

THE COMPLEXITY CHALLENGE

A CSP SUMMIT

19 > OCT > 2022



PROGRAMME

09:10

Welcome and keynote address

09:30

Critical care survival: More complex than it might appear

10:30

Break

10:45

Improving exercise prescription in the management and prevention of sarcopenia

12:00

Lunch

12:40

Successful self-management support for people living with long-term conditions

13:45

How the CSP is prioritising the complexity challenge

14:15

Break

14:30

Workshop: How can the physiotherapy profession transform to meet the complexity challenge

15:10

Break

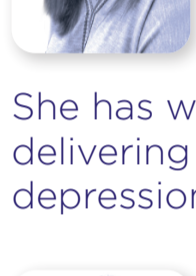
15:25

Workshop plenary

15:45

CEO address and plenary

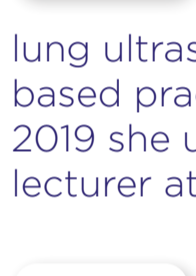
SPEAKERS



Dr Susanne Arnold *Assistant Professor (Physiotherapy), University of Warwick, Chair of AGILE*

Susanne qualified as a physiotherapist from the University of Salford in 1999. She specialised in the care of older people and acute medicine for nearly 10 years before pursuing a career in research at the Clinical Trials Unit at the University of Warwick.

She has worked on multiple clinical trials designing, developing and delivering exercise interventions for older people with conditions including depression, chronic pain, falls, and dementia.



Susan Calvert *Critical Care Clinical Specialist Physiotherapist, University Hospitals Bristol & Weston NHS FT*

Susan has a passion for critical care rehabilitation and worked in critical care at the Royal Hampshire County Hospitals Trust and Portsmouth Hospitals NHS Trust before moving to Bristol.

She has an MSc in Advanced Physiotherapy and is an accredited lung ultrasound practitioner. Susan believes in the importance of evidence-based practice, has led therapy teams to implement NICE guidelines and in 2019 she undertook a Quality Improvement Fellowship. She is an honorary lecturer at Southampton University.



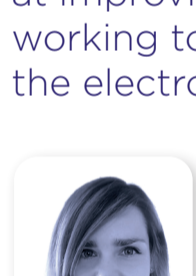
Dr Lorna Caulfield *Specialist Trainee Registrar in Geriatric Medicine, South Tyneside and Sunderland NHS FT*

Dr Lorna Caulfield is a Specialty Trainee Registrar in Geriatric Medicine based in the North East of England. Having completed her undergraduate training at Newcastle University, in addition to a Masters of Research in Neuroscience, she was awarded the British Geriatrics Society Specialist Registrar Research Start-Up Grant in 2020. Dr Caulfield has been a part of the team leading on the Benchmarking Exercise Programmes for Older People (BEPOP) project which is aimed at identifying and promoting the best aspects of exercise interventions for frailty and sarcopenia.



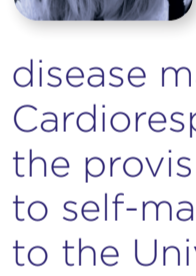
Sarah De Biase *AHP Lead for Older People's Mental Health Services, Bradford District Care NHS FT, AGILE Falls and Bone Health Officer*

Sarah is a physiotherapist with 20 years' NHS experience across acute, community and mental health care services for older people, currently working at Bradford District Care NHS FT and with the Yorkshire and Humber Improvement Academy. Sarah recently completed a term as the Chair of AGILE (2019 - 2021) and previous roles include heading up a national quality improvement programme aimed at improving care for older people living with frailty and multi-morbidity, working to support earlier identification of patient needs and developing the electronic Frailty Index.



Lucy Gardiner *Assistant Professor (Physiotherapy) School of Sport, Exercise and Rehabilitation Sciences University of Birmingham, ACPRC representative on the British Thoracic Society Pulmonary Rehabilitation Specialist Advisory Group*

Lucy has worked across the breadth of cardio-respiratory practice including critical care, cardiothoracic surgery, chronic disease management and rehabilitation. She completed her MSc in Cardiorespiratory Physiotherapy at UCL in 2019. Lucy is passionate about the provision of evidence-based, holistic care and empowering patients to self-manage in an ageing, increasingly complex population. She moved to the University of Birmingham in 2019. Lucy has interests in long-term condition rehabilitation, multi-morbidity, and health inequalities. She is currently completing the Leicestershire Health Inequalities Improvement Doctoral Training Programme (funded by the Wellcome Trust).



Owen Gustafson *Senior Clinical Academic Physiotherapist, Oxford University Hospitals NHS FT*

Owen is a clinical academic critical care physiotherapist whose research and clinical interests include the long-term consequences of critical illness and rehabilitation interventions to address these. Owen is currently undertaking a PhD evaluating the long-term musculoskeletal health of intensive care survivors as part of an NIHR clinical doctoral research fellowship.



