

Thursday 6th November 2025

0900-0920: Registration and Coffee

Rheumatology Research in Scotland (for Research Network members only) 0920-1100

Chair: Dr James Dale

0920-0945: Scottish Orthopaedic Research Network Mr Nick Clement, Consultant Orthopaedic Surgeon, NHS Lothian

0945-1010: Plans for Paediatric Rheumatology Research Network Dr Eve Smith, Clinical Senior Lecturer in Paediatric Rheumatology, University of Glasgow, Glasgow

1010-1035: NIHR MSK-Translational Research Collaboration Prof Stefan Siebert, Professor of Inflammation Medicine & Rheumatology, University of Glasgow, Glasgow

1035-1100: Scottish Rheumatology Research Network: Dr James Dale, Consultant Rheumatologist, NHS Lanarkshire

Bone Interest Group of Scotland 11.00-12.35

Chair: Dr Barbara Hauser and Dr Maria Talla

1100-11.05: Welcome and Introduction

1105-1135: Expanding the Anabolic Toolbox: Spotlight on Abaloparatide: Prof David Reid, Emeritus Professor, University of Aberdeen, Aberdeen

1135-1150: introduction of BoneMed Online tool: Deborah Nelson, Royal Osteoporosis Society (ROS) Osteoporosis Specialist Nurse, Royal Osteoporosis Society

1150-1220: Lessons from Scottish Hip Fracture Audit: Mr Nick Clement, Consultant Orthopaedic Surgeon, NHS Lothian

1220-1235: General Discussion: Dr Maria Talla, Consultant Endocrinologist, NHS Greater Glasgow & Clyde, Glasgow, and, Dr Barbara Hauser, Consultant Rheumatologist, NHS Lothian

12.35-1330: Lunch/Registration

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1330-1500: **Parallel workshop sessions**

Trainees

13:30-1415: Paediatric SLE & other paediatric inflammatory joint conditions Dr Eve Smith, Clinical Senior Lecturer in Paediatric Rheumatology, University of Glasgow, Glasgow

1415-1500: Myositis antibodies interpretation & clinical associations Dr Alexander Oldroyd, NIHR Academic Clinical Lecturer, University of Manchester, Manchester, *via teams*

Allied Health Professionals

1330-1400: Obesity in RMD: case examples and new learnings to improve care: Lindsey Sattar, Clinical Specialist, Occupational Therapist, Rheumatology, Glasgow Royal Infirmary, Glasgow

1400-1430: Specialist Rheumatology Nurse Career Development: Fidelma Gordon, Lead Clinical Nurse Specialist Rheumatology & Metabolic bone, Cambridge University Hospitals NHS Foundation Trust, Cambridge

1430-1500: NRAS Self Management Individualised Learning Environment RA online tool: Peter Foxton, Chief Executive Officer, NRAS

Consultants

1330-1500: Business Meeting

1500-1515: **Coffee**

MSK Ultrasound Scanning: patient case-based discussion and scanning. Inaugural Scottish Rheumatology Ultrasound Group (SRUG) education session at SSR Autumn meeting

Chair: Dr Neil McKay/Dr Hazem Youssef

1515-1700: Ultrasound scanning demonstration and discussion on patients with Inflammatory arthritis: Dr Neil McKay, Consultant Rheumatologist, NHS Lothian & Dr Anna Ciechomska, Consultant Rheumatologist, NHS Lanarkshire, Wishaw

Close of Day one

Pre-Dinner Drinks: 1830, Dinner at Stirling Court Hotel: 1900

Friday 7th November 2025

0845-0915: Registration and Coffee. Welcome (Dr Hazem Youssef, President, SSR)

Clinical Updates (Chairs: TBC) 0915-1100

0915-0950: Psoriatic Arthritis: Prof Laura Coates, Professor of Rheumatology & Consultant Rheumatologist, Oxford University/Oxford University Hospitals, Oxford

0950-1025: Ankylosing Spondylitis: Prof Antoni Chan, Professor of Rheumatology, University of Reading & Consultant Rheumatologist, Royal Berkshire NHS Foundation Trust, Reading

1025-1100: SLE and CAR T-Cell therapy: Dr Chris Wincup, Consultant Rheumatologist, King's College Hospital NHS Foundation Trust, London

1100-1130: Coffee/poster viewing

Watson Buchanan Lecture – (Chair: Dr Hazem Youssef, President, SSR)

1130-1230: 25 years of Rheumatoid Arthritis & difficult to manage Rheumatoid Arthritis: Prof Ernest Choy, Emeritus Professor, Cardiff University, Cardiff

1230-1330: Lunch/poster viewing

1330-1400: SSR Annual General Meeting

Clinical Updates (Chairs: TBC) 1400-1545

1400-1435: Gout: Dr Philip Riches, Consultant Rheumatologist, NHS Lothian, Edinburgh

