



Seminar D

Clinical Update on Rheumatology for Family Physicians



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Dr. Ronald Yip is the Clinical Services Director of the Integrated Diagnostic and Medical Centre of the Tung Wah Group of Hospitals and he is the President of the Hong Kong Society of Rheumatology. He is particularly involved in promoting research in rheumatology field, and has published numerous publications. Dr. Yip is also the Honorary Clinical Associate Professor of Department of Medicine and Therapeutics, CUHK; Honorary Clinical Assistant Professor of Department of Medicine, HKU; and the Associate editor of the International Journal of Rheumatic Diseases. In addition, Dr. Yip takes up the position as the advisor of various patients' self-help groups including the Hong Kong Rheumatoid Arthritis Association, Hong Kong Ankylosing Spondylitis Association, B27 association and Hong Kong Psoriatic Arthritis Association.

The understanding of pathogenesis, the advance of diagnostic techniques, and the development of biologics drugs and targeted therapies have revolutionized the entire treatment landscape of rheumatology patients in the past decades. Treat to target strategy has become a very important strategy in the management of different rheumatic diseases. In many inflammatory arthritis and autoimmune diseases, our ultimate treatment goal nowadays should be disease remission, or at least a state of low disease activity. Early diagnosis and regular monitoring of disease activity are therefore necessary to guide our treatment regime.

The seminar will discuss the updated classification criteria, diagnostic techniques of various rheumatic diseases such as Rheumatoid Arthritis, Ankylosing Spondylitis/ Seronegative Spondyloarthritis (AS/SPA), Psoriatic Arthritis, Systemic Lupus Erythematosus, as well as the international treatment recommendation and updated therapeutic measures of these important rheumatic diseases. The practical approach for family physicians on diagnosis and assessment of rheumatic diseases, the referral strategy, and simple methods for disease monitoring will also be introduced. In addition, there will be case sharing on problems that are frequently encountered by family physicians, such as advice on drug use during acute infection, vaccination and pregnancy in rheumatic disease patients.