

**Arthritis Research UK Centre for Adolescent Rheumatology  
at UCL, UCLH and GOSH**

**3<sup>rd</sup> National Adolescent Rheumatology Symposium  
26<sup>th</sup> January, 2017**

Kennedy Lecture Theatre, UCL Great Ormond Street Institute of Child Health  
30 Guilford Street  
London WC1N 1EH

**Programme**

**8.50 - 9.20** Registration and coffee  
**9.20 - 9.30** Welcome - David Isenberg

**CHAIR: Dr Lori Tucker**

**Session 1: Contraception and Pregnancy in Young People with autoimmune rheumatic disease.**

**9.30 - 10.00** What happens to inflammatory arthritis and lupus during pregnancy? - Ian Giles

**10.00 - 10.30** DMARDS and biologics during pregnancy - what is safe? - Monika Østensen

**10.30 - 11.00** Tips on sex, contraception and sexual health. - Rachel Tattersall

**11.00 - 11.30** Coffee

**CHAIR: Dr Debajit Sen**

**Session 2: Social media and the digital age in Rheumatology.**

**11.30 - 12.00** Twitter, Facebook and other social media platforms - the basics. - Elena Nikiphorou

**12.00 - 12.30** Developing an app for teenagers with JIA to promote self-management. - Despina Eleftheriou

**12.30 - 13.00** Abstract presentations (3-6 short presentations)

**13.00 - 14.00** LUNCH

**CHAIR: Professor Anne Cooke**

**Session 3A: Microbiome in inflammatory arthritis.**

**14.00 - 14.30** Gut reaction to intestinal bugs in health and disease. - Fiona Powrie

**14.30 - 15.00** How does the microbiome program the immune system? - Dan Littman

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**15.00 - 15.30** Microbiome and JIA. - Lizzy Rosser

**Session 3B: Young person involvement in research and service development**  
**Levinsky Room**

**14.00 - 15.30** Involving young people in health research. - Erin Walker  
Hearing young people's voices – Involving young people and improving services.  
Emma James  
Involving young people in health and medical research. - Anne-Marie Boylan

**Session 3C: Adolescent Rheumatology for allied health professionals**  
**June Lloyd Room**

**14.00 - 15.30** The adolescent knee and sport injuries. - Bruce Paton  
Measuring Change - selecting outcome measures. - Jane Simmonds

**15.30 - 16.00** Tea

**CHAIR: Dr John Ioannou**

**Session 4: Defining and delivering age appropriate care to young people with chronic disease.**

**16.00 - 16.30** Developmentally appropriate care for young people – more than just transition.  
-Janet McDonagh

**16.30 - 17.00** Can the NHS deliver the right care to adolescents and young adults with chronic disease? - Steve Ball

**17.00 - 17.10** Symposium round up and closing remarks. - Lucy Wedderburn

**17.10 - 18.00** Refreshments and Networking

### Speakers

Dr Ian Giles, University College London, United Kingdom

Professor Monika Østensen, Trondheim University Hospital, Norway

Dr Rachel Tattersall, Royal Hallamshire Hospital, United Kingdom

Dr Elena Nikiphorou, Whittington Hospital, United Kingdom

Dr Despina Eleftheriou, University College London, United Kingdom

Professor Fiona Powrie, University of Oxford, United Kingdom

Professor Dan Littman, New York University School of Medicine, United States

Dr Lizzy Rosser, University College London, United Kingdom

Dr Erin Walker, University College London, United Kingdom

Ms Emma James, Great Ormond Street Hospital, United Kingdom

Dr Anne-Marie Boylan, University of Oxford, United Kingdom

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Dr Bruce Paton, The Institute of Sport, Exercise and Health, United Kingdom  
Dr Jane Simmonds, Great Ormond Street Institute of Child Health, University Kingdom  
Dr Janet McDonagh, University of Manchester, United Kingdom  
Professor Steve Ball, Central Manchester University Hospital, United Kingdom  
Professor Lucy Wedderburn, University College London, United Kingdom

### **Chairs**

Professor David Isenberg, University College London, United Kingdom  
Dr Lori Tucker, BC Children's Hospital, Canada  
Dr Debajit Sen, University College London Hospital, United Kingdom  
Professor Anne Cooke, University of Cambridge, United Kingdom  
Dr John Ioannou, University College London, United Kingdom