1435-1510: Immunology testing and interpretation of results: Dr Elizabeth Furrie, Consultant Clinical Scientist & Clinical Lead, NHS Tayside, Dundee

1510-1545: Obesity and its impact across RMDs and role of newer interventions: Prof Naveed Sattar, Professor of Metabolic Medicine, University of Glasgow & Consultant in Metabolic Medicine, Glasgow Royal Infirmary, Glasgow

1545-1600: Coffee/poster viewing

1600-1650: Abstract Presentations

1650-1700: Prize Presentation and Close of Meeting

Speakers

Deborah Nelson, Royal Osteoporosis Society (ROS) Osteoporosis Specialist Nurse, Royal Osteoporosis Society.



Deborah Nelson is an Osteoporosis Nurse Specialist. She joined the Royal Osteoporosis Society Specialist Nurse team in 2021 after many years working as an Osteoporosis / Fracture Liaison Service Nurse in the West Glasgow Bone Metabolism Unit. She is passionate about supporting patients to make informed decisions about their bone health, with a particular focus on promoting medication adherence through the provision of high-quality information. At ROS, Deborah responds directly to individual enquires via the Helpline and contributes to wider public education through bone health literature and films developed by the Specialist Nurse team. She also collaborates with ROS and NHS colleagues to raise awareness and drive excellence in osteoporosis care across Scotland.

Dr Alexander Oldroyd, NIHR Academic Clinical Lecturer, University of Manchester.



Dr Alexander Oldroyd is an NIHR Academic Clinical Lecturer in the Manchester Myositis Research group within the Centre for Musculoskeletal Research at the University of Manchester. He is based at Salford Royal Hospital for clinical work where the tertiary myositis service provides care to patients across the northwest of England and further regions. His research focuses on myositis – particularly cancer screening and the interplay between autoimmunity and cancer. He is the first author of both the BSR Myositis Management Guideline and the IMACS Myositis Cancer Screening Guideline.

Lindsey Sattar, Clinical Specialist, Occupational Therapist, Rheumatology, Glasgow Royal Infirmary, Glasgow

Lindsey is a Clinical Specialist Occupational Therapist with over 30 years of experience in the NHS. Based at Glasgow Royal Infirmary, she helps support a team of rheumatology occupational therapists across Greater Glasgow and Clyde. In recent years, linked to the rapid rise in obesity, Lindsey has developed a strong interest in the impact of obesity on rheumatic and musculoskeletal diseases. This stems from a noticeable shift in referral patterns: a significant rise in younger patients presenting with fatigue, difficulties with activities of daily living (ADLs), and falling away from work - often with obesity as a major contributing, yet overlooked, factor. This contrasts sharply with the typical referrals she encountered early in her career, which predominantly involved frail, elderly patients. Lindsey believes that recognizing, addressing, and managing obesity must become a routine part of rheumatology care if healthcare professionals are to provide truly holistic support to their patients.

Fidelma Gordon, Lead Clinical Nurse Specialist Rheumatology & Metabolic bone, Cambridge University Hospitals NHS Foundation Trust



Fidelma Gordon is the lead nurse for Rheumatology and the metabolic bone team within Cambridge University Hospitals NHS Foundation Trust. She completed a master's in Rheumatology nursing, Diploma in nursing and is an independent prescriber. She was awarded the British health professionals in rheumatology clinical prize in 2015 for her review of a Nurse-led Annual Review Service for Stable Inflammatory Arthritis. In 2016 the Right Hon Theresa May awarded Fidelma and her colleagues an NRAS health care professional award and in 2022 her team at East and North Herts NHS trust received the NRAS Rheumatology team award. Fidelma was a NICE specialist committee member in 2019/20 for quality standards (QS33) for Rheumatoid Arthritis in over 16's. She was on the first cohort of future leaders programme run by the British society of rheumatology (BSR) in 2022. She is a member of the BSR education committee and an affiliated member of the CRG for specialised Rheumatology.

Peter Foxton, Chief Executive Officer, NRAS



Peter Foxton became the CEO of the National Rheumatoid Arthritis Society (NRAS) in July 2024, succeeding Clare Jacklin. He is committed to enhancing services for those living with rheumatoid arthritis (RA) and juvenile idiopathic arthritis (JIA), and focussed on providing a strong patient voice for people living with these conditions that is heard loud and clear. Peter has 14 years of experience of working in a healthcare charity having previously worked as Director of Income Generation at Phyllis Tuckwell Hospice in Surrey. At Phyllis Tuckwell, he played a key role in leading the organisation through a period of significant growth in both income and reach. Prior to that, Peter worked in both the commercial and charity retail sectors. He hopes to use his blend of charity and commercial experience to significantly increase the impact of NRAS. Working for the benefit of the entire rheumatology community, NRAS collaborates with a wide range of stakeholders including NHS England, ARMA, BSR, EULAR, pharmaceutical companies, academics, researchers and most importantly people with lived experience. The National Rheumatoid Arthritis Society is the only UK charity focussing specifically on supporting those living with rheumatoid arthritis and juvenile idiopathic arthritis. The charity is a leading patient organisation advocating for equity and equality in healthcare for all.

