

Thinking of Rheumatology?

Rheumatology is the management of arthritis and other rheumatic diseases.

Rheumatologists are specialist physicians with particular expertise in the diagnosis and holistic management of rheumatic diseases such as arthritis, autoimmune connective tissue disease, systemic inflammatory diseases such as vasculitis, spinal and soft tissue disorders, certain metabolic bone disorders, and chronic musculoskeletal pain syndromes.

Overview of Rheumatology

Rheumatologists deal mainly with clinical problems involving joints, soft tissues, autoimmune diseases, vasculitis, and heritable connective tissue disorders.

Many of these diseases are now known to be disorders of the immune system. Rheumatology is increasingly the study of immunology.

Specialty training

Physician training is undertaken through the Royal Australasian College of Physicians (RACP) and consists of:

- a minimum of 36 months of Adult Medicine or Paediatric and Child Health Basic Training followed by
- a minimum of 36 months of Advanced Training in Rheumatology.

Trainees may apply to enter the Advanced Training programme if they:

- have completed Adult Medicine or Paediatric and Child Health Basic Training programme
- have successfully completed the RACP Clinical and Written Examinations
- hold current medical registration and
- secured an accredited training position.

All advanced training occurs in supervised clinical placements within RACP accredited sites.

Over the course of the training programme, all trainees must carry out a variety of teaching and learning activities, assessments and other programme requirements in consultation with their supervisors.

The Advanced Training programme can be completed in Australia and New Zealand and trainees may complete more than one Advanced Training programme at a time.

Please note: Advanced Training in Paediatrics Rheumatology is currently only offered in Australia.

It is likely that you need to complete placements in multiple DHBs whilst completing vocational training.

Personal qualities required to be a Rheumatologist

- fostering of a patient-centred approach to health care
- maintenance of a balanced and broad perspective on health care delivery
- preparedness to learn and adopt new and validated approaches to diagnosis and management, despite logistical difficulties, and to change work practices when appropriate
- willingness to reflect on, and learn from, mistakes
- preparedness to change management plans
- tolerance of uncertainty
- ability to cope with unexpected disappointments, equanimity, resiliency and calmness in the face of challenging clinical demands
- desire to contribute to improvements in the health system
- desire to foster clinical practice, research and teaching in general internal medicine
- preparedness to acknowledge doubt and uncertainty in clinical practice.

Specialty Training Programme Information

Medical College

[Royal Australasian College of Physicians \(RACP\)](#)

Fellowship/Qualification

Fellowship of the Royal Australasian College of Physicians (FRACP)

Application and Selection process

Application/selection [Basic training](#)

Application/selection [Advanced Training in Rheumatology](#)

Contact details New Zealand: Rheumatology@racp.org.nz

To find out more about physicians/paediatricians and other specialty areas, [click here](#). This also provides a useful Q&A section.

Resident Medical Officer (RMO) Information

Demand for vocational training posts is currently not available

RMO training registrar positions contracted

Northern	Midland	Central	South Island	Total
4	0	0	0	4

(September 2016 RMO census)

Regions

Northern:

Northland, Waitemata, Auckland, Counties Manukau DHBs

Midland:

Lakes, Tairāwhiti, Bay of Plenty, Waikato, Taranaki DHBs

Central:

Hawke's Bay, Wanganui, MidCentral, Wairarapa, Capital and Coast, Hutt Valley DHBs

South Island:

Nelson Marlborough, Canterbury, South Canterbury, Southern, West Coast DHBs

Senior Medical Officer (SMO) Information

Year	Number of NZ New Fellows
2015	NOT AVAILABLE
2014	NOT AVAILABLE

Average Age of SMOs*	Number registered with the Medical Council *	% of international medical graduates in the workforce*
51	1024	42

Number by Region (September 2016 SMO census)

Northern		Midland		Central		South Island		Total	
FTE	Headcount	FTE	Headcount	FTE	Headcount	FTE	Headcount	FTE	Headcount
8.1	10	3.6	4	3.9	8	3.4	6	19	28

*The number is not separately available but included in the total registered in Internal Medicine.