

Wednesday 28th November 2018 | De Vere Colmore Gate, Birmingham

# Drive Forward Effective Rehabilitation for Patients after Critical Care

Come together with your colleagues from across the country to hear practical, evidenced and motivating case studies and an overview of current key themes for RaCI

A dedicated day designed to equip you with the knowledge and tools to progress your critical care rehab services and fully support your patients on the road to recovery, this unique forum will focus on:

- **Refining the rehab pathway within the hospital:** establishing individualised patient rehab pathways, implementing early mobilisation and engaging your wider MDT
- **Developing rehabilitation services:** case study presentations on NICE guidelines, national C-QUINs, developing exercise classes and maintaining successful follow-up and peer-to-peer support groups
- **Implementing online innovations:** guidance on how to access and develop online support tools, apps and portals
- **Improving psychological and cognitive function:** overcome the impact that illness, drugs and stress has on ICU patients and learn how patient diaries improve patients psychological recovery

**Plus: Improving Outcomes for Surgery:**  
**Pre-op, Pre-hab and Recovery**  
27th November, Birmingham

**Share your challenges, discuss new ideas, and take away innovative approaches with:**

- **Catherine Plowright**, Nurse Consultant Acute Care, **East Kent Hospitals University NHS Foundation Trust**
- **David McWilliams**, Consultant Physiotherapist Critical Care, **University Hospitals Birmingham NHS Foundation Trust**
- **Natalie Mason**, Intensive Care Follow Up Team Lead, **Manchester University NHS Foundation Trust**
- **Lucy Powell**, Critical Care Rehab Coordinator, **University Hospitals of North Midlands NHS Trust**
- **Jo Steele**, Critical Care Rehab Coordinator, **University Hospitals of North Midlands NHS Trust**
- **Elaine Walmsley**, Sister Critical Care Follow Up, **Lancashire Teaching Hospitals NHS Foundation Trust**
- **Julie Highfield**, Consultant Clinical Psychologist in Critical Care (Adult and Paediatric), **Cardiff and Vale University Health Board**
- **Pam Ramsay**, Research Fellow in Critical Care, **Edinburgh Napier University**
- **Lewis Blacow**, Charge Nurse, **Lancashire Teaching Hospitals NHS Foundation Trust**
- **Sally Feinmann**, Senior Occupational Therapist, Critical Care Team Lead, **Royal Liverpool and Broadgreen University Hospitals NHS Trust**

# Drive Forward Effective Rehabilitation for

Come together with your colleagues from across the country to hear practical, evidence-based research and share your own experiences.

9.00 Registration, refreshments and networking

## 9.30 Chair's opening remarks

**Catherine Plowright**, Nurse Consultant Acute Care, **East Kent Hospitals University NHS Foundation Trust**

### Refining the rehab pathway within the hospital

## 9.40 Implementing quality improvement projects and driving forward early mobilisation

- What are the themes nationally and how do they compare to one trust?
- How to overcome the common barriers: building a profile, engaging an MDT and educating nursing on early mobilisation
- Shared outcomes from quality improvement projects and implementing early mobilisation

**David McWilliams**, Consultant Physiotherapist Critical Care, **University Hospitals Birmingham NHS Foundation Trust**

## 10.10 Develop your MDT to support and improve rehab for patients after critical care

- Working effectively across professional groups to build a team of Nurses, Physios, OTs, Consultants and Psychologists
- The roles and responsibilities of your workforce: improving quality of care in your unit
- Assess the outcomes of a fully functioning MDT: patient, family and staff experiences

**Natalie Mason**, Intensive Care Follow Up Team Lead, **Manchester University NHS Foundation Trust**

### Sponsorship, Exhibition and Branding Pre, On the Day and Post Event

#### Business, Education & Networking . . .

If you join us in 2018, you will be able to talk directly to this RaCI service audience, build familiarity and take away leads. Only at this event will you achieve quality exposure, long term recognition and the opportunity to demonstrate your expertise. For further details email [sanjay.singh@sbk-healthcare.co.uk](mailto:sanjay.singh@sbk-healthcare.co.uk) or telephone Sanjay Singh on 01732 89 77 88.

10.40 Networking break

## 11.00 The role of the Occupational Therapist in rehabilitation after critical care

- How to integrate OTs in your critical care MDT and realise the benefits
- Can Occupational Therapists enhance patient, family and staff experiences?
- Outcomes of including OTs in your MDT: improved length of stay, reduced delirium and costs

**Sally Feinmann**, Senior Occupational Therapist, Critical Care Team Lead, **Royal Liverpool and Broadgreen University Hospitals NHS Trust**

## 11.30 Case study: How University Hospitals of North Midlands NHS Trust established a new RaCI service in practice

- Practicalities of developing and sustaining the service
- Overcoming the obstacles of implementation: engaging and educating staff and obtaining resources
- Assessing the impact of the service on patients, families and staff

**Lucy Powell**, Critical Care Rehab Coordinator and **Jo Steele**, Critical Care Rehab Coordinator, **University Hospitals of North Midlands NHS Trust**

## 12.00 Question, answer and discussion session with morning speakers

12.20 Networking lunch

### Improving psychological and cognitive function

## 1.30 How to improve patients' psychological function at inpatients and outpatients in line with NICE guidelines

- What is the psychological impact on patients? Exploring the influence of illness, drugs and stress both acutely in the ICU and at follow up
- Educating your MDT and preventing PTSD, depression, anxiety in the long term by taking action in the ICU
- Understanding how to recognise problems at follow up, what short term advice to offer and where to refer
- Explore the value of patient diaries and the changes that can be made on a local level

**Julie Highfield**, Consultant Clinical Psychologist in Critical Care (Adult and Paediatric), **Cardiff and Vale University Health Board**

# Patients after Critical Care

ced and motivating case studies and an overview of current key themes for RaCI

## Developing rehabilitation services

- 2.00 **Case study: Practicalities of setting up and maintaining a patient support group**
- Why patient support is crucial to successful recovery after critical care
  - How can you deliver support? Practicalities of setting up and maintaining effective peer-to-peer support
  - Discover the broader benefits: learning from experiences and using feedback to improve care

**Elaine Walmsley**, *Sister Critical Care Follow Up, Lancashire Teaching Hospitals NHS Foundation Trust*

2.30 Networking break

## Implementing online support

- 2.50 **Evidenced insight into the reality of an online innovation for ICU survivors and their families**
- Developing and delivering a tool for patients and families in and after critical care
  - Measuring the impact on patients, families and staff in a critical care setting
  - Next steps for the dispersion of e-health innovations for supporting critical care patients

**Pam Ramsay**, *Research Fellow in Critical Care, Edinburgh Napier University*

- 3.20 **Developing and implementing a rehab app: improving the quality of care for critical care patients**
- Explore the journey from planning and developing to implementing the rehab app
  - Overcoming the challenges: engaging and educating staff, patients and families
  - Assess the influence of the app on successful recovery of patients

**Lewis Blacow**, *Charge Nurse, Lancashire Teaching Hospitals NHS Foundation Trust*

- 3.50 **Question, answer and discussion session with afternoon speakers**
- 4.10 **Chair's closing remarks**
- 4.20 Close of day

Please visit [www.sbk-healthcare.co.uk](http://www.sbk-healthcare.co.uk) for the latest programme updates

## Who should attend?

- **Critical Care: Managers, Lead Nurses, Charge Nurses, Practice Nurses, Matrons, Practitioners and Consultants**
- **Outreach: Nurses, Therapists and Managers**
- **Follow-up: Therapists, Nurses and Project Managers**
- **Education: Facilitators, Leads, Practitioners**
- **Therapists: Speech and Language Therapists, Physiotherapists and Occupational Therapists**

## PLUS a second day:

### Improving Outcomes for Surgery: Pre-op, Pre-hab and Recovery

Tuesday 27th November 2018, Birmingham

This one day NHS conference will focus on how you can improve outcomes for patients after surgery by developing processes and tools to enhance physical and mental wellbeing both pre-operation and post-operation.

By focusing on practical guidance to enable tangible change, you will leave this NHS conference ready to:

- **Benchmark** your surgery and rehabilitation MDT
- **Optimise** patients' recovery pathways
- **Upskill** your recuperation times
- **Support** the physical and mental wellbeing of patients
- **Tackle** exercise based interventions
- **Provide** safe and effective nutritional advice
- **Implement** plans to develop a surgery school
- **Reduce risks** and complication for surgery

For further information, visit [www.sbk-healthcare.co.uk](http://www.sbk-healthcare.co.uk)

## NHS SPECIAL PRICES

**£299 each** with 2 places

**£279 each** with 4 places

**SBK Healthcare are pleased to offer you a special package** for NHS or public sector attendees, where you can have two places for the discounted price of £299 + VAT, or if you book four or more places then the price reduces again to £279 + VAT. That is a saving of up to £120 on each place!

**CPD Available:** A certificate of **Continuing Professional Development** will be given to each participant who completes the conference, as a record of your training and development

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## 5 Ways to Book your Place:

1. Telephone **01732 89 77 88**
2. Online at **www.sbk-healthcare.co.uk**
3. Email **bookings@sbk-healthcare.co.uk**
4. Complete the registration form and fax to **01732 44 80 47**
5. Post the completed form to **SBK: Healthcare,  
10 Churchill Square, Kings Hill, West Malling, ME19 4YU**

For multiple bookings please photocopy this form

**Event Code:** 1891CR

**Attendee:** ☐ Rehab for Patients after Critical Care ☐ Improving Outcomes for Surgery

|                 |      |
|-----------------|------|
| Title           | Name |
| Job Title       |      |
| Department      |      |
| Organisation    |      |
| Booking Contact |      |
| Telephone       |      |
| Mobile          |      |
| Email           |      |
| Address         |      |
|                 |      |
| Postcode        |      |

### Price per Delegate

- ☐ NHS or Public Sector for one place ..... £399 + VAT  
☐ NHS or Public Sector for two or three places (each) ..... £299 + VAT  
☐ NHS or Public Sector for four places (each) ..... £279 + VAT  
☐ Commercial organisations for one place ..... £699 + VAT  
☐ Commercial organisations for two or three places (each) ..... £599 + VAT  
☐ Commercial organisations for four or more places (each) ..... £579 + VAT

Plus VAT @ 20% ..... Total Price including VAT .....

- ☐ Bed & Breakfast Accommodation for Monday 26th November ..... £92 + VAT  
☐ Bed & Breakfast Accommodation for Tuesday 27th November ..... £92 + VAT  
☐ Please send me documentation only at £89 per set  
☐ Yes, I agree to all the terms and conditions of booking (signature here)

Date .....

### ☐ Debit Card Payments

Please charge my **DEBIT CARD**

Card No .....

Expiry Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

3 Digit Security Number .....

Name .....

### ☐ BACs Payments

Ref: 1891CR. Santander UK PLC, Bootle Sort  
Code 09-01-50, A/C No. 05321182.

### ☐ By Cheque

Payable to SBK (UK) Ltd

### ☐ Please invoice my company

### ☐ Credit Card Guarantee

Credit cards can only be accepted as a guarantee of your place, full payment will still be required by Debit Card, BACs or Cheque.

Please use my **CREDIT CARD** as guarantee

Card No .....

Expiry Date \_\_\_\_ / \_\_\_\_ / \_\_\_\_

3 Digit Security Number .....

Name .....

**Venue:** De Vere Colmore Gate, 5th & 7th Floor Colmore Gate, Bull Street Entrance, Birmingham B3 2QD.

**Tel:** 0121 222 7895.

**Travel:** De Vere Colmore Gate is a 10 minute walk away from Birmingham New Street Train Station. Alternatively, if you are driving, the nearest parking is the High Street car park, a short walk from Colmore Gate. A day ticket is £4.80 for conference delegates.

**Accommodation:** Holiday Inn, Birmingham City Centre, Smallbrook Queensway, Birmingham B5 4EW. Tel: 0121 6346200. Bed and breakfast is available at the specially discounted price of £92 plus VAT subject to availability. Simply tick the dates that you wish to book under fees and payment details. In order to guarantee your reservation, credit card details must be provided. We regret that bookings for accommodation cannot be accepted without full credit card details. Your credit card will be charged in the event of the invoice not being settled one month following the event. **Lower rates may be found by booking directly with online accommodation websites.**

**Special Needs:** If you have any special needs or any particular dietary requirements, we are happy to help where possible. Please contact us with details. Vegetarians will be catered for.

**Certificate of Attendance:** A certificate for Continuing Professional Development will be given to each participant who completes the course, as a record of your continuing professional training and development.

**Fee:** Registration fees are payable in advance. The fee includes documentation, refreshments and lunch, it does not include travel costs or accommodation.

**Cancellation and Substitutions:** A refund of fees will be made only for cancellations received in writing 28 days prior to the event (less £90 administration charge). No refunds will be accepted after this date. Substitution of one conference attendee for another will be accepted at any time – please send us an email informing us of the change.

**Data Protection:** Your details will be held on our database to enable us to process your order and so that you can be kept up to date with relevant details of future events. If you would prefer us not to contact you then please email enquiries@sbk-healthcare.co.uk, alternatively you can view our privacy notice listed in the bottom right hand corner at www.sbk-healthcare.co.uk.

**Are you Registered?** You will always receive an acknowledgment of your booking. If you do not receive anything, please call us on 01732 89 77 88.

*All best endeavours will be made to present the programme as printed. However, SBK: Healthcare reserves the right to alter the programme, speakers, date or venue.*