



# The Bone and Joint Decade 2000-2010

## INFOLETTER 41

June 2005

Dear Bone and Joint Decade supporting organisation and friend,

On behalf of the BJD Steering Committee I am pleased to report to you of the latest achievements in regard to the initiative.

Lars Lidgren, Chairman of the Steering Committee

### ***The 2005 BJD Annual World Network Conference in Canada***

is drawing near and will take place on 27-28 October 2005 at the Fairmont Château Laurier Hotel in Ottawa, Canada.

Dr James Waddell, NAN coordinator, Canada, [waddellj@smh.toronto.on.ca](mailto:waddellj@smh.toronto.on.ca) is hosting the meeting.

Each NAN has been invited to participate with one NAN representative and one patient representative. The BJD International Steering Committee encourages the networks to involve more patient patients and non-professional participants. For more information please contact the BJD Secretariat, [bjd@ort.lu.se](mailto:bjd@ort.lu.se)

### ***BJD World Network Conference October 26 - 28, 2005***

Will take place in *Ottawa, Canada*

***Start planning your attendance now, and watch for further announcement on <http://www.boneandjointdecade.org>***

***Deadline for registration: August 15, 2005***

***A Patient Education Symposium*** is taking place on 25 October and 26 October in conjunction with the BJD World Network Conference in Ottawa, Canada. Novartis has generously offered to support a maximum of 50 patient representatives in the form of travel scholarships to attend

the first ever BJD Patient Education Symposium. A travel grant offered to each of the 50 delegates will cover airfare and hotel. The deadline for registration has now passed and the completed registration forms have been returned via the BJD Secretariat. There will be participants from Europe, Austral-Asia, Africa, So America and No America.

### ***BJD Prize to Support Cartilage Research in OA***

The Bone and Joint Decade is proud to announce a new award and scholarship programme to promote documented research and ongoing projects in experimental or clinical cartilage research in osteoarthritis. The BJD Award for Clinical and Experimental Cartilage Research in Osteoarthritis is an annual prize of 25,000 Euro and is intended to honor outstanding international researchers or scientists working on experimental or clinical cartilage research in OA.

In addition, three BJD Scholarships have been established to support ongoing research, educational activity or travel for younger researchers or scientists within the same research field.

This significant programme has been made possible by the support of Gelita Health Initiative (GHI), one of our Corporate Partners for Technical Development.

The BJD Award and Scholarships call for applications has now been launched and will be announced in several leading scientific journals during the coming months.

The application period for both the Award and the three Scholarships runs through December 31<sup>st</sup>, 2005 and the official Award Ceremony will be held at the Bone and Joint Decade Annual World Network Conference in 2006.

More information and application forms can shortly be found on the websites:

[www.boneandjointdecade.org](http://www.boneandjointdecade.org) or [www.bjdonline.org](http://www.bjdonline.org) (after July 1<sup>st</sup>).

### ***BJD Website Gets New Look***

[www.boneandjointdecade.org](http://www.boneandjointdecade.org)



***The BJD website is taking on a whole new look*** -- we are pleased to announce the launch of the BJD's new central musculoskeletal web portal. Rebuilt from scratch, the new site offers three levels of access: the first level is open to the public and includes the main BJD website; the second level contains distinctive educational content and requires you to log-in with your name and email address; and the third level contains exclusive society pages, specifically designed by each participating organisation as a sort of 'satellite site' for their members and as part of the BJD network.

The new website is, in effect, the upshot of developments with the BJD's initial

Musculoskeletal eCooperative project, MSeC. The original MSeC collaboration was essential in the development of a unique and successful network of several national and international musculoskeletal societies including SICOT, ILAR, NOF, SBR, BOA, BSR, SOF and SRF for educational content production. The design and the technical structure gradually became outdated, which is one of the key factors leading to the BJD's decision to develop a new, state-of-the-art website.

The new BJD musculoskeletal web portal has addressed these obstacles and is specifically intended to give participants a much more dynamic tool for creating and sharing musculoskeletal content throughout the BJD network. The new portal hosts updated technologies which really bring selected items right to the user's desktop, for example, xml feeds and scripts for delivering musculoskeletal news to members or via their societies own websites if desired.

