



ANNUAL REPORT

2006-07

Name of Section: College of Occupational Therapists Specialist Section –
Rheumatology

Author of Report: Sandi Derham, Chair person

Date: 14th October 2007

1. NEC: Names and Roles

The past twelve months has seen a number of changes to the national executive committee (NEC.) It was a great blow to see Anna Hamer retire, for personal reasons, as Chair person at the Specialist Section (SS) AGM in May 2007. It was under her leadership that the committee turned a corner in terms of a reduction of vacant positions, and the SS reaped rewards with regard to renewed activity and an upturn in membership numbers. The reluctant retirement of Amanda Exton, again for personal reasons, as Secretary also left a huge gap, in terms of the smooth running of committee meetings and essential organisational duties.

The PRO position remains vacant, despite active publicity surrounding the vacancy. It has been renamed Communication Co-ordinator to more accurately reflect the duties involved and help to attract volunteers to the post.

The retirement of the Chair person left the SS facing the very real threat of disbanding due to a lack of nominees to fill such a key position. A resulting re-shuffle of the committee in July 2007 has allowed the chance for it to continue to function for now. The NEC is very well staffed at present. However, as the post of Deputy Chair person still remains vacant, and as existing NEC members begin to reach the end of their terms of service, the potential for future succession difficulties still remains a significant threat.

Committee at 1st October 2006:

Chair person:	Anna Hamer
Deputy Chair person:	Vacant
Treasurer:	Sandi Derham
Secretary:	Vacant
Membership Secretary:	Caroline Mountain
Journal Editor:	Jacky Keegan
R&D Officer:	Maggie McArthur
COT Liaison:	Vacant
PRO:	Vacant
Regional Co-ordinator:	Vacant
Scotland Co-ordinator:	Kate Wright
Wales Co-ordinator:	Ruth Squire



Leavers:

Anna Hamer, Chair person (May 2007)
Amanda Exton, Secretary (October 2006)

Joiners:

Cathy Barnes, Regional Co-ordinator (December 2006)
Jenny Lewis, Secretary (July 2007)

Committee at 30th September 2007:

Chair person: Sandi Derham (July 2007 -)
Deputy Chair person: Vacant
Treasurer: Kate Wright (July 2007 -)
Secretary: Jenny Lewis (July 2007 -)
Membership Secretary: Caroline Mountain
Journal Editor: Jacky Keegan
R&D Officer: Maggie McArthur
Forum Lead: Vacant – application received September 2007. (For discussion at the next NEC meeting)
Communications Co-ordinator: Vacant
Regional Co-ordinator: Cathy Barnes (December 2006 -)
Scotland Co-ordinator: Vacant
Wales Co-ordinator: Ruth Squire

2. NEC Schedule of Meetings:

20.12.06, 02.03.07, 11.05.07 (AGM), 06.07.07

3. Specialist Sections Membership Data – Could you please complete this table as accurately as possible as the figures supplied will be used and contribute to some analysis regarding membership and specialist sections

	BAOT/COT OT Member	Non BAOT/COT OT Member	Student Member	BAOT/COT Associate Member	Non BAOT/COT Associate Member	Overseas Member	Others	Total
Year end 30.09.06	159		1	0	0	2	8	170
Year End 30.9.07	133		1	0	0	3	6	143

4. Schedule of publications over the year:

OTN, November 2006: COT SS – Rheumatology annual feature.



The Journal of Rheumatology Occupational Therapy was re-launched in March 2007 with the publication of Volume 21, Issue 1. This bi-annual journal has a completely new presentation, following the hard work of our journal editor, Jacky Keegan and sub-editor Maggie McArthur in liaison with members/contributors. It also carries the new SS logo, following re-branding. The Autumn 2007 publication is due out shortly.

The Rheumatology Research Priority Report was produced by Dr M McArthur in March 2007, following completion of the 'Consultation Project to establish the priorities for Rheumatology Research in the UK.' This was funded by a COT grant of £1000. The full report will be published in the autumn publication of The Journal of Rheumatology Occupational Therapy.

OTN, August 2007: 'Are you disillusioned in Wales?' by Ruth Squire

5. Study days:

A qualitative research workshop planned for October 2006 was postponed due to poor uptake of places. Problems were encountered with advertising the event in COT publications.

Systematic review workshop planned for November 2007.

6. Annual Conference:

No conference was held in 2006/07, due to the fluctuation of NEC members. This decision was supported by members at the 2005/06 AGM

7. List special talks/projects undertaken:

R&D Consultation

Members have been consulted on a wide range of topics. The activities have included:

1. Contacted particular members so they could contribute to a recent OTN feature on vocational rehabilitation.
2. Enlisting COT SS Rheumatology members to provide feedback on the Do Once and Share (DOAS) consultation on Elective Knee Surgery and Knee Pain clinical pathways.
3. Consultation on the NICE appeal for biologics based on the proposition that NICE fails to consider additional costs to the patient in relation to aids and



devices etc that most individuals need to cope with their disability. Seven members provided information on the average costs to patients with RA of the aids/support provided.

