



ROYAL COLLEGE
of PODIATRY

ANNUAL CONFERENCE
& EXHIBITION

PODIATRY 2024

REVITALISING YOUR SOLE
WELLNESS AND RESILIENCE

28-30 NOVEMBER
[RCPOD.ORG.UK/PODIATRY2024](https://rcpod.org.uk/podiatry2024)

HARROGATE CONVENTION CENTRE

CONFERENCE PREVIEW
PROGRAMME

MORE GREAT
SESSIONS AND
SPEAKERS TO BE
ANNOUNCED

PODIATRY 2024 PREVIEW PROGRAMME



FIRESIDE



MEET THE
EXPERTS



PERSONAL
INTROSPECTIVE



HANDS ON



SPOTLIGHT
SESSION



PRESENTATION



DEBATE



TED-TYPE
TALK

THURSDAY 28 NOVEMBER

09:00	REGISTRATION AND EXHIBITION OPENS	
09:30-11:30	SAVE A LIFE: 2-HOUR RED CROSS BLS TRAINING* Additional fee £70 + VAT	
10:00-10:20	DEMO ZONE	
10:45-11:30	TRADE LEARNING LAB	
10:30-11:25	STUDENT NETWORK: MEET AND GREET Opportunity for all our students to meet and network	
10:30-11:25	FIRESIDE CHAT Lessons from private practice: Do you know what policies you should have in your practice?	
10:30-11:25	Wellbeing session - Schwartz Rounds Schwartz rounds provide a structured forum where all staff, clinical and non-clinical, come together regularly to discuss the emotional and social aspects of working in healthcare. Session: Running on empty Facilitators: Sarah Massie and Eryn London from the Point of Care Foundation.	
10:30-11:25	Podiatric pedagogy - innovation and personal practice Chair: Dr Chris Morris-Roberts, Education Advisor Royal College of Podiatry This Pecha Kucha (Chit Chat in Japanese) session will focus on the Podiatry Pedagogy, with an overarching theme of innovation and personal practice.	
10:30-11:25	Beginner/taster silicon workshop Martyn Sherman	
11:30	CONFERENCE OPENING	
11:30	Conference opening Emma Stoneman, Conference Chair, The Royal College of Podiatry Apprenticeship Group	
11:35	Clinical leadership Aimee Robson, Deputy Director, Improvement and Development (primary and community care) at NHS England	
11:55	Identifying and planning to mitigate burnout in podiatrists Professor Cylie Williams, Monash University	
12:15	KEYNOTE SPEAKER What is resilience and how can we achieve it? Professor Steve Peters, Consultant Psychiatrist	
13:00-14:15	LUNCH: EXHIBITION, NETWORKING AND POSTER VIEWING	
13:00-13:20	DEMO ZONE WITH FIREFLY	
13:25-13:45	DEMO ZONE WITH RUCK UK	
13:00-13:40	TRADE LEARNING LAB WITH EMBLATION	
13:15-13:45	Meet Council An opportunity to meet the RCPod Council members.	

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THURSDAY 28 NOVEMBER (CONTINUED)

13:30-14:15	<p>Death café Led by: Sally Gates, EDI Chair and Podiatric Research Assistant As Benjamin Franklin said, "In this world nothing can be said to be certain, except death and taxes." Talking about death is often viewed as taboo, so the Death Cafe provides a safe and non-judgemental space to talk, cry, laugh and acknowledge the impact of death, whether from a professional, personal or abstract point of view. It is an opportunity to share personal experiences, discuss fears and anxieties and clear the air so that you feel more comfortable in your relationship with death. Unfortunately, we can't help with the taxes.</p>	
13:30-14:15	<p>Well-being session - men's health and well-being Led by: Dave James, Coach, Mentor and International</p>	
14:15-15:15	WORKSHOPS - MORE TO BE ANNOUNCED	
	<p>Record keeping Chair: Steve Kriss, RCPod Council Member and Podiatric Surgeon Sharon Gray and Katie Harwood, Professional Support Officers, The Royal College of Podiatry</p>	
<p>Session Sponsored by HUNTLEIGH <small>A MEMBER OF THE ARJO FAMILY</small></p>	<p>Getting confidence in vascular assessment for MSK podiatry Emily Haworth and Nick Knight</p>	
	<p>Conditions-specific rehabilitation programmes This will be a presentation along with delegate participation in the auditorium. There will be three conditions covered: achilles tendinopathy, plantar fasciopathy and lateral ankle instability.</p> <ol style="list-style-type: none"> 1. Importance of programmes for various foot injuries/conditions following a recovery from injury 2. Importance of specific rehab plan following injection therapy. Injection alone reduces pain, but do not aid recovery. <p>Importance of return to sport-specific rehab programme. Mrs Olga Jones and Mr Abid Hussain</p>	
	<p>Nail and nail pathology Presentation and interactive workshop on detecting and diagnosing common nail pathologies. Chair: Kerri Hutchinson, RCPod Council member Dr Kashif Bhatti, Consultant Dermatologist, Leeds and Dr Ivan Bristow</p>	
	<p>Successfully using social media to promote you and your practice Chair: Emma McConnachie, Media and Communications Officer, The Royal College of Podiatry Sarah-Jane Walls, owner of the Rehab Hub</p>	
	<p>QuickChange – Getting Children Moving - the award-winning project, leading the way for prevention, aiming to improve future generations (fitness and health)! Chair: Nina Davies, Clinical Systems Pathway Development Lead, Leeds Community NHS Trust Stephen Coombs, Podiatry Professional Lead, Cardiff and Vale University Health Board and Charlotte Holley, Specialist Podiatrist in Children's Podiatry, Cardiff and Vale University Health Board</p>	
	<p>Student workshop: Empower your university journey Self-coaching and healthy habits strategies for students Chair: Sue Pike, RCPod Council member Monique Cleary</p>	
15:15-16:00	REFRESHMENTS: EXHIBITION, NETWORKING AND POSTER VIEWING	

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THURSDAY 28 NOVEMBER (CONTINUED)

15:20-15:40	DEMO ZONE WITH EMBLATION	
15:40-16:00	DEMO ZONE WITH ALGEOS ON BLUEDOP	
15:30-16:00	Well-being: Meditation Sally Gates, yoga teacher and Podiatric Research Assistant	
16:00-17:30	PLENARY SESSION	
16:00	Conference welcome from CEO Jane Pritchard, Chief Executive and General Secretary, The Royal College of Podiatry	
16:10	The medical team role in mental health - how elite football research relates to podiatric practice Dr Caroline Ellis Fortey	
16:30	Finding balance in private practice Pete Williams, Director/Owner Eclipse Foot Clinic	
16:50	Bob Prince memorial lecture Operating behind enemy lines Mr Antony Wilkinson, Consultant Podiatric Surgeon	
17:30	CLOSING REMARKS Emma Stoneman, Conference Chair, The Royal College of Podiatry Apprenticeship Group	
17:35-18:30	POSTER VIEWING	
17:35-18:30	Career networking event for qualified podiatrists	
20.00-00:00	Gait & Motion Ibiza night – tickets available from Gait & Motion	

FRIDAY 29 NOVEMBER

08:00	REGISTRATION, REFRESHMENTS, EXHIBITION, NETWORKING, WELL-BEING AND POSTER VIEWING	
08:00-09:00	Student breakfast career networking session	
08:00-09:00	Ultrasound workshop - an introduction This session will show delegates the various parameters that they need to adjust to optimise an image, some of the artefacts/pitfalls they need to be aware of and some basic imaging e.g. Plantar fascia and Achilles and an opportunity to have a go themselves. The session will be delivered in small groups with one mentor guiding each group (5:1 ratio).	
09:00-10:00	WORKSHOPS - MORE TO BE ANNOUNCED	
	Lone working - keeping yourself safe and protected Chair: Katie Harwood, RCPod Professional Support Officer, The Royal College of Podiatry Emma Noe, Head of Podiatry Services, Harrogate and District NHS Foundation Trust, Wendy May, Specialist Podiatrist and H&S Rep at South Warwickshire NHS Foundation Trust	
	Clinical examination of the foot and ankle 10 minute presentation followed by 50 minutes of practical 1. Importance of examination following detailed history taking to confirm a diagnosis and to consider at least two differential diagnosis 2. Importance of performing specific tests for specific conditions e.g. rupture achilles tendon - Thompson's test.	

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FRIDAY 29 NOVEMBER (CONTINUED)

	<p>Clinical examination of the foot and ankle (continued) Importance of using validated tools to classify certain conditions e.g. OA of the 1st MTPJT-Coughlan and Shurnas Scale. David Gruhl and Jonathan Barbar</p>	
	<p>Podiatry's role in the lifelong management of individuals with cerebral palsy Emma Livingstone, Founder and CEO from UP - the adult cerebral palsy movement</p>	
	<p>Demystifying infection in the diabetic foot Chair: Richard Leigh, RCPod Council Member Professor Michael Edmonds, Consultant Physician, Kings College Hospital Mr Frank Webb, Lead Consultant Podiatric Surgeon, Derbyshire Community Health Services</p>	
	<p>Ultrasound workshop - forefoot assessment This will be a demonstration of how to undertake a Forefoot USS assessment covering the key pathologies, with an opportunity for delegates to have a go themselves. The session will be delivered in small groups with one mentor guiding each group (5:1 ratio).</p>	
	<p>Problem MSK patient or patient with multiple problems</p>	
	<p>Apprenticeships Chair: Dr Chris Morris-Roberts, Education Advisor, The Royal College of Podiatry</p>	
	<p>Short papers <i>Will be allocated once abstracts close at the end of August.</i></p>	
10:00-10:45	<p>REFRESHMENTS - EXHIBITION, NETWORKING AND POSTER VIEWING</p>	
10:00-10:20	<p>DEMO ZONE WITH TALAR MADE</p>	
10:25-10:45	<p>DEMO ZONE WITH ALGEOS on Darco</p>	
10:00-10:45	<p>EDI cafe Led by: Sally Gates and members of EDI Group</p>	
10:00-10:45	<p>Ultrasound workshop – an introduction This session will show delegates the various parameters that they need to adjust to optimise an image, some of the artefacts/pitfalls they need to be aware of and some basic imaging e.g. Plantar fascia and Achilles and an opportunity to have a go themselves. The session will be delivered in small groups with one mentor guiding each group (5:1 ratio).</p>	
10:45-12:00	<p>PLENARY SESSION</p>	
10:45	<p>RCPod Chair of Council welcome Professor Jane McAdam, Chair, The Royal College of Podiatry</p>	
10:50	<p>Menopause matters Dr Nicky Keay, Honorary Clinical Lecturer, Division of Medicine, University College London</p>	
11:15	<p>Gravitational effects on lower limb perfusion Rachel Forss, Senior Lecturer in Podiatry at Brighton University and Justine Tansley, Research Assistant</p>	
11:35	<p>AI in healthcare - The hype vs the reality Sina Kaheen, International speaker and author</p>	

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FRIDAY 29 NOVEMBER (CONTINUED)

12:00-13:00	LUNCH, EXHIBITION, NETWORKING, WELL-BEING AND POSTER VIEWING	
12:00-12:20	DEMO ZONE WITH SIDAS UK	
12:00-13:00	Ultrasound workshop - an introduction This session will show delegates the various parameters that they need to adjust to optimise an image, some of the artefacts/pitfalls they need to be aware of and some basic imaging e.g. Plantar fascia and Achilles and an opportunity to have a go themselves. The session will be delivered in small groups with one mentor guiding each group (5:1 ratio).	
12:15-13:00	Menopause cafe session Led by: Dr Veronica Newton, Lecturer at Salford University	
12:20-13:00	Discussion zone: referral pathways between NHS and independent practice Led by: Emma Noe, Head of Podiatry Services, Harrogate and District NHS Foundation Trust	
13:00-14:00	WORKSHOPS - MORE TO BE ANNOUNCED	
	How to handle complaints: advice and guidance on preventing and managing patient complaints Chair: Sue Pike, RCPod Council member Sharon Gray and Katie Harwood, Professional Support Officers, The Royal College of Podiatry and Ben Stokes, Weightmans	
	Are you sitting comfortably - MSK workplace injuries Chair: Dr Helen Branthwaite Robert Adams, Advanced Podiatrist and Wendy Carswell, Biomechanics Physiotherapist	
	Ultrasound workshop - forefoot assessment This will be a demonstration of how to undertake a Forefoot USS assessment covering the key pathologies, with an opportunity for delegates to have a go themselves. The session will be delivered in small groups with one mentor guiding each group (5:1 ratio).	
	Reasonable adjustments - Do you know your rights as an employee and your responsibilities as an employer? Chair: Sally Gates, EDI Group Chair Janine Booth, Neurodiversity in the Workplace Trainer, Margaret Kennedy, NHS Clinical Lead Podiatrist, Marie Laurent, RCPod Disabled Workers Working Group Chair and Di Scott-Brown, RCPod Employment Relations Officer	
	Lesion Recognition - back to basics Presentation and interactive workshop - How to recognise the different morphological features of both benign and malignant lesions on the lower limb and become confident in their diagnosis and referral. Dr Julian Peace, Speciality Doctor in Dermatology, Barnsley, West Yorkshire and Dr Ivan Bristow	
	Business finance - staying the right side of HMRC Chair: Kerri Hutchinson, RCPod Council member David Davies, TWD Accountants	
	Wellbeing session - Schwartz Rounds Schwartz Rounds provide a structured forum where all staff, clinical and non-clinical, come together regularly to discuss the emotional and social	

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FRIDAY 29 NOVEMBER (CONTINUED)

	<p>Wellbeing session - Schwartz Rounds (continued) aspects of working in healthcare Session: Caring for the carers Facilitators: Sarah Masie from the Point of Care Foundation</p>	
	STUDENT WORKSHOP	
14:00-14:45	REFRESHMENTS, EXHIBITION, NETWORKING, WELL-BEING AND POSTER VIEWING	
14:00-14:45	<p>Ultrasound workshop - an introduction Showing delegates the various parameters that they need to adjust to optimise an image, some of the artefacts/pitfalls they need to be aware of, some basic imaging e.g. Plantar fascia and Achilles and an opportunity to have a go themselves. The session will be delivered in small groups with one mentor guiding each group (5:1 ratio).</p>	
14:15-14:45	<p>Well-being: Yoga Simple seated exercises to reduce stress, mobilise joints and stretch muscles (no bare feet or sportswear required). Sally Gates - Yoga teacher and Podiatric Research Assistant</p>	
14:00-14:20	DEMO ZONE WITH TALAR MADE	
14:25-14:45	DEMO ZONE WITH CROWN MEDICAL ORTHOTICS PTY LTD	
14:45-15:45	WORKSHOPS - MORE TO BE ANNOUNCED	
	<p>Mental health first aid Chair: Sue Pike, RCPod Council member Bente Moller, Mental Health First Aid Trainer</p>	
	<p>Prescribing in private practice and Utilising POMS in Clinical Practice Claire Westwood-Surridge and Laura Saunders</p>	
	<p>Lesion recognition – back to basics Presentation and interactive workshop How to recognise the different morphological features of both benign and malignant lesions on the lower limb and become confident in their diagnosis and referral. Dr Julian Peace, Speciality Doctor in Dermatology, Barnsley, West Yorkshire and Dr Ivan Bristow</p>	
	<p>Update on the new British Society for Rheumatology (BSR) guideline for the management of foot health in inflammatory arthritis This session will provide delegates with an update about new best practice guidance for the management of foot health in IA. By the end of the session attendees will be able to:</p> <ol style="list-style-type: none"> 1. Describe the current evidence for podiatric input for people living with IA. 2. List the key recommendations for best practice. podiatric input for people living with IA. 3. Consider how to implement new guidelines into their own practice. <p>Chairs: Robert Field, Lead Podiatrist (Rheumatology Services), Dorset HealthCare University Foundation Trust and Lindsey Cherry, Speakers: Lara Chapman, Guideline lead author, Ed Roddy, and Mike Backhouse</p>	

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FRIDAY 29 NOVEMBER (CONTINUED)

	Ultrasound workshop – forefoot assessment This will be a demonstration of how to undertake a Forefoot USS assessment covering the key pathologies, with an opportunity for delegates to have a go themselves. The session will be delivered in small groups with one mentor guiding each group (5:1 ratio).	
	Podiatry in end-of-life care Chair: Steve Kriss, RCPod Council member and Podiatric Surgeon Mark Povey, Clinical Lead Podiatrist, Kent Health Community NHS Foundation Trust	
	Heel pain Matthew Douglas-Harris – Plantar heel pain and menopause Chris Drake – Plantar heel pain (title to be confirmed)	
	Mastering central forefoot pain: using the surgical sieve to aid diagnosis An interactive workshop around a patient's journey presenting with forefoot pain from referral through to post-op care and audit.	
15:45	PLENARY SESSION	
15:45	Person-centred care - how you can make a difference Tommy Whitelaw, Health and Social Care Alliance Scotland	
16:30	Consent/mental capacity Sharon Gray and Katie Harwood, Professional Support Officers, The Royal College of Podiatry	
16:55	Jewel in the Crown short paper presentation and awarding	
17:15	CLOSE Emma Stoneman, Conference Chair, The Royal College of Podiatry Apprenticeship Group	

SATURDAY 30 NOVEMBER

08:30	REGISTRATION AND REFRESHMENTS	
09:00-10:00	WORKSHOPS - MORE TO BE ANNOUNCED	
	Nail surgery guidelines update Krishna Gohil, Senior Lecturer in Prescribing and Podiatry, University of Northampton, and Sharon Gray, Professional Support Officer, The Royal College of Podiatry	
	Autism and Neurodiversity: understanding and supporting Autistic patients Dr Steven Kapp, Senior Lecturer in Psychology, University of Portsmouth	
	FIRESIDE CHAT <i>Lessons from private practice: stepping into your career in private practice</i>	
	Short papers <i>Will be allocated once abstracts close at the end of August.</i>	
10:00-10:30	BREAK AND NETWORKING	
10:30-11:15	PLENARY SESSION	
10:30	Making waves in vascular podiatry	

