



STUDENT
PHYSIOTHERAPY
CONFERENCE
SCOTLAND



Queen Margaret University
EDINBURGH

SPCS 2014
Saturday, October 25th

STUDENT PHYSIOTHERAPY CONFERENCE SCOTLAND 2014

Inaugural Conference!

*Hosted by
Physiotherapy Students at
Queen Margaret University,
Edinburgh.*



ver. 01/10/2014



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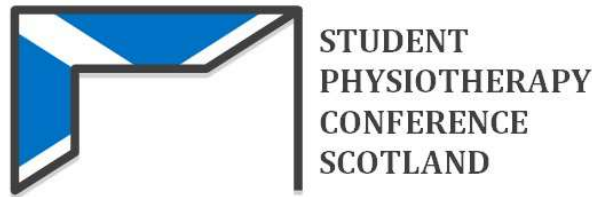
E-mail us: SPConference14@gmail.com

Tradition & Trajectory

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This PDF document contains all of the relevant information required for you to register and select your workshops via Eventbrite should you be unable to access our website sps14.wordpress.com.

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On Saturday, October 25, 2014, physiotherapy students at Queen Margaret University (QMU) in Edinburgh, Scotland will be hosting the inaugural Student Physiotherapy Conference Scotland 2014 (SPCS 2014).

SPCS 2014 is the first of its kind in Scotland. Organised for students by students, it aims to bring together three Scottish Physiotherapy Educational Institutions – QMU, Glasgow Caledonian University (GCU) and Robert Gordon University (RGU, Aberdeen) – and supporting educators and clinicians to enhance knowledge, encourage collaboration and inspire innovation among the student and recent graduate population.

The theme of the first SPCS is *Tradition and Trajectory*. Physiotherapy is grounded in a strong tradition of holistic, non-invasive treatment approaches, prolonged patient contact times and a broad scope of practice. With the changing demands of contemporary healthcare, it is our responsibility, as physiotherapists, to develop our traditional practices and determine the trajectory of our individual careers and overall profession.

SPCS 2014 serves to provide a space for contemplation and exploration of the past, present and future of the profession and our individual places within it. By fostering innovative thinking and collaboration across the profession, SPCS 2014 hopes to enhance physiotherapists' opportunities to impact the health and social welfare of the population.

The schedule of the day's events aims to:

- Provide opportunities for students to showcase their work and share their innovative ideas with other students and clinicians.
- Highlight students' and practitioners' commitment to CPD and reflective practice.
- Promote lateral thinking by exposing students to the diverse applications of a physiotherapy degree.
- Encourage cooperative and mutual learning between student and clinician outside the traditional placement setting.
- Smooth the transition of knowledge and practice from the classroom to the clinic
- Emphasise and embrace physiotherapists' potential to be leaders in health care and to effect health care change in the 21st century.

We welcome you to this historical event.

The SPCS 2014 Organising Committee

CONFERENCE SCHEDULE

Time	Event	Location
08:30 - 09:15	Registration	Main Entrance
09:15 - 09:30	Welcome Address: Dr. Fiona Coutts	Halle Lecture Theatre
09:30 - 10:30	Keynote: Professor Elizabeth Dean	Halle Lecture Theatre
10:30 - 11:20	Posters* (a.m.) and Stalls <i>Coffee & Biscuits provided</i>	'1875'
Student Presentations 11:20 - 12:20	A1 (tba)	Halle Lecture Theatre
	A2 (tba)	
	A3 (tba)	
Workshops Session 1 12:20 - 13:05	Alastair Bryce : Could I Run a Business?	2091
	Louise Mason : Cognitive Behavioural Therapy	2092
	ProActive : Soft Tissue Release Technique	2156
	Andrew Winnard : Spinal Stability in Astronauts & Terrestrial patients	2093
13:05 - 14:00	Lunch (Posters and Stalls)	'1875'
14:00 - 15:00	Keynote: James McCallum	Halle Lecture Theatre
Workshops Session 2 15:00 - 15:45	Laura Groom and Wendy Johnson : Living It Up	2091
	Lewis Mitchell and Mark McKenzie : Elite Sporting Performance	2156
	Claire Murray : Emotion Works	2092
	Person's Perspectives Panel Anne Brown, Nathan Gale, Colin Leslie	2093
15:45 - 16:35	Posters* (p.m.) and Stalls <i>Coffee & Biscuits provided</i>	'1875'
16:35 - 17:00	Conclusion Prizes and Certificates	Halle Lecture Theatre

