

PERSONAL INFORMATION **Jolanta Grygielska**WORK EXPERIENCE

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- September 2004- Present **specialist of health promotion**  
National Institute of Geriatrics, Rheumatology and Rehabilitation (Poland)
- October 1984-October 2004 **teacher**  
Complex of Post-secondary Schools (Poland)
- October 1981-October 1984 **doctorant**  
Warsaw School of Economics (Poland)
- October 1978-October 1981 **referent**  
Polish Travel Bureau (Poland)

EDUCATION AND TRAINING

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- October 1974-October 1978 **Master degree in economics**  
Warsaw School of Economics (Poland)  
specialisation: labour economics and social politics
- October 1982-September 1984 **teacher**  
Warsaw School of Economics (Poland)
- October 1981-September 1982 **post-diploma course of economics of tourism**  
Warsaw School of Economics (Poland)
- April 2000-April 2000 **trainer of programme**  
Arthritis Care (United Kingdom)  
course on the basis of programme "Challenging arthritis" by profs Kate Lorig and James Fries from Stanford University in USA
- June 2010-June 2010 **Health Technical Assessment**  
London School of Economics and EFNA (Poland)  
Patients participation in HTA process

ADDITIONAL INFORMATION

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- Expertise** I am a Patient Representative with experiences in rheumatology
- Publications** Moskalewicz B, Grygielska J. EULAR PARE: Knowledge Transfer Programme. Reumatologia. 2020;58(2):123-125. doi: 10.5114/reum.2020.95367. Epub 2020 Apr 30. PMID: 32476686; PMCID:

PMC7249521.

Grygielska J, Raciborski F, Kak A, Owoc J. The impact of nutrition and generally available products such as nicotine and alcohol on rheumatoid arthritis review of the literature.

Reumatologia/Rheumatology. 2018;56(2):121-127. doi:10.5114/reum.2018.75524.

Grygielska J, Kak A, Raciborski F, Maczak M. Nutrition and quality of life referring to physical abilities a comparative analysis of a questionnaire study of patients with rheumatoid arthritis and osteoarthritis. Reumatologia/Rheumatology. 2017;55(5):222-229. doi:10.5114/reum.2017.71629.

Raciborski, F., Kak, A., Kwiatkowska, B., Batko, B., Sochocka-Bykowska, M., Zo-Giebel, A., Gola, Z., Guzera, Z., Maliska, M., Grygielska, J., Maczak, M., Ostrowska, S., and Samel-Kowalik, P.

(2017). Diagnostic delays in rheumatic diseases with associated arthritis.

Reumatologia/Rheumatology, 55(4), pp.169-176. <https://doi.org/10.5114/reum.2017.69777>

Dylematy osób cierpiących na zapalne choroby reumatyczne

Dilemmas of persons with inflammatory rheumatic diseases

Jolanta Grygielska

Reumatologia 2016; 54/3 (Supl. 2): 7

Delays in Diagnosing of Patients with Rheumatic Diseases in Poland

J. Grygielska, P. Samel-Kowalik, A. Kak, M. Maczak, F. Raciborski

Ann Rheum Dis 2016;75:Suppl 2 1294

Komunikacja lekarzpacjent. Wspólne podejmowanie decyzji terapeutycznych

Doctorpatient communication. Common therapeutic decision making

Jolanta Grygielska

Reumatol Geriatr Rehabil 2015; 1 (1): 7680

Current nutritional status of patients with rheumatic diseases in the population of Poland

Anna Kak, Jacek Borowicz, Magorzata Maczak, Jolanta Grygielska, Piotr Samel-Kowalik, Filip Raciborski

Reumatologia 2015; 53, 1: 2633

Nutrition and Quality of Life a Comparative Analysis of Patients with Rheumatoid Arthritis and Osteoarthritis