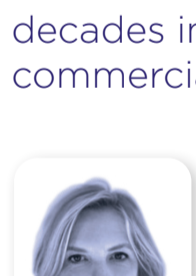
Sara Hazzard *CSP Assistant Director - Strategy, Policy and Engagement Directorate*

Sara has worked on the senior leadership group at the CSP for six years leading on strategic communications to promote the physiotherapy profession. She has led the development of new campaigns including Stronger My Way, and co-chairs the work of the Community Rehabilitation Alliance, made of up nearly 60 professional bodies and patient organisations. Sara has worked for more than two decades in communications, social marketing and strategy across the commercial, voluntary, sports and health sectors.



Ruth ten Hove *CSP Assistant Director - Practice and Development*

Ruth is Assistant Director at the CSP and an HEE subject matter expert. She is a physiotherapist with more than thirty years' experience. She has led national projects focused on innovation and advocacy to develop high quality community innovation, in workforce development, and in designing new models of personalised integrated rehabilitation. She is an experienced advocate and negotiator, influencing successfully for national policy change across government and has engaged at national and regional level to ensure scaling up and implementation



Dr Christopher Hurst *Research Associate in Lifestyle and Health, NIHR Newcastle Biomedical Research Centre*

Chris is a post-doctoral Research Associate in lifestyle and health within the AGE research group (Newcastle University) and a British Association of Sport and Exercise Sciences (BASES) accredited Sport and Exercise Scientist. His research focuses on understanding more about the determinants of sarcopenia (the age associated decline in muscle mass and function) and potential treatment strategies.



Dr Nathan Hutting *Associate Professor, HAN University of Applied Sciences, Netherlands*

Nathan works as an academic, and as a clinical physiotherapist in a private practice. His current research topics include long-term (musculoskeletal) conditions, self-management, patient-centred care and shared decision making. Nathan has published numerous peer-reviewed articles, has made many national and international presentations and chaired focused symposia at three World Physiotherapy congresses. Nathan is also a member of the World Physiotherapy 2023 Congress committee.



Prof. Fiona Jones MBE, FCSP *Professor of Rehabilitation Research at St George's University of London*

Fiona is currently the Co-Chief Investigator for the NIHR funded LISTEN project to co-design and evaluate a personalised self-management approach for people with long Covid, and has published articles on self-management and self-efficacy in stroke, brain injury and other long-term conditions. Fiona is also founder of the social enterprise 'Bridges Self-Management'. In 2011 she was made a Fellow of the CSP and was the President of the UK Association of Physiotherapists in Neurology from 2013-2017.



Dr Clare Killingback *Senior Lecturer and course lead Physiotherapy, University of Hull*

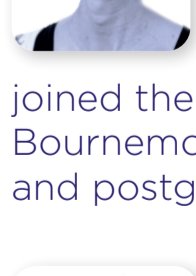
Clare has worked in various NHS Trusts, most recently in community rehabilitation. She also spent 10 years working internationally as a physiotherapist, including four years in northern Iraq seeking to develop physiotherapy services. Clare joined the University of Hull in January 2019 having previously worked at Bournemouth University. Her teaching roles have included undergraduate and postgraduate education in physiotherapy and research methods.



Alexandra MacKenzie *Chair of Council, Chartered Society of Physiotherapy*

Alex was elected to the Council of the CSP in 2018 and served two years as the Vice-President leading the Governance review. She has been the Chair of the Council of the CSP since 2020.

Alex is also a Clinical Lead in Acute Physiotherapy at Aberdeen Royal Infirmary, NHS Grampian, leading a large physiotherapy team providing services across this acute teaching hospital. Prior to this, she spent 19 years working in the Acute Oncology and Haematology Unit at Aberdeen Royal Infirmary.



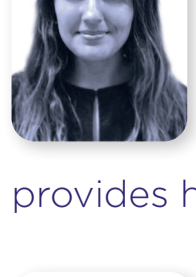
Charandeep Mahli *Acute Neurosciences Clinical Specialist Physiotherapist, Oxford University Hospitals NHS FT*

Chaz has 10 years' experience of complex neurorehabilitation and the physiotherapy management of the neurosurgical patient within the acute neurosciences intensive care unit. She currently leads the acute neurosciences therapy service within Oxford which provides highly specialist care to neurosurgical and neuro-medical patients.



Prof. Karen Middleton CBE FCSP *Chartered Society of Physiotherapy, Chief Executive*

Karen has been the CEO at the CSP for the past 8 years and prior to that worked for 7 years as Chief Allied Health Professions Officer at the Department of Health and NHS England. Her earlier leadership career saw her carry out a variety of national policy, regional and local operational roles across primary care and rehabilitation. She has held clinical and post-grad teaching posts in musculoskeletal, hydrotherapy and rehabilitation areas.



Prof. Miles Witham *Professor of Trials for Older People*

Professor Witham is based in the NIHR Newcastle Biomedical Research Centre and also works as a consultant geriatrician in the community. He has a particular research interest in sarcopenia, frailty and multiple long-term conditions in older people including clinical trials, and is National Speciality Lead for the NIHR Ageing Clinical Research Network