BULGARIAN SOCIETY
OF HEALTH PROFESSIONALS
IN RHEUMATOLOGY

eular
ENDORSED COURSE

Connective Tissue Diseases and Inflammatory Arthritides

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

WITH INTERNATIONAL PARTICIPATION

This course has been scientifically endorsed by EULAR

20-21 NOVEMBER 2026

Hilton Hotel
Sofia, Bulgaria

GENERAL INFORMATION

COURSE VENUE

Hilton Hotel – Sofia, Bulgaria,
1000, Sofia, Bulgaria

COURSE DATES

Friday, 20 November 2026 (Start at 15:00)
Saturday, 21 November 2026 (End at 19:00)

OFFICIAL LANGUAGE

English

MAXIMUM PARTICIPANTS

80 (40 young rheumatologists; 40 HPRs)

LEARNING OBJECTIVES

To discuss how the latest clinical expertise, patient values, and the best available research evidence can be integrated into evidence-based decision-making in the care of people with rheumatic and musculoskeletal diseases.

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EXPECTED LEARNING OUTCOMES

After completing the course, participants will be able to:

- Integrate current evidence, clinical expertise, and patient preferences into shared clinical decision-making.
- Apply relevant EULAR recommendations and other evidence-based guidance in clinical practice.
- Identify evidence-based strategies for prevention, self-management, and patient education.
- Recognise the role of interdisciplinary collaboration in delivering person-centred care.
- Critically discuss emerging evidence and its implications for clinical practice and future care.

CERTIFICATION

After the course, all participants who have successfully completed the course will receive a certificate of attendance. 100% course attendance is required.

**CME accreditation will be sought.*

Course fee 550 € for young rheumatologists and 250 € for HPRs, package includes: seat with table, WIFI and extra screens in the auditorium. Selected slides of the sessions available after the course.

FRIDAY, 20 November 2026

- Full access to the course
- Coffee breaks
- Dinner

SATURDAY, 21 November 2026

- Full access to the course
- Coffee breaks
- Lunch

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ORGANISATION & COMMITTEE

SCIENTIFIC ORGANISERS

Prof. Rumen Stoilov, MD, PhD, (Bulgaria) – Past President of Bulgarian Rheumatology Society.

Prof. Mariana Ivanova, MD, PHD (Bulgaria) - Department of Internal Diseases, University Hospital "St. Iv. Rilski", Medical University – Faculty of medicine, Sofia, Bulgaria.

Prof. Sevdalina Lambova, MD, PhD, (Bulgaria) – Department of Propaedeutics of Internal Diseases "Prof. Dr. Anton Mitov", Faculty of Medicine, Medical University of Plovdiv, Bulgaria; Department of Rheumatology, MHAT "Sveti Mina" Plovdiv, Bulgaria.

Assoc. Prof. Nikolay Stoilov, MD, PhD (Bulgaria) – Department of Internal Diseases, University Hospital "St. Iv. Rilski", Medical University – Faculty of medicine, Sofia, Bulgaria.

Dr. Vladimira Boyadzhieva, MD, PhD, (Bulgaria) – President of Bulgarian Society of Health Professionals in Rheumatology, Department of Internal Diseases, University Hospital "St. Iv. Rilski" Medical University – Faculty of medicine, Sofia, Bulgaria.

Assoc. Prof. Siika Katsarova, PhD, (Germany) – President of European SPAS Association (ESPA)

Rikke Helene Moe, PT, PhD, (Norway) – Vice president of Health Professionals in Rheumatology; Health Services Research and Innovation Unit REMEDY – Center for treatment of Rheumatic and Musculoskeletal Diseases, Diakonhjemmet Hospital.

Assoc. Prof. Denislav Orlinov, PT, PhD – Faculty of Medicine, Department of Physical Therapy, University of Iceland, Affiliate Scientist Arthritis Research Canada.

Michael Zauner, BSc, MSc (Austria) – OT and study coordinator lead, Department of Internal Medicine III, Rheumatology, Medical University of Vienna.

