

**Dr. Syokau Ilovi attends Rheumatology Training in UK**

**EnHANCE Key Centre Involvement Programme- 29th April -1st May 2015, Birmingham, UK.**

**Faculty- Prof Christopher Buckley, Prof Karim Raza, Dr Andrew Filler, Dr Ifita Sahbudin**

**Participants- Twelve Rheumatologists & Physicians from Africa and Middle East region.**

The evolving understanding of rheumatoid arthritis as well as novel therapeutics agents continues to improve the outcome of the disease with the aim of achieving disease remission. This treat to target approach is best realized by identification and treatment of early disease within three months of developing symptoms by setting up early arthritis clinics. Participants were taken through didactic and sessions role of musculoskeletal ultrasound, biologics and outcome predictors of early rheumatoid arthritis (RA). There was also a hands on session on musculoskeletal ultrasound in RA patients.

Various modalities of increasing identification of early RA cases by primary health care workers and timely referral were discussed based on individual country needs and drawing upon the experience of the University of Birmingham Rheumatology Research Group. Patient awareness on the benefits of early health seeking behaviour needs to be adopted using existing and innovative campaigns. In Kenya, due to the few number of rheumatologists available, identification and treatment of early RA patients will remain with the general practitioners and physicians. This requires training and empowering the primary health care workers on the management of RA and other common rheumatological conditions. Framework on development of early RA clinics was discussed the participants were taken through a tour on the facility. The participants were also encouraged to carry out Operational Research during implementation of early RA clinics so as to document best practices.