



PG Certificate Course
Primary Care Rheumatic
and Musculoskeletal
Medicine

- Complete at your own pace. 1-2 hours study per week, flexible mode of learning
- 6 units, 47+ modules, virtual interactive classes and 3 days of experiential learning at The Aga Khan University.
- Covers the introduction, diagnosis, assessment and management of common inflammatory and noninflammatory RMDs
- More than 90 contributors from across the globe

Six months e-learning course with three day hands-on training at The Aga Khan University.

Introduction :

About BMJ

BMJ is one of the world's most trusted global healthcare knowledge providers and brings you e-learning and blended learning medical courses written by clinical experts from across South Asia and beyond. The content is specifically designed keeping in mind diseases prevalent in the South Asian ethnic groups and practical and relevant treatment guidelines along with interesting text or video based modules makes the course interesting to learn. On successful completion of each course you shall receive a certificate of completion by BMJ and affiliated partner/s relevant for each course.

Through our courses offering, we hope to help many practising clinicians to improve knowledge, build more confidence while treating patients and improve healthcare outcomes.

About The Aga Khan University

For over 30 years, The Aga Khan University has built a reputation in Pakistan for excellence in teaching and learning. The mission of AKU is to improve the quality of life in the developing world and beyond, through world-class teaching, research and health-care delivery. With programmes in educational development, medicine, nursing and midwifery, the university aims to inspire young researchers and professionals to become forces of positive change in their communities. The Aga Khan University's Medical College, has a proven track record of providing quality medical education.

About The Royal College of Physicians

The Royal College of Physicians is a world leader in postgraduate medical education. We deliver a wide range of projects aimed at strengthening health systems and improving medical standards across the globe. Our work spans high-, middle- and low-income countries, ranging from clinical skills workshops in rural Nigeria to accreditation work and guideline development in the middle east. We also develop and coordinate the globally-recognised MRCP (UK) exams as part of the Federation of the Royal College of Physicians.

About IHI

Integrated Human Initiatives, a company incorporated in Pakistan. Kupgrade is a Medical Education initiative of IHI, the registered entity. Kupgrade is the first dedicated Medical Education project within the scope in Pakistan. Our mission is "Knowledge Upgrade". We are proud to partner with the BMJ in Pakistan since 2017. This academic relationship helps us to provide the latest medical content to the Pakistani researchers and healthcare professionals in medical universities and healthcare organizations.

Course Directors



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Dr. Kieran Walsh

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Fellow of the Higher Education Academy, a Fellow of the

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Adjunct Associate Professor at Monash University.



About the course

Welcome to this new course on **"Primary Care Rheumatic and Musculoskeletal Medicine"**, that is a simple, feasible and practical primer to Musculoskeletal & Rheumatological illnesses especially written in context of the South Asian population.

Why Rheumatic and Musculoskeletal Diseases (RMDs) ?

Rheumatic and Musculoskeletal Diseases (RMDs) are a heterogeneous group of ailments that affects both adults & children. As per WHO, these illnesses account for the biggest burden to the community worldwide. They also have significant social & economic impact on the individual, family, workplace, community & the nation.

Moreover, recent data on global burden of diseases show that South Asia is the largest reservoir of RMDs.

Increased life expectancy and more ageing population, lifestyle changes & better awareness amongst people are responsible for increasing prevalence. Again, these illnesses add to the lion's share of people living with disabilities & even lead to higher mortality.

South Asian countries have one of the lowest prevalence of trained rheumatologists in the world. Generally, primary care doctors are the first point of contact & often the long term follow up doctors for patients with RMDs. However, our primary care doctors are not trained to handle RMDs.

What is the way out?

Skilled primary care doctors, a link between patients and rheumatologists

While one cannot make primary care doctors as shortcut or 'fill-in-the-gap' Rheumatologists, upskilling them with the basic clinical approach to manage RMDs before and between consultations with Rheumatologists is possible. This will also enable the primary care doctors to recognize serious cases and emergencies in RMDs and refer to a Rheumatologist without delay. A rapport between upskilled primary care doctors with the nearby rheumatologists will go a long way towards rational treatment of RMDs in semi urgent and urgent situations in the community. This model will prevent disability by quick action at an early preventable stage and thereby enhance safe and holistic care for the patients.

This comprehensive online course with 45+ modules prepared by expert rheumatologists from across South Asia & beyond, will be supplemented with periodic virtual classroom sessions and experiential learning at the Aga Khan University .

We believe this PG certificate course will bridge the gap in musculoskeletal health in the South Asian community.

Why take this course?

Course Highlights

- **Trusted content** - Brought to you by the publisher of The British Medical Journal with a legacy since 1840 in providing healthcare knowledge and expertise to healthcare professionals.
- **Course contributors** - The peer reviewed course content is authored by more than 90 subject matter experts from across the globe.
- **Glocal** - International editorial guidelines with South Asian context.
- **Experiential Learning** - 3 days contact program at The Aga Khan University, one of the most reputed universities in Pakistan for excellence in teaching and learning
- **Royal College of Physician, London** - Endorsed by the prestigious Royal College of Physicians (RCP), London, which is a world leader in postgraduate medical education.
- **Elaborate content coverage** - The curriculum includes common rheumatic and musculoskeletal conditions as follows: Non-inflammatory conditions such as back pain, Osteoarthritis, Chronic pain/Fibromyalgia, Soft tissue Rheumatism, Osteoporosis, Hypermobility of joints, Rheumatic manifestations of systemic diseases like Hypothyroidism, Diabetes Mellitus, low Vitamin D state etc. Inflammatory conditions such as Rheumatoid Arthritis, Spondyloarthritis (SpA) including Ankylosing Spondylitis, Psoriatic Arthritis, Reactive Arthritis, enteropathic & undifferentiated SpA, Crystal Arthritis like Gout and Infective Arthropathies including Viral & Septic Arthritis. This course also covers emergencies and serious RMDs such as connective tissue diseases including Lupus and Vasculitides for a quick recognition to enable immediate treatment & a prompt referral to a rheumatologist.
- **Pedagogy** - Interactive virtual classroom sessions, text and video based learning along with contact program and examination at The Aga Khan University
- **Certification** - On successful completion of course by BMJ, The Aga Khan University and RCP London (minimum passing percentage required is 70%)

