



**ASIA PACIFIC LEAGUE OF ASSOCIATIONS  
FOR RHEUMATOLOGY**  
*With the*  
**PHILIPPINE RHEUMATOLOGY ASSOCIATION**



**APLAR REVIEW COURSE**

Friday, 27 November 2009  
Diamond Hotel, Roxas Boulevard, Manila, Philippines

**PROGRAM SCHEDULE**

7:00 – 8:00 AM

**Arrival and Registration**

8:00 – 8:15 AM

**Opening Ceremonies**

- I. Welcome messages
  - Caroline G. Arroyo, MD  
*President, Philippine Rheumatology Association (PRA)*
  - Prof. Ho-Youn Kim, MD  
*President, Asia Pacific League of Associations for Rheumatology (APLAR)*
- II. Introduction to the course
  - Inocencio P. Alejandro, MD  
*Vice-president, Philippine Rheumatology Association*

8:15 – 9:40 AM

**S1: Symposium on Basic Rheumatology – I**  
*Session chair: Dae-Hyun Yoo, MD, PhD (Korea)*

8:15 – 8:45 AM

S1.L1: *“Genetics of rheumatic diseases”*  
Speaker: Kazuhiko Yamamoto, MD  
Dept of Allergy & Rheumatology, Graduate School of Medicine  
The University of Tokyo, Japan

- Objectives: At the end of the session, the participants should be able to
1. Enumerate recent advances in the genetics of common rheumatic diseases
  2. Discuss genetic differences between Asian and Western populations and how these impact on causation and progression of the rheumatic diseases
  3. Apply this knowledge of genetics in the proper clinical setting

8:45 – 9:15 AM

S1.L2: *“Development of biomarkers: Basic science perspective”*  
Speaker: Mo-Yin Temy Mok, MD  
Dept. of Medicine, Queen Mary Hospital  
The University of Hongkong, HK

- Objectives: At the end of the session, the participants should be able to
1. Describe how novel biomarkers are identified and developed
  2. Enumerate recently developed biomarkers for use in the rheumatic diseases
  3. Apply this knowledge of biomarkers in the proper clinical settings

9:15 – 9:40 AM

**OPEN FORUM / DISCUSSION**

9:40 – 10:00 AM

**BREAK**

10:00 – 11:20 AM

**S2: Symposium on Basic Rheumatology - II**

*Session chair: Swan Sim Yeap, MD (Malaysia)*

10:00 – 10:30 AM

*S2.L1: "Role of citrullinated antigens in rheumatoid arthritis"*

Speaker: Zhanguo Li, MD, Ph.D.  
Professor of Medicine, Beijing University Medical School  
President-elect, Chinese Rheumatology Association (CRA)  
Editor-in Chief, Chinese Journal of Rheumatology  
Chief, Department of Rheumatology and Immunology , People's Hospital

Objectives: At the end of the session, the participants should be able to

1. Describe how citrullinated antigens were identified and developed as markers in rheumatoid arthritis
2. Appreciate the importance of citrullinated antigens in the pathogenesis of rheumatoid arthritis
3. Describe the role of studying citrullinated antigens in the management rheumatoid arthritis

10:30 – 11:00 AM

*S2.L2: "Autoantibodies in Connective Tissue Diseases–Its Mechanism of Production and Clinical Significance"*

Speaker: Prof. Yoshinari Takasaki, MD, Ph.D.  
Department of Internal Medicine and Rheumatology, School of Medicine, Juntendo University , Tokyo, Japan

Objectives: At the end of the session, the participants should be able to

1. Describe how autoantibodies are generated in the connective tissue diseases
2. Differentiate forms of autoantibodies: pathogenic, non-pathogenic and protective
3. Appreciate the relevance of autoantibodies as markers in connective tissue diseases

11:00 – 11:20 AM

**OPEN FORUM / DISCUSSION**

11:20 AM – 12:30 PM

**S3: Symposium on Translational rheumatology: Clinical Practice Guideline (CPG) Development**

*Session chair: Ester G. Penserga, MD, FPCP, FPRA (Philippines)*

*S3.L1: "Why APLAR countries need local Clinical Practice Guidelines"*

Speaker: Leonila F. Dans, MD, FPPS, FPRA (Philippines)  
Rheumatologist and Clinical Epidemiologist  
University of the Philippines-Philippine General Hospital

