



# AFLAR 2019

## 9<sup>th</sup> African League of Associations for Rheumatology Congress

6<sup>th</sup> – 8<sup>th</sup> Sep 2019  
Hilton Resort, Flic en Flac, Mauritius



## Message from the President

Dear delegates,

It is with great pleasure that I, on behalf of all the members of the Rheumatology Society, welcome you to the 9th AFLAR Congress in Mauritius. The Rheumatology Society is quite a young association, founded in July 2015. It regroup the rheumatologists of the country, from both the public and private sector, with the aim of providing a platform for regular interchange between the members. We organise continuous medical education sessions and seminars for health care professionals on a regular basis.

The society also participates in awareness campaigns in association with various organisations and patient groups so as to educate people about the various rheumatologic diseases and the treatment available. The members also participate in radio and television programmes in order to reach maximum number of persons.

We were honoured to be offered the opportunity to host the 9th AFLAR Congress in Mauritius. Though initially a bit apprehensive about the size of the challenge awaiting us, we set to work with enthusiasm. The organising team has put in great effort to put together a nice congress.

Wishing you all an enriching and enjoyable congress.

Meetranand Thakoor

President, Rheumatology Society

## COMMITTEES FOR AFLAR 2019

### ORGANIZING COMMITTEE

Olefumi Adelowo - President AFLAR /Chairman - Nigeria  
 Samy Slimani - Secretary General AFLAR - Algeria  
 Omondi Oyoo - Past President AFLAR - Kenya  
 Ouma Devi Koussougbo - Mauritius  
 Dzifa Dey - Ghana  
 Ian Chikanza - Zimbabwe

### PROGRAMME COMMITTEE

Girish Mody - Chairman- South Africa  
 Asgar Kalla - South Africa  
 Ouma Devi Koussougbo - Mauritius  
 Osaze OJO - Nigeria

### PAEDIATRICS RHEUMATOLOGY

Chris Scott - Chairman - South Africa  
 Angella Migowa - Kenya

### SCIENTIFIC COMMITTEE

Tikly Mohammed - Chairman - South Africa  
 Segun Oguntona - Nigeria  
 Paul Etai - Kenya  
 Adewale Adebajo - Nigeria  
 Maame Amisah Arthur - Ghana  
 Veeraj Ramgulam - Mauritius

### WELFARE COMMITTEE

Chairperson	Dr Ouma Devi Koussougbo
Executive Chairman/Website Manager	Dr Samy Slimani
Treasurer	Dr Kamini Boodhoo-Munnee Dr Helene Petit-Bhoyroo
Registration	Dr Kamini Boodhoo-Munnee
Accommodation/Congress Materials	Dr Meetranand Thakoor
Scientific Hall In Charge/Multimedia	Dr Khrisna Appavoo
Hospitality/Transport	Dr Anupa Ramjutun-Karooa Dr Aminah Fokeerbux
Advisors	Dr Sheriff Umarkhan Dr Nazeerah Dowlut - Kheerdali Dr Aroona Mudoo Dr Manish Rai Sookha

## Message from the Organizing Team

It is indeed a great pleasure and privilege to welcome you all to Mauritius for this 9<sup>th</sup> AFLAR congress which is taking place from 6<sup>th</sup> to 8<sup>th</sup> September 2019 at Hilton Mauritius.

The practice of Rheumatology has gained a lot of momentum in Mauritius and throughout Africa during the last decades. However the level and access to care are not uniform throughout the continent. AFLAR provides a platform where rheumatologists from Africa can share their scientific work and clinical experiences. Our collective efforts can surely aim at improving care throughout Africa in Rheumatic and Musculoskeletal Diseases (RMDs).

Bringing AFLAR to Mauritius has been an enriching experience for the local team and this has surely pathed the way for more exchanges between local rheumatologists/Health Care Professionals (HCPs) and those from other African countries. We also hope that more young HCPs with interest in rheumatology locally and throughout Africa will also take full advantage of this high standard scientific meeting.

Paediatric rheumatology is still at its infancy throughout the continent with none locally and countable number of practitioners throughout mainland Africa. We hope paediatrics rheumatology will set off from here with a greater magnitude.

Set in the west coast of Mauritius, Flic en Flac once a tiny fishing village has now boomed into a developing tourist area with its all year round warm climate, blue lagoon, long sandy beaches, magnificent sunset and luxurious hotels. It provides many facilities like banking, shopping, healthcare to ensure a pleasant stay. All the set ups favourable for a successful congress.

A special thanks to the members of Rheumatology Society of Mauritius for their continuous support and a very special thought to all the patients of RMDs for whom we are always aiming at improving the care.

I also thank my family for bearing with me especially my husband for his continuous support and encouragement.

