

EULAR
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Kilchberg,
Switzerland

EMPOWERING PEOPLE WITH INFLAMMATORY ARTHRITIS

EULAR has released new recommendations on self-management for people with inflammatory arthritis.

Inflammatory arthritis is a group of conditions characterised by pain and swelling in the joints. This is caused by underlying inflammation, driven by the body's immune system attacking its own tissues – sometimes called autoimmune disease. Types of inflammatory arthritis include rheumatoid arthritis, psoriatic arthritis, and axial spondyloarthritis. These each have their own definitions, and can affect different parts of the body, but they share the common feature of inflammation and joint symptoms.

An important aspect of care in inflammatory arthritis is empowering people to acquire a good understanding of their disease, and to build their ability to deal effectively with the day-to-day practical, physical, and psychological impacts that it may have. This is called self-management – and whilst it is important, it is often overlooked. A EULAR taskforce was set up to develop a set of new recommendations to help confirm and publicise the benefits of self-management, and give guidance and advice on how to incorporate it into everyday clinical practice.

The taskforce included doctors, nurses, physiotherapists, psychologists and other health professionals, as well as patients with inflammatory arthritis. Nine patient organisations were also consulted, representing eight different countries. The taskforce looked at the evidence on effective interventions for inflammatory arthritis, and the self-management resources that are available across Europe. After looking at the evidence, they developed three overarching principles, and nine individual recommendations.

The principles stress that self-management means that people should take an active role in learning about their condition, and taking part in a shared decision-making process when choosing treatments. They also say that having the personal confidence to carry out an activity with the aim of achieving a desired outcome has a positive effect on various aspects of living with inflammatory arthritis. The third principle highlights that patient organisations can provide valuable resources to support patients and healthcare teams. The nine individual recommendations cover what kinds of self-management techniques might be appropriate for people with inflammatory arthritis, and what kind of support and advice they should expect to get from their healthcare team.

EULAR hopes that these recommendations will empower and support people with inflammatory arthritis, and encourage a more holistic, patient-centred approach to care. Following these recommendations will also lead to improved outcomes for people living with inflammatory arthritis.

About EULAR

EULAR is the European umbrella organisation representing scientific societies, health professional associations and organisations for people with rheumatic and musculoskeletal diseases (RMDs). EULAR aims to reduce the burden of RMDs on individuals and society and to improve the treatment, prevention and rehabilitation of RMDs. To this end, EULAR fosters excellence in education and research in the field of rheumatology. It promotes the translation of research advances into daily care and fights for the recognition of the needs of people with

RMDs by the EU institutions through advocacy action.

Source

[Nikiphorou E, Santos E, Marques A, et al. 2021 EULAR recommendations for the implementation of self-management strategies in patients with inflammatory arthritis Annals of the Rheumatic Diseases Published Online First: 07 May 2021. doi: 10.1136/annrheumdis-2021-220249](#)

About the EULAR European Congress of Rheumatology

Since its introduction in 2000, the annual EULAR European Congress of Rheumatology has become the primary platform for exchange of scientific and clinical information in Europe. It is also a renowned forum for interaction between medical doctors, scientists, people with arthritis/rheumatism, health professionals and representatives of the pharmaceutical industry worldwide. The EULAR congress is usually held in June in one of the major cities in Europe ([see previous congresses](#)).

The [scientific programme](#) at the congress covers a wide range of topics on clinical innovations, clinical, translational and basic science. Meetings set up by associations of people with arthritis/rheumatism, health professionals and the health care industry complement the programme. The poster sessions, offering lively interaction between presenters and participants, are regarded by many as the heart of the congress.

Over the years, the EULAR Congress has gained a reputation of being a most innovative platform for the practicing physician particularly with respect to the acquisition of information on novel clinical research. The congress attracts more than 18,000 delegates from more than 130 countries.

The aim of the EULAR European Congress of Rheumatology is to provide a forum of the highest standard for scientific, both clinical and basic, educational, and social exchange between professionals involved in rheumatology, liaising with patient organisations, in order to achieve progress in the clinical care of people with rheumatic diseases.

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