

**PERSONAL INFORMATION** **Juana de la Torre Aboki****WORK EXPERIENCE**

- October 2021- Present **DERMATOLOGY NURSE SPECIALIST**  
ALICANTE GENERAL AND UNIVERSITY HOSPITAL (Spain)  
Responsible of the management of patients with dermatology inflammatory disease with biologic therapies treatments.
- January 2000- Present **RHEUMATOLOGY NURSE SPECIALIST**  
ALICANTE GENERAL AND UNIVERSITY HOSPITAL (Spain)  
Responsible of the rheumatology day hospital nurse led clinic for the management of patients with rheumatic disease with the following roles:- assessing and monitoring diseases activity, cardiovascular risk, drug adverse events and organizing individual patient education programs.- telephone helpline for follow-up

**EDUCATION AND TRAINING**

- January 1996-June 1999 **REGISTERED NURSE**  
ALICANTE UNIVERSITY (Spain)
- January 2001-July 2002 **BACHELOR OF NURSING**  
HOGESCHOOL ZEELAND UNIVERSITY (Netherlands)
- January 1999-June 2001 **MASTER IN NURSING SCIENCE**  
ALICANTE UNIVERSITY (Spain)
- May 2007-May 2009 **RHEUMATOLOGY NURSING POSTGRADUATE DIPLOMA**  
KEELE UNIVERSITY (United Kingdom)
- January 2018-October 2018 **PhD IN NURSING SCIENCE**  
ALICANTE UNIVERSITY (Spain)

**ADDITIONAL INFORMATION**

**Expertise** RHEUMATOLOGY  
DERMATOLOGY  
NURSE LED CLINIC  
COST-EFFECTIVENESS IN NURSING INTERVENTIONS  
PATIENT EDUCATION  
CARDIOVASCULAR RISK MANAGEMENT  
DRUG MONITORING  
NURSING RESEARCH

**Publications** - EULAR recommendations for the non-pharmacological core management of hip and knee osteoarthritis. Fernandes L, Hagen KB, Bijlsma JW, Andreassen O, Christensen P, Conaghan PG, Doherty M, Geenen R, Hammond A, Kjekken I, Lohmander LS, Lund H, Mallen CD, Nava T, Oliver S, Pavelka K, Pitsillidou I, da Silva JA, de la Torre J, Zanolli G, Vliet Vlieland TP. Ann Rheum Dis. 2013 Jul;72(7):1125-35 (Factor Impacto: 9.111 )

- Dissemination and evaluation of the European League Against Rheumatism recommendations for the role of the nurse in the management of chronic inflammatory arthritis: results of a multinational survey among nurses, rheumatologist and patients. van Eijk-Hustings Y, Ndosi M, Buss b, Fayet F,

Moretti A, Ryan S, Savel C, Scholte-Voshaar M, de la Torre-Aboki J, van Tubergen A. *Rheumatology (Oxford)*. 2014;53(8):1491-6 (Factor Impacto: 4.212)

