Scientific Programme

Friday, 01 November 2019

Poster presentations
08:00 - 17:00
Exhibition (Hall 3)

Exhibition & poster viewing

Around 70 exhibitors will be on hand to show you some of the latest products and services in the physiotherapy profession.
Also in the exhibition hall we will be displaying 250+ poster presentations. Details online from July.

Plenary session
09:00 - 10:30
Hall 1

Opening plenary & Founders' Lecture 2019

Take your seat for the start of the flagship event of the physiotherapy profession!
Chair: Alex MacKenzie (Chair of Council, Chartered Society of Physiotherapy)

Use it or lose it: the opportunity for physio in the evolving NHS
Richard Murray (Chief Executive, The King’s Fund) 09:00

Chartered Society of Physiotherapy Founders' Lecture 2019
Melrose Stewart (Previous Vice-President of CSP, University of Birmingham) 09:25

Managing complexity
11:00 - 12:30
Hall 1

Strength training & long-term conditions: Time to raise the bar?

Learning objective 1: To explore the strategic context for strength training in improving the health of individuals and populations.
Learning objective 2: To review evidence-based strategies for increasing muscle strength in a range of clinical populations.
Learning objective 3: To consider the practical application of this knowledge, including current challenges and future opportunities.

Chair: Anna Lowe (Physical Activity Champion at Public Health England, AHPs4PH, Sheffield, United Kingdom)

Strength training & long-term conditions: Time to raise the bar?
Tom Maden-Wilkinson (Sheffield Hallam University, Sheffield, United Kingdom) 11:00
Martin Lau (Arthritis Action, London, United Kingdom)
Rachel Young (Sheffield Neuro Physiotherapy, Sheffield, United Kingdom)
Chris Tuckett (The Princess Alexandra Hospital NHS Trust., Harlow, United Kingdom)
Scientific Programme

The next generation
11:00 - 12:30
Hall 8A

Advancing respiratory care for children/young people with complex medical needs

**Learning objective 1:** Understand the most important challenges facing respiratory physiotherapists working with children and young people with complex medical needs

**Learning objective 2:** Explored how NHS trusts, charities, respite centres and private practitioners around the UK are overcoming the challenges

**Learning objective 3:** Be aware of what research and other resources are available for paediatric respiratory physiotherapists working with this client group.

Chair: Rachel Evans (Birmingham Community Healthcare NHS Foundation Trust, Birmingham, United Kingdom)

Advancing respiratory care for children/young people with complex medical needs 11:00
Annika Shepherd (Coventry and Warwickshire Partnership Trust, Coventry, United Kingdom)
Naomi Winfield (University College London, London, United Kingdom)
Jemma Mears (Birmingham Women’s and Children’s Hospitals NHS Foundation Trust, Birmingham, United Kingdom)
Kath Ronchetti
Laura Lowndes
Esme Turner

Managing complexity
11:00 - 12:30
Hall 8B

Learning to manage complexity

**Learning objective 1:** Consider how pre-registration education can prepare student physiotherapists to manage individual and societal complexity in their caseload

**Learning objective 2:** Consider how post-registration experiential learning and CPD can support physiotherapists to develop their skills in managing individual and societal complexity in their caseload

**Learning objective 3:** Explore how clinical simulation teaching approaches within the physiotherapy curriculum can support students and physiotherapists to develop holistic biopsychosocial reasoning skills

Chair: Ben Ellis (Oxford Brookes University, Oxford, United Kingdom)

Learning to manage complexity 11:00
Matthew Low (Royal Bournemouth and Christchurch Foundation NHS Trust, Bournemouth, United Kingdom)
Kristin Curry Greenwood (Northeastern University, Boston, United States of America)
Robyn Stiger (Oxford Brookes University, Oxford, United Kingdom)
Janet Thomas (Physiotalk, Edinburgh, United Kingdom)
Scientific Programme

Fit for work
11:00 - 12:30

**Thinking of Working in Occupational Health (OH): The Essential Toolkit - Workshop**

**Learning objective 1:** Understand the importance of Occupational Health Physiotherapy  
**Learning objective 2:** Learn about Scope of Practice/Standards and Training Opportunities in OH Physiotherapy  
**Learning objective 3:** Realise the Job and Business Opportunities for Physiotherapists in OH

**Description:** This session aims to increase delegates awareness on the field of Occupational Health Physiotherapy. It will address the benefits of supporting patients and clients to work well and how this can be achieved in physiotherapy practice, across a variety of settings.