*Students are requested to stand by their poster for Q&A during their assigned session, either in the morning or afternoon.

Hello!

We're the SPCS 2014 Organising Committee – Katie, Flo, Jason and Andrea – four MSc (Pre-Registration) Physiotherapy students from QMU due to qualify by the end of this year – FINGERS CROSSED!!!

The inaugural Student Physiotherapy Conference Scotland – SPCS 2014 – was conceived in 2013 with Katie and Flo – co-founders of the first QMU Physiotherapy Society. Katie and Flo had a vision of a day that would inspire students to think 'outside of the box' when considering their career options. The necessary groundwork to make the event possible was then established.

Sharing Katie and Flo's vision and enthusiasm for a challenge, Jason and Andrea quickly joined forces. Since then, the four of us have been working together to create the event we present to you here.

Read a bit more about each of us below.

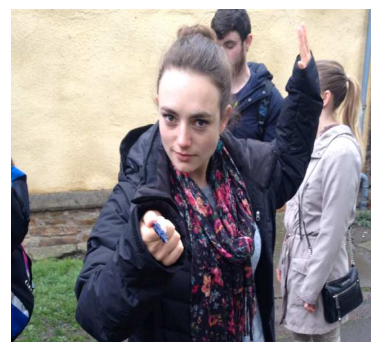
Katie McGregor



I'm Katie, I'm from Edinburgh and I am Physio Society 2013/14 President. I previously studied in Dundee and I'm slowly making my way around Scottish university cities, Edinburgh down, Aberdeen and Glasgow to go. This year I 'ran' the Edinburgh marathon and now have incredible respect for people who run silly distances, that looks like a smile in my picture...it's not. I hope everyone enjoys the conference and you all get to know each other a bit better. If you see me running around on the day like a crazed duck, please tell me a joke.

Florence Cook

I'm Flo, I am from England but please don't hold that against me. I started my education at a specialist music school. After 11 years I was unable to master, or even play a tune on a single instrument, an achievement in itself. I previously completed a BSc in Birmingham before crossing the border to study in beautiful Edinburgh. There are many things that made me love this city, the people, architecture but most of all its connection with Harry Potter. Yes this picture was taken on a Harry Potter tour and I am indeed holding a 'wand'. If you see me at the conference I would struggle to whistle a tune for you but I will be able to tell you plenty of Harry Potter quotes.



MEET THE TEAM

Jason Chang



I'm Jason. I was born in Taiwan but grew up in the Netherlands. Since 2008 I have been studying in the UK, previously at Queen Mary University, reading for a degree in Biology with Psychology, and now Queen Margaret in Edinburgh. My academic pathway has inexplicably taken me into colder and wetter climates, but so far so good! I look forward to meeting all of you come October 25th. If you see me on the day, please remind me to have a sip of water, I will likely be dehydrated from all the running around.

Andrea Christoforou

I'm Andrea. I'm a Greek from Boston, but have been happily stranded on this side of the pond since 2001. Before the MSc, I 'dabbled' in genetics, studying (for a few years...) its relevance in psychiatric illness. Now I spend a lot of time trying to find the various connections between genetics and physiotherapy – both out of interest and to reassure my mother that the past decade was not...for naught? Most likely, if you run into me on the day, I will tell you a bad joke.



That's a bit about us. We look forward to meeting you in October to learn a bit about you!

