. This session will focus on various aspects of this condition including potential risk factors leading to its development as well as the pharmacological and non-pharmacological measures that may be adopted in its management.

Objectives

- To understand the nature of this condition
- To appreciate the risk factors leading to the development of osteoarthritis
- To become aware of therapies, pharmacological and non-pharmacological, that are available for the management of this condition
- To heighten awareness of the potential risks involved in the treatment of this chronic condition.
- To discuss the remedial option of surgery when conservative treatment fails

Learning objectives

- By the end of this session pharmacists will be able to:
- Recognize the common clinical features associated with osteoarthritis
 - Guide patients as to what therapies are available for the management of this common condition in line with internationally established guidelines
 - Counsel patients about the potential risks associated with the long term use of pharmacological agents utilized for the treatment of osteoarthritis
 - Be familiar with the surgical options available

Delivered by

Bernard Coleiro MD, FRCP
Senior Registrar, Department of Medicine, SLH

Ray Gatt MD FRCS

Consultant Orthopaedic Surgeon, SLH

Date Wednesday, 25 October 2006
Time 19:30 for 20:00
Venue Lecture Centre, Car Park 2
University of Malta
Book by Wednesday, 18 October 2006

This workshop provides 1.5 hours towards the MCPP continuing education requirement.

SESSION 3**SYSTEMIC LUPUS ERYTHEMATOSUS****A classic multisystem connective tissue disease****Scope**

The session will focus on the pathophysiology, signs and symptoms, investigation and management of the disease with particular emphasis on mucocutaneous, renal and neuropsychiatric disease management

Objectives

- To understand the nature of systemic lupus erythematosus
- To understand the various modes of presentation of SLE
- To understand the various choices available in the management of the disease

Learning objectives

- By the end of the session pharmacists will be able to:
- Fully understand and appreciate the challenges faced in making a correct diagnosis
 - Better understand the rationale behind various treatment regimens
 - Appreciate the importance of co-operation between doctors and pharmacists in the interest of patients.

Delivered by

Franco Camilleri

MD, MRCP(UK), FRCP(Lond), FRCP(Edin), FRCP(Glas)

Consultant Rheumatologist, SLH
Lecturer in Medicine, Faculty of Medicine and Surgery, University of Malta Medical School
Member of British Society for Rheumatology
Member of the Irish Society for Rheumatology

Date Wednesday, 1 November 2006
Time 19:30 for 20:00
Venue Lecture Centre, Car Park 2
University of Malta
Book by Wednesday, 25 October 2006

This workshop provides 1.5 hours towards the MCPP continuing education requirement.

SESSION 4**RHEUMATOID ARTHRITIS 1****Clinical Aspects and Treatment****Scope**

Rheumatoid arthritis, the prototype of inflammatory joint disease, affects about 0.5 to 1.5 % of populations and is commoner in females. It follows a chronic course and generally results in significant disability. It is a systemic disease, not confined to joints, and is associated with reduced life expectancy. The approach to its treatment has been completely changed over the past few years. The introduction of biological agents has added further scope to the effective management of this crippling disorder.

Objectives

- To introduce the concept of inflammatory and non-inflammatory diseases of the musculoskeletal system
- To discuss the epidemiology, pathophysiology, presentation and clinical features of rheumatoid arthritis;
- To discuss how to diagnose rheumatoid arthritis

Learning Objectives

- By the end of the two talks pharmacists will be able to:
- Familiarize themselves with the clinical features of rheumatoid arthritis;
 - Learn about the team approach to the management of rheumatoid arthritis;

Delivered by

Carmel Mallia

MD (Malta) FRCP(Lond) FRCP(Edin), FCol Phys (Philadelphia)

Consultant Physician, Rheumatologist, SLH
Professor of Medicine, University of Malta

Date Wednesday, 8 November 2006
Time 19:30 for 20:00
Venue Lecture Centre, Car Park 2
University of Malta
Book by Wednesday, 1 November 2006

This workshop provides 1.5 hours towards the MCPP continuing education requirement.

SESSION 5**RHEUMATOID ARTHRITIS 2****Clinical Aspects and Treatment****Scope**

Rheumatoid arthritis, the prototype of inflammatory joint disease, affects about 0.5 to 1.5 % of populations and is commoner in females. It follows a chronic course and generally results in significant disability. It is a systemic disease, not confined to joints, and is associated with reduced life expectancy. The approach to its treatment has been completely changed over the past few years. The introduction of biological agents has added further scope to the effective management of this crippling disorder.

Objectives

- To provide a historical approach to the treatment of rheumatoid arthritis, with particular emphasis on the modern approach to treatment
- To discuss biological therapy of rheumatoid arthritis

Learning Objectives

- By the end of the two talks pharmacists will be able to:
- Learn about the different treatment options of rheumatoid arthritis;
 - Learn how to monitor patients on treatment for rheumatoid arthritis

Delivered by

Carmel Mallia

MD (Malta) FRCP(Lond) FRCP(Edin), FCol Phys (Philadelphia)

Consultant Physician, Rheumatologist, SLH
Professor of Medicine, University of Malta

Date Wednesday, 15 November 2006
Time 19:30 for 20:00
Venue Lecture Centre, Car Park 2
University of Malta
Book by Wednesday, 8 November 2006

This workshop provides 1.5 hours towards the MCPP continuing education requirement.

SESSION 6**GOUT****Scope**

This session will provide a general overview of the management of gout

Objectives

- To understand what gout is
- To review the management of acute gout
- To discuss the prevention of future attacks of gout

Learning Objectives

By the end of the session the pharmacists will comprehend

- The meaning of gout and hyperuricaemia
- The causes of gout
- The treatment of an acute attack of gout
- The pharmacological and non-pharmacological measures that should be taken to prevent future attacks of gout
- Management of difficult gout

Delivered by

Paul-John Cassar

MD, MSc(Bath), MRCP(UK), Dip.PCR(Bath), Dip.JMC RCS (Edin)

Rheumatologist

Date Wednesday, 22 November 2006
Time 19:30 for 20:00
Venue Lecture Centre, Car Park 2
University of Malta
Book by Wednesday, 15 November 2006

This workshop provides 1.5 hours towards the MCPP continuing education requirement.