

PG Certificate Course
Primary Care Rheumatic
and Musculoskeletal
Medicine

- Complete at your own pace, flexible mode of learning
- 6 units, 45+ modules, 3 video lectures
- 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

Course Directors



Dr. B G Dharmanand

Consultant
Institute Of Rheumatology & Clinical immunology
Manipal Hospital, Miller's Road, Bangalore
Immediate Past President,
Indian Rheumatology Association



Dr. Kieran Walsh

Clinical Director at BMJ
Clinical lead of the medical education and
clinical decision support products at BMJ,
including BMJ Best Practice.
Fellow of the Higher Education Academy,
Fellow of the Royal College of Physicians of Ireland,
Fellow of the Academy of Medical Educators,
and Adjunct Associate Professor at Monash University.

Course Curator



Late Dr. Debashish Danda

Who served as the
Director, Professor and Senior Consultant,
Institute of Rheumatology,
Arthritis and Auto-immunity
and also as the
Dean - Clinical & Interdisciplinary Research
at Narayana Health City Bangalore

Unit-in-charge



Dr. Alakendu Ghosh

Professor and Founder Head of the Department,
Department of Clinical Immunology & Rheumatology,
IPGME & R, SSKM Hospital, Kolkata, West Bengal India



Dr. Kalum Deshapriya

Senior Consultant Rheumatologist,
Teaching Hospital Karapitiya, Galle,
Sri Lanka



Dr. Nighat Mir Ahmad

Professor & Associate Dean,
Institute of Rheumatic Diseases (IRD)
Central Park Medical College, Lahore, Pakistan



Dr. Syed Atiqul Haq

Chief Consultant, Green Life Centre for
Rheumatic Care & Research,
Green Life Medical College & Hospital,
Dhaka, Bangladesh



Dr. Siddharth Kumar Das

Professor and Head Department
of Rheumatology,
Era's Medical College,
Era University, Lucknow, India



Dr. BG Dharmanand

Consultant
Institute Of Rheumatology & Clinical immunology
Manipal Hospital, Miller's Road, Bangalore
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About the course

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

Message from Course Director - Dr. B G Dharmanand

We are pleased to offer this certificate course in 'Primary care Rheumatology' to medical professionals who are interested to learn the basics of Rheumatological diseases. These diseases form a significant percentage of patients reaching primary care doctors. This course aims to build the knowledge gap in this field and also help clinicians to recognise and treat common musculoskeletal disorders and introduce them about the complex autoimmune diseases and the current approach to the diagnosis and management of these rarer diseases. The curriculum is carefully curated and vetted by experts from India and UK. We hope this course will help clinicians to approach Rheumatological diseases rationally.

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.

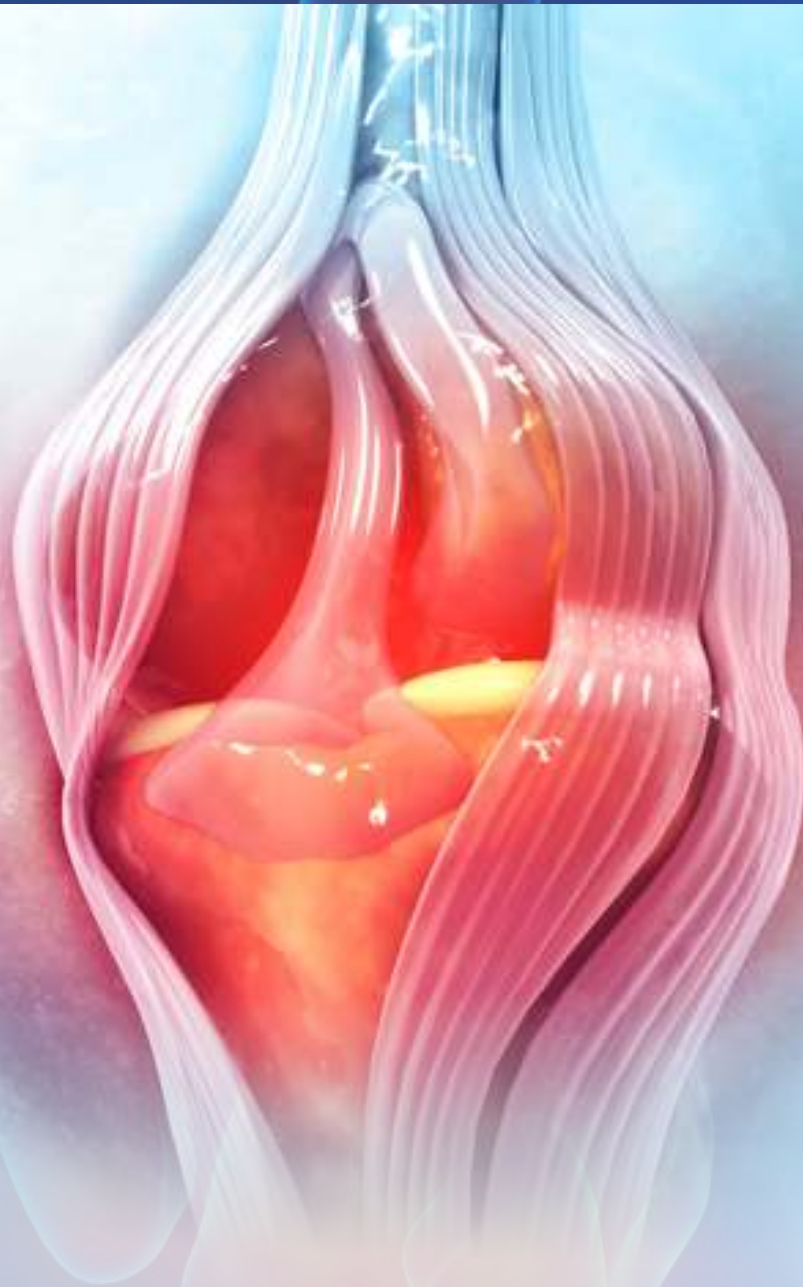
What is the way out?