J. Grygielska, J. Borowicz, M. Manczak, A. Klak, P. Samel-Kowalik, F. Raciborski

Ann Rheum Dis 2015;74:Suppl 2 1353

Between volunteer and professional activities a Swiss example of practice for health promotion in rheumatic diseases

Boena Moskalewicz, Jolanta Grygielska, Waleria Widera

Reumatologia 2015; 53, 2: 111114

Thursday Meetings with Rheumatology - Initiative of Institute of Rheumatology for Patients

J. Grygielska, E. Lisowska, F. Raciborski

Ann Rheum Dis 2014;73:Suppl 2 1244

Youtube Videoguides for People with Rheumatic Diseases

J. Grygielska, P. Samel-Kowalik, J. Komolka, F. Raciborski

Ann Rheum Dis 2014;73:Suppl 2 106-107

Wpływ reumatoidalnego zapalenia stawów na kondycję ekonomiczną gospodarstw domowych w Polsce

The impact of rheumatoid arthritis on the economic situation of Polish households

Jolanta Grygielska

Reumatologia 2013; 51, 5: 348-354

Move to improve physical activities among inhabitants of WARSAW

J. Grygielska

Ann Rheum Dis 2013;71:Suppl 3 769

Time to diagnosis and quality of life people with diagnosed rheumatoid arthritis in Poland

J. Grygielska

Ann Rheum Dis 2013;71:Suppl 3 137

Eating habits among participants of health promoting events

J. Grygielska

Ann Rheum Dis 2013;72:Suppl 3 A1117

Zwizki intymne chorych reumatycznych w opinii profesjonalistów zdrowia, chorych i ich partnerów  
Intimacy of people with rheumatic diseases in the opinion of health professionals, patients and their partners

Boena Moskalewicz, Jolanta Grygielska, Magorzata Maczak

Reumatologia 2010; 48, 5: 330336

O multidyscyplinarnych perspektyw wobec przewlekłych chorób reumatycznych

A multidisciplinary approach towards chronic rheumatic diseases

Jolanta Grygielska, Boena Moskalewicz

Reumatologia 2010; 48, 2: 7380

Ocena wybranych dziedzin życia w chorobach reumatycznych analiza porównawcza badań ankietowych

Jolanta Grygielska

Reumatologia 2008; 46, 4: 230234

Lobbying organizacji chorych wśród polskich europarlamentarzystów

Jolanta Grygielska

Reumatologia 2007; 45/1 (supl. 1): s. 46 -49

Intymne zwizki i choroby reumatyczne

Boena Moskalewicz, Jolanta Grygielska

W: O seksualności osób niepełnosprawnych. Red. A. Ostrowska, Instytut Rozwoju Sub Spoecznych, Warszawa 2007; 131-140

Sexuality and intimacy in rheumatic diseases new look at rheumatic person

Moskalewicz, B.; Grygielska, J.

Ann Rheum Dis 2007; 66 : Suppl 2 673-674

School of life with rheumatism - Experiences from first edition of project

Grygielska, J.

Ann Rheum Dis 2007; 66 : Suppl 2 674-674

Zrozumie chorego warunek powodzenia procesu leczenia

Grygielska J

Magazyn Pielgniarki i Poonej 2006; 10: 18-9

Partnerska współpraca w walce z chorobami reumatycznymi

Moskalewicz B, Grygielska J, Wierkocka K.

Zdrowie Publiczne 2006; 116: 206-9

Costs of rheumatic diseases - Pilot study in Poland

Grygielska, J.

Ann Rheum Dis 2006; 65 : Suppl 2 678-679

World arthritis day - Activities around 12 October 2006

Johnstone, R. A.; Betteridge, N.; Canadello, S.; Faubel, U.; Grygielska, J.; Hudomalj, M.; Maeder, J.;

Magnusson, D.; De Wit, M.

Ann Rheum Dis 2006; 65 : Suppl 2 679-679

Campaigning in Poland for European declaration on rheumatic diseases

Grygielska, J.

