



RA SIG

Convenor – Kitty Kwok

Members - Carmen Ho, CC Mok, Ronald Yip,
Yvonne Ho, Tommy Lam, Ada Leung, Isaac Cheng,
April Luo Shan

Past Events

X Ray Workshop

Management of RA: 2019 Updated Consensus Recommendations from the HKSR

X-ray Workshop in RA By RA SIG

Speakers:

Dr Kitty Y Kwok, Rheumatologist

Dr Yvonne LY Ho, Rheumatologist

Dr Winnie SW Chan, Radiologist

Date : 15 Feb 2025 (Sat)

Time: 2:30pm- 5pm

Venue: 3A conference Room,
Grantham Hospital

Program:

14:30-14:35 Welcome speech

Dr Carmen Ho

14:35-14:55 Overview in RA imaging

Dr Yvonne Ho

15:00-15:20 Sharp scoring

Dr Kitty Kwok

15:20-15:40 1st station

15:40-15:55 Tea Break

16:00-16:20 2nd station

16:20-16:45 MRI application in RA

Dr Winnie Chan

16:45-17:00 Q&A

To sign up, please send email to
kittykwokyan@gmail.com



2025 X Ray Workshop

Around 30 attendees

Trainees, Nurses, Research Assistants





Collaboration with Orthopaedics

Organiser:
The Hong Kong Society for Surgery of the Hand

Supporting Organiser:
The Hong Kong Society of Rheumatology
The Hong Kong Society for Hand Therapy

Co-Organiser:
Tung Wah College



MULTIDISCIPLINARY SYMPOSIUM ON RHEUMATOLOGICAL HAND DISORDERS

Date: 6th July, 2025 (Sunday)

Venue: Tung Wah College
2/F Cheung Chin Lan Hong Building, 98
Shantung Street, Mongkok, Hong Kong

Registration Fees:

	Early Bird (before 1st June, 2025)	Regular
Symposium	\$200	\$300
Splint Workshop	\$200	\$300
USG Workshop	\$400	\$500

PROGRAM HIGHLIGHTS

9:00-12:15 **Symposium**

- Role of arthroscopy in rheumatoid arthritis patients
- Tendon Ruptures in rheumatoid arthritis patients: when to ring the bell?
- Joint replacement of hand and wrist for inflammatory arthritis
- Role of splintage for rheumatoid arthritis
- Current update of classification criteria and diagnostic difficulty in rheumatoid arthritis
- Advancement of medical treatment in rheumatoid arthritis and peri-operative drug management
- Use of Ultrasound in management of rheumatological disease

13:30-16:30

- **Ultrasound workshop**
- **Splint Workshop**

REGISTRATION



For Detailed Program and Registration, Please visit: <https://www.hkssh.org>.



International Conference of Chinese Rheumatologists ICCR 2025

22-23 November 2025
CORDIS, Hong Kong

MSK Symposium

*Bridging Function and Movement:
Collaborative Strategies for Enhancing Participation in Rheumatoid Arthritis*