Objectives: At the end of the session, the participants should be able to

1. Briefly describe how clinical practice guidelines are developed
2. Appreciate why local guidelines need to be developed despite recommendations from international societies
3. Identify means by which practice guidelines could be tailored for a particular region

S3.L1: "Planning your CPG workshops: The Philippine experience"

Speaker: Evelyn O. Salido, MD, FPCP, FPRA (Philippines)  
Rheumatologist and Clinical Epidemiologist  
University of the Philippines-Philippine General Hospital

Objectives: At the end of the session, the participants should be able to

1. Appreciate the importance of workshops in generating relevant clinical practice guidelines
2. Describe the preparations needed when planning clinical practice guidelines workshops
3. Appreciate the Philippine experience in guidelines development

12:30 – 1:30 PM

**LUNCH BREAK**

1:30 – 3:00 PM

**S4: Symposium on Clinical Research – I: Developing a Protocol and Getting Published**

Session chair: Tak Hin Chan, MD (Hongkong)

S4.L1: "Designing clinical research despite limited resources"

Speaker: Prof. Chak Sing Lau, MD  
Professor of Rheumatology, University of Dundee Scotland, UK  
Editor-in-chief, International Journal of Rheumatic Diseases

Objectives: At the end of the session, the participants should be able to

1. Describe factors considered when designing clinical research
2. Describe how limited resources affect research design
3. Propose and implement maneuvers that address the problem of limited resources

S4.L2: "Authorship: Myths, Truths & Lies"

Speaker: Benjamin G. Co, MD, FPPS, FPS (Philippines)  
Former Editor-in-chief, Santo Tomas Journal of Medicine, University of Santo Tomas, Manila, Philippines

Objectives: At the end of the session, the participants should be able to

1. Describe the duties, responsibilities and benefits of becoming an author
2. Understand dilemmas and controversies surrounding authorship
3. Propose and implement remedies to problems regarding authorship
4. Identify the rightful author in a publication or research work

3:00 – 3:20 PM

**COFFEE BREAK**

3:20 – 5:00 PM

**S5: Symposium on Clinical Research – II: OUTCOME MEASURES in rheumatology and clinical trials**

Session chair: Eric Jason B. Amante, MD, FPCP, FPRA

3:20 – 3:50 PM

S5.L1: "Outcome Measures in Systemic Lupus Erythematosus (SLE)"

Speaker: **Sandra V. Navarra, MD, FPCP, FPRA (Philippines)**  
Rheumatologist  
University of Santo Tomas Hosp. / St. Luke's Medical Center, Manila, Philippines

Objectives: At the end of the session, the participants should be able to

1. Identify available measures of health outcome in rheumatic diseases, especially Systemic Lupus Erythematosus

2. Differentiate outcome measures in terms of their advantages and limitations
3. Understand how outcome measures can be used in estimating treatment effects of novel agents in the management of SLE

3:50 – 4:20 PM

S5.L2: *“Outcome Measures in Rheumatoid Arthritis (RA)”*

Speaker: Kevin Pile MB ChB, MD, FRACP (Australia)  
Rheumatologist  
Conjoint Professor of Medicine - University of Western Sydney,  
Australia

Objectives: At the end of the session, the participants should be able to

1. Identify available measures of health outcome in rheumatic diseases, especially Rheumatoid Arthritis
2. Differentiate outcome measures in terms of their advantages and limitations
3. Understand how outcome measures can be used in estimating treatment effects in RA

4:20 – 4:50 PM

S5.L3: *“Successful Conduct of clinical trials”*

Speaker: James Cheng-Chung Wei, MD, Ph.D. (Taiwan, R.O.C.)  
Chief, Division of Allergy, Immunology and Rheumatology  
Director, Chinese Medicine Clinical Trial Center  
Chung Shan Medical University Hospital, Taichung, Taiwan.

Objectives: At the end of the session, the participants should be able to

1. Describe factors that contribute to the successful conduct of clinical trials
2. Identify potential barriers that may be encountered during clinical trials
3. Prescribe remedies or solutions to these barriers

5:30 PM

**SUMMARY & CLOSING**

7:00 PM

**APLAR Executive Committee Dinner Meeting**