***New participating organisations could easily establish their own sub-portals*** as an equal team player in the BJD's new communication structure, as well as keeping their old web address and management, or they could even import and set up their existing site in the portal. To this end, the ***BJD welcomes new societies and/or research and patients groups from all areas of musculoskeletal health to participate in this rapidly expanding online network!***

Based on a basic general agreement, participation for BJD societies is free of charge for technical hosting, and in return, societies should actively participate in content production, not only for their own members but also sharing with other societies in the network. And if you are in position to deal with web visibility within your organisation, send us an e-mail so we can discuss how your group could team up with our growing online network!

## ***Getting Started with the New BJD Portal***

With the relaunch of the BJD website, you can expect better functionality, clearer navigation, plus more up-to-date content. **Please log on to [www.boneandjointdecade.org](http://www.boneandjointdecade.org) after July 1st** to check out our new look!

***Some tips:*** All BJD-specific content can be navigated through the grey link field, running across the page under the masthead. You can also access the society sub-portals through this link field. The news feed at the right side of the page shows the latest published material, and the search function will help you to find whatever you need, searching both within documents and attachments.

***If you would like to access member-only content,*** you should ***complete the simple registration process*** which will create a personal account for you, using your email address as your log-on. Remember to request membership of "BJD" when you create the account. We look forward to your visit to the new site!

For more information, please contact Dr Göran Magyar, BJD Executive Director, at [goran.magyar.ort.lu.se](mailto:goran.magyar.ort.lu.se), Sara Martin, BJD Communications Manager, at [smartin@skynet.be](mailto:smartin@skynet.be) or Linus Sjövall, BJD Technical Administrator at [linus.sjowall@inxl.se](mailto:linus.sjowall@inxl.se)

## ***NATIONAL ACTION NETWORK NEWS***

***AUSTRALIA:*** 'A Bell in the Storm' by David Buchanan has just finished its debut season in Perth. The play was proudly supported by the BJD NAN in Australia and was critically acclaimed through its short yet mostly sold out season.

The play is centred on a young man who's tragically injured in a traffic crash. Although he has no visible injuries the pain he endures is life altering. He loses his wife, his job and a will to live, until he is, by chance, on a beach in a storm with a camera. He was fascinated with the lightning and likened it to the pain he felt throughout his body. The play was performed in the Perth Planetarium where groundbreaking special effects were used to portray 3 dimensional storms around the captive audience.

There are no plans at this stage to take the production around the country but with the fantastic reaction from its first run the Australian NAN is hopeful that it will be on stage again soon.

A Strategic Planning Meeting has just been attended by NAN members and industry partners to discuss plans for the second half of the decade. A major topic of discussion was the 2007 Network Conference to be held in Australia. At this stage the NAN is thinking of holding the meeting on the Gold Coast in Queensland. The major theme will involve back pain and they hope to finish the meeting with a large public convention on better spinal care in the workplace. For more information please contact Mr Ben Horgan, NAN Coordinator, [benh@arthritiswa.org.au](mailto:benh@arthritiswa.org.au)

### ***AUSTRIA: BJD educational initiative for musculoskeletal specialists and general practitioners in Austria***

The Austrian NAN has initiated an educational initiative, whereby pharmaceutical companies or implant manufacturers have the opportunity to sponsor educational events, which run under the banner of the Bone & Joint Decade. Each of these educational sessions consists of a presentation on the aims of the BJD initiative in general, as well as the current status of our activities in Austria. Following

that there is a scientific presentation related to the topic of the educational session, which has to have a relationship with musculoskeletal diseases. So far the NAN has been fortunate in organising 10 events, where they have received a very good response from the audience and have therefore decided to extend this programme into the autumn. The revenue from the event is donated to the treatment of children with musculoskeletal conditions.

### ***Co-operation between the BJD Austria and the Austrian Red Cross***

A co-operation programme between the Bone & Joint Decade and the Austrian Red Cross is donating to rehabilitation programmes for children following surgery due to musculoskeletal conditions.

### ***Bone & Joint Decade Event at the Austrian Parliament on 7<sup>th</sup> June, 2005***

On 7<sup>th</sup> June, 2005 the Austrian NAN organised an event at the Austrian Parliament, which was held under the auspices of the President of the Austrian Parliament – Dr. Andreas Kohl. Invitations went out to well over 1.200 key opinion leaders in Austria, comprising all members of parliament, ministers, members of the health care and pharmaceutical industry, patient representatives and doctors involved in the musculoskeletal field.