- La contribucion de la enfermera de Practica Avanzada como respuesta a las necesidades cambiantes de salud de la poblacion. Goodman C, Morales-Asencio JM, de la Torre-Aboki J. *Metas de Enfermeria nov* 2013;16(9):20-25
- Validation of the educational needs assessment tool as a generic instrument for rheumatic diseases in seven European countries. Ndosi, M., Bremander, A., Hamnes, B., Horton, M., Kukkurainen, M.L., Machado, P., Marques, A., Meesters, J., Stamm, T.A., Tennant, A., de la Torre-Aboki, J., Vliet Vlieland, T.P.M., Zangi, H.A. & Hill, J. (2014) *Annals of the Rheumatic Diseases*, 73(12), 2122-2129. doi: 10.1136/annrheumdis-2013-203461 (Factor Impacto: 4.212)
- Randomized clinical trials as reflexive-interpretative process in patients with rheumatoid arthritis: a qualitative study. de Jorge M, Parra S, de la Torre-Aboki J, Herrero-Beaumont G. *Rheumatol Int*. 2015;35(8):1423-30.
- La consulta de enfermeria en reumatologia: nuevos roles ante nuevos escenarios (Editorial). Garcia Diaz S, de la Torre Aboki J. *Revista Rol de Enfermeria* 2018, 41, 3: 7.
- Recomendaciones EULAR de educacion para el paciente con patologia reumatica inflamatoria. De la Torre Aboki J. *Rev. Sociedad Val. Reuma*. 2018, 7, 3:35-36.
- 2018 Update of the EULAR recommendations for the role of the nurse in the management of chronic inflammatory arthritis. Bech B, Primdahl J, van Tubergen A, Voshaar M, Zangi HA, Barbosa L, Bostrom C, Boteva B, Carubbi F, Fayet F, Ferreira RJO, Hoepfer K, Kocher A, Kukkurainen ML, Lion V, Minnock P, Moretti A, Ndosi M, Pavic Nikolic M, Schirmer M, Smucrova H, de la Torre-Aboki J, Waite-Jones J, van Eijk-Hustings Y. *Ann Rheum Dis*. 2020;79:61-68 (Factor de Impacto: 14.299).
- 2019 EULAR points to consider for non-physician health professionals to prevent and manage fragility fractures in adults 50 years or older. Jo Adams, Nicky Wilson, Emalie Hurkmans, Margot Bakkers, Petra Balazova, Mark Baxter, AnneBirgitteBlavnsfeldt, Karine Briot, Catharina Chiari, Cyrus Cooper, RazvanGabriel Dragoi, Gabriele Gabler, WillemLems, Erika Mosor, Sandra Pais, Cornelia Simon, Paul Studenic, Simon Tilley, Jenny de la Torre-Aboki, Tanja A Stamm. *Ann Rheum Dis*. 2021 Jan; 80(1): 57-64. Published online 2020 Apr 24. doi: 10.1136/annrheumdis-2020-216931 (Factor de Impacto: 14.299).
- Prevention and management of osteoporotic fractures by non-physician health professionals: a systematic literature review to inform EULAR points to consider. Wilson N, Hurkmans E, Adams J, Bakkers M, Balazova P, Baxter M, Blavnsfeldt AB, Briot K, Chiari C, Cooper C, Dragoi R, Gabler G, Lems W, Mosor E, Pais S, Simon C, Studenic P, Tilley S, de la Torre J, Stamm TA. *RMD Open*. 2020 Jan;6(1). pii: e001143. doi: 10.1136/rmdopen-2019-001143.
- Declaracion de posicionamiento sobre el uso del metotrexato parenteral por parte de enfermeras de Atencion Primaria. de la Torre-Aboki J, Martinez Alberola N, Martinez Alcolea MN, Barranco Oliver L, Sivera F, Andreu JL. *RIdEC* 2020;13(2):16-23.
- A 12-point recommendation framework to support advancement of the multidisciplinary care of psoriatic arthritis: A call to action. Jordi Gratacos, Frank Behrens, Laura C. Coates, Ennio Lubrano, Diamant Thaci, Christine Bundy, Jenny de la Torre-Aboki, Jesus Luelmo, Hanneke Voorneveld, Pascal Richette. *Joint Bone Spine*. 2021;88(3), May 2021, 105175. ISSN 1297-319X.
- Efficacy and safety of intra-articular therapies in rheumatic and musculoskeletal diseases: an overview of systematic reviews. Sebastian Cruz Rodriguez-Garcia, Raul Castellanos-Moreira, Jacqueline Uson, Esperanza Naredo, Terence W O'Neill, Michael Doherty, Mikael Boesen, Hemant Pandit, Ingrid Moller Parera, Valentina Vardanyan, Lene Terslev, Will Uwe Kampen, Maria Antonieta D'Agostino, Francis Berenbaum, Elena Nikiphorou, Irene Pitsillidou, Jenny de la Torre-Aboki, Loreto Carmona. *RMD Open*. 2021; 7(2): e001658. Published online 2021 Jun 8. doi: 10.1136/rmdopen-2021-001658
- EULAR recommendations for intra-articular therapies. Uson J, Rodriguez-Garcia SC, Castellanos-Moreira R, O'Neill TW, Doherty M, Boesen M, Pandit H, Moller-Parera I, Vardanyan V, Terslev L, Kampen WU, D'Agostino MA, Berenbaum F, Nikiphorou E, Pitsillidou IA, de la Torre-Aboki J, Carmona L, Naredo E. *Annals of the Rheumatic Diseases* 2021;80:1299-1305.
- Intra-articular therapies: patient preferences and professional practices in European countries. de la Torre-Aboki, J., Uson, J., Pitsillidou, I. Vardanyan V, Nikiphorou E, Rodriguez-Garcia S, Castellanos-Moreira R, Pandit H, O'Neill TW, Doherty M, Boesen M, Moller I, Terslev L, D'Agostino MA, Uwe Kampen W, Berenbaum F, Naredo E, Carmona L. *Rheumatol Int* (2021). <https://doi.org/10.1007/s00296-021-05045-5>