Irena Shopova-Shindarska – Scientific Secretary of Bulgarian Society of Health Professionals in Rheumatology, Clinic of Rheumatology, University Hospital "St. Iv. Rilski"

ORGANISATION & COMMITTEE

FACULTY

Rumen Stoilov, MD, PhD, (Bulgaria)
Mariana Ivanova, MD, PhD (Bulgaria)
Sevdalina Lambova, MD, PhD, (Bulgaria)
Nikolay Stoilov, MD, PhD (Bulgaria)
Vladimira Boyadzhieva, MD, PhD, (Bulgaria)
Siika Katsarova, PhD (Germany)
Rikke Helene Moe, PT, PhD (Norway)
Denislav Orlinov, PT, PhD (Iceland)
Michael Zauner, BSc, MSc (Austria)

ORGANISING SECRETARIAT

Bulgarian Society of Health Professionals in Rheumatology
9 Yunak Str., Sofia, Bulgaria
00359884919077
www.bulgarianhprsociety.com

With the partnership of Bulgarian Organisation for Patients with Rheumatic Diseases and participation in the practical sessions

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REGISTRATION

Online registration:
https://hm.cic-pco.com/rheumatology2026/

Registration deadline: 01 November 2026

Early registration is advisable. Number of participants is limited. A waiting list will be made available.

REGISTRATION FEES

For young rheumatologists	**550 €**
For HPRs	**250 €**

Bursary

Two bursaries for **young rheumatologists** – 550 € each;
Two bursaries for **HPRs** – 250 € each.

The amount of the bursary will be deducted from the course fee. The participants should apply with a motivation letter, CV and (if any) publication list via the email:
rheumatology2026@cic.bg

Bursary application deadline: 16 October 2026

Declaration regarding sponsorship: *The course content is editorially independent and has not been influenced by any sponsor.*

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ACCOMMODATION

	SINGLE ROOM	DOUBLE ROOM
Hilton Sofia	**150 €**	**180 €**

Accommodation rates include accommodation, breakfast, internet access, insurance, tourist tax, and VAT.

Accommodation in a double room is only possible when a second person is specified.

Full payment for hotel accommodation must be made no later than 12 October 2026. Cancellations are allowed until 12 October 2026, after this date, no refunds will be available.

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PAYMENTS

The payment of the registration fee and accommodation can be made via bank transfer to the following account, which should include your full name:

Bank: UniCredit Bulbank AD
Address: 7 Sveta Nedelya Square, Sofia, Bulgaria
BIC: UNCRBGSF
IBAN: BG72 UNCR 9660 1064 4601 18
Payment Reference: RHEUMATOLOGY2026
Beneficiary: Company for International Congresses Ltd.

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PROGRAMME

20 November, Friday

PHARMACOLOGICAL AND NON-PHARMACOLOGICAL TREATMENT FOR INFLAMMATORY ARTHRITIDES AND CTD

Chairs: V. Boyadzhieva, 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
G. Torozova, R. Savov

16:30 – 16:45 Water exercises: A perfect Match for rheumatology in Bulgaria today?
D. Orlinov

16:45 – 17:15 Coffee break

17:15 – 17:30 Opportunities and limitations of physical medicine in the complex treatment of ankylosing spondylitis
A. Zaralieva

17:30 – 17:45 Social media influence in education, patient empowerment, global networking, and research collaboration
S. Emin

17:45 – 18:30 Test your knowledge about the latest evidence – baseline

20:00 Dinner

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PROGRAMME

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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PROGRAMME

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, V. 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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ABOUT BULGARIA

BULGARIA

Bulgaria is Europe's 14th largest country. The natural landscape of the country is diverse, consisting of lowlands, plains, foothills and plateaus, river valleys, basins, and mountains of varying elevations.

SOFIA

Sofia, the capital of Bulgaria, is a city of contrasts and surprises. It is a place where ancient and modern, east and west, tradition and innovation coexist and complement each other. Sofia invites you to discover its beauty and history, and to enjoy its vibrant and diverse culture.

Sofia's motto is *"Ever growing, never aging"*.

PASSPORT & VISA

Nationals of Schengen countries, the USA, Australia, and Canada can enter Bulgaria for short-term stays without a visa. Participants requiring a visa for entry to Bulgaria are strongly advised to make their application at least two months before the intended date of travel. To assist with the visa application process, the official agent may provide you with a letter of invitation (for more details, please contact us).

WEATHER

The weather in Bulgaria can be described with dry and hot summer and mild winter with lots of opportunity for skiing.

The month of May is usually characterized by warm and sunny weather.

CURRENCY AND BANKS

The official currency in Bulgaria is EURO.

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OFFICIAL AGENT OF THE COURSE

COMPANY FOR
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