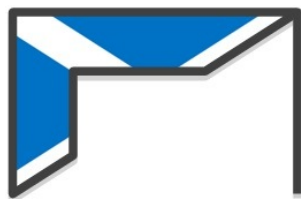
Thank you and Welcome!



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Student Physiotherapy Conference Scotland (SPCS) 2014

'Tradition and Trajectory'

Saturday, 25th October 2014

Queen Margaret University, Edinburgh

Scotland's First Physiotherapy Conference for Students and Clinicians

25 October 2014
08:30-17:00

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www.froachhouse.com



www.livingitup.org.uk



Queen Margaret University
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Student Fund



Stand-up Comedy with

Elaine Miller



*Free Admission for delegates!
Sign up on the day!*

Socialise. Build Connections. Reach Out.

The Post-Conference Social Event at the QMU Student Union – only 50 metres from the conference venue!

Food and drinks available!

Date: October 25, 2014

Time: 17:30-20:00

Venue: QMU Student Union

Stand-up Comedy with Elaine Miller: 18:00-18:30



Elaine Miller

- Physio Comedian and author of 'Gusset Grippers'
- Winner of the 'Weirdest Show of the Edinburgh Festival Fringe 2013'

Read more about her comical approach to tackling female incontinence in the latest edition of Frontline (September 3, 2014; <http://www.csp.org.uk/frontline/article/profile-burst-taboo>) and at her website (<http://gussetgrippers.weebly.com/>).

ACKNOWLEDGMENTS

The launch of such a conference is a monumental task. While it is being planned, organised and maintained by four physiotherapy students, its execution is not possible without the support of various other people and teams, including Dr. Fiona Coutts (Dean of QMU School of Health Sciences); QMU, GCU and RGU Physiotherapy programme leaders and lecturers and QMU Events Management Services, just to name a few (at this time...).

In particular, we are indebted to our Speakers, who have accepted our invitation and are volunteering their time, effort and expertise to make SPCS 2014 the stimulating and inspiring day we envisage it to be. In the pages to follow, you can read a bit about each of them, including what they are planning to present on the day.

Thank you!

PROFESSOR ELIZABETH DEAN**BIOGRAPHY**

Dr. Elizabeth Dean is a Professor, Department of Physical Therapy, Faculty of Medicine, University of British Columbia, Canada. She holds adjunct appointments with the University of Iceland and Mälardalen University, Sweden. Her academic and clinical career and experiences have spanned the “corners of the globe” with invitations to over 30 countries. Because ‘lifestyle-related conditions’ are pandemic globally, her research has increasingly focused on integrating knowledge of cultural diversity in promoting health and wellness worldwide. This includes exploiting non-invasive physical therapy interventions (healthy lifestyles including health education and exercise) as first-line interventions to prevent, reverse as well as manage these chronic conditions; conditions that are associated with

enormous human suffering and unsustainable societal cost. Professor Dean has over 100 publications and is co-editor and an author of ‘*Cardiovascular and Pulmonary Physical Therapy: Evidence to Practice*’ now in its 5th edition. In 2009, she was the invited editor for the Special Issue of Physiotherapy, Theory and Practice, titled ‘*Physical Therapy in the 21st Century: A New Evidence Informed Practice Paradigm and Implications*’. She served as Cardiovascular and Respiratory Senior Therapist with the Kuwait Dalhousie Project in Kuwait and has served as a visiting professor with the Hong Kong Polytechnic University. Dr. Dean’s clinical practice focuses on people with complex co-morbid conditions.

KEYNOTE ABSTRACT

PHYSIOTHERAPY STUDENTS AND THE WAY FORWARD:
TOWARD ‘HEALTH FOR ALL’ IN THE 21ST CENTURY

Elizabeth Dean PhD PT, Professor, Department of Physical Therapy, Faculty of Medicine, University of British Columbia, Canada

Physiotherapy students are the next generation of established health professionals who are in a unique position to effect much-needed transformation in health care today. Contemporary health priorities are chronic lifestyle-related non-communicable diseases for which non pharmacological interventions, i.e., health education and exercise, constitute ‘best’ evidence-based practice. This keynote challenges students to establish whether they have the requisite qualities and attributes to address patient and societal priorities this century and serve not only as team members in health care, but also as leaders; basically, do physiotherapy students have ‘the right stuff’ to lead the way forward in health care with respect to 21st century challenges and priorities.