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 short online course with 45+ modules prepared by expert rheumatologists from across South Asia & beyond, will be supplemented with periodic virtual classroom sessions.

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



About BMJ Group

Providing research, knowledge, and education to health professionals since 1840,

BMJ Group has been at the forefront of providing research, knowledge, and education to health professionals worldwide, envisioning a healthier world for all. With a global reach spanning five offices across the UK, the Americas, India, and China, we maintain our position as one of the most trusted brands in the world by providing the very best publishing expertise, digital health tools, and learning resources. Every month, over 11 million visitors frequent our websites to access the most relevant and reliable research available

About The Royal College of Physicians, London (RCP)

The Royal College of Physicians is a world leader in postgraduate medical education. RCP delivers a wide range of projects aimed at strengthening health systems and improving medical standards across the globe. Their 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. RCP also develops and coordinates the globally-recognised MRCP (UK) exams as part of the Federation of the Royal College of Physicians.

Why take this course?

Course Highlights

- **Trusted content** - Brought to you by the publisher of The BMJ 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 local context.
- **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 live classroom sessions, text and video based learning.
- **Certification** - On successful completion of course (minimum passing percentage required is 70%) by BMJ and RCP London

Course Objectives

- Familiarise primary care doctors with common and serious rheumatic 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 in the periphery 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

- Candidates must hold an MBBS degree from a recognized institute

Course fee

- E-learning program **INR 50,000 including 18% GST**

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	Conventional synthetic disease-modifying antirheumatic drugs
Module 3	Dos and DON'Ts 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	Rheumatoid arthritis 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	The role of vitamin D in health and disease: a brief review
Module 2	Other endocrine/metabolic syndromes with rheumatic manifestations (hypothyroidism and diabetes)
Module 3	Chronic pain syndromes
Module 4	Soft tissue rheumatism
Module 5	Evaluation of low back ache and neck pain
Module 6	Hypermobility disorders
Module 7	Vasculitis in primary care
Module 8	Rheumatological emergencies
Module 9	Outcome measures in rheumatology
Module 10	Pregnancy and lactation with rheumatic diseases
Module 11	Systemic manifestations of rheumatic diseases and rheumatic manifestations of systemic diseases
Module 12	Rheumatic diseases in adolescents and children

Course Structure

The course comprises 6 units with a total of 45+ modules. After the completion of all the 45+ modules there will be a final evaluation in the form of MCQs [Multiple Choice Questions].

Each month one unit will be unlocked to study and participants can take an assessment post each module. Final evaluation at the end of the course.

