

relevant information in the management of patients with scleroderma-spectrum diseases.

Recently, an international survey on non-invasive techniques to assess the microcirculation performed under the aegis of members of the European League Against Rheumatism (EULAR) Study Group on Microcirculation in Rheumatic diseases (SG_MC/RD) showed that nailfold capillaroscopy was the one most used technique in both clinical and research settings by adult physicians and paediatric rheumatologists to assess patients with Raynaud's phenomenon.

A number of different instruments are available to perform the exam. They have different characteristics in terms of their cost, quality of images, magnifications, training period, portability, software for image analysis and storage.

Some of these instruments can be used both in clinical and research settings such as the stereomicroscope and the videocapillaroscope. The stereomicroscope allows the widefield visualization of the nailfold with low magnifications, the training is relatively short, but the examination is difficult to perform in patients with digital flexion contractures.

There appears to be consensus regarding the use of videocapillaroscopy that allows a detailed visualisation of capillary morphology using higher magnifications (100–300x). Contact probe with polarized light microscopy permits easier observation of the skin surface, and the training period is briefer. Specific softwares are available for images analysis, storage, and complete medical reports (text + images) can be produced.

By contrast, in a clinical setting, nailfold capillaries can generally be visualised using more simple but also efficient tools such as a dermatoscope, USB microscope, ophthalmoscope or smartphone device. The quality of images can be quite good, although the lower magnification means that some details are unlikely to be seen, and they often lack the possibility of image storage and measurement. In particular, the dermatoscope with magnification of the order of $\times 10$ is a small, inexpensive and easily portable piece of equipment that has been suggested to be comparable to videocapillaroscopy in routine clinical practice.

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SATURDAY, 17 JUNE 2017

Workshop: strengthening your organisation - how to manage volunteers

SP0172 MANAGING VOLUNTEERS- A UK PERSPECTIVE

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Volunteers are an integral part of any charity and it would be impossible to run a charitable organisation without the support of volunteers. Like paid staff they need to be trained, nurtured and rewarded but as volunteers they need to be handled in a very different way to employees.

People who volunteer do so for many different reasons and not always perhaps for the right reasons so managing volunteers takes great skill and diplomacy.

My talk will cover how to value volunteers, lessons we have learned from managing volunteers over many years as well as how to manage issues with volunteers and the lessons I've learned from my mistakes!

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SP0173 THE CHALLENGES OF A SMALL ORGANIZATION

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When a group of citizens establishes a non-profit and a non-government organisation in our country, those volunteers are carried by great enthusiasm. At the beginning when founding an NGO the main problems are lack of experience and financial resources. Those deficiencies can be overcome by some other qualities such as the personal competencies of volunteers.

As NGOs are seen by the public rather critically in our country, our organization had to face several additional challenges. In my presentation I will illustrate the following aspects: the non-attractiveness of NGOs for volunteers, the lack of awareness how volunteering is important for a society, the lack of knowledge how to attract volunteers and how to manage them, the lack of knowledge how to define the volunteers' positions and how to monitor their work, the lack of their systemic, continuing education and the lack of rewards, recognition and appreciation to acknowledge the most dedicated volunteers.

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SP0174 WAYS OF SUPPORTING VOLUNTEERS

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The promotion of volunteer workers is an indispensable part of the human resources policy of self-help organizations and requires specific concepts. Using

the example of the rheumatism league Baden-Württemberg -an organization with 65,000 members, 3,000 volunteers and 10 fulltime employees- there will be shown best-practice examples.

A successful concept covers the areas of recruitment, training, support and integration.

The support of volunteers should include four key areas:

1. Transfer of knowledge and professional competences
2. Individual support for personal development
3. Promotion of teamwork and social skills
4. Framework conditions (insurance cover, reimbursement of expenses)

The implementation of these requirements should be carried out by specifically trained volunteer managers on the basis of a strong and motivating personal relationship.

This strategy can be seen as a precondition for establishing a long-term relationship of the volunteer with the association, a successful local work, satisfied members and volunteers who perceive their work as satisfying and fulfilling.

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SATURDAY, 17 JUNE 2017

WIN & HOT session

SP0175 WHAT IS NEW IN JUVENILE IDIOPATHIC ARTHRITIS

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Juvenile Idiopathic Arthritis comprises 7 subcategories. As the insights in pathogenesis progress so does the need for reclassification that is based more on biology than on clinical phenotypes. After a series of clinical trials for new biologicals, now trials are started that test specific treatment strategies such as treat to target and step down studies. Especially rapid induction of remission is currently a major aim, followed by biomarker guided tapering of medication.

The expanding number of potential biomarkers forms the basis for the creation of personalized medicine, a strategy aimed at providing individualized medication choices. Since most pediatric rheumatic conditions are rare, international collaboration is vital. The recently created European Reference Networks (ERN) will prove instrumental here.

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Systemic sclerosis

SP0176 TARGETING VASCULOPATHY FROM THE BEGINNING

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In systemic sclerosis (SSc), the natural history of microvascular damage progresses from capillary dilation to capillary loss and reactive angiogenesis, as detectable by nailfold videocapillaroscopy (NVC) [1]. The process is systemic and determines multiple clinical manifestations, from the early appearance of Raynaud's phenomenon, through formation of digital ulcers (DUs), until severe organ involvement, impairing patient's quality of life or leading to main death causes, including interstitial lung disease and pulmonary arterial hypertension (PAH), heart involvement, scleroderma renal crisis [2,3]. Although microvascular and macrovascular abnormalities frequently coexist in disease such as diabetes mellitus and other vascular diseases, the possible association between microvascular failure and macrovasculopathy in SSc patients has not been deeply investigated. However, significant correlations seem to exist between increased Intima-Media Thickness (IMT) of peripheral small-caliber arteries (macrocirculation) and altered peripheral BP (LASCA) at the level of hand microvessels (microcirculation) in SSc patients.

In addition, significant capillary loss, observed at NVC, is peculiar of the "Late" scleroderma pattern of microangiopathy and is mainly preceded by progressive capillary enlargement, microhemorrhages and their collapse, leading to presence of large avascular areas [4]. The importance of capillary loss was already demonstrated by a simple and reliable prognostic index, capable to predict digital trophic lesion development in SSc-related microvascular disease, when evaluated as part of the semi-quantitative NVC scoring [5]. Moreover, microvascular function and its alterations in SSc, can be reliably assessed by laser-doppler flowmetry (LDF) and laser speckled contrast analysis (LASCA), evaluating blood perfusion at fingertips or at larger body areas [6–9].

The most frequently used drugs for treatment of complications in SSc patients, approved with evidence grade Ia, are vasoactive drugs. In particular, for severe