#### PARTICIPATION IN CLINICAL GUIDELINES.

- Expert taskforce member of the ESPOGUIA: Enfermería y atención al paciente con Espondilitis Anquilosante. Grupo ESPOGUIA. Guía de Práctica Clínica para el manejo de la Espondilitis Anquilosante en España. Sociedad Española de Reumatología. Madrid, 2010. Accesible en: [http://www.ser.es/Contenidos\\_PracticaClinica/Guias\\_Practica\\_Clinica.html](http://www.ser.es/Contenidos_PracticaClinica/Guias_Practica_Clinica.html)
- Expert taskforce member of the GUIPCAR: Consulta de Enfermería. Grupo GUIPCAR. Guía de Práctica Clínica para el manejo de la Artritis Reumatoide en España. Sociedad Española de Reumatología. Madrid, 2007. Accesible en: [http://www.ser.es/Contenidos\\_PracticaClinica/Guias\\_Practica\\_Clinica.html](http://www.ser.es/Contenidos_PracticaClinica/Guias_Practica_Clinica.html)
- Expert taskforce member of GUIPCLINGOT 2013: Vision de la Enfermería. Plan de educación al paciente. Sociedad Española de Reumatología. Madrid 2013. Accesible en: <http://www.ser.es/practicaClinica/GuipClinGot/>

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#### BOOK'S CHAPTERS.

- La atención por Enfermería del paciente reumático. En: Bases teórico-prácticas de Reumatología para Enfermería. Contenidos del III Curso de Reumatología para Enfermería. Sanmarti R, Kanterewicz E (Editores). Madrid. 2010.
- Propuesta de contenidos de una Consulta de Enfermería en Reumatología. Avanzando hacia una cartera de servicio. Grupo de Enfermería de la Sociedad Valenciana de Reumatología (GESVR) Ed: CECOVA. Octubre 2013.
- Roles of the Rheumatology Nurse. In: Core Curriculum for Rheumatology Nursing (First Edition). Carter SC, Resk CP, Ruffing V, Hicks D (Editors). Rheumatology Nurses Society. Greenville, 2015.
- Introducción del libro Guía de Enfermería Reumatológica GEMINIS. (Co-autora junto a Laura Cano García y Silvia García Díaz). En: Guía de Enfermería Reumatológica GEMINIS. Coordinado por Laura Cano García, Jenny de la Torre-Aboki, Silvia García Díaz. Ed: Pulso ediciones S.L. Barcelona, 2019.
- La consulta de Enfermería en la atención de pacientes con patología reumática inflamatoria. (Co-autora junto a Marta Redondo Delgado). En: Guía de Enfermería Reumatológica GEMINIS. Coordinado por Laura Cano García, Jenny de la Torre-Aboki, Silvia García Díaz. Ed: Pulso ediciones S.L. Barcelona, 2019.
- Consulta de Enfermería en pacientes con terapia anti-TNF: Dispositivos. (Co-autora junto a Laura Cano García y Silvia García Díaz). En: Guía de Enfermería Reumatológica GEMINIS. Coordinado por Laura Cano García, Jenny de la Torre-Aboki, Silvia García Díaz. Ed: Pulso ediciones S.L. Barcelona, 2019.

#### BOOK AS PRINCIPAL AUTHOR.

- CUIDADOS AL PACIENTE CON ALTERACIONES REUMATICAS Y MUSCULOESQUELETICAS. Editorial: Difusion Avances de Enfermería (DAE, SL). Madrid, 2018. ISBN: 978-84-949391-0-5

Available in:

<https://tienda.enfermeria21.com/e-books/libro-digital-cuidados-al-paciente-con-alteraciones-reumaticas-y-musculo esqueleticas>

#### BOOK AS CO-AUTHOR:

- GUIA DE ENFERMERIA REUMATOLOGICA GEMINIS. Ed: Pulso Ediciones S.L. Barcelona, 2019. ISBN: 978-84-86671-95-2

#### Projects

##### Memberships

- Member of SER ([www.ser.es](http://www.ser.es)) -Spanish Rheumatology Society-
- Member of OPENREUMA ([www.openreuma.es](http://www.openreuma.es)) -Spanish Society of allied health professionals in rheumatology-
- Active participation in EULAR ([www.eular.org](http://www.eular.org)). Member of the EULAR education subcommittee.
- Co-leader of the EULAR nurses research study group.

