



Connective Tissue Diseases and Inflammatory Arthritides

FROM EVIDENCE TO PRACTICE – FOR HEALTH PROFESSIONALS
IN RHEUMATOLOGY AND YOUNG RHEUMATOLOGISTS

20-21 NOVEMBER 2026 Hilton Hotel, Sofia, Bulgaria

This course has been scientifically endorsed by EULAR

PROGRAMME

20 November, Friday

PHARMACOLOGICAL AND NON-PHARMACOLOGICAL TREATMENT FOR INFLAMMATORY ARTHRITIDES AND CTD

Chairs: V. Boyadzhieva, R. D. Orlinov

15:30 – 15:45 Opening of the Course “Where the Latest Evidence Meets Local Culture”

V. Boyadzhieva, D. Orlinov

15:45 – 16:00 Musculoskeletal application of platelet – rich – plasma – innovative treatment options

P. Petkova

16:00 – 16:30 Application of biological therapies – preparation and patient education

Iv. Spasova

16:30 – 16:45 Physical activity and rehabilitation in RMD: Evidence-based treatment, Unmet needs and Real- Life Challenges

G. Torozova, R. Savov

16:45 – 17:00 Water exercises: A perfect Match for rheumatology in Bulgaria today?

D. Orlinov

17:00 – 17:30 Coffee break

17:30 – 17:45 Opportunities and limitations of physical medicine in the complex treatment of ankylosing spondylitis

A. Zaralieva

17:45 – 18:00 Social media influence in education, patient empowerment, global networking, and research collaboration

S. Emin

18:00 – 18:30 Test your knowledge about the latest evidence – baseline

20:00 Dinner



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21 November, Saturday

CONNECTIVE TISSUE DISEASES – PART I

Chairs: R. Moe, M. Zauner

09:00 – 09:15 Evidence-based HPR care of patients with CTD and IA

R. Moe

09:15 – 09:45 Assessing disease activity in RMDs

M. Zauner

09:45 – 10:00 Stronger together in Europe with EULAR HPR

R. Moe

10:00 – 10:15 Challenges in front of HPRs in Bulgaria

V. Boyadzhieva

10:15 – 10:30 When and how the new Regulation of Health technology Assessment
will meet requirements for effectiveness measures of new RA medicines?

G. Petrova

10:30 – 11:00 Coffee break

CONNECTIVE TISSUE DISEASES – PART II

Chair: V. Boyadzhieva

11:00 – 11:15 Pain management

V. Reshkova

11:15 – 11:30 The secret of life. Biological agents in the treatment of rheumatic diseases

Z. Kolarov

11:30 – 11:45 Physical Activity and Rehabilitation in Rheumatic Diseases: Unmet Needs
and Real-Life Challenges

B. Boteva

11:45 -12:00 The Science of Balneology – where Health tourism and Public Health meet

S. Katsarova



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- 12:00 – 12:15 Dual Education in Rehabilitation and Health Tourism – where the Business and academia meet
Zh. Ivanov
- 12:15 – 12:45 Collaboration and networking: Meeting the different Health Professional Associations
- 12:45 – 14:00 Lunch
- 14:00 – 14:20 Digital ulcers in SSc
S. Lambova
- 14:20 – 17:20 The role of HPR in the education of patients with inflammatory arthritides and CTD – practical session
S. Lambova, D. Garboan, Vl. Boyadzhieva
- 17:20 – 17:40 Test your knowledge about the latest evidence – after the course. Questions and answers
- 17:40 – 18:40 Dolor (Documentary movie)
- 18:40 – 18:50 Evaluation, and closing of the course



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