Video lecture:

- Introductory video lecture presented by presented by Late Dr Danda and Dr Dharmanand providing an overview of the course
- Three video lectures delivered by the course faculty, followed by a live online interactive meeting with the course faculty during the sixth month of the course

Video Lecture

1st video lecture

History taking

Physical examination

Relevant investigations

2nd video lecture

Common non-inflammatory rheumatic conditions

Common inflammatory conditions

Commonly used medications in rheumatology

3rd video lecture

Connective tissue disorders

Emergencies

Pediatrics

• 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
Dr Alakendu Ghosh	Professor and Founder Head of the Department, Department of Clinical Immunology & Rheumatology, IPGME & R, SSKM Hospital, Kolkata, West Bengal, India
Dr Abhijit Danve	Assistant Professor of Medicine, Section of Rheumatology, Yale School of Medicine, United States of America
Dr Anuj Shukla	Consultant Rheumatologist, Ahmedabad, Gujrat, India
Dr Aditya Sudan	Department of Internal Medicine, All India Institute of Medical Sciences, Rishikesh, Uttarakhand, India
Dr Anupam Wakhlu	Chief Consultant, Clinical Immunology & Rheumatology, Apollomedics Superspeciality Hospitals, Lucknow, India
Dr AN Malaviya	Consultant Rheumatologist, ISIC Superspeciality Hospital & 'A&R Clinic for Arthritis and Rheumatism, New Delhi, India
Dr Arvind Ganapati	Associate Professor (Rheumatology), KMC Manipal, Mangalore, India
Dr Arghya Chattopadhyay	Assistant Professor, Rheumatology, North Bengal Medical College & Hospital, Darjeeling, West Bengal, India
Dr Ashish Jacob Mathew	Department of Clinical Immunology & Rheumatology, Christian Medical College, Vellore, India
Dr Ashish Kumar	Consultant Rheumatologist at Fortis hospital Noida, UP, India
Dr Ashok Kumar	Clinical Director and Head of Department of Rheumatology at Fortis Flt Lt Rajan Dhall Hospital, Vasant Kunj, New Delhi, India
Dr Avinash Jain	Assistant Professor at the Department of Clinical Immunology and Rheumatology, Sawai Man Singh Medical College and Hospital, Jaipur, Rajasthan, India.
Dr Binoy Paul	Professor of Medicine, Chief of rheumatology, KMCT medical college, Calicut, Kerala, India.
Dr Bipin Vaidya	Consultant, Department of Rheumatology, National Center for Rheumatic Diseases, Kathmandu, Nepal
Dr C B Mithun	Associate professor of Rheumatology, AIIMS, Kochi, India
Dr Danveer Bhadu	Associate Professor in the Department of Rheumatology at All India Institute of Medical Sciences, New Delhi, India.
Dr Debanjali Sinha	Consultant Rheumatologist, Institute of Neurosciences, Kolkata, India
Dr Debashish Danda	Founder & Professor in Clinical Immunology and Rheumatology at Christian Medical College, Vellore, India.
Dr Debashish Maikap	Assistant Professor at the Department of Clinical Immunology and Rheumatology, Kalinga Institute of Medical Sciences, KIIT University, Bhubaneswar, Odisha, India.
Dr Dilmi Somathillake	Senior Registrar in Rheumatology & Rehabilitation, Department of Rheumatology & Rehabilitation General, National Hospital of Sri Lanka, Sri Lanka.
Dr Harikrishnan Gangadharan	Assistant Professor in Internal Medicine at Government Medical College Kottayam, Kerala, India
Dr Harshini AS	Consultant in Department of Rheumatology at Sparsh Superspeciality Hospital, Bangalore, India
Dr Joe Thomas	Consultant Rheumatologist, Aster Medcity, Kochi, Kerala, India