#### Other Relevant Information

##### PARTICIPATION AS AN EXPERT IN MULTIDISCIPLINARY TASKFORCE.

- Participation as an expert in the annual meetings organized by EULAR (European league against rheumatism) and held in the EUROPEAN PARLIAMENT:

- Chronic disease and health care delivery 2020: the challenges of rheumatic and musculoskeletal diseases. European Parliament, Brussels, 17 October 2013.
- Analysing how to reduce the access barriers to health care for people with chronic diseases in Europe. European Parliament and Thon Hotel EU. Brussels, 16 October 2014.
- Towards more integrated health care in Europe: strengthening patients' access to cross-border care and enhancing health professionals' mobility. Thon Hotel EU, Brussels, 13 October 2015.
- Reducing the burden of chronic diseases in the workplace: new policies for better working conditions and the retention of ill people at work. Thon Hotel EU, Brussels, 12 October 2016.
- Member of the group of experts EIP on AHA (European Innovation Partnership on Active and Healthy Ageing). Group B3: Integrated care. From 2012 until now.
- Psoriatic arthritis IDM multidisciplinary care advisory board. How can a multidisciplinary approach improves the standard of care in psoriatic arthritis? Municon conference center, Munich, Germany. 12th January 2018.
- Proyecto SROI-AR (Social Return On Investment in Rheumatoid Arthritis): Impacto clinico, asistencial, economico y social del abordaje ideal de la artritis reumatoide en comparacion con el abordaje actual. Madrid, 10th April 2018.

#### ORGANIZATION OF SCIENTIFIC PROGRAMMES AND MEETINGS.

- Organization of the EULAR Health Professional Networking Meeting. London, June 2011.
- Organization committee of the V GTER annual meeting held in Zaragoza 17th-18th May de 2012.
- Organization of the EULAR Health Professional Networking Meeting. Berlin, 6th June 2012.
- Responsible of the organization of EULAR Health Professional Networking Meeting. Madrid, 14 de Junio 2013.

#### PLACEMENTS IN FOREIGN COUNTRIES

- ACUMeN ( Academic and Clinical Unit for Musculoskeletal Nursing of the University of Leeds) and Leeds University. Leeds, UK. 13th September-10th October 2004.
- Robert Gordon University y Aberdeen Royal Infirmary, (ERASMUS Exchange Program). Aberdeen, UK, March- May 1999.
- Keele University (UK). From 2007-2009.

#### PARTICIPATION WITH PATIENTS ASSOCIATIONS.

- Speaker in the VI Jornada informativa sobre lupus y enfermedades reumaticas con la ponencia "Si estoy bien ¿me puedo dejar la medicacion?" Organizado por la Asociacion Valenciana de Afectados de lupus y la Liga Reumatologica de la Comunidad Valenciana. Alicante, 11th November 2017.
- CO-LEADER AND SCIENTIFIC COORDINATOR OF THE SELF-MANAGEMENT PROGRAMME "PACIENTE ACTIVO CON ARTRITIS REUMATOIDE". Online multidisciplinary self-management course for patients with rheumatoid arthritis. From 23.04.2018 until now.

#### FELLOWSHIPS

- Valencian Rheumatology Society training scholarship on biologic therapies management and monitoring. From January'00 til January'03.
- Carlos III Institute Fellowship "Intravenous biologic therapy: nursing monitoring effectiveness". Study number 03/10030. January'04-January'05.

#### OTHER ACTIVITIES:

- Co-Chairman in the session Gender issues in chronic rheumatic diseases from a multidisciplinary perspective. EULAR 2010 Rome. 16th June 2010.
- Co-Chairman in the session The role and challenges of patient-reported outcome measures in health care research. EULAR 2011 London. 26th May 2011.
- Jury of the Edgar Stene Prize 2011. How exercise improves my life with a rheumatic disease. EULAR Standing Committee of People with Arthritis/Rheumatism in Europe (PARE). London, June 2011.
- Jury of the Edgar Stene Prize 2012. Overcoming the challenges of getting around with a rheumatic or musculoskeletal disease. EULAR Standing Committee of People with Arthritis/Rheumatism in Europe (PARE). Berlin, June 2012.