Innovation in rehabilitation
11:00 - 12:30

**(#ENGAGE) Enabling the next generation through activity, gaming & empowerment**

**Learning objective 1:** To challenge and explore current physiotherapy approaches for the management of children with long-term health conditions using the International classification of function, health and disability (ICF).  
**Learning objective 2:** To introduce the advances in using technology to encourage physical activity and exercise in children with disabilities.  
**Learning objective 3:** To demonstrate the influences and impact that paediatric physiotherapy can have on the lives of the next generation.

Chair: Amy Howells (APCP West Midlands Region, Stourbridge, United Kingdom)

**(#ENGAGE) Enabling the next generation through activity, gaming & empowerment**

Pauline Christmas (Birmingham Community Healthcare NHS Foundation Trust, Birmingham, United Kingdom)  
Marilyn Bradbury (Nee Poole) (Birmingham Community Healthcare NHS Foundation Trust, Birmingham, United Kingdom)  
Sheila Clayton (APCP West Midlands Region, Warwick, United Kingdom)

CSP
11:00 - 12:30

**Cognitive Behavioural Therapy (CBT) for Physiotherapists: introductory skills development**

This skills development session will introduce delegates to the Five Areas model for CBT assessment (Williams & Garland, 2002) and demonstrate how it can be used within treatments to address psychosocial obstacles to recovery and manage complexity. Within this session delegates will develop practical skills in low intensity CBT interventions to address clients' unhelpful thinking and promote behavioural activation.

At the end of this session participants should be able to:  
1. Define CBT and discuss its key features and purposes.  
2. Conduct a client assessment using the Five Areas CBT model.  
3. Implement a selection of low intensity CBT interventions.  
4. Demonstrate key active listening skills, e.g. attending, paraphrasing, summarising, empathic responding.

Chair: Heather Gray (Head of Department Physiotherapy & Paramedicine, Glasgow Caledonian University)
**Scientific Programme**

**Cognitive Behavioural Therapy (CBT) for Physiotherapists: introductory skills development**
Michelle Rutherford (Lecturer in Physiotherapy, Glasgow Caledonian University)
Shiv Shanmugam (Senior Lecturer)

11:00 - 12:30
Hall 11B

**Session 2: Peer-reviewed abstracts**

Hundreds of abstracts will be reviewed by our panel for Physiotherapy UK. Join us to see those selected for platform presentations during these sessions.

**CSP**

13:45 - 15:00
Hall 1

**FCP: First point, second point or no point at all?**

**Learning objective 1**: Consider the range of FCP models implemented across the UK and the contextual factors that impact on service outcomes;

**Learning objective 2**: Have a greater understanding of the key considerations in the design, implementation and delivery of FCP;

**Learning objective 3**: Gain insight into the national evaluation of the NHSE FCP pilot project.

Chair: Rob Stenner (Somerset Partnership NHS FT, Taunton, United Kingdom)

**FCP: First point, second point or no point at all?**
Annette Bishop (Keele University, Keele, United Kingdom)
Rob Goodwin (University of Nottingham, Nottingham, United Kingdom)
Nicola Walsh (UWE Bristol, Bristol, United Kingdom)

13:45 - 15:00
Hall 8A

**Session 3: Peer-reviewed abstracts**

Hundreds of abstracts will be reviewed by our panel for Physiotherapy UK. Join us to see those selected for platform presentations during these sessions.

