

# NEWS FROM THE ARCH

The newsletter of the ArLAR Research Group



Get the latest news about the ARCH research activities, and be part of the ArLAR research community!

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**The ARCH aspires to lead collaborative rheumatology research in the Arab countries**

It's an immense pleasure to welcome you to the first issue of the ARCH newsletter!

The ARCH was founded in June 2021 as a special interest group of the ArLAR, with the vision to lead collaborative research in the Arab countries.

Here, in this first issue, you will get to know about the mission of the ARCH, its educational activities and publications over the past two years, as well as current and future research projects and educational webinars.

If you are interested in participating in research projects in the Arab region, you can now be part of the ARCH network!

Looking forward to successful research projects to serve the interests of the patients with rheumatic and musculoskeletal diseases living in the Arab countries!

The ARCH steering committee

# MISSIONS OF THE ARCH

The missions of the ARCH are focused on four major pillars:

- **RESEARCH PROJECTS:** Plan and conduct research projects on behalf of the ArLAR to serve the interests of the patients with rheumatic and musculoskeletal diseases living in the Arab countries.
- **QUALITY & INFRASTRUCTURE:** Support and promote high-quality collaborative research among the Arab countries and improve the research environment by ensuring compliance to international standards in both infrastructure & standard operating procedures.
- **MOTIVATION & SUPPORT:** Motivate and assist young researchers in the Arab countries to conduct successful and high-standard research projects.
- **RESEARCH NETWORKING:** Connect with the international rheumatology research teams, institutions, and companies to take part in their global clinical trials.



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**Serving the interests of the patients with rheumatic and musculoskeletal diseases living in the Arab countries**

## The ARCH values

- **EXCELLENCE:** Pursue excellence in research from design to outcome, while ensuring a high-standard research infrastructure.
- **ETHICS & INTEGRITY:** Prioritize ethical conduct and integrity in research.
- **EDUCATION:** Invest in young Arab researchers enhancing their capabilities and capacities.
- **MOTIVATION:** Inspire and motivate for research in the Arab region.
- **TEAMWORK:** Promote collaboration between researchers and clinical rheumatologists in the Arab countries.

To know more about the ARCH

<https://www.arabrheumatology.org/arlar-research-group>



# RESEARCH PROJECTS 2021-2023

## MACRO

### MACRO: Mapping the Rheumatology Workforce in the Arab Region

This was the first study to estimate the number of current practicing rheumatologists in 16 Arab countries, to estimate the projected number of rheumatologists in 10 years, and to evaluate the current workload, practice profile, consultation waiting time, and geographical mobilities of these rheumatologists.

An ancillary study evaluated burnout syndrome in 445 rheumatologists and rheumatology fellows.



**Addressing the current and projected rheumatology workforce in the Arab countries was the first official ARCH project**

## TACTIC

### TACTIC: Translation and cross-cultural validation of the Psoriatic Arthritis Impact of Disease questionnaire (PsAID-12) in Arabic

The TACTIC steering committee translated and culturally adapted the PsAID-12 to Arabic using the World Health Organization methodology. The subsequent validation study included 554 patients from 13 Arab countries and allowed Arab-speaking patients with PsA to be evaluated in clinical practice using PsAID-12 and to be included in international clinical trials. The manuscript is now submitted to an international peer-reviewed journal.

Several ancillary studies are derived from the TACTIC project:

- Concordance between the patient and physician's evaluation of disease activity
- Comorbidity study in patients with PsA
- Impact of gender on PsAID and other patient-reported outcomes

## ABSTRACTS 2023

### ArLAR 2023

4 abstracts, including one oral presentation and one "Best Abstract Award" in Kuwait

### EULAR 2023

4 abstracts presented in Milan

### ACR 2023

1 abstract to present in San Diego

### SFR 2023

1 abstract to present in Paris

# RESEARCH PROJECTS 2023-2025

## ALFA

The ALFA program “ARCH-ArLAR REFERRAL PROGRAM” will be conducted by the ARCH with the support of a research grant from Pfizer.

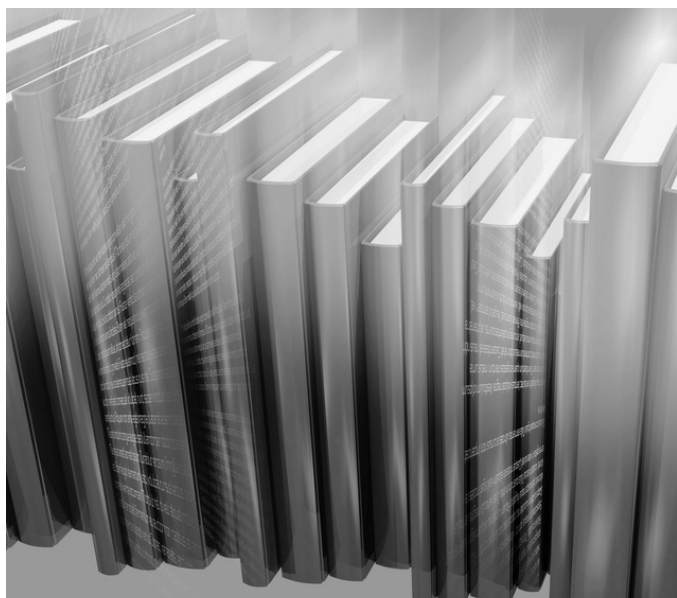
Its objectives include

- Design and validate a referral algorithm for early arthritis in the Arab countries.
- Disseminate the referral algorithm through a series of webinars and workshops.
- Evaluate the impact of the referral program on the diagnostic delay in chronic inflammatory rheumatic diseases.