The organizing team wish you all a nice congress.

Dr (Mrs) Ouma Devi Koussougbo

Chairperson Welfare committee AFLAR 2019  
Secretary Rheumatology Society (Mauritius)



# AFLAR

African League of  
Associations  
Of Rheumatology

## WELCOME ADDRESS

Dear Colleagues,

It is my great pleasure to invite you to the conference of the African League of Associations of Rheumatology (AFLAR). I am particularly pleased to invite you to the majestic, beautiful and idyllic tourist country of Mauritius.

There is an increasing shift of our previous shared heritage of communicable to the non-communicable diseases (NCD). As our population develops in age and sophistication, there is bound to be an increasing awareness as well as needs for expertise in management of rheumatological diseases, which constitute major NCDs.

Contrary to the previous under reporting of these diseases, physicians in many African countries are reporting more and more on systemic auto-immune diseases and others. There is however, still more work to be done as many African countries, especially sub-Saharan, are still under served.

It is our expectation that the AFLAR Conference will bring together rheumatologists and other related Health Care Providers to deliberate on how far we have come and how far we still need to go.

We have lined up a robust programme including symposia on "Rheumatology in Africa: the journey so far"; HIV and rheumatic and musculoskeletal diseases (RMD); Community based studies on RMD. There will also be oral and poster abstract presentations; guest lectures by rheumatologists from outside Africa. The ACR is hosting guest lectures, and for the first time there will be a parallel session in Paediatric Rheumatology.

We look forward to seeing you and encourage you to enjoy the networking and the beautiful sceneries Mauritius has to offer.

Welcome!

Prof Olufemi Adelowo. FMCP, FWACP, FRCP, MACR

President, AFLAR



### EXECUTIVE COMMITTEE (AFLAR)

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## Scientific Programme AFLAR 2019

Friday 6<sup>th</sup> September 2019

Date and time	Plenary: Isle de France	Parallel Ravanne/ Maravanne
7.30 - 8.30 am		Registration
8.30-10.30 am	<b>Session 1 Chairperson: Ouma Koussougbo and Femi Adelowo</b>	
8.30-9.00 am	<b>Official Welcome</b>	
8.30- 8.50am	Local organizing committee:Dr (Mrs) Ouma Koussougbo (Mauritius)	
8.50-9.00 am	President of AFLAR: Prof Olefumi Adelowo (Nigeria)	
9.00-9.50 am	Hot topics in the management of inflammatory joint disease - the 2019 perspective - Tore Kvien (Norway)	
9.50-10:00 am	Comorbidities in sub-Saharan patients with chronic inflammatory rheumatic diseases - Madeleine Ngandeu-Singwé (Cameroon)	
10.00-10.30 am	<b>Rheumatology in Africa - The journey ahead</b>  (1) Rheumatoid arthritis - Girish Mody (South Africa)	
10.30-11.00am	<b>Tea break</b>	<b>Visit of stands</b>
11.00-1.00 pm	<b>Session 2 Chairpersons : Asgar Kalla and Fadoua Allali</b>	

	<b>Rheumatology in Africa - The journey ahead</b>	
11.00-11.30	(2) Systemic lupus erythematosus - Femi Adelowo (Nigeria)	
11.30-12.00	(3) Scleroderma - Mohammed Tikly (South Africa)	
12.00-12.30	(4) Spondyloarthropathy - Samy Slimani (Algeria)	
12.30-1.00pm	(5) Gout - Omondi Oyoo (Kenya)	
1.00-2.00 p.m	<b>Lunch</b>	
2.00-3.30 pm	<b>Session 3 Chairpersons : Chris Scott/ Angela Migowa</b>	
	Task forces for Global Paediatric Rheumatology - Chris Scott (South Africa)	
	Update on JIA: Prof Ross Petty (Canada)	
	Update on connective tissue diseases: Kate Webb (South Africa)	
	Transitional Care (EULAR/PreS recommendations) - Prof Helene Foster (UK)	
3.30-4.00pm	<b>Tea break</b>	
4.00-5.45 pm	<b>Session 4 Chairperson: Veeraj Ramgulam</b>	
4.00-4.45 pm	Psoriatic Arthritis : current concepts in management - Prof Adewale Adebajo (UK) and Ajeesh Maharaj (South Africa)	
4.45-5.00pm	Q&A	
5.00-6.00pm	ABBVIE symposium	
	Transitional care in JIA - Chris Scott (SA), Ross Petty (Canada), Helene Foster(UK)	
6.00-7.15pm	AFLAR AGM	
7.15-9.00 pm	<b>Welcome cocktail</b> Venue : Aqua Bar	