Course Contributors: Name and Affiliation

Name	Affiliation and institute
Dr Kalum Deshapriya	Senior Consultant Rheumatologist, Teaching Hospital Karapitiya, Galle, Sri Lanka.
Dr K M Mahen anath	Consultant in Department of Rheumatology at Sparsh Superspeciality Hospital, Bangalore, India
Dr Methsala Gunawardane	Consultant Rheumatologist, District General Hospital, Trincomalee, Sri Lanka.
Dr Molly Thabah	Additional Professor of Medicine at Jawaharlal Institute of Postgraduate Medical Education and Research, Puducherry, India
Dr Monika D'Silva	Consultant in Rheumatology & Rehabilitation, Department of Rheumatology & Rehabilitation Gneral, National Hospital of Sri Lanka, Sri Lanka.
Dr Muhammad Ahmed Saeed	Rehabilitation General Head Department of Rheumatology, Institute of Rheumatic Diseases (IRD), Central Park Medical College, Lahore, Pakistan
Dr Nighat Ahmed	Professor & Associate Dean, Institute of Rheumatic Diseases (IRD), Central Park Medical College, Lahore, Pakistan
Dr Padmanabha Shenoy	Consultant Rheumatologist and Managing Director of Shenoy's CARE Hospital, Kochi, India
Dr Parasar Ghosh	Professor in the Department of Clinical Immunology and Rheumatology, IPME & R, Kolkata, India
Dr Pooja Dhaon	Associate Professor in Medicine, Hind Medical College, Barabaki, UP, India
Dr Pramod Chebbi	Assistant Professor, Department of Rheumatology, Clinical Immunology & Rheumatology, SDM College of medical sciences and hospital & University, Dharwad, Karnataka, India
Dr Prasanta Padhan	Professor at the Department of Clinical Immunology and Rheumatology, Kalinga Institute of Medical Sciences, KIIT University, Bhubaneswar, Odisha, India.
Dr R Subramaniam	Associate Professor, Dept. of Rheumatology, Clinical Immunology & Rheumatology, JSS Medical College, JSS Academy of higher education and Research, Mysuru, Karnataka, India
Dr Ranjan Gupta	Associate Professor of Rheumatology at the All India Institute of Medical Sciences, New Delhi, India
Dr Rashmi Ranjan Sahoo	Associate Professor, Department of Clinical Immunology and Rheumatology, IMS and SUM Hospital, Bhubaneswar, Odisha, India
Dr R N Misra	Senior Professor and Head of the Department at the Department of Clinical Immunology and Rheumatology, Kalinga Institute of Medical Sciences, Bhubaneswar, Odisha, India.
Dr Rudra Prasad Goswami	Assistant Professor in the Dept of Rheumatology, AIIMS, New Delhi, India
Dr S K Das	Prof. and Head Department of Rheumatology, Era's Medical College, Era University, Lucknow, UP, India
Dr Saira Khan	Assistant Professor and Head of Department Rheumatology, Shalamar Medical and Dental College, Pakistan
Dr Rudra Prasad Goswami	Postdoctoral Fellow, University of New South Wales, Sydney, Australia
Dr Sakir Ahmed	Associate Professor in Clinical Immunology and Rheumatology at Kalinga Institute of Medical Sciences, Bhubaneswar, Odisha, India.
Dr Sandhya P	Consultant Rheumatology Department at St. Stephen's Hospital, Delhi, India

Course Contributors: Name and Affiliation

Name	Affiliation and institute
Dr Sanket Shah	Consultant rheumatologist and Assistant professor of Medicine at C.U.Shah Medical College, Suren anagar, Gujarat, India
Dr Sapan Pandya	Consultant Rheumatologist, Ahemdabad, Gujrat, India
Dr Shweta Nakarmi (Nepal)	Consultant, Department of Rheumatology, National Center for Rheumatic Diseases, Kathmandu, Nepal
Dr Sonam (Bhutan)	Consultant Rheumatologist at Jigme Dorji Wangchuk National Referral Hospital, Thimpu, Bhutan
Dr Sumaira Farman	Professor & Head Department of Rheumatology, National Hospital & Medical Center, Lahore, Pakistan
Dr Survat Arya	Senior Consultant Rheumatologist at Jaypee Hospital, Noida, India
Dr Syed Atiquel Haq	Professor, Department of Rheumatology, Bangabandhu Sheikh Mujib Medical University (BSMMU), Bangladesh
Dr Tasanee Kitumnuaypong	Head of Rheumatology unit, Rajavithi Hospital, Bangkok, Thailand
Dr A T M Tanveer Hasan	Associate Professor and Head of the Department of Rheumatology, Enam Medical College & Hospital, Bangladesh
Dr Uma Kumar	Professor and Head of the Department of Rheumatology at All India Institute of Medical Sciences, New Delhi, India.
Dr Vaidehi Chowdhary	Associate Professor of Medicine, Clinical Chief, Section of Rheumatology, Yale School of Medicine, United States of America
Dr Ved Chaturvedi	Senior Consultant Rheumatologist At Sir Ganga Ram Hospital, New Delhi, India
Dr Venkatesh Pai	Department of Internal Medicine, All India Institute of Medical Sciences, Rishikesh, Uttarakhand, India
Dr Verghese Koshi	Professor (Internal Medicine), & Consultant Rheumatologist, Command Hospital Southern Command, Pune, India



BMJ Group

IT TOWER

3rd Floor, Plot No. FC-24,
Sector-16 A, Filmcity
Noida, U.P. 201301

102, Navkar Chamber, A wing,
Marol, Andheri - Kurla Road,
Andheri (East) Mumbai - 400059

For more information, please write to us at
education.india@bmj.com or you can
call us at 91-120-4345733, +919650052070
(09:30 AM - 05:00 PM, Monday to Friday).

Head Office

BMJ,
BMA House, Tavistock Square, London WC1H 9JR, United Kingdom.