Several publications will be derived from this program.

The first study will validate a referral algorithm for primary care physicians to guide them about the optimal referral of patients with rheumatic and musculoskeletal diseases to rheumatology. It will be conducted in 8 Arab countries with the collaboration of primary care physicians.

The second study will evaluate the current referral delay in rheumatology clinics and the impact of the awareness campaign to launch in 2024 in all Arab countries on this referral delay.



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**The 2023-2025 ARCH theme is “Timely Referral to Rheumatology”**

## RESEARCH PROJECTS ENDORSED BY THE ARCH

As part of its research networking mission, the ARCH has endorsed several regional and international research projects using internal standardised operating procedures.

Coalition for Health and Gender Equity (in rheumatology) - CHANGE group

Vasculitis in childhood: conducted by the PRAG ArLAR

IMAGE study: Leveraging Social Media for Effective Engagement with the Patients: conducted by the AAAA group

Tuberculosis and rheumatic diseases: conducted by the ArLAR francophone group

KAP about biosimilars: conducted by the Iraqi League for Bone and Joint Health

## EDUCATIONAL WEBINARS 2022

Making an impact with your research:

Data visualization

Maarten Boers, The Netherlands

19 May 2022



Lessons learned from the COVID-19

EULAR / Global Rheumatology Alliance  
registry

Pedro Machado, United Kingdom

15 September 2022

How to choose an adequate outcome for  
your study

Annelies Boonen, The Netherlands

1 November 2022



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**One of the missions  
of the ARCH is to  
improve research  
quality and  
infrastructure  
through education.**

## EDUCATIONAL WEBINARS 2023



Challenges in timely referral  
of patients with rheumatoid  
arthritis to rheumatology

Bruno Fautrel, France

25 October 2023



Challenges in timely referral of  
patients with axial  
spondyloarthritis to rheumatology

Xenofon Baraliakos, Germany

4 December 2023

## EDUCATIONAL WEBINARS 2024

January 16th, 2024: Challenges in timely referral of patients with psoriatic arthritis to  
rheumatology,

Laura Coates, United Kingdom

January 2024: Challenges in timely referral of patients with idiopathic juvenile arthritis to  
rheumatology, Sulaiman Al Mayouf, Saudi Arabia, in collaboration with the PRAG

To register for upcoming webinars:

[www.arabrheumatology.org/blog](http://www.arabrheumatology.org/blog)



To watch replays:

[www.arabrheumatology.org/educational-library](http://www.arabrheumatology.org/educational-library)



## RESEARCH EDUCATION

### EDUCATIONAL SURVEY

At the launch of its activities, the ARCH conducted a survey among Arab rheumatologists in collaboration with the Young ArLAR group, to identify the research needs among rheumatologists

### RESEARCH EDUCATION WORKSHOPS

During the ArLAR meetings, the ARCH conducted research education workshops:

2021 Jordan: Medical writing workshop with Armen Gasparyan and Olena Zimba

2023 Kuwait: Tips and tricks on how to get your research published with Nelly Ziadé and Ihsane Hmamouchi



### EDUCATIONAL GRANTS

Among the participants in the BMJ-UCSF Research to Publication program, two winners were randomly selected from the participants who finished the program first.

They were granted from the ARCH a registration to an international rheumatology congress of their choice.

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**Motivate and assist young researchers in the Arab countries to conduct successful and high-standard research projects**



### BMJ – UCSF Research to Publication

The ARCH offered 100 registrations to young rheumatologists from 16 Arab countries to the prestigious BMJ-UCSF research to publication program.

The program was completed by 93 participants from March 2022 until May 2023.

Two webinars were conducted in the middle and at the end of the program, to accompany the participants in their learning journey.

# HOW CAN I PARTICIPATE IN THE ARCH ACTIVITIES?

Starting March 2023,

the ARCH has launched its ARCH network program.

In addition to the ARCH country representatives who are nominated by their respective national Societies, rheumatologists who have an interest in medical research can now join the ARCH network.

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**Join the ARCH  
network today!**

**Send a motivation letter to  
[ARCH.ArLAR@gmail.com](mailto:ARCH.ArLAR@gmail.com)**

## What can an ARCH network member do?

Participate in the ARCH study by disseminating surveys, including patients, sharing study results

Advise for research projects methodology

Propose new research projects or ancillary studies



## Thank you to all the ARCH collaborators!

Steering committee: Nelly Ziadé, Ihsane Hmamouchi, Sulaiman Al Mayouf, Chafica Haouiuchat. Fatemah Baron

ARCH members: Salwa Al Cheikh, Samar Alemadi, Elyes Bouajina, Soad Hashad, Suad Hennawi, Saed Atawnah, Faiq Isho Gorial, Manal Al Mashaleh, Batool Al Lawati, Suad Abdellateif Eltaybe Mohammed, Walaa Abdel Rahman

Ex-Officio members: Manal El Rakawi, Basel Masri, Fatemah Abutiban, Nizar Abdullateef, Lina El Kibbi

ARCH network members: Chafia Dahou-Makhloufi, Sahar Saad, Bassel Elzorkany, Sherif Gamal, Gehan Elolemy, Asal Adnan, Avin Maroof, Fatima Al Naimat, Omar al Ta'ani, Krystel Aouad, Kamel Mroue', Mohamad Ali Rida, Layla Ayoub, Rachid Bahiri, Meriem Erraoui, Zineb Ammor, Hussein Halabi, Nada Al Shamaa, Hela Sahili, Wafa Hamdi, Khaled Al Naqbi, Ahmad Abogamal, Nesreen Moustafa

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