













Young-GRAPPA 2023: The Future Is Bright

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ABSTRACT. Two years after its inception, Young Group for Research and Assessment of Psoriasis and Psoriatic Arthritis (Y-GRAPPA) has established itself as a productive network for junior investigators and clinicians. The group's achievements in the last year include updating the educational GRAPPA slide library, the "Bring a Derm" campaign to expand the GRAPPA community to include more dermatologists, and the publication of multiple "Do Not Miss" newsletters covering the highlights on PsDs from the major international conferences (American Academy of Dermatology [AAD] Annual Meeting, European Alliance of Associations for Rheumatology [EULAR] Congress, European Academy of Dermatology and Venereology [EADV] Congress, and American College of Rheumatology [ACR] Convergence).

Key Indexing Terms: GRAPPA, psoriasis, psoriatic arthritis, spondyloarthritis

Introduction

The Young Group for Research and Assessment of Psoriasis and Psoriatic Arthritis (Y-GRAPPA) was established at the GRAPPA annual meeting and trainee symposium in 2021. The group aims to attract younger GRAPPA members as well as researchers and clinicians not yet established in the fields of psoriasis (PsO) and psoriatic arthritis (PsA) to familiarize them with GRAPPA procedures and projects. Y-GRAPPA also promotes networking within the group and enhances collaborations with senior GRAPPA members and established GRAPPA projects.

In the last 2 years, Y-GRAPPA has grown to a total of 127 members from 29 countries across the world. We have twice

as many rheumatology as dermatology members, and 70/127 (55%) members are female.

The successes and activities of Y-GRAPPA were evident throughout the GRAPPA 2023 annual meeting and trainee symposium. Activities of the 8 subgroups (presented below) were discussed at the Y-GRAPPA workshop and business meeting and were briefly summarized at the main meeting. Y-GRAPPA members (Y-GRAPPAiAns) presented the immense work of the updated GRAPPA slide library, which now is live. Moreover, Y-GRAPPAiAns took notes in the breakout sessions and co-led the poster tours. A vibrant networking event allowed the Y-GRAPPA community to gather, have lively discussions, and brainstorm new ideas in an informal setting.

As part of the supplement series GRAPPA 2023, this report was reviewed internally and approved by the Guest Editors for integrity, accuracy, and consistency with scientific and ethical standards.

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Dermatology-rheumatology collaborative

Leaders: Dimitri Silva (Dermatologist, Brazil) and Hannah Jethwa (Rheumatologist, UK)

We strongly believe the collaboration between dermatologists and rheumatologists, both in research and clinical work, will help us provide the best care for patients with psoriatic disease (PsD). The dermatology-rheumatology collaboration group has worked hard to increase the number of Y-GRAPPIAns specializing in dermatology, as they are underrepresented.

We launched the “Bring a Derm” campaign, which is ongoing, and are proud to have added around 10 new dermatology colleagues to our cohort. During the recent regional GRAPPA education meeting in Brazil, we aimed to get in touch with as many colleagues as possible to encourage them to join GRAPPA and Y-GRAPPA.

Our group has contributed to projects led by other groups; for example, helping develop teaching slides on psoriatic nail disease that will help both rheumatologists and dermatologists improve their knowledge on the condition.

We are currently working on a project promoting exchange programs among specialties so dermatologists can learn more about recognizing PsA and rheumatologists can learn more about skin diseases. This will enhance clinical practice for both specialties and promote collaborations. Initially, we aim to facilitate contacts regionally and then promote the project globally if funds are secured.

Education

Leader: Gizem Ayan (Rheumatologist, Turkey)

The education committee presently comprises 5 dermatologists and 11 rheumatologists. During our second year, our primary focus was on updating the slide library, which was successfully launched at this year’s annual trainee symposium. An enthusiastic group of 9 Y-GRAPPIAns dedicated their efforts to the update under the guidance of senior GRAPPA members. All slides are now available under the following categories: genetics; pathogenesis and tissues; classification, epidemiology and prognosis; clinical features; imaging; psoriatic skin disease; psoriatic nail disease; PsO treatment; PsA treatment; comorbidities; and outcome measures. They can be accessed by anyone from the GRAPPA website or by scanning the QR code in the Figure.¹

Additionally, we produced “Do Not Miss” (DNM) newsletters preceding the American College of Rheumatology (ACR) Convergence, American Academy of Dermatology (AAD) annual meeting, European Alliance of Associations for Rheumatology (EULAR) annual congress, and the European Academy of Dermatology and Venereology (EADV) congress. Each of these meetings were and will be followed by virtual congress highlights, which are attracting increasing numbers of participants.

Future endeavors encompass translating the slide library into different languages and initiating a new video project. The latter aims to increase visibility of the committees and running projects of GRAPPA and to intensify the connection between established GRAPPA members and Y-GRAPPIAns.