JAMES McCALLUM

BIOGRAPHY

James McCallum Biography

 British Champion

 Scottish Champion

 3 Commonwealth Games '06

James McCallum, is a professional racing cyclist currently racing with the NFTO Pro Cycling team. Building upon his previous palmarès, including 3x British Champion and 16x Scottish Champion and having represented Scotland at the 2002 & 2006 Commonwealth Games, James is looking to strike gold at this years Commonwealth Games held in his hometown of Glasgow.

We are absolutely delighted that James McCallum will be speaking at the inaugural Student Physiotherapy Conference Scotland (SPCS). We are honoured that he is supporting our initiative and playing an active role in guiding physiotherapy students and clinicians to develop their practices in sports medicine. His insight as a professional athlete and trained nurse will undoubtedly be enlightening.

Text prepared by Jason Chang. More soon to follow...

WORKSHOP DESCRIPTION

TRADITION VERSUS SCIENCE

BY JAMES McCALLUM

The aim of the keynote will be to talk about the progression of Science and its fight against what has been a very traditional sport - cycling. I will expose old methods and look at how "Marginal gains" have changed the landscape of cycling.

ALASTAIR BRYCE

BIOGRAPHY



Alastair Bryce is a Start-Up and Digital Marketing Advisor for Business Gateway in East Lothian. He also runs the free East Lothian Coffee Morning events, providing monthly social media training and networking opportunities for local businesses.

Business Gateway is a Scotland-wide service, provided by a partnership of Scottish Local Authorities, Enterprise Agencies and the Scottish Government, and it offers free and impartial advice and support to small business start-ups.

Alastair is based at QMU - the first Scottish university to host a Business Gateway office.

WORKSHOP DESCRIPTION

“COULD I RUN A BUSINESS?”

Alastair Bryce will deliver a workshop aimed at physiotherapy students, graduates and clinicians with an interest in entrepreneurship. He will provide an insightful and practical overview of questions, decisions and dilemmas that may arise when considering setting up a business:

- Can I run a business?
- How can I market my business?
- What are the legal issues?
- Financing & Support agencies.

Book your place at this year's inaugural Student Physiotherapy Conference to learn how you can be a successful physiotherapy-trained entrepreneur!

LOUISE MASON

BIOGRAPHY



Louise Mason is a Specialist Occupational Therapist currently working with the Edinburgh Pulmonary Rehabilitation Service and Community Respiratory Team. She has over 20 years experience of working in the NHS, in research, and the voluntary sector, returning to the NHS 4 years ago to take up this respiratory post.

Her current role focuses on the development of self management skills, supporting people in living well alongside managing a long term lung condition(s), addressing the impact of people's symptoms on their health, functional abilities and routines, and their physical and emotional wellbeing. She specialises in the management of anxiety and mood issues using Cognitive Behavioural Therapy, completing the South of Scotland PGCert in Cognitive Behavioural Therapy in 2008. A cognitive behavioural approach is now routinely incorporated in her work and utilised to support people in making sense of their symptoms and their impact, better awareness and understanding positively influencing each individual's practice of coping behaviours, sense of control and functional routines.

WORKSHOP DESCRIPTION

Beginning with a brief introduction to Cognitive Behavioural Therapy (CBT) and its use, Louise's workshop will focus on the practical application of CBT in the management of anxiety in chronic lung conditions. The 'Caught in a Flap' psychoeducational group will be used as a working example of the CBT model to elucidate CBT strategies and techniques in practice. Workshop participants will be asked to reflect on the CBT model - how it can help explore connections between symptoