



## **CSP East of England Physiotherapy Conference Afternoon Workshop Descriptions**

**13:00 to 14:00**

### **Robots and Top Topics in Orthopaedics in 2019**

Mr McDonnell, University Lecturer and Orthopaedic Surgeon, Cambridge University Hospitals and Nuffield Health Cambridge Hospital

### **The use of Simulation as a Teaching Tool**

Robyn Stiger, Senior Lecturer Oxford Brookes University

Simulation is being used more widely as a teaching tool in pre- and post- registration physiotherapy. This workshop aims to discuss pedagogy behind the use of simulation in acute and community settings, as well as discussion and comparison of some debriefing methods.

### **Supporting physical activity and exercise in people with Neurological conditions**

Rebecca Rayner, Stroke Clinical Lead, Physiotherapist, Norfolk and Norwich Hospital

This session will explore the evidence-base around physical activity and exercise in neurological conditions including Stroke, Multiple Sclerosis, Neuromuscular diseases and Parkinson's Disease, and possible ways to overcome challenges to implementing it in practice.

**14:15 to 15:15**

### **Health Coaching - what is it and what's in it for you**

Trudi Dunn and Zoe Noble, Health Coaching Trainers and Clinical Specialist, Physiotherapists West Suffolk NHS Foundation Trust

Health Coaching is about tailoring conversations with people in a way that supports and empowers them to better self-manage their health. This session will provide an overview of Health Coaching, where it's come from and the programme of training that is currently available to clinicians across Suffolk as well as the use of the Patient Activation Measure.

### **Physiotherapy and Musculoskeletal Ultrasound Imaging**

Dr Sue Innes

Musculoskeletal ultrasound imaging is currently a popular modality. However, it poses questions. What can it be used for? Should physiotherapists be using it and if so, what should they be doing with it?



The opportunities and professional considerations related to this imaging modality will be explored during this session.

**Pain: prescription opioids and gabapentinoids: approaches to minimise risks**

Christine Waters, Senior CNS: Professional Development, Community Pain Management Service

The historical use of opioids in the management of chronic non-malignant pain will be discussed as well as current information relating to benefits and risks of opioids and gabapentinoids. National and local guidance to support both opioid and gabapentinoid prescribing/deprescribing for pain will be highlighted.

Participants will be given an opportunity to develop skills in identifying a patient's risk of running into problems associated with prescribed long-term opioid therapy.

Participants will explore how a physiotherapist can promote medication safety and reduce the risks associated with inappropriate polypharmacy. Information on accessing CCG guidance for analgesic prescribing/deprescribing as well as the Clinician's Quick guide to Promoting Self-Management in Persistent Pain will also be shared.