

## Ten Top Tips For Students Doing Their First Placement In Rheumatology

1	<p><b>Access the COT rheumatology Specialist Section</b> - <a href="http://www.cot.co.uk/specialist/rheumatology/intro.php">http://www.cot.co.uk/specialist/rheumatology/intro.php</a>. Within this site you can go to <a href="http://www.cot.org.uk/members/publications/list/guidelines/Rheumatology/intro.php">http://www.cot.org.uk/members/publications/list/guidelines/Rheumatology/intro.php</a> and also <a href="http://www.cot.co.uk/members/profpractice/guidelines/intro.php">http://www.cot.co.uk/members/profpractice/guidelines/intro.php</a> where you will find some excellent information in the Clinical Guidelines for Occupational Therapy in the Management of Inflammatory Diseases.</p>
2	<p><b>Understand the difference between inflammatory arthropathy (such as RA) and degenerative arthropathy (such as OA)</b></p>
3	<p><b>Think about the client experience.</b> Visit the DIPEX website. <a href="http://www.patient.co.uk/showdoc/128/">http://www.patient.co.uk/showdoc/128/</a> There is an extensive directory of UK websites on health, disease, and related topics and a wide range of client experiences.</p>
4	<p><b>Become familiar with small aids to daily living.</b></p>
5	<p><b>Review your experience/ understanding of working with groups</b></p>
6	<p><b>Revise your knowledge of hand and upper limb anatomy</b> – including the different types of joints and tendons (and skin creases), their names and abbreviations - eg . flexor digitorum superficialis and FDS; nerve supply, intrinsic vs extrinsic muscle function, common problems resulting from eg median/radial nerve compression; names of the different movements eg: flexion/extension, opposition          Within this <b>review how to assess a hand</b> - look at ARC DVD and handbook "clinical assessment of the MSK system".</p>
7	<p><b>Access the National Electronic Library of Health</b> - <a href="http://www.library.nhs.uk/musculoskeletal">www.library.nhs.uk/musculoskeletal</a> - you will find this resource very useful. There is a specific site for musculoskeletal conditions which has a vast array of resources and links. The site is divided into sections on Conditions, Disease Management, Education &amp; CPD, Patient support, and a whole host of other information. There are specific Occupational Therapy sections</p>
8	<p><b>Read these useful resources on core issues of rheumatology practice.</b> They are available electronically.</p> <ul style="list-style-type: none"> <li>• Hammond A, 2003, Patient education in arthritis: helping people change, <i>Musculoskeletal Care</i>, 1 (2), 84-97.</li> <li>• Hammond A, 2004, Rehabilitation in rheumatoid arthritis: a critical review, <i>Musculoskeletal Care</i>, 2 (3), 135-151.</li> <li>• Adams J, Hammond A, Burridge J, Cooper C, 2005, Static orthoses in the prevention of hand dysfunction in rheumatoid arthritis: a review of the literature, <i>Musculoskeletal Care</i>, 3 (2), 85-101</li> <li>• Cochrane review on occupational therapy and RA <a href="http://www.mrw.interscience.wiley.com/cochrane/clsysrev/articles/CD003114/frame.html">http://www.mrw.interscience.wiley.com/cochrane/clsysrev/articles/CD003114/frame.html</a></li> <li>• Reports on Rheumatic Diseases - <a href="http://www.arc.org.uk/about_arth/rdr.htm">http://www.arc.org.uk/about_arth/rdr.htm</a></li> </ul>
9	<p><b>Familiarise yourself with the ARMA standards of care</b> (<a href="http://www.arma.uk.net/care.html">http://www.arma.uk.net/care.html</a>) and the <b>MSS Services framework</b></p>
10	<p><b>Access <a href="http://www.jointzone.org.uk">www.jointzone.org.uk</a></b> - This is an excellent site, developed by the ARC. It covers basic science, has an overview of conditions, self assessment questions .... It also has a series of case studies which you can investigate. The case studies let you look at X-rays, access blood results and so on so that you can thoroughly work up a case and make some guided decisions about diagnosis, prognosis and the like.</p>

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