13:45 - 15:00
Hall 8B

**Session 3: Peer-reviewed abstracts**

13:45 - 15:00
Hall 9

**Session 3: Peer-reviewed abstracts**
Scientific Programme

13:45 - 15:00
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Managing complexity
15:30 - 17:00
Hall 1

Rehabilitation for older people living with frailty across care settings

Learning objective 1: To present the different perspectives of frailty and of rehabilitation
Learning objective 2: To consider the issues around different models of care for managing the needs of older people living with frailty and their carers/families

Chair: Victoria Goodwin (University of Exeter, Exeter, United Kingdom)

Rehabilitation for older people living with frailty across care settings 15:30
Andrew Clegg (Bradford Teaching Hospitals NHS Foundation Trust, Bradford, United Kingdom)
Alison Cowley (University of Nottingham, Nottingham, United Kingdom)
Amanda Hensman-Crook (One Medical Group, Cumbria, United Kingdom)
Esther Clift (Southern Health NHS Foundation Trust, Southampton, United Kingdom)

The next generation
15:30 - 17:00
Hall 8A

The complex neurodevelopmental baby

Learning objective 1: How the brain tracks are rerouting
Learning objective 2: The results from a quality improvement project of following up these high risk babies in clinic.
Learning objective 3: Knowing about EiSMART and how to use it.

Chair: Jade Kant (Leeds Children's Hospital, Leeds Teaching Hospitals NHS Trust, Leeds, United Kingdom)
The complex neurodevelopmental baby  
Hilary Cruickshank (Edinburgh Royal Infirmary, Edinburgh, United Kingdom)  
Phillip Harniess (Great Ormond Street Hospital, London, United Kingdom)  
Tomoki Arichi (Clinician Scientist and Clinical Senior Lecturer, King’s College London)

Understanding & managing syndromic joint hypermobility in adults  
Learning objective 1: To identify the epidemiology, aetiology and clinical criteria for hypermobile Ehlers-Danlos Syndrome (hEDS) and Hypermobility Spectrum Disorders (HSD).

Learning objective 2: To recognise the impact of the conditions in terms of impairment, activity limitations and participation restrictions (including biomechanical, functional and psychosocial perspectives and the wider systemic effects that complicate management).

Learning objective 3: To appreciate the principles of physiotherapy and multidisciplinary management of these complex multi-systemic conditions.

Chair: Shea Palmer (University of the West of England, Bristol, United Kingdom)

Understanding & managing syndromic joint hypermobility in adults  
Caroline Alexander (Imperial College Healthcare NHS Trust, London, United Kingdom)  
Sarah Bennett (University of the West of England, Bristol, United Kingdom)  
Jane Simmonds (University College London, London, United Kingdom)

Supporting employees with long term conditions in the workplace  
Learning objective 1: To understand the prevalence of employees managing long term conditions in the workplace and the potential impact on work ability  

Learning objective 2: To understand the role of a Physiotherapist within the Vocational Rehabilitation (VR) process and the importance of a biopsychosocial approach  

Learning objective 3: Learn how to advise on suitable reasonable adjustments when supporting employees with long term conditions return to work

Chair: Nicola Suckley (ACPOHE/ Working To Wellbeing, Bury St Edmunds, United Kingdom)

Supporting employees with long term conditions in the workplace  
Karen Walker-Bone (Versus Arthritis /MRC centre for Musculoskeletal Health and Work, Southampton, United Kingdom)  
Christine Parker (VRA/ The University of Salford, Salford, United Kingdom)  
Devdeep Ahuja (Clinical Director, RTW Plus Ltd., London, United Kingdom)
Scientific Programme

Innovation in rehabilitation
15:30 - 17:00

Point of care diagnostic ultrasound: Innovations in physiotherapy care pathways

Learning objective 1: Attendees will gain insight into how diagnostic ultrasound can support the physiotherapy management of patients in established areas of diagnostic ultrasound practice such as musculoskeletal out-patients and rheumatology.
Learning objective 2: Attendees will gain insight into how diagnostic ultrasound can support the physiotherapy management of patients in developing areas of diagnostic ultrasound practice such as lung/respiratory care and pelvic health.
Learning objective 3: Upon completion of the session, attendees will be aware of the training routes and scope of practice for physiotherapists working in musculoskeletal out-patients, rheumatology, lung/respiratory care and pelvic health.

