

# Meeting Notes

Cross-Party Group: Arthritis and Musculoskeletal Conditions  
Annual General Meeting:  
Wednesday 13 September 2017  
Committee Room 4  
5.30pm-7.30pm

Convenor: Brian Whittle MSP(BW)  
Deputy Convenor: Rhoda Grant MSP(RG)  
Secretariat: Anne Simpson (AS)

1. Brian Whittle MSP welcomed members and supporters, including welcome to Dorothy= Grace Elder, former MSP and long -serving Secretary of the Cross -Party Group on Chronic Pain.

Apologies from members -Pauline McNeil MSP, Dave Stewart MSP, Alex-Cole Hamilton MSP.

## 2. Convenor's Update

Brian Whittle MSP is now a member of the Health and Sport Committee and reaffirmed his commitment to raising awareness of issues affecting people with Arthritis and MSK Conditions in Scotland.

Since the registration of the Group in 2016 post Scottish election, new members have included, Arthritis Research UK, ABPI Scotland, Queen Margaret University Edinburgh-Nursing Division and ASH Scotland .The Arthritis and Musculoskeletal Alliance UK continues as a member with new Chief Executive, Sue Brown.

## 3. Election of Office Bearers

Convenor-Brian Whittle MSP –proposed Rhoda Grant MSP, seconded Sheila Macleod NRAS  
Deputy Convenor-Rhoda Grant MSP-proposed-Brian Whittle MSP, seconded- Lorna Neil PMR-GCA Scotland  
Secretariat-Anne Simpson-proposed -Brian Whittle MSP, seconded-Paulo Quadros INTLIFE

4. Minutes of 14 June 2017 Meeting -approved  
proposed-Brian Whittle MSP, seconded-Lorna Neil PMR-GCA Scotland

## 5. Matters arising

- Focus and Funding of 2018 reception  
AS indicated the costs of an evening reception- in the Garden lobby- for MSPs, CPG members and invited guests.  
A proposal will require to be submitted to Parliament for consideration-AS to draft/ submit on behalf of the Group.  
**Can members/memberorganisations please send AS their preferred aims, objectives and outcomes for such an event and also their ability to contribute to cost of the event-by 23 October please.**

The event would be sponsored by our Convenor.

- Items for 2018 agenda  
AS indicated that the 2018 programme was now being drafted with meeting dates already confirmed.  
**Can members please continue to send in items for attention and suggested speakers/contact details-by 23 October please.**

Items already submitted include:

Arthritis and MSK Conditions -Children and Young People

Self management and role of complimentary and alternative medicine

Effective Prescribing Perspective and National Procurement of Biosimilars/Biologics

Patient centred care- Care Pathways-are they working yet-any good examples?

Swedish Rheumatoid Arthritis Registry and progress in Scotland towards this forward-looking system of disease management.

## 6. *Bone Health, Osteoporosis, prevention of fragility fractures and continuing development of fracture liaison services in Scotland*

Dr Stephen Gallacher (SG) Consultant Physician, NHS Greater Glasgow and Clyde

SG described how osteoporosis( and resulting fragility fractures).is an increasing public health problem in Scotland as the population lives longer but the fracture liaison service model of care first developed in Glasgow and now being adopted widely in a number of countries, can reduce the economic burden on health care services as well as improve outlook for individuals. Variations in commissioning and service delivery per health board area in Scotland however still remain, particularly around DXA capacity and waiting times.

Of particular concern:

there is no waiting times guarantee re DXA scanning therefore other imaging modalities take precedence to the detriment of people who are at risk of further fracture. Fracture breeds fracture.

Reduction in the current variation in waiting times fits with the *Realistic Medicine* agenda .

There is an opportunity to address this via the *Targets and Indicators Review*.

Average age of hip fracture is 81 so clearly affecting older age group who may also have other health problems and therefore may also simply never return to full fitness/ independence-with consequences for the individual, their families and social services.

The National Hip Fracture Audit standard on bone health shows marked variation across Health boards.

SIGN Guideline (Scottish Intercollegiate Guideline Network) 71, superseded by SIGN 142: Management of Osteoporosis; prevention of fragility fractures(2015) has been disseminated throughout Scotland for some time but Health Care Improvement Scotland has not yet produced associated standards of care or endorsed the National Osteoporosis Society FLS standards.