The event was a great success and was honoured by the presence of the President of the Austrian Parliament, as well as the Secretary of State for Health. The Austrian NAN had planned this event on the eve of the opening of the EULAR Congress and had the opportunity to have members of the EULAR executive committee present, including its president, Prof Josef Smolen. Also present were members of the BJD International Steering Committee (Prof Anthony Woolf, UK, Prof Liana Euler-Ziegler, France, Prof Mieke Hazes, The Netherlands). Apart

from presenting the aims of the Bone & Joint Decade to the audience, the NAN conducted a sale of artworks donated by well-known Austrian artists. The revenue from the sale will be donated towards the treatment of children with musculoskeletal diseases.



*From the left to the right:  
Univ.-Prof. Dr. Andreas Kohl, President of the Austrian Parliament  
Univ.-Prof. Dr. Rainer Kotz, NAN Coordinator, Austria  
Mrs Heidi Kohl  
Univ.-Prof. Dr. Josef Smolen, President of EULAR  
Prof. Dr. Hartmut Pelinka, Medical Director of the AUVA*

For more information please contact Prof Rainer Kotz, NAN coordinator, email: [rainer.kotz@meduniwien.ac.at](mailto:rainer.kotz@meduniwien.ac.at) or Dr Cyril Toma ([Cyril.toma@meduniwien.ac.at](mailto:Cyril.toma@meduniwien.ac.at))

***BRAZIL:*** On July 14 in Rio de Janeiro all the Latin American NANs representatives are invited by the Brazilian Society of Orthopaedics and Traumatology (SBOT) to discuss Road Traffic Injury in the region with several government representatives and Dr Wahid Al Kharusi from BJD/Oman. For more information please contact Dr Marcos Musafir at [mmusafir@uol.com.br](mailto:mmusafir@uol.com.br)

***CANADA:*** Plans are well underway for the 2005 National Action Network (NAN) Meeting of the Bone and Joint Decade that will take place at the Fairmont Chateau Laurier Hotel in Ottawa, Canada's capital city.

The agenda will include four modules:

1. *Risk factors and strategies for prevention and care of hip fractures*
2. *Risk factors and strategies for prevention and care of chronic musculoskeletal (MSK) pain*
3. *MSK educational of health professionals: international needs and action plans*
4. *Road traffic accidents and injury prevention*

The Cochrane Musculoskeletal Group has agreed to prepare a list of the most relevant research relating to each of the modules.

**NAN delegates will be expected to prepare for the meeting in advance**, by reading a reference material. This will ensure that all delegates are fully informed and that the use of time is optimized.

Dr. Alan Bernstein, the President of the Canadian Institutes of Health Research (CIHR) will be providing opening remarks on Wednesday evening, October 26<sup>th</sup>. CIHR has committed to using the outcomes of the BJD conference to help shape the research agenda in Canada over the coming years.

Under the umbrella of “*Rock This Joint*”, The Canadian NAN will be pairing this conference with the Canadian Arthritis Network (CAN) Annual Scientific Meeting and the Canadian Summit on Arthritis Standards for Prevention and Care (SAPC). They expect much sharing across the conferences. With many notable delegates in Ottawa at the time of the BJD Conference, there will be expanded opportunities for networking. Select representatives of the other conferences will be invited to attend the BJD Conference (both the patient meeting and the NAN meeting). All participants of the BJD conference are invited to attend the CAN meeting at no registration fee.

The government related sponsors for the Bone and Joint Decade meeting in Canada are the Canadian Institutes for Health Research / Institute for Musculoskeletal Health and Arthritis (CIHR/IMHA) and Health Canada, Public Health Agency. The professional associations providing financial support to BJD are The Canadian Orthopaedic Foundation, the Canadian Orthopaedic Association, and the Canadian Chiropractic Association. The industry sponsors are Abbott Laboratories, Bristol Myers Squibb, Johnson & Johnson, MEDEC, Merck Frosst, Pfizer Canada, Proctor & Gamble, Stryker Canada, and Wyeth Amgen.

BJD Canada continues to publish quarterly newsletters in both English and French, which feature submissions from researchers, clinicians and patients. Electronic copies are available on the international website ([www.boneandjointdecade.org](http://www.boneandjointdecade.org)) and the Canadian website ([www.bjdcanada.org](http://www.bjdcanada.org)). For more information please contact Dr James Waddell, [waddellj@smh.toronto.on.ca](mailto:waddellj@smh.toronto.on.ca)

**HUNGARY:** REHA Hungary is an annual three days Rehabilitation Exhibition and Conference attended by ten thousands of disabled, health professionals and politicians usually organised in May at Budapest. The main topics of this year were the rehabilitation of visually and manually disabled and handicapped. The program for Manually disabled, including rheumatoid arthritis and hand injured patients were organised by the Hungarian NAN. For more information please contact Dr Géza Balint, [bjd@axelero.hu](mailto:bjd@axelero.hu) .