Date: 22 November 2025
Time: 09:00 - 12:10
Registration Fee: HK\$200 per person

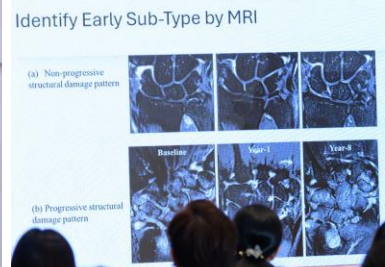
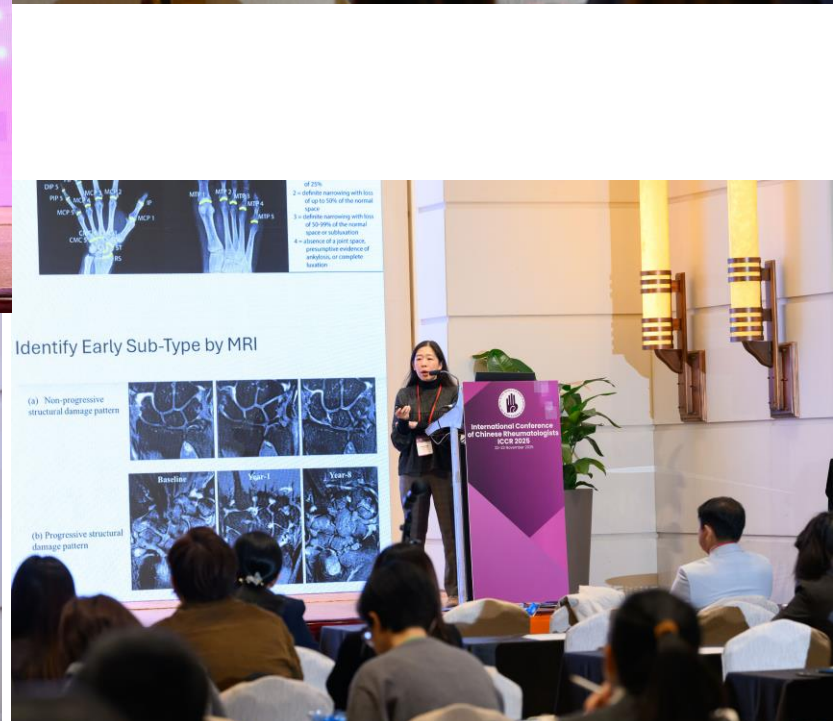
Time	Programme
08:50 – 09:00	Opening Remarks
09:00 – 09:25	Early diagnosis and treat-to-target strategy in rheumatoid arthritis: changing the disease trajectory <i>(Dr. Kitty Kwok, Rheumatologist, HKSR)</i>
09:25 – 09:50	Achieving functional movement: exercise strategies for RA in different stages <i>(Ms. Lavinia Wong, Physiotherapist, HKPA)</i>
09:50 – 10:15	Redesigning daily life: adaptive techniques and tools for preserving function in RA <i>(Mr. Cheong-ho Liu, Occupational Therapist, HKOTA)</i>
10:15 – 10:25	Panel discussion with Q&A
10:25 – 10:35	Break
10:35 – 11:00	Calming the storm within: mindfulness-based intervention for rheumatology patients <i>(Ms. Jessica Zhang, Psychological Wellbeing Officer, CRN)</i>
11:00 – 11:25	Wound management in rheumatic diseases: a nurse's perspective on healing complexities and coordinated <i>(Mr. Ka-kit Tsang, Orthopaedic Nurse Consultant)</i>
11:25 – 11:50	Surgical restoration of hand function in rheumatoid arthritis: timing, techniques, and outcomes <i>(Dr. Edmund Yau, Orthopaedic Surgeon, HKSSH)</i>
11:50 – 12:00	Panel discussion with Q&A
12:00 – 12:10	Closing Remarks



Register NOW



For more details, please visit the Conference website:
<https://iccr.hk/>



THE HONG KONG SOCIETY OF RHEUMATOLOGY

ICCR 2025

MSK SYMPOSIUM

SATURDAY 22 NOVEMBER 2025
08:50 - 12:10 Cordis, Hong Kong

co-organised by

Hong Kong Physiotherapy Association
Hong Kong Occupational Therapy Association
The Hong Kong Society of Rehabilitation Community Rehabilitation Network
Hong Kong Arthritis and Rheumatism Foundation
The Hong Kong Society for Surgery of the Hand
The Hong Kong Society of Rheumatology Rheumatoid Arthritis SIG
and Rheumatology Nurse Subcommittee