Ann Rheum Dis 2006; 65 : Suppl 2 685-685

Partnership in research in Poland

Grygielska, J.

Ann Rheum Dis 2005; 64 : Suppl 3 607-607

PARE manifesto and EULAR social leagues raise the profile of arthritis/rheumatism amongst Brussels' policy makers and key stakeholders

Johnstone, R; Betteridge, N; Canadello, S; Dalvit, G; Euller-Ziegler, L; Faubel, U; Grygielska, J; Hudomalj, M; Oehrsvik, L

Hudomalj, M; Oehrsvik, L

Ann Rheum Dis 2005; 64 : Suppl 3 607-607

Education and quality of life in rheumatic diseases (example from Poland)

Grygielska, J.

Ann Rheum Dis 2004; 63 : Suppl 1 564-564

Aktywizacja społeczna osób z chorobami reumatycznymi

Lidia Rutkowska Sak, Boena Moskalewicz, Jolanta Grygielska

Annales Universitatis Mariae Curie Skłodowska, Lublin, Vol. LIX, Sygn. XIV 588, Sectio D, 2004

Social and economic situation of rheumatic people in Poland

Grygielska, J.

Ann Rheum Dis 2003; 62 : Suppl 1 561-561

## Projects

### Memberships

European Leagues against Rheumatism (EULAR) Congresses participation with presentations: Stockholm 2002 oral presentation: Grass roots initiatives in Poland (role of social leagues in providing "patient education")

Berlin 2004 poster presentation: Education and quality of life in rheumatic diseases (example from Poland)

Vienna.2005 poster presentation: Partnership in research in Poland, prezentacja ustna: PARE manifesto and EULAR social leagues raise the profile of arthritis/rheumatism amongst Brussels' policy makers and key stakeholders (co-author)

Amsterdam2006 oral presentation: World arthritis day - Activities around 12 October 2006 (co-author), prezentacja plakatu: Campaigning in Poland for European declaration on rheumatic diseases

Barcelona 2007 poster presentations: School of life with rheumatism - Experiences from first edition of project, Sexuality and intimacy in rheumatic diseases new look at rheumatic person (co-author)

Copenhagen 2009 oral presentation: educational visit of Germany - organization of weekends for families with rheumatic children

Roma 2010 poster presentation: How work is important for people? impression after WAD survey between Warsaw inhabitants

London 2011 oral presentation: Cost of illness - socio-economic situation of people with RA in Poland, prezentacja ustna: Two perspectives on sexual relations of people with rheumatic diseases and their partners (współautor)

Madrid 2013 poster presentation: Move to improve physical activities among inhabitants of Warsaw

Paris 2014 oral presentation: Youtube Videoguides for People with Rheumatic Diseases, poster presentation: Thursday Meetings with Rheumatology - Initiative of Institute of Rheumatology for Patients

Roma 2015 abstract publication: Nutrition and Quality of Life a Comparative Analysis of Patients with Rheumatoid Arthritis and Osteoarthritis

London 2016 poster presentation and poster tour: Delays in Diagnosing of Patients with Rheumatic Diseases in Poland

Amsterdam 2018 - Sources of Information And Knowledge about Rheumatic Diseases among People with Rheumatic Diseases in Poland and in other European Countries - poster presentation  
Virtual presentation 2020 - poster presentation: T. Sobierajski, J. Grygielska, E. Godlewska. Don't give up - life with rheumatoid arthritis from patients perspective

### Other Relevant Information

From mid nineties involved in activities of organizations of people with rheumatic diseases. Today a president of Polish Rheuma Federation 'REF', a president of National Board of Association of People with Rheumatism and their Friends, chair of Audit Commission of Polish Disability Forum PARE Manifesto Steering Group member (2003 - 2009), EULAR PARE Board member (2012 - 2016), chair of Stene Prize jury (2013 - 2014) - European prize for an essay about personal experiences living with rheumatic disease

From 2020 member of Council of Patients Organizations to Minister of Patient Rights