Chair: Mike Smith (Cardiff University, Cardiff, United Kingdom)

15:30 - 17:00

Peer-reviewed abstracts

CSP
15:30 - 17:00

FCP-Networking session

FCP is growing and so are the workforce challenges and opportunities. In this session, hear from a panel of FCP service leads and practitioners, from around the UK, on how they are responding to local workforce challenges such as recruitment, development and deployment. The session will also include facilitated table discussions to share learning and aid problem solving.

Chair: Sarah Withers (Head of FCP Implementation, Chartered Society of Physiotherapy)

17:00 - 19:00

Delegates' drinks reception

All delegates are invited to join us for drinks and networking. Visit the trade stands, take in some more of our posters and enjoy catching up with friends and colleagues as you reflect on the first day of conference.
Scientific Programme

Saturday, 02 November 2019

Poster presentations
08:00 - 15:30

Exhibition (Hall 3)

Exhibition & poster viewing

Around 70 exhibitors will be on hand to show you some of the latest products and services in the physiotherapy profession.
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Managing Musculoskeletal Complexity
09:00 - 10:30
Hall 1

Managing complexity in musculoskeletal pain

**Learning objective 1:** To be able to identify complexity in people presenting with musculoskeletal pain with a focus on the role of comorbidity and risk factors for poor clinical outcome

**Learning objective 2:** To understand the high level of mental health comorbidity in people with musculoskeletal pain and appraise the benefits of physical activity for those with musculoskeletal pain and comorbid mental health conditions

**Learning objective 3:** To assess characteristics that make people with low back pain and musculoskeletal pain at high risk of poor clinical outcome and to plan management strategies for this complex pain group

Chair: Jonathan Quicke (Keele University, Staffordshire, United Kingdom)

Managing complexity in musculoskeletal pain
09:00

Melanie Holden (Keele University, Staffordshire, United Kingdom)
Brendon Stubbs (King’s College Hospital College London, London, United Kingdom)
Nadine Foster (Keele University, Staffordshire, United Kingdom)
Gail Sowden (Keele University, Staffordshire, United Kingdom)

Managing complexity
09:00 - 10:30
Hall 8A

Oxygen: just a load of gas? Oxygen in clinical practice

**Learning objective 1:** To enhance physiotherapists’ knowledge and understanding of the benefits and risks of oxygen therapy particularly related to: sleep and palliative care

**Learning objective 2:** To provide a learning opportunity for physiotherapists on the use of and clinical implications for: hyperbaric oxygen therapy and oxygen in extreme circumstances including altitude

**Learning objective 3:** To increase physiotherapists’ comprehension of the impact of oxygen therapy on a person’s life experience and daily living

Chair: Stephanie Mansell (Royal Free London NHS Foundation Trust, London, United Kingdom)

Oxygen: just a load of gas? Oxygen in clinical practice
09:00

Kay Mitchell (NIHR Biomedical Research Centre, Southampton, United Kingdom)
Swapna Mandal (Royal Free London NHS Foundation Trust, London, United Kingdom)
Carol Kelly (Edge Hill University, Ormskirk, United Kingdom)
Richard Leigh (Royal Free London NHS Foundation Trust, London, United Kingdom)
Scientific Programme

Managing paediatric chronic pain - preventing a future of disability

Learning objective 1: Participants will be able to understand the current epidemiology of paediatric musculoskeletal pain
Learning objective 2: Participants will be able to have an understanding of the current neuroscience of the adolescent and its implications in the presentation and management of chronic musculoskeletal pain
Learning objective 3: Participants will have an understanding of current best practice in the physiotherapeutic management of paediatric chronic musculoskeletal pain.

