

**Cross-Party Group: Arthritis and Musculoskeletal Conditions  
Committee Room 5**

**Wednesday, 6 November 2019     6pm-7.30 pm**

**Meeting Notes**

**Convenor: Brian Whittle MSP**

**Deputy Convenor : Rhoda Grant MSP**

**1. Welcome**

In addition to Group Members, Convenor Brian Whittle MSP also welcomed the following guests: Edna Strang, Graeme Green , Jennifer Green, Peter McTavish, Willaim Cruikshank and Jeanne Masson from the National Axial Spondyloarthritis Society.

**2. 11 September Meeting Minutes for approval.**

**Proposed : Murray Brown NASS**

**Seconded : Eddie McGill NASS**

**3. Matters Arising/Secretary's Update**

- Following attendance as visitors at the September meeting, can we now welcome new Group members Dr Owe Wolfram, Heriot Watt University ,and Sarah Randell, Chief Executive, the Teapot Trust?
- Following on from last meeting- Convenor wrote to the Cabinet Secretary for Health with copy to the Mental Health Minister:

*On 11 September 2019 our Cross Party Group members raised concerns about the increasing pressure and key challenges placed on Scotland's rheumatology services. The Group also discussed the psychological impact of rheumatic disease, the onset of symptoms, and the bearing arthritis has on an individual's ability to stay in or return to work which is a sensitive, stigmatised aspect of the disease and is all too frequently under-recognised and inadequately treated.*

*The Group considered that national policies do not currently support the alignment of healthcare professional training, care pathways and resource allocation with health priorities that truly matter to patients. There are only two local Health Boards out of 14 in Scotland where rheumatology patients have access to a psychologist (NHS Grampian and NHS Fife). The rheumatology MDT at NHS Greater Glasgow and Clyde, led by Dr Anne McEntegart, the President of the Scottish Society for Rheumatology, has recognised psychological support as a means to improve patient care and has established a draft business case for a psychologist in Greater Glasgow and Clyde. NHS Scotland staff are drafting the solutions to aspects of their patient's conditions and are calling on the Scottish Government to deliver.*

**Convenor was particularly keen to understand Cabinet Secretary's views on two key areas:**

- 1. The current level of integrated support for mental health for rheumatology clinics ?**
- 2. What efforts are being made to remedy the current lack of provision?**

Response received from the Minister for Public Health, Sport and Wellbeing acknowledged

that there is variation across the country in terms of access to services.

that clinical nurse specialists indeed play a vital role in supporting physical and psychological needs of people with rheumatic conditions.

indicated the Government are

Investing £2.4 million annually in the specialist nursing and care fund, which health boards decide how to allocate based on their local population needs.

The Mental Health Strategy is investing £150million in services over 5 years including £54 million to Health Boards improve their performance against waiting time targets by investing in workforce development, recruitment and retention, and service improvement support.

that the Government expects Boards to respond to the physical and mental health needs of their population and

is providing funding to NHS Education for Scotland to host *The Matrix: a guide to Delivering Evidence-based Psychological Therapies in Scotland* [Matrix Evidence Tables.pdf](#)

that the *Modernising Patient Pathways Programme* is starting to work with rheumatology clinics in some NHS Boards to explore how referral triage and patient focused booking could improve access to services.

Convenor to consider further actions

(Scottish parliamentary questions submitted on 3/12/2019-answers expected on 18/12/2019)

- Falls, Fragility fractures Prevention Strategy 2019-24-consultation now closed-waiting for publication . Representative to be invited to a 2020 meeting to present/discuss. Publication appears to have been considerably delayed.
- World Osteoporosis Day Motion re Fracture Liaison Services-achieved 33 signatures

*That the Parliament recognises that 20 October 2019 is World Osteoporosis Day; notes that it will mark the beginning of a year-long campaign to raise global awareness of the need for the prevention, diagnosis and treatment of the condition and the need for making osteoporosis and fracture prevention a global health priority by reaching out to health-care professionals, policy makers, patients and the public at large; understands that it will also highlight stories of people around the world under the headline, "That's Osteoporosis"; acknowledges that it can be a debilitating and life-changing condition and that quality of life can depend significantly on the level of care available; understands that, nearly 20 years after the world's first fracture liaison service (FLS) opened in Glasgow, Scotland has become the second country (in the world,)to have 100% FLS coverage across its entire health service; welcomes this achievement, and commends everyone working to raise awareness of osteoporosis and improve the lives of people with the condition.*

- The following publications have been forwarded to CPG members for information.

*UK Chief Medical Officers -Physical Activity Guidelines*

*SIGN 136 – Management of Chronic Pain- revised guideline- August 2019*

*Developing the Mental Health Research Landscape in Scotland* doc –Scottish Government working paper October 2019

- Cross Party Group Chronic Pain : National Advisory Committee for Chronic Pain

For general information, secretary asked if there was any representation from our membership ?