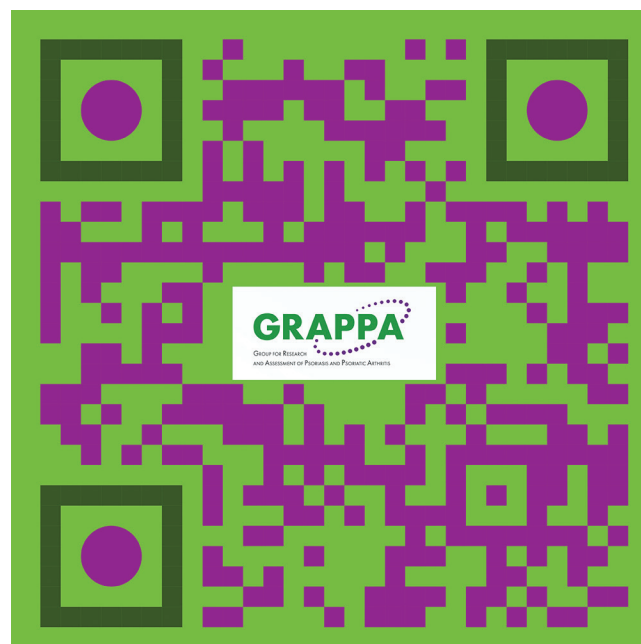


Figure 1. QR code to access the GRAPPA slide library. GRAPPA: Group for Research and Assessment of Psoriasis and Psoriatic Arthritis.

Governance

Leader: David Simon (Rheumatologist, Germany)

Within the last year, the multidisciplinary governance subgroup of Y-GRAPPA has made significant progress toward creating a Y-GRAPPA committee charter and establishing an organizational base that meets the requirements and focus of GRAPPA (eg, enhancing the sharing of information regarding PsO and PsA, while fostering collaboration among diverse medical specialties engaged in managing these conditions and advancing research, diagnosis, and treatment methods).

Networking

Leader: Arani Vivekanantham (Rheumatologist, UK)

The networking subgroup hosted mentor-mentee meetings (MMM) with Prof. Laura Coates in September 2022 and Prof. Joseph Merola in December 2022.² It was great for the Y-GRAPPIAns to meet them in person at the GRAPPA 2023 annual meeting in Dublin, Ireland, and not only learn from their scientific presentations but also continue the discussions from the MMMs. The Y-GRAPPA networking event at the annual meeting also gave fellow Y-GRAPPIAns an opportunity to connect face-to-face and build collaborations for the future. The networking subgroup is in the process of finalizing plans for the next MMM in 2024 and plan to have more Y-GRAPPA networking events at the GRAPPA 2024 annual meeting.

Newsletter

Leader: Hanna Johnsson (Rheumatologist, UK)

The newsletter group has grown to 6 active members and our biggest task has been to put together the newsletter following the GRAPPA annual meeting and trainee symposium. Our Y-GRAPPA newsletter in March 2023 highlighted the education, website, and social media groups, and encouraged

Y-GRAPPiAns to become involved with the different GRAPPA subgroups. We have also collaborated with the education committee to produce the DNM newsletters.

Going forward, we plan to distribute 4 Y-GRAPPA newsletters per year. They will highlight activities of other Y-GRAPPA groups, feature GRAPPA members, list conference dates and funding opportunities, and present new developments in PsDs.

Research

Leaders: Rachel Grynszpan (Dermatologist, Brazil) and Michelle Mulder (Rheumatologist, the Netherlands)

A primary objective of the Y-GRAPPA research subgroup is to involve Y-GRAPPA members in GRAPPA research initiatives. To this end, we have established a standard operating procedure for the selection process that governs the engagement of Y-GRAPPiAns in GRAPPA research projects. In line with this, we have nominated 2 Y-GRAPPiAns for participation in the GRAPPA outcome measurement project. More recently, we have initiated a new call to involve 2 Y-GRAPPiAns in an upcoming project focused on the early recognition of PsA in PsO, under the leadership of Dr. Denis Poddubnyy.

Moving forward, we plan to sustain our efforts in incorporating Y-GRAPPiAns into GRAPPA research undertakings. Additionally, we aim to facilitate and promote international research collaboration among Y-GRAPPA members.

Social media

Leader: Sebastián Herrera (Rheumatologist, Colombia)

In the last year, we have increased the activities of the social media group such that we now have a robust social media presence. There has been a continuous stream of social media posting from the group on LinkedIn, Instagram, X (formerly Twitter), and Facebook. This has allowed us to keep up-to-date information available to everyone, whether they be GRAPPA members or non-GRAPPA individuals who are interested in PsDs.

We also participated in the virtual highlights of both AAD 2023 annual meeting and EULAR 2023 and covered the

GRAPPA 2023 annual meeting and trainee symposium. The future aim is to continue and further extend these projects.

Last, we are collaborating with senior GRAPPA members in the newly released “Inside GRAPPA” podcast, where we aim to review and discuss the latest advances and controversies surrounding PsD.

Website

Leader: Roxana Coras (Rheumatologist, USA)

The website group put together Y-GRAPPA website content, which was published in early 2023 as part of the main GRAPPA website. The page offers general information about Y-GRAPPA and its subgroups, as well as instructions on how to become a member. One main purpose of the website is to spread information about PsD-related events (eg, GRAPPA meetings, conferences) among young clinicians and researchers with an interest in the field. We also upload the Y-GRAPPA and DNM newsletters to our website. We work to continually keep the website updated.

Conclusion

In the last 2 years, Y-GRAPPA has become an active and integral part of GRAPPA. We are excited about what the future holds for Y-GRAPPA and hope to continue expanding our group numbers and active projects in the coming months and years.

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