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SATURDAY 30 NOVEMBER (CONTINUED)

11:00	Shaping the future of podiatry in Rheumatology: emerging challenges and transformative opportunities in clinical and academic practice Professor Heidi Siddle, Professor of Musculoskeletal Health and Consultant Podiatrist, University of Leeds	
11:15-12:15	WORKSHOPS - MORE TO BE ANNOUNCED	
	How to assess vascular lower limb for nail surgery interactive scenario-based workshops	
	FIRESIDE CHAT Lessons from private practice: Stepping out of your private practice and into retirement	
	Diabetes Africa handbook on diabetes footcare in dark skin tones Bernadette Adeyileka-Tracz, Executive Director, Diabetes Africa Jayne Robbie, Senior Lecturer - Faculty of Health, Education and Life Sciences, Birmingham City University and Specialist Podiatrist at University Hospitals Birmingham NHS Trust	
	Mental health first aid Chair: Kerri Hutchinson, RCPod Council member Bente Moller, Mental Health First Aid Trainer	
	Prescribing in Private Practice and Utilising poms in clinical practice Claire Westwood-Surridge and Laura Saunders	
	Addressing childhood chronic lower limb pain and diagnostic uncertainty Chair: Simon Jones Professor Cylie Williams, Monsah University, Charlotte Holley, Specialist Podiatrist at Cardiff and Vale University Health Board and Nina Davies, Clinical Systems Pathway Development Lead, Leeds Community NHS Trust	
12:15-13:15	PLENARY SESSION	
12:15-13:05	Explore several complex cases with our expert panel	
13:05-13:15	Conference reflections Emma Stoneman, Conference Chair, The Royal College of Podiatry Apprenticeship Group	
13:15-14:00	LUNCH AND NETWORKING	
13:30-15:30	SAVE A LIFE: TWO HOUR RED CROSS BLS TRAINING* Additional fee £70 + VAT	
14:00-15:00	Pharmacy and Dermatology Dr Rod Tucker, Pharmacist, East Riding of Yorkshire and Dr Ivan Bristow	
14:00-15:00	New ultrasound guidelines Q&A Professor Heidi Siddle, Professor of Musculoskeletal Health and Consultant Podiatrist, University of Leeds and Jai Saxelby	
14:00-15:00	Beginner/taster silicon workshop Martyn Sherman	

Please note conference programme details may be subject to change, including but not limited to speaker, speaker time, content of session, virtual or in-person attendance. *Limited numbers. More sessions and speakers to be announced.

PODIATRY 2024 PREVIEW PROGRAMME

ANNUAL CONFERENCE INFORMATION



CONFERENCE VENUE DETAILS

Harrogate Convention Centre is in the centre of North Yorkshire's most vibrant modern spa town with great places to eat, drink, shop, and relax.

Find out more about Harrogate Convention Centre
Find out more about Harrogate
Getting here - Harrogate Convention Centre



HOTEL DETAILS

Harrogate has a large range of hotels, many within walking distance of the Convention Centre. We have negotiated special rates for delegates at selected hotels.

Download **list of hotels with special rates and booking form**, or go to the **online booking portal**.

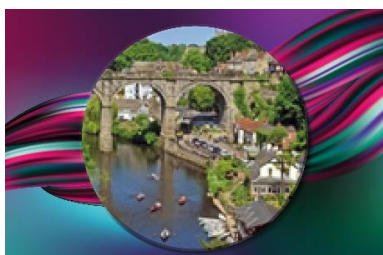


CROWNE HOTEL DETAILS

Located in the centre of Harrogate the Crowne Plaza hotel offers great accommodation to explore both Harrogate and the Conference and Exhibition.

Kings Road, Harrogate, HG1 1XX
United Kingdom

Parking and Transportation



Pet Policy

- Guide dogs/service animals are allowed
- Pet walking area available
- Assistance dogs only in the hotel, we do however allow well behaved dogs on our terrace

Parking and Transportation

- Car Parking Available
- Complimentary Daily Self-Parking unavailable
- Self-Parking Fee: 12 GBP
- Underground car park with 150 spaces, with 2 electric charging points. Residents are charged £12 per day, register car on arrival at reception. There is a car height restriction of two metres.

PLACES TO VISIT

Things to do in Harrogate near Crowne Plaza Harrogate Hotel (ihg.com)

THE 10 BEST Restaurants Near Harrogate Convention Centre (tripadvisor.co.uk)