4. Maggie McArthur has become the occupational therapy editor for Musculoskeletal section of the National Electronic Library for Health (NeLH) - Ideas for a national knowledge week on OA. One member to contribute on specific splinting issue.

5. National Electronic Library for Health (NeLH) – National Knowledge week for RA (launched at BSR meeting in May 2007). Three members contributed to piece on "Is advice on joint protection and education worthwhile?"

6. COT request for information on current standardised assessment used by rheumatology occupational therapists. Sixteen replies informed the response to COT

7. Request from a university on the core splints made and whether basic grade staff would be expected to make them. Twenty one replies informed this response.

8. Maggie McArthur acting as a representative stakeholder in the NICE consultation on guidelines for rheumatoid arthritis and also will be a deputy Guidelines Development Group advisor.

9. Request from COT on the 10 top tips to inform student practice on their first rheumatology placement. Ten replies informed this response to COT.

11. Maggie McArthur will be involved in: Arc expert advisory group on commissioning and evaluating research on aids and appliances

CPD

1. Development of a SS e-mail distribution list so that current research updates can be made more readily accessible to our members.

2. As well as opportunities for representation being offered via the email list they are now also being posted on the website to good effect.

3. Articles sent out to membership on:

- Physical activity and RA
- Knee pain models of care
- Psychosocial aspects of pain
- Adolescent rheumatology needs
- Acupuncture and fibromyalgia
- Back pain and activity
- Cochrane review on occupational therapy and RA
- Low back pain and work rehab



- Patient characteristics and TKA outcome
4. Notification of conferences:
 - BSR/BHPR conference in Birmingham, May 2007
 - European Congress of Occupational Therapy, May 2008 in Hamburg
 5. Notification of funding opportunities
 - Arc small awards
 - UEA PhD studentships
 - COTSS – rheumatology bursaries
 - Millennium Primary Healthcare Bursary
 - BHPR awards and bursaries

Forthcoming projects

The application for COT to grant funds for the next SS - Rheumatology project; 'The Systematic Review of Pain Management Strategies' has been supported by both the SSCF and Professional Practice Board. The funding was granted in October 2007.

8. Business Plan – outcomes from previous year (see attached)
9. Business Plan and Budget forecast for forthcoming year (see attached)
10. Update on website:

PRO position is still vacant, despite hard work by the NEC in approaching members to encourage them to undertake this post. Maggie McArthur continues to monitor the discussion forum. Changes have been made to the website to reflect the recent SS re-branding.

11. Any other relevant information:

Re-branding has now taken place within the SS, including the change to all financial affairs.

Invitation received to attend The National Rheumatoid Arthritis Society's 'Everyday Everests' launch of "I want to work ..." A self-help guide for employees with Rheumatoid Arthritis and "Rheumatoid Arthritis in the Workplace" A practical guide for employers on 30th October 2007 at the House of Commons, Westminster.

NEC member was fully funded by the Arthritis Community Research and Evaluation Unit (ACREU) to speak at "Meeting the Challenges of Arthritis: Think Tank on Extended Roles in Rehabilitation Professionals" on her



Extended Scope Practitioner role from April 30th – May 1st 2007 in Toronto, Canada. An article has been provided for the Journal following this.

COT SS – RHEUMATOLOGY BUSINESS PLAN 2006/2007

Objective	Task	Person Heading	Target Date	Budget	Activity Indicator	Progress
1. Market vacant committee positions to recruit new committee members	Recruit to Secretary; Regional Rep; Forum Lead; PRO by advert on the website, article in journal, network marketing	Chair & NEC	Regional Rep – Jan 07 Other posts April 07		All posts filled	Secretary, Regional co-ordinator posts filled. Application received for Forum Lead. PRO post title changed to Communications Co-ordinator (CO). This post remains unfilled, as does the Deputy Chair person position.
2. Complete current R & D project and consider application for specialist section project funding 2007	<ul style="list-style-type: none"> Write final report Select topic for research Write & submit project funding bid 	M McArthur (R & D Officer)	March 07 September 07		Report publishes in SS - RA Journal, website. Project bid submitted	<p>Final report written March 2007. Signed off by Julia Skelton for publication in SS journal.</p> <p>Application for COT funds for 'Systematic Review of Pain Management Strategies' submitted and approved by SSCF and Professional Practice Board. Funding granted October 2007.</p>
3. Revamp and re-launch cost effective Journal	Work with COT to produce revamped journal, ensuring cost effective, sustainable production and distribution	J Keegan (Journal Editor)	March 07		1 st edition March 07 2 editions 07 Printing & mailing of journal to be out sourced Positive feedback from members	Journal re-launched in March 2007 in collaboration with COT. Autumn issue now submitted for printing. Feedback from members sought by e-mail and in writing.