Course Objectives

- Familiarise primary care doctors with both common and serious diseases in the community
- Upskill primary care doctors by an overview on clinical features, diagnostic & basic management approach to rheumatic musculoskeletal illnesses in the community.
- Train clinicians outside metropolitan area to act as a link between rheumatologist & the patient for interim management issues & not as a replacement for Rheumatologist
- Application of the expertise in primary care rheumatology to protect patients with rheumatic musculoskeletal diseases from quackery & misinformation driven mismanagement, which can prevent long term disability using scientific & economic therapeutic options in modern medicine.
- Knowledge gained by this course should assist primary care doctors in recognising red flag scenarios that need immediate referral to rheumatologist.

Eligibility criteria

- Educational Qualification - Candidates are required to possess MBBS degree recognised by the Pakistan Medical and Dental Council (PMDC)

Course fee

- PKR 150000

Course Curriculum

Unit 1	Introduction to Rheumatology
Module 1	Introduction to Rheumatic disorders
Module 2	Anatomy of joints and immune system
Module 3	Pathogenesis of rheumatic diseases
Module 4	Clinical spectrum of rheumatological disorders
Module 5	Approach to common rheumatic diseases
Unit 2	Diagnosis and Assessment of Rheumatic Diseases
Module 1	Classification / Diagnostic criteria
Module 2	History taking & Musculoskeletal examination
Module 3	How to diagnose Rheumatic disease - laboratory investigations
Module 4	Imaging in rheumatology
Module 5	Disease assessment
Module 6	Biomarkers
Unit 3	Management of Rheumatic Diseases
Module 1	Rationale and safe use of NSAIDs
Module 2	DMARDs
Module 3	Dos and DONTs for Biologicals treated patients
Module 4	Rationale use of steroids
Module 5	Second line immune suppressants -When to refer
Module 6	An overview of Small molecules
Module 7	Vaccinations in Rheumatology
Module 8	Dietary & Lifestyle modifications relevant to rheumatic diseases
Module 9	Patient Education & Psychosocial support in Rheumatology
Module 10	Allied health sciences in Rheumatology (Physiotherapy and Occupational therapy)

Course Curriculum

Unit 4	Approach to diagnosis and management inflammatory arthropathies
Module 1	Clinical approach to a patient with joint syndromes
Module 2	RA and Early arthritis
Module 3	Psoriatic arthritis
Module 4	Spondyloarthritis
Module 5	Osteoarthritis
Module 6	Septic and other infective arthropathies
Module 7	Impact of co-existing infections in rheumatic diseases
Module 8	Pearls for diagnosis and management of gout and other arthropathies
Unit 5	Approach to diagnosis and management of Connective Tissue diseases
Module 1	SLE and antiphospholipid syndrome
Module 2	Sjogren's syndrome
Module 3	Systemic sclerosis (scleroderma)
Module 4	Myositis
Module 5	MCTD, overlaps, and undifferentiated connective tissue disease
Unit 6	Other Rheumatological Conditions
Module 1	Metabolic disorders in rheumatology - Osteoporosis and Hypovitaminosis D
Module 2	Other endocrine/metabolic syndromes with rheumatic manifestations (Focus on Hypothyroidism & Diabetes)
Module 3	Chronic pain syndromes
Module 4	Soft tissue rheumatism
Module 5	Back pain and Neck pain
Module 6	Hypermobility disorders
Module 7	Rare and complex presentation of rheumatic diseases - Vasculitis in primary care
Module 8	Rheumatological emergencies
Module 9	Assessment of outcome measures
Module 10	Children with rheumatological problem
Module 11	Rheumatic diseases of adolescents & girl children
Module 12	Pregnancy and lactation with Rheumatic diseases
Module 13	Systemic manifestations of rheumatic diseases & Rheumatic manifestations of systemic diseases

Course Structure

The course comprises 6 units with a total of 47 modules. There will be 3 virtual interactive classes on a bi-monthly basis by subject matter experts.

After six months of e learning, we will conduct an online assessment based on MCQ. Those who clear the MCQ test are eligible to attend the three days physical training program at Aga Khan University & Hospital Karachi followed by VIVA and OSCE at AKU, Karachi.

- Introductory video lecture late by Dr Danda providing an overview of the course.
- Virtual interactive classes delivered by the course faculty.

Three days hands on training at The Aga Khan University

Topics/areas to be covered:

- Clinical approach to patient with joint pain
- Outpatient clinic - History taking, Physical examination
- Relevant investigations
- Pharmacology in rheumatology
- Case work-up
- Common Inflammatory conditions - RA, PA, AS, Spondyloarthropathies
- Non-inflammatory - OA, Fibromyalgia, Mechanical Backpain, other chronic pain disorders, Osteoporosis
- Connective Tissue Disorders & Vasculitic conditions
- Emergencies
- Pediatric Rheumatology - JIA, Kawasaki, HS Purpura, SLE, Ssc
- **Examination Format:**
MCQs, OSCE, Viva

Dates of the virtual interactive session with the faculty will be communicated to the candidates through emails prior to the interactive session.



Course Contributors: Name and Affiliation

Name	Affiliation and institute
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