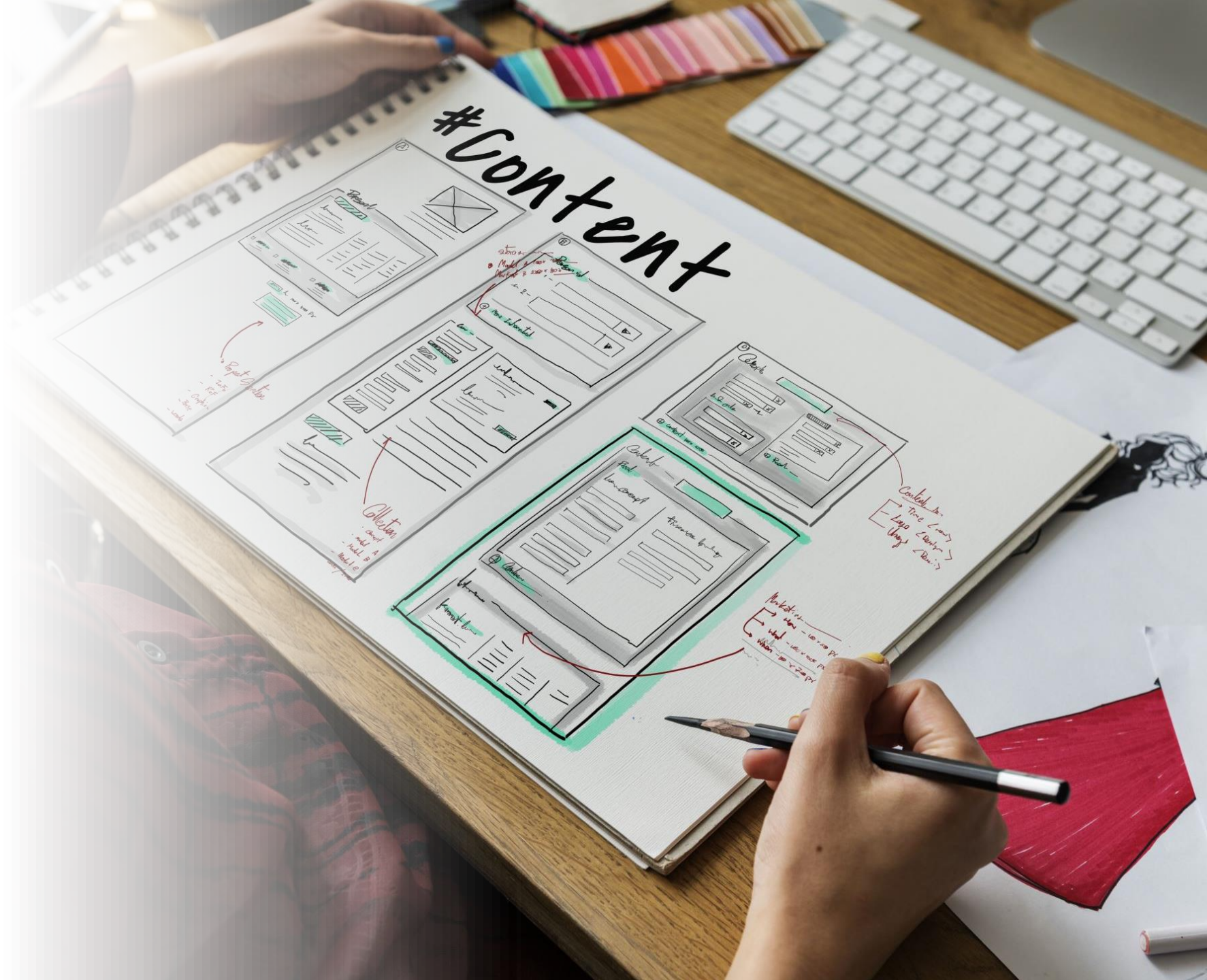
08:50	OPENING
09:00 - 09:25	EARLY DIAGNOSIS AND TREAT-TO-TARGET STRATEGY IN RHEUMATOID ARTHRITIS: CHANGING THE DISEASE TRAJECTORY (KITTY KWOK, RHEUMATOLOGIST, HKSR)
09:25 - 09:50	ACHIEVING FUNCTIONAL MOVEMENT: EXERCISE STRATEGIES FOR RA IN DIFFERENT STAGES (LAVINIA WONG, PHYSIOTHERAPIST, HKPTA)
09:50 - 10:15	REDESIGNING DAILY LIFE: ADAPTIVE TECHNIQUES AND TOOLS FOR PRESERVING FUNCTION IN RA (KEVIN CHIU, OCCUPATIONAL THERAPIST, HKOTA)
10:35 - 11:00	CALMING THE STORM WITHIN: MINDFULNESS-BASED INTERVENTION FOR RHEUMATOLOGY PATIENTS (JESSICA ZHANG, SENIOR PSYCHOLOGICAL WELLBEING OFFICER, CRN)
11:00 - 11:25	WOUND MANAGEMENT IN RHEUMATIC DISEASES: A NURSE'S PERSPECTIVE ON HEALING COMPLEXITIES AND COORDINATED CARE (TSANG KA KIT, ORTHOPAEDIC NURSE CONSULTANT)
11:25 - 11:50	SURGICAL RESTORATION OF HAND FUNCTION IN RHEUMATOID ARTHRITIS: TIMING, TECHNIQUES, AND OUTCOMES (EDMUND YAU, ORTHOPAEDIC SURGEON, HKSSH)

Registration: www.iccr.hk



Challenges

- Member size
- New Members
- Research
- Registry



RA SIG Brainstorm Meeting - 26 Feb 2026

- To participate in **APLAR RA Registry**
 - Prof ZhangGuo Li
- HKSR Summit April 2026 at PYNEH
 - Ada Leung sharing on using CRYSTAL Registry for dissertation
- Future Directions
 - Workshop / Symposium on Imaging, AI
 - Collaboration with other professional bodies e.g. Society for Hand Therapy, HKARF, Occupational Therapist / Physiotherapist
 - Collaboration with other SIGs e.g. ILD, Imaging

APLAR RA Registry

- RA SIG group study (APLAR RA collaboration, APRAC)
- Prof Zhanguo Li
- To collect data from at least 2,000 RA patients
- About 50-100 RA or more from each centre
- To investigate the impact of therapeutic strategy & other factors on RA remission

04 Further plan

APLAR

> **Publication:** recommendation for RA treatment

> **RA-SIG webinars:** 1-2/year

> **Projects:**

1. Therapeutic strategy and remission of rheumatoid arthritis in the Asia-Pacific region
2. Other possible projects: (1) Clinical deep remission in RA; (2) stratification of RA.

Future Plan

- Explore **Open AI Platform** for learning X Ray scoring
 - Self learning Online Modules
- 2nd **MSK Symposium**
 - Collaboration with PT/OT/Podiatrist
 - The HK Society for Surgery of the Hand
 - HK Association of Rehabilitation Medicine
- Facilitate more projects from Local RA Registry