<p>4. Work in partnership with other agencies to further develop links and improve the profile of occupational therapy</p>	<p>Maintain existing links and forge new links with e.g. NRAS, Expert Pt Programme</p>	<p>Chair & NEC</p>	<p>September 07</p>		<p>Existing links maintained New links</p>	<p>Continue to work with ARMA, arc, NRAS. NEC committee member involved with NeLH. Members feedback continues to be sought on national initiatives e.g. DoH DOAS, NICE</p>
<p>5. Increase membership communication, involvement & consultation</p>	<p>Liaise with regional group leads; create calendar of regional meetings/study days; publicize calendar on website, journal, any free COT publications; revamp website</p>	<p>Regional Rep/Communications Co-coordinator/Chair and NEC</p>	<p>September 07</p>		<ul style="list-style-type: none"> • Calendar of national/regional events on website/journal • Increased number of members • Increased website activity on discussion page • Increased emails from membership 	<p>Regional Co-ordinator currently renewing links with Regions by e-mail and by visiting regional areas. Continuing to update contact details. A list of forthcoming regional events and activities continues to be placed on the website.</p> <p>Increased number of positions filled on the NEC by year end</p> <p>Increased e-mail contact to members regarding SS activity.</p> <p>CO post vacant, so progress with website has been limited.</p>
<p>6. Maintain existing membership and gain new members</p>	<p>Increase membership by promoting benefits of joining; personal networking + journal/website</p>	<p>C Mountain (Membership Secretary)</p>	<p>September 07</p>		<p>Maintain existing membership Increase numbers of new members</p>	

COT SS – RHEUMATOLOGY BUSINESS PLAN 2007/2008

Objective	Task	Person Heading	Target Date	Budget	Activity Indicator	Progress
1. Review length of term served by existing NEC members, in order to identify future problem areas regarding succession.	Identify as an annual NEC agenda item	Chair & NEC	February 2008		Action plan for posts which are likely to become vacant in the twelve months.	
2. Continue to market vacant Deputy Chair, Communications Officer and Scottish Co-ordinator vacancies.	Recruit to Deputy Chair, Communications Officer and Scottish Co-ordinator by advert on the website, article in journal, network marketing	Chair and NEC	November 2007		All vacant positions filled.	
3. Complete proposed R&D project.	Await approval for funding. Commence project. Write final report.	Maggie McArthur (R&D officer)	May 2008		Report published in SS Journal and website.	
3. Maintain bi-annual Journal to its current high standard	Work with members to ensure a continued high standard of contributions to the Journal	Jacky Keegan (Journal Editor) & NEC	March 2008		Continued bi-annual publication of the Journal to a high standard.	
4. Maintain links with other agencies to improve the profile of occupational therapy	Maintain existing links and forge new links with e.g. NRAS, Expert Pt Programme	Regional Co-ordinator Communications Co-ordinator Chair NEC	September 2008		Maintain current links.	
5. Promote regional activity and cross regional collaboration	Liaise with regional group leads. Maintain calendar of	Cathy Barnes (Regional Co-ordinator) & NEC	September 2008		Increased regional activity e.g. study days, regional meetings. Increased contribution to	



	<p>regional meetings/study days and continue to publicise on the website, journal, and fee free in any COT publications.</p> <p>Encourage regions to apply for bursaries to support regional activity.</p>				<p>the Journal and website by Regions.</p>	
6. Maintain existing membership and gain new members	<p>Increase membership by promoting benefits of joining; personal networking and journal/website</p>	<p>Caroline Mountain (Membership Secretary) & NEC</p>	<p>September 2008</p>		<p>Maintain existing membership numbers. Increase numbers of new members.</p>	
7. Create a task force from members to plan for and co-ordinate the review and up-date of the existing NAROT Guidelines, in collaboration with COT.	<p>Consult with members for volunteers.</p> <p>Publicise on the website, by e-mail, post and the journal.</p> <p>Collaboration with COT.</p>	<p>Chair and NEC</p>	<p>March 2008</p>		<p>Creation of task force. Creation of plan to review Guidelines.</p>	
8. Review existing SS policies and update as appropriate.	<p>Identify all SS policies. Review and up-date, as appropriate.</p>	<p>Chair and NEC</p>	<p>March 2008</p>		<p>Updated SS policies.</p>	
9. Consult the members to establish a plan for future conference and study days, in terms of frequency, cost, content and location.	<p>Canvas members' views re: conference using e-mail, the website, Journal and post.</p>	<p>Chair and NEC Treasurer</p>	<p>March 2008</p>		<p>Written plans, included project budgets for future conferences and study days.</p>	