Chair: Jane Robinson (Sheffield Children’s NHSFT, Sheffield, United Kingdom)

Managing paediatric chronic pain - preventing a future of disability
Kate Dunn (Keble University, Keele, United Kingdom)
Mick Thacker (London South Bank University, London, United Kingdom)
Rhiannon Joslin (Southampton University, Southampton, United Kingdom)

Functional assessment and screening in the workplace

Learning objective 1: Understand the background and relevant research to functional assessment and screening
Learning objective 2: Understand the use of functional assessment tests in wider physiotherapy practice
Learning objective 3: Awareness of ACPOHE functional measurement tests (FMT) toolkit and application to physiotherapy practice

Chair: Heather O’Neill (Northumbria Healthcare NHS trust, Ashington, United Kingdom)

Functional assessment and screening in the workplace
Michiel Reneman (University of Groningen, Netherlands, Groningen, Netherlands)
Catherine Albert (Self employed, Nottingham, United Kingdom)
Cindy Gaimster (self employed, Brighton, United Kingdom)

Virtual clinics in orthopaedics

Learning objective 1: Consider how evidence, theory and patient input can be integrated during digital intervention development
Learning objective 2: Learn from examples of virtual clinics being developed and implemented in practice
Learning objective 3: Lessons learned and future considerations for exploiting digital technology within healthcare

Chair: Anthony Gilbert (Royal National Orthopaedic Hospital, Stanmore, United Kingdom)

Virtual clinics in orthopaedics
Katy Clay (Royal Liverpool and Broadgreen University Hospitals NHS Trust, Merseyside, United Kingdom)
Paula Houghton (Royal Liverpool and Broadgreen University Hospitals NHS Trust, Merseyside, United Kingdom)
Anna Anderson (University of Leeds, Leeds, United Kingdom)
Nick Preston (University of Leeds, Leeds, United Kingdom)
Scientific Programme

09:00 - 10:30   Hall 11A
Peer reviewed abstracts

CSP
09:00 - 10:30   Hall 11B
CSP

Innovation in rehabilitation
11:00 - 12:30   Hall 1

Digital CPD: New ventures into online learning for rehabilitation

Learning objective 1: To understand the variety of methods and platforms used to access and deliver digital continuing professional development (CPD).

Learning objective 2: To appraise the role of a range of existing digital CPD methods, and how these can support CPD that meets in line with HCPC standards.

Learning objective 3: To understand how digital CPD can support improvements and innovation in rehabilitation practice and services.

Chair: Naomi McVey (Health Education England, Manchester, United Kingdom)

Digital CPD: New ventures into online learning for rehabilitation 11:00
Janet Thomas (Physiotalk, Edinburgh, United Kingdom)
Scott Buxton (Physiopedia, Bath, United Kingdom)
Anna Lowe (Physical Activity Champion at Public Health England, AHPs4PH, Sheffield, United Kingdom)
Jack Chew (Chews Health, Manchester, United Kingdom)

Managing complexity
11:00 - 12:30   Hall 8A

The long view: Understanding cerebral palsy from a lifecourse perspective

Learning objective 1: To describe current evidence on co-morbidity in adults with cerebral palsy (CP), including musculoskeletal and cardiovascular morbidity, and associated risk factors.

Learning objective 2: To understand the experience of adults with CP in relation to receipt of physiotherapy and organisation of health services in the United Kingdom.

Learning objective 3: To discuss challenges to delivering physiotherapy services to adults with CP to improve health outcomes, with consideration of the recently published NICE guideline on “cerebral palsy in adults”.

Chair: Jennifer Ryan (Royal College of Surgeons in Ireland (RCSI), Dublin, Ireland)

The long view: Understanding cerebral palsy from a lifecourse perspective 11:00
Cherry Kilbride (Brunel University London, London, United Kingdom)
Gemma Cook (Brunel University London, London, United Kingdom)
Miriam Creeger (Self employed, London, United Kingdom)
Sarah Masters (Perform, London, United Kingdom)
Managing Musculoskeletal Complexity
11:00 - 12:30

Work related musculoskeletal disorders: Challenges and new perspectives

Learning objective 1: Participants will gain knowledge of how to integrate occupational factors within physiotherapy for patients with work related musculoskeletal disorders.
Learning objective 2: Participants will gain knowledge, practical skills and tools with regard to addressing occupational factors within their practice, facilitating return-to-work (RTW), and providing self-management support.
Learning objective 3: Participants will enhance their current practice with regard to the integration of occupational factors and will be better equipped to support patients with regard to maintaining their work or RTW