**MALAYSIA:** Dr Saw Aik, Member of the Malaysian NAN and President, Malaysian Orthopaedic Association reported that MOA had its 35<sup>th</sup> annual scientific meeting in Miri, 12-15 May, 2005. Miri is a small city on the north shore of Borneo Island, close to Brunei. It was attended by about 500 orthopaedic surgeons, including foreign guests and faculty members from Singapore,

Indonesia, Thailand, Philippines, Hong Kong, India, Australia and United Kingdom. There were also many nursing and rehabilitation staffs participated in the meeting.

With trauma as the main theme for this meeting, MOA launched the road safety campaign for East Malaysia during the opening ceremony of the meeting on 13<sup>th</sup> May 2005. Among the dignitaries present was the chairperson of the national BJD network of Malaysia Dr. Azmillah Rosman (email: [Azmillah@selayanghospital.gov.my](mailto:Azmillah@selayanghospital.gov.my)) Following this event the guests were invited to view a public exhibition of road safety posters.



*Delegates from ASEAN countries with members of the NAN Malaysia visiting the public poster Exhibit on road safety campaign*

On the same evening, there was a symposium on BJD where various topics were presented. Dr Azmillah gave an introduction on BJD to the participants. This was the first time a session on BJD was part of the scientific program of a Malaysian musculoskeletal meeting.

Malaysia recorded according the statistics from ministry of transportation, 6223 accident related deaths in 2004. This is an alarming figure for a nation with a population of 25 million. With increasing age of the general population, degenerative diseases are becoming more common in daily orthopaedic practice. With this scenario, it is not surprising that bone and joint problems are fast becoming a burden

to the limited medical and health resources of the nation. For more information please contact Dr Saw Aik, e-mail: [sawaik@ummc.edu.my](mailto:sawaik@ummc.edu.my)

## **THE NETHERLANDS:**

### **Internet**

The Dutch Network had its focus for 2004 on Prevention. Within the framework of prevention exercising is very important, especially for people with a chronic disease. In the Netherlands the information about exercise programs was widely spread over very different organisations and not easy to find. The Dutch Bone and Joint Decade decided to make an inventory of all available exercise programs for people with musculoskeletal conditions.

The Internet site [www.sportiefbewegen.nl](http://www.sportiefbewegen.nl) is launched. 'Sportief bewegen' is Dutch for exercise in a sporty way. A lot of exercise programs given in the Netherlands for people with osteoarthritis, rheumatoid arthritis, ankylosing spondylitis, osteoporosis, low back pain and neck pain can be found on this site.

For each exercise program all details of place, time, costs, supervision, accessibility, and form are provided on the Internet site. Each program contains information to what extent endurance capacity, strength, co-ordination and litness are trained. Also for every condition patient information is available and a recent update of scientific evidence of literature on movement and one of the musculoskeletal conditions

The inventory is made for patients, practitioners and policymakers. For the following reasons the inventory on the Internet site is important to each of these groups:  
Patients can find a program for their specific individual condition in their own region. They also can find qualitative and quantitative information of each program.

With this inventory practitioners can refer patients to an exercise program based on the knowledge they have of a particular patient.

Policy makers now understand how exercise programs in the Netherlands are arranged and have information about white spots in the field of offering exercise programs. With this information new policy can be made about developing new or other exercise programs.

The most important conclusion of this project of the Dutch Bone and Joint Decade is that unfortunately there are only a few programs based on scientific evidence reported in the inventory on the Internet site. Those, while the NAN knows a lot of exercise programs, which are evidence based, are developed in the past years in the Netherlands. An incomplete implementation and providers who did not report their programs are the cause. A preferable situation would be a wide scale of evidence based exercise programs spread all over the Netherlands.

### ***Osteoporosis***

The Dutch NAN aims to improve the care for patient with osteoporosis by developing a 'Zorgstraat' (literally translated as 'Carestreet'). They described the care necessary for people at risk for osteoporosis, together with the primary practitioners, the orthopaedic surgeons and the general surgeons. This is very important, because only 8% of the people with osteoporosis get a proper treatment. For now the project will start in one hospital as a pilot. The aim is to implement this model in more hospitals in the Netherlands eventually.