SG reiterated that the fracture liaison service model (FLS) is an example of a 'win-win' service where both clinical outcomes can be improved and cost/resource savings realised

Jackie Berg, osteoporosis specialist nurse , NHS Lothian, asked how do we get DXA on the waiting times guarantee list ?

Putting Bone in the Bank-Some questions were raised around promotion of bone health in children and young adults- with nutrition and weight bearing exercise influencing peak bone mass in the younger age group.

The importance of vitamin D in bone health was also raised –Vitamin D deficiency rearing its head again with rickets on the increase. How success is the current *Healthy Start* programme -what is the uptake?

With regard to the older population SG described how around 98% of over 65's in Scotland are estimated to be Vitamin D deficient .

#### Meeting Break

#### 7. *National Musculoskeletal (MSK) AHP Programme update*

Judith Reid( JR), Interim Lead, National MSK AHP Programme, Scottish Government

JR described how Scotland's AHP MSK services are in increasingly high demand. MSK Conditions have significant consequences for the individual, but also significant impact on a wider socio-economical scale. People with MSK problems across Scotland need to have easy access to a self-management resource ,early appropriate advice and, if necessary, assessment by an efficient AHP service to get them started on the right pathway for their treatment first time. Although progress is being made, resource and financial challenges remain with this new and evolving new model of healthcare delivery.

Sheila Macleod (SM)of NRAS emphasised the need for early referral to medical assessment/care for people with inflammatory arthritis.

#### 8. Any other business

##### *Charities merger-Arthritis Care and Arthritis Research UK*

Alan McGinley (AM) Policy and Engagement Manager, Arthritis Care Scotland.

AM described how the 2 charities will be merging in Autumn 2017 so that by working together, more can be done to support people with arthritis to lead full and active lives. Arthritis Care Scotland will continue to be focused on the needs of its members.

AM indicated that Arthritis Research UK would be hosting a Reception in the Scottish Parliament on Wednesday 6 December.

#### 9. 2017/18 Meeting Dates-all meetings start at 5.30pm in Committee Room 4

- Wednesday 8 November 2017
- Wed 21st March 2018 – will include contributions from Scottish Network for Arthritis in Children(SNAC) and Scottish Paediatric and Adolescent Rheumatology Network(SPARN)
- Wednesday 6th June 2018
- Wednesday 12th Sept 2018 to include AGM
- Wednesday 7th November 2018

10. Summary and Close –BW thanked speakers for their most informative contributions and reminded all attending of next meeting date . Meeting closed at 7.35pm

#### Attendance List

- MSP Members  
Brian Whittle MSP, Rhoda Grant MSP

- Speakers  
Dr Stephen Gallacher NHS Greater Glasgow and Clyde  
Judith Reid MSK Programme Scottish Government  
Alan McGinley Arthritis Care Scotland

- Non MSP Members

Jackie Berg NHS Lothian Osteoporosis Service  
Murray Brown NASS  
Alison Culpan ABPI Scotland  
George Davidson GSK  
Dorothy Grace Elder CPG Chronic Pain secretary  
Mr Elder  
Mayrine Fraser National Osteoporosis Society  
Sarah Jones Non- Celgene Pharmaceuticals  
Lorna Neil PMR/GCA Scotland  
John Paton NRAS  
Karen Ainslie COT Rheumatology Specialist  
Maureen McAllister Arthritis Care Scotland  
Sheila Macleod NRAS  
Jane McNeil MEDOC-UK  
Paulo Quadros INTLIFE  
Dr Margaret Smith Queen Margaret University

- Invited guests

Alison Bacigalupo Queen Margaret University  
Andrea Hynes- Whalley NHS Lothian Osteoporosis Service  
Tracey Reid NHS Lothain Osteoporosis service

- Apologies

Pauline McNeil, MSP Dave Stewart MSP, Alex-Cole Hamilton MSP

Tracy Bowden	Pfizer
Angela Donaldson-Bruce	Arthritis Care Scotland
Gail Grant	Abvie Pharmaceuticals
Angie Lloyd – Jones	NHS Borders
Joyce Davidson	NHS Greater Glasgow and Clyde