Chair: Nathan Hutting (HAN University of Applied Sciences, Nijmegen, Netherlands)

Work related musculoskeletal disorders: Challenges and new perspectives
11:00
Heather Watson (Designed2Move Ltd, Derbyshire, United Kingdom)
Glykeria Skamaqki (Coventry University, Coventry, United Kingdom)
Gwenllian Wynne-Jones (Keele University, Staffordshire, United Kingdom)

Fit for work
11:00 - 12:30

The Future of the Fit Note - workshop

Learning objective 1: To understand the future of the GP Fit Note and AHP Advisory Fitness for Work Report in supporting the working population
Learning objective 2: To understand the legal implications of report writing in supporting individuals back into the workplace including the GP Fit Note and the AHP Advisory Fitness for Work
Learning objective 3: To understand how the fit note and AHP Advisory Fitness for Work Report is being used in current Physiotherapy practice and what role physiotherapists play in supporting individuals back into the workplace

The next generation
11:00 - 12:30

Which pathway to follow? Managing paediatric musculoskeletal conditions

Learning objective 1: Participants will have an understanding of paediatric specific conditions that present as MSK pain or dysfunction
Learning objective 2: Participants will have an understanding of current appropriate paediatric MSK screening tools available.
Learning objective 3: Participants will have the opportunity to contribute to the debate regarding how pre and post qualification training can be delivered effectively to ensure patients benefit from evidence-based assessment and treatment.

Chair: Vicky Easton (Norfolk and Norwich University hospitals, Norwich, United Kingdom)

Which pathway to follow? Managing paediatric musculoskeletal conditions
11:00
Anish Sanghrajka (University of East Anglia, Norwich, United Kingdom)
Vicky Mercer (Newcastle University, Newcastle upon Tyne, United Kingdom)
Heather Foster (Bath University, Bath, United Kingdom)
Scientific Programme

CSP
11:00 - 12:30  Hall 11A

CSP
11:00 - 12:30  Hall 11B

Peer reviewed abstracts

Plenary session
12:30 - 13:45  Hall 11A

Chartered Society of Physiotherapy Annual General Meeting 2019
All CSP members are eligible to attend.

CSP
13:45 - 15:00  Hall 1

the Benefits of engagement in research; The experience of the Prosper Trial
Chair: Sallie Lamb

13:45 - 15:00  Hall 8A

Peer reviewed abstracts

13:45 - 15:00  Hall 8B

Peer reviewed abstracts

13:45 - 15:00  Hall 9

Peer reviewed abstracts

13:45 - 15:00  Hall 10

Peer reviewed abstracts
Scientific Programme

13:45 - 15:00

Peer reviewed abstracts

CSP
13:45 - 15:00

Technology in Physiotherapy: Turning innovation in to practice

Hear how some physiotherapists have managed to turn their ideas in to reality and develop innovative technology to improve practice. Learn from their innovation journey, get tips on how to conquer the challenges to get your idea to reality, and be amazed by how their awesome products could improve your practice!

Learning Objectives

- Challenge barriers to using technology in physiotherapy.
- Encourage attendees to consider technology solutions to their issues.
- Learn from members who have developed innovative technology and imbedded it in their practice.

Chair: Euan McComiskie (Health Informatics Lead, Chartered Society of Physiotherapy)

Technology in Physiotherapy: Turning innovation in to practice 13:45
Leah Honohan (Physiotherapist, NHS Greater Glasgow and Clyde)
Louise Rogerson (Chief Operating Officer, Howz)

Plenary session
15:30 - 16:30

Closing plenary

Chair: Karen Middleton (Chief Executive, Chartered Society of Physiotherapy)

Session title to follow 15:30
Beverley Harden (Allied Health Professions Lead, Health Education England)
Neil Langridge (Consultant Physiotherapist, Southern Health NHS Foundation Trust)