### ***The awareness Week***

A lot of activities will be organised during the international awareness week in the Netherlands by NAN-organisation for instance on Osteoporosis and surgical method for the hip. Exercise programs for the public will be organised by the physical

therapist and one NAN-organisation will open a new centre in this week. For all the events politicians will be invited to attend the activities along with people with musculoskeletal conditions. The aim is to make them realise what it means to live with musculoskeletal conditions. For all these activities they will ask the attention of the media.

For more information please contact: Els van der Wallen (e-mail: [e.vanderwallen@erasmusmc.nl](mailto:e.vanderwallen@erasmusmc.nl))

***SLOVENIA:*** In April 2005 NAN Slovenia organized interdisciplinary meeting of all medical specialties involved in spinal diseases, deformities and trauma care ([www.celjskidnevi.net](http://www.celjskidnevi.net)). The book of papers of invited Slovenian opinion makers was published, the NAN joined the Central European Surgical Spine Group, and the recommendations for low back pain were introduced.

On behalf of both medical faculties in Slovenia the Slovenian NAN Coordinator, Dr Radko Komadina took part at the International conference between university surgeons from the two sides of the Adriatic and Ionian seas. He introduced to them the education of musculoskeletal disorders, diseases and trauma at two medical faculties in Slovenia. ([www.unich.it/unitedbythesea](http://www.unich.it/unitedbythesea)).

Slovenian association for rheumatic diseases has organized a patient oriented society. They also succeeded to get approval at the National health insurance institute for anti TNF drugs prescription. For more information please contact Dr Radko Komadina, [sbcrdi@guest.arnes.si](mailto:sbcrdi@guest.arnes.si)

***SWEDEN:*** In December 2004 the Swedish National Action Network was reorganised. An association with 11 member organisations including rheumatologists, orthopaedics, nurses, physiotherapists and patient organisations has been formed.

The name of the National Action Network is *The Association Bone and Joint Decade*. One seminar about pain has been held and three working groups have been created and they are planning for a big event in October, 2005. For more information please contact Lena Öhrsvik, President of the organisation and former MP and president of the Swedish Rheumatism Association, e-mail: [Lenao@reumatikerforbundet.org](mailto:Lenao@reumatikerforbundet.org)

### ***BJD COORDINATOR IN LUXEMBOURG***

Dr Romain Seil, Head of the Department of Orthopaedic Surgery at the Centre Hospitalier of Luxembourg has become BJD Coordinator. This is the first BJD representation in Luxembourg. For more information [rseil@yahoo.com](mailto:rseil@yahoo.com)

This means that the Bone and Joint Decade now is represented in **95 countries around the world**.

### ***Change of NAN coordinator in SWEDEN and USA***

#### ***SWEDEN***

Ms Lena Öhrsvik, The Swedish Rheumatism Association, has succeeded Prof Björn Rydevik, who will still be involved in the NAN and responsible for the working group on research. We welcome Lena Öhrsvik (e-mail [Lenao@reumatikerforbundet.org](mailto:Lenao@reumatikerforbundet.org)) and at the same time we thank Björn Rydevik for his excellent work with the Swedish NAN, Life & Movement.

#### ***USA***

Dr Nancy Lane, Professor of Medicine and Rheumatology, Director, Center for Healthy Aging –Vice Chair for Research, Department of Medicine, University of California at Davis Medical Center, Sacramento, California, has taken over from Dr Regis O’Keefe as US National Coordinator and USBJD President. We welcome Dr Lane, e-mail

[nancy.lane@ucdmc.ucdavis.edu](mailto:nancy.lane@ucdmc.ucdavis.edu) and at the same time we extend our thanks to Dr O’Keefe, who still represents AAOS on the USBJD Board.

***Our current status:  
95 BJD National Coordinators  
60 Supporting Governments  
58 National Action Networks***

***ACT NOW!  
The BJD Action Week  
October 12 – 20,  
Every year***

***Start planning for the Action Week 2005  
already today!***

#### ***The days are:***

October 12 - ***World Arthritis Day***  
October 16 - ***World Spine Day***  
October 17 - ***World Trauma Day***  
October 20 - ***World Osteoporosis Day***

#### ***The Bone and Joint Decade Secretariat***

If you have any questions or need any assistance please feel free to contact Agneta Jönsson, [bjd@ort.lu.se](mailto:bjd@ort.lu.se)

#### ***Next Infoletter***

Will be sent out on August 26, 2005. For information to be included, please submit before August 12.

***Contact us:  
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