## Saturday 7<sup>th</sup> September 2019

Date and time	Plenary Isle de France	Parallel Ravanne/ Maravanne
8.30-10.30 am	<b>Session 5 Chairpersons : Maame Boatemaa Amissa Arthur/ Fadoua Allali</b>	
8.30-9.30am	<b>BIOSIMILARS IN RHEUMATIC DISEASES</b>	Rheumatic Diseases in Africa: Opportunities and challenges by Angela Migowa(Kenya)
8.30-9.00 am	To switch or not to switch - Professor Tore Kvien (Norway)	
9.00-9.30 am	The latest news on biosimilars treatment - Professor Jonathan Kay (USA)	
9.30-10.00am 9.30-9.40 am	<b>Abstracts</b> Relationship between anthropometric variables and pain, functional class and Kellgren-Lawrence grade of knee osteoarthritis at Maiduguri, North-Eastern Nigeria - Abubakar Yerima (Nigeria)	Approach to the diagnosis of childhood arthritis (including PGALS) by Helen Foster (Malaysia)
9.40-9.50am	Disease activity and functional status, and their relation to depression in patients with rheumatoid arthritis - Joe Rakiro (Kenya)	
9.50-10.00 am	Spectrum of rheumatologic conditions in Nimba County, Republic of Liberia, West Africa - Daiyabu Ibrahim (Liberia)	
10.00-10.30 am	Updates on Management of Osteoporosis : Asgar Kalla (South Africa)	Red Flags in paediatric Rheumatology by Ross Petty (Canada)
10.30-11.00am	<b>Tea Break</b>	



11.00-1.00pm	<b>Session 6 Chairpersons : Samy Slimani/Stephane Ralandison</b>	
11.00-11.45am	Janssen Symposium: Axial Spondyloarthritis : current treatment - Prof Pitzalis (UK)	Infections and Arthritis: Interactive cases (30 min) - Angela Migowa
11.45-12.00am	Clinical and ultrasound prevalence of peripheral enthesitis in an Algerian Cohort of spondyloarthritis - A. Haddouche (Algeria)	Autoinflammatory conditions: recognition and diagnosis (30 min) - Chris Scott
12.00-12.30 pm	Pregnancy in SLE and APLS : Kavita Makan (South Africa)	
12.30 -1.00pm	Outcome measures in RA : Dziffa Dey (Ghana)	A day in the clinic: Interactive Case based discussions of interesting cases (30 min)
1.00-2.00pm	<b>Lunch</b>	
2.00-3.30 pm	<b>Session 7 Chairpersons : Adewale Adebajo/Daiyabu Ibrahim</b>	
2.00-2.25pm	Rheumatic manifestations of Chikungunya viral infection - Ouma Devi Koussougbo (Mauritius)	
2.25-2.35pm	Connective tissue diseases associated interstitial lung diseases in Nigerian patients: an under-reported cause of interstitial pneumonia in Africa - Hakeem Olaosebikan (Nigeria)	
2.35-2.45pm	Apolipoprotein L1 variant-carrying monocytes exhibit mitochondrial respiration defects - Ashira Blazer (USA)	

2.45-2.55pm	The effect of SMS on the comprehension and the patients in rheumatology willingness to access care - Antsa Niriantsoa Rakotozafiarison (Madagascar)	
2.55-3.05pm	Arthritic arboviruses and chronic inflammatory rheumatism: what kind of epidemiological links? - Niariantsoa Rakotomalala (Madagascar)	
3.05-3.30pm	Community studies on Rheumatic diseases - Courage Uhunmwangho (Nigeria)	
3.30-4.00pm	<b>Tea break</b>	
4.00-5.00pm	<b>Session 8 Chairpersons : Girish Mody/Hakeem Olaosebikan</b>	
4.00-4.30pm	Publishing your research – what you need to know - Joanna Collison (UK)	
4.30-5.00pm	IgG4 related disease : still unfolding itself - Ouma Devi Koussougbo/Kamini Boodhoo Munnee (Mauritius)	
6.15-8.05pm	Novartis Sponsored Dinner Symposium	
6.15-6.45pm	Welcome (Plam Garden)	
6.45-8.05pm	Novartis symposium - Bridget Hodgkinson (South Africa) Venue : Isle de France 1.Unmet needs in SpA 2.Enthesis : so hard to manage 3.Running an efficient SpA / PsA / AS clinic	
8.05-9.30 pm	<b>Dinner</b>	