James O' Malley. Policy Manager, Indicated that -Versus Arthritis has been a member since June 2019 representing musculoskeletal conditions

Meeting minutes are below for information

[National+Advisory+Committee+for+Chronic+Pain+minutes+-+June+2019.pdf](#)

[National+Advisory+Committee+for+Chronic+Pain+minutes+-+September+2019.pdf](#)

4. *Every Patient, Every Time: The provision of NHS services in Scotland for people living with Axial Spondyloarthritis* [CPG Dr Dale Webb NASS 6 Nov 2019.pptx](#)

Dr Dale Webb , Chief Executive, National Axial Spondyloarthritis Society

Dr Webb indicated the recent name change for the Society

Key points made were :

- Second most common chronic progressive inflammatory arthritis but an under recognised condition with currently 8.5year average delay to diagnosis.
- Poor symptom recognition often in primary care and patients should be referred to a rheumatologist.
- People with the condition experience debilitating fatigue and painful flare ups, 6/10 experience depression, 4/10 will give up work early.
- Importance of access to specialist rheumatology physiotherapist and hydrotherapy

5. *Rheumatology Clinical Nurse Specialists- workforce, training and education*

[CPG 6 Nov 2019 Rheumatology CNS.pptx](#)

Dr Anne McEntegart .President of the Scottish Society for Rheumatology, Consultant Rheumatologist and General Physician ,NHS Greater Glasgow and Clyde and Liz Mclvor, Rheumatology Clinical Nurse Specialist, NHS Greater Glasgow and Clyde

Invitation sent to Professor Fiona McQueen, Chief Nursing Officer for Scotland, to attend this presentation –apologies given due to other engagements

Key points were :

“my nurses have been my lifeline for 10 years, changing my medication, starting therapies, ensuring my condition is well managed. I honestly don't think I would be where I am today without them”

There is advantage in both cost savings to be made with the development of the role of clinical nurse specialist as well as benefit to the patient but there is considerable concern over the number of clinical nurse specialist varying widely per head of population in different Health Board areas

Also-Over 60% of clinical nurse specialists are aged 50 or more.

Convenor to consider Scottish parliamentary questions in relation to points raised.

6. No other business

7. 2020 Meetings Programme-all meetings 5.30pm-7.30pm

- 18 March
- 20 May
- 23 September-to include Annual General Meeting
- 4 November

Please send requests for agenda items to Secretariat as soon as possible  
[ansimpson1954@outlook.com](mailto:ansimpson1954@outlook.com)

8. Summary

Convenor thanked the Royal Osteoporosis Society for covering costs of pre-meeting refreshments on this occasion and reminded all to "Save the Date"- 18 March 2020 6--7.30pm.

Continuing with focus on Mental Health- the agenda will include :

- *Depression and anxiety in arthritis clinics*  
Dr Stefan Siebert Senior Lecturer in Inflammation and Rheumatology, University of Glasgow
- *The NHS Grampian Rheumatology Service*  
Dr Nicola Alcorn, Consultant Rheumatologist, NHS Grampian Dr Linda Gibson, Clinical Psychologist, NHS Grampian

Meeting closed at 7.45pm

Attending

Brian Whittle MSP

Rhoda Grant MSP

Members and Guests

Lauren Bennie	British Society of Rheumatology
Murray Brown	National Axial Spondyloarthritis Society
Pamela Chater	Versus Arthritis
William Cruickshank	National Axial Spondyloarthritis Society/ GUEST
Mayrine Fraser	Royal Osteoporosis Society
Graeme Greene	National Axial Spondyloarthritis Society/ GUEST

<b>Jennifer Greene</b>	<b>National Axial Spondyloarthritis Society/ GUEST</b>
<b>Professor Colin Howie</b>	<b>University of Edinburgh/NHS Lothian</b>
<b>Katrina Lowndes</b>	<b>Novartis</b>
<b>Iain Macdonald</b>	<b>National Axial Spondyloarthritis Society</b>
<b>Jeanne Masson</b>	<b>National Axial Spondyloarthritis Society/ GUEST</b>
<b>Dr Anne McEntegart</b>	<b>Scottish Society of Rheumatology/NHS GG&amp;C</b>
<b>Jane McNeill</b>	<b>Medac-Pharma</b>
<b>James O Malley</b>	<b>Versus Arthritis</b>
<b>Eddie McGill</b>	<b>National Axial Spondyloarthritis Society</b>
<b>Liz McIvor</b>	<b>NHS GG&amp;C</b>
<b>Peter McTavish</b>	<b>National Axial Spondyloarthritis Society/GUEST</b>
<b>Jan Munro</b>	<b>Bristol-Myers-Squibb Pharmaceuticals Ltd</b>
<b>Lorna Neill</b>	<b>Polymyalgia Rheumatica-Giant cell Arteritis Scotland</b>
<b>John Paton</b>	<b>National Rheumatoid Arthritis Scotland</b>
<b>Graeme Rose</b>	<b>ABPI Scotland</b>
<b>Anne Simpson</b>	<b>CPG Secretariat</b>
<b>Edna Strang</b>	<b>National Axial Spondyloarthritis Society/GUEST</b>
<b>Dr Margaret Smith</b>	<b>Queen Margaret University</b>
<b>Dr Dale Webb</b>	<b>National Axial Spondyloarthritis Society</b>
<b>Dr Owe Wolfram</b>	<b>Heriot Watt University</b>
<b><u>Apologies</u></b>	
<b>Dr Louse Bennet</b>	<b>University of Glasgow</b>
<b>Joan Kerr</b>	<b>Individual member</b>
<b>Bill Hughes</b>	<b>Polymyalgia Rheumatica-Giant cell Arteritis Scotland</b>
<b>Sheila Macleod</b>	<b>National Rheumatoid Arthritis Society</b>
<b>Maureen McAllister</b>	<b>Versus Arthritis</b>
<b>Dr Stefan Siebert</b>	<b>University of Glasgow</b>

