

# JAM Agenda

## TIME

## SESSION

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| 8:15 - 8:55   | REGISTRATION                                                                                                                                                                                                                                                                                                                                                                                                                           |
| 8:55 - 9:00   | WELCOME & INTRODUCTION<br><b>Dr Irwin Lim - BJC Health</b>                                                                                                                                                                                                                                                                                                                                                                             |
| 9:00 - 10:40  | THE INFLAMED JOINT<br><b>Dr Irwin Lim - Chairperson</b>                                                                                                                                                                                                                                                                                                                                                                                |
| 9:00 - 9:25   | • Update on rheumatoid arthritis: case & key principles<br><b>Dr Herman Lau - BJC Health</b>                                                                                                                                                                                                                                                                                                                                           |
| 9:25 - 9:50   | • Gout: key concepts & new medications<br><b>Dr Shirley Yu - BJC Health</b>                                                                                                                                                                                                                                                                                                                                                            |
| 9:50 - 10:15  | • Update on ankylosing spondylitis/spondyloarthritis: case & key principles<br><b>Dr Rob Russo - BJC Health</b>                                                                                                                                                                                                                                                                                                                        |
| 10:15 - 10:40 | • Imaging considerations for inflammatory arthritis: difficulties & pitfalls<br><b>Dr Jennie Noakes - Castlereagh Imaging</b>                                                                                                                                                                                                                                                                                                          |
| 10:40 - 11:10 | MORNING TEA                                                                                                                                                                                                                                                                                                                                                                                                                            |
| 11:10 - 13:00 | TENDONS & ENTHESES<br><b>Dr Rob Russo - Chairperson</b>                                                                                                                                                                                                                                                                                                                                                                                |
| 11:10 - 11:30 | • Role of injections for tendinopathy/enthesopathy<br><b>Dr Andrew Jordan - BJC Health</b>                                                                                                                                                                                                                                                                                                                                             |
| 11:30 - 11:55 | • Update on psoriatic arthritis: case & key principles<br><b>Dr Anne Chung - BJC Health</b>                                                                                                                                                                                                                                                                                                                                            |
| 11:55 - 12:15 | • Principles of shoulder physiotherapy<br><b>Mr Hans Lee - BJC Health</b>                                                                                                                                                                                                                                                                                                                                                              |
| 12:15 - 12:40 | • Surgery for rotator cuff: Labrum, Glenohumeral OA & Osteoarthritis<br><b>Dr Adrian Low - Specialty Orthopaedics</b>                                                                                                                                                                                                                                                                                                                  |
| 12:40 - 13:00 | • Imaging considerations for the tendon/entheses: difficulties & pitfalls<br><b>Dr Jennie Noakes - Castlereagh Imaging</b>                                                                                                                                                                                                                                                                                                             |
| 13:00 - 13:40 | LUNCHTIME                                                                                                                                                                                                                                                                                                                                                                                                                              |
| 13:40 - 15:20 | WORKSHOPS<br>• How I examine the small joints of the hands<br><b>Dr Tim Lu &amp; Dr Anne Chung - BJC Health</b><br>• How I examine the shoulder<br><b>Dr Adrian Low - Specialty Orthopaedics &amp; Dr Shirley Yu - BJC Health</b><br>• How I examine the knee<br><b>Dr Ali Gursel - Specialty Orthopaedics &amp; Dr Rob Russo - BJC Health</b><br>• How I examine the back<br><b>Dr Andrew Jordan &amp; Dr Herman Lau - BJC Health</b> |
| 15:20 - 15:50 | AFTERNOON TEA                                                                                                                                                                                                                                                                                                                                                                                                                          |
| 15:50 - 17:00 | OSTEOARTHRITIS (OA) & OSTEOPOROSIS<br><b>Dr Herman Lau - Chairperson</b>                                                                                                                                                                                                                                                                                                                                                               |
| 15:50 - 16:10 | • Update in OA management: knee & hip (physiotherapy & exercise therapy)<br><b>Ms Belinda Cheng - BJC Health</b>                                                                                                                                                                                                                                                                                                                       |
| 16:10 - 16:30 | • Update in OA surgical management: knee & hip<br><b>Dr Ali Gursel - Specialty Orthopaedics</b>                                                                                                                                                                                                                                                                                                                                        |
| 16:35 - 17:00 | • New concepts & medications for osteoporosis<br><b>Dr Tim Lu, Rheumatologist - BJC Health</b>                                                                                                                                                                                                                                                                                                                                         |