## Sunday 8<sup>th</sup> September 2019

Date and time	Plenary : Isle de France	Parallel Ravanne/Maravanne
8.30-10.15am	<b>Session 9 Chairpersons: Mohammed Tikly/ Courage Uhumwangho</b>	
8.30-9.15am	Janssen symposium: State of the art in the management of RA - Prof Rene Marc Flipo (France)	
9.15-10.00am  10.00-10.15am	ACR sponsored lecture: Osteoarthritis in 2019: What's new, what's useful - Prof. Joel Block (USA)  Q & A	Pigmented Villonodular Synovitis in a Nigerian teenager: an unusual cause of knee pain - Hakeem Olaosebikan  Spectrum of paediatric rheumatic diseases : my one year experience as a paediatric rheumatology trainee in Nigeria - Ayodele Fayele  Paediatric rheumatology training in Ghana - Yanninga Fuseini  Panel Discussion: Towards better care for children in Africa with rheumatic diseases : Quo Vadis  Task force introduction - Scott and Helene Foster  Discussion - Angela Migowa
10.15-10.45am	<b>Tea break</b>	

10.45-1.00pm	<b>Session 10 Chairpersons: Dzifa Dey/Ouma Devi Koussougbo</b>	
10.45-11.30am	ACR sponsored lecture: Rheumatoid arthritis update: Pathogenesis and Treatment - Prof Jonathan Kay (USA)	
11.30-12.15pm	Association of woman in Rheumatology - Dr. Cynthia Lawrence Elliott (USA)	
12.15-12.45pm	Closing ceremony	
12.45-1.00pm	Conclusion/wrap up/ farewell/closure	
1.00-2.00pm	<b>Farewell lunch</b>	

## LISTS OF ABSTRACTS

### Orals

1. **Abubakar Yerima (Nigeria)** Relationship between anthropometric variables and pain, functional class and Kellgren-Lawrence grade of knee osteoarthritis at Maiduguri, North-Eastern Nigeria.
2. **Abdenour Boukabous (Algeria)** Predictors of poor response to TNF alpha antagonists in patients with ankylosing spondylitis.
3. **Hakeem Olaosebikan (Nigeria)** Connective tissue diseases associated interstitial lung diseases in Nigerian patients: an under-reported cause of interstitial pneumonia in Africa.
4. **Madeleine Ngandeu-Singwé (Cameroon)** Comorbidities in subsaharan patients with chronic inflammatory rheumatic diseases.
5. **Niariantsoa Rakotomalala (Madagascar)** Arthritic arboviruses and chronic inflammatory rheumatism: what kind of epidemiological links?
6. **Antsa Niriantsoa Rakotozafiarison (Madagascar)** The effect of SMS on the comprehension and the patients in rheumatology willingness to access care.
7. **A. Haddouche (Algeria)** Clinical and ultrasound prevalence of peripheral enthesitis in an Algerian Cohort of spondyloarthritis.
8. **A Ibrahim (Liberia)** Spectrum of rheumatologic conditions in Nimba County, Republic of Liberia, West Africa.
9. **Pravesh Kumar Bundhun (Mauritius)** Filgotinib as the next generation of drug for the treatment of rheumatoid arthritis: a systematic review and meta-analysis of randomized studies.
10. **Joe Rakiro (Kenya)** Disease activity and functional status and their relation to depression in patients with rheumatoid arthritis.
11. **Ashira Blazer (USA)** Apolipoprotein L1 Variant-Carrying Monocytes Exhibit Mitochondrial Respiration Defects.
12. **Hakeem Olaosebikan (Nigeria)** Pigmented Villonodular Synovitis In A Nigerian Teenager: An Unusual Cause Of Knee Pain.
13. **Ayodele Fayele (Nigeria)** Spectrum Of Paediatric Rheumatic Diseases, My One Year Experience As A Paediatric Rheumatology Trainee In Nigeria.
14. **Yaninga Fuseini (Ghana)** Paediatric Rheumatology Training in Ghana.

## Posters

**A. Haddouche:** Clinical and ultrasound prevalence of peripheral enthesitis in an Algerian Cohort of spondyloarthritis.

**Bilal Bengana:** Appreciation of osteoporotic treatment compliance with alendronate 70mg orally.

**Bilal Bengana:** Cutaneous adverse effects with biologic agents.

**Hoby Nomena Rakotomalala:** Chronic inflammatory rheumatism: what is the progression of care in Madagascar?

**Julien Rakotoson:** Factors influencing adherence to background treatment of chronic inflammatory rheumatism in Madagascar.

**Madeleine Ngandeu-Singwé:** Evaluation of the severity of rheumatoid arthritis at initial presentation in Yaoundé, Cameroon.

**Pravesh Kumar Bundhun:** The new oral anticoagulant Rivaroxaban versus Warfarin for the secondary prevention of thromboembolism in patients with anti-phospholipid syndrome: a meta-analysis.

**A Ibrahim :** Clinical profile of nineteen patients with rheumatoid arthritis in Liberia, West Africa.



  
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