

## **New: EULAR Recommendations for the generic core competences of health professionals in rheumatology**

**28 October 2019, Kilchberg, Switzerland – The European League Against Rheumatism, EULAR, has published its first set of recommendations for the generic core competences of health professionals in rheumatology, with specific reference to nurses, physical therapists and occupational therapists. The evidence-based guidelines aim to promote European consensus on the skills and knowledge needed for the management of people with rheumatic diseases, and to similarly harmonise postgraduate education in these professions.**

While desired competences for rheumatologists exists at the European level, international consensus on core competences of multiple health professionals in rheumatology (HPRs) has been lacking. Such consensus is needed to reduce variations in the quality of care for people with rheumatic and musculoskeletal diseases (RMDs) across countries. Based on a systematic review of RMD literature, a multidisciplinary and multinational task force of rheumatology health professionals, researchers and other experts identified three overarching principles and developed 10 recommendations for the generic core competences for HPRs.

### **Three Overarching Principles**

- **Effective communication skills and a biopsychosocial approach in the assessment, treatment and care of people with RMDs are of paramount importance for HPRs.** HPRs should be able to understand the interplay between RMDs and various personal and environmental factors, in the context of the biopsychosocial model.
- **Person-centered care and patient advocacy are fundamental in the care delivered by HPRs for people with RMDs.** HPRs should respect individuality and take into account how background, experiences and values might affect patients' perceptions about their condition and its impact on their lives.
- **An evidence-based approach, ethical conduct and reflective practice are essential for HPRs.** Captured in the framework of a national health-system for the core capabilities of professionals working with people with RMDs the care provided by HPRs should adhere to the evidence-based data for best practice and outcome.

### **The 10 recommendations address the following areas:**

- Knowledge of the aetiology, pathophysiology, epidemiology, clinical features and diagnostic procedures of common RMDs, including their impact on all aspects of life.
- Identification of factors that may influence individuals with RMDs and their families.
- Communication and collaboration with other healthcare providers.
- Knowledge of common pharmacological and surgical therapies in RMDs, including benefits and risks, to advise or refer as appropriate.
- Advice on non-pharmacological interventions, based on evidence, for people with RMDs.
- Assessment of the educational needs of people with RMDs and their carers to provide tailored educational materials.
- Continuous professional development and education in RMD care.
- Support for people with RMDs in goal setting and shared decision making about care.
- Support for people with RMDs in self-management of their condition.
- Selection of outcome measures for people with RMDs to evaluate the effectiveness of interventions.

To view the complete report, visit "2019 EULAR recommendations for the generic core competences of health professionals in rheumatology."

## **About EULAR**

The European League against Rheumatism (EULAR) is the European umbrella organisation representing scientific societies, health professional associations and organisations for people with 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.

To find out more about the activities of EULAR, visit: [www.eular.org](http://www.eular.org).

## **Contact**

Ursula Aring, EULAR Communications Manager, [ursula.aring@eular.org](mailto:ursula.aring@eular.org) , Tel. +41 44 716 30 38

## **Notes to Editors**

EULAR Journal, Annals of Rheumatic Diseases: [https://www.eular.org/EULAR\\_journal.cfm](https://www.eular.org/EULAR_journal.cfm)

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EULAR Recommendations: [www.eular.org/health\\_professionals\\_projects.cfm](http://www.eular.org/health_professionals_projects.cfm)

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