Prof Laura Coates, MBChB, PhD, Professor of Rheumatology & Consultant Rheumatologist, Oxford University /Oxford University Hospitals



Laura Coates is an NIHR Research Professor whose research focuses on optimal therapeutic strategies in psoriatic arthritis (PsA). Her PhD focused on the development of the minimal disease activity criteria for PsA and establishment of the TICOPA trial, the first study to show the benefit of treating to target in PsA. Her research is clinical and focuses on psoriatic arthritis and the spondyloarthritis including prediction, prevention and early diagnosis of PsA, development of digital

outcome measures, optimal treatment pathways and strategies in PsA. She is on the steering committee of the British PsA Consortium (BritPACT) and the Group for Assessment of Psoriasis and Psoriatic Arthritis (GRAPPA).

Prof Antoni Chan, MBChB, FRCP, PhD, Professor of Rheumatology, Consultant Rheumatologist and Clinical Lead, University Department of Rheumatology, Royal Berkshire NHS Foundation Trust, UK



Antoni Chan is Consultant Rheumatologist and Professor of Rheumatology and Translational Medicine, University of Reading, UK. He did his undergraduate training in Aberdeen and postgraduate in Oxford. He is Lead Clinician for Spondyloarthritis and Primary Investigator for clinical trials. He is a full member of ASAS and GRAPPA. His research interest also includes the use of data, informatics and artificial intelligence (AI) to improve diagnosis and treatment of rheumatic conditions with grants from UKRI and NIHR. He is a NASS Gold Changemaker Award recipient. His team won the BSR Best Practice Award and the NASS Changemaker Team Award.

Dr Chris Wincup, Consultant Rheumatologist, King's College Hospital NHS Foundation Trust, London



Dr Wincup is a Consultant Rheumatologist based at King's College Hospital, a large academic hospital in South London. He has extensive experience in the management of patients with Systemic Lupus Erythematosus (SLE) with a background in both clinical and translational research, in addition to significant clinical trial experience. He is an author of EULAR 2023 Guidelines for the management of SLE. Dr Wincup has previously been awarded the UCL Deans' Research Award, Versus Arthritis Outstanding Fellow Prize and Royal Society of Medicine Kovacs Traveling Fellowship award (supporting a placement at the Lupus Unit, Feinberg School of Medicine, Chicago). He is a member of the British Isles Lupus Assessment Group (BILAG) and is the Chief Investigator of the PERSONAL-SLE study, which seeks to identify biomarkers for to predict outcomes lupus. His main research interests include cell-based therapies, immunometabolism and precision medicine in SLE.

Prof Ernest Choy, MD, FRCP (UK), Emeritus Professor, Cardiff University, Cardiff



Professor Ernest Choy is Emeritus Professor of Rheumatology at Cardiff University School of Medicine and Editor-in-Chief of Rheumatology (Oxford). He was Head of Rheumatology and Translational Research at the Division of Infection and Immunity and Director of the Cardiff Regional Experimental Arthritis Treatment and Evaluation (CREATE) Centre at Cardiff University School of Medicine, Cardiff, Wales until Dec 2024. He is also Honorary Consultant Rheumatologist at University Hospital of Wales Prof Choy chaired the EULAR Taskforce on developing recommendations for management and classification criteria for fibromyalgia in 2007 and currently a member of the EULAR Quality of Care Committee. Prof Choy has

served as clinical expert to the National Institute for Clinical Excellence in the UK and many pharmaceutical companies. He has published widely on treatments for rheumatic diseases in major medical journals such as the New England Journal of Medicine and The Lancet.

Dr Elizabeth Furrie, Consultant Clinical Scientist & Clinical Lead, NHS Tayside, Dundee



Liz Furrie is a graduate from the Immunology BSc degree program at the University of Glasgow she then studied for a PhD at the Institute of Child Health at Great Ormond Street Hospital, London. Following post doctoral fellowships in Marseilles and Dundee she retrained as a clinical scientist gaining FRCPath in immunology. She took over as clinical lead of the immunology lab service at NHS Tayside in 2015 and is now also clinical lead for immunology in NHS Highland, Lanarkshire and Ayrshire and Arran. The laboratory service in NHS Tayside carries out a full immunology lab service for NHS Tayside/NHS Fife and NHS Borders and undertakes specialist testing for the whole of Scotland. Liz's particular interests are in autoimmunity and hypersensitivity, improving the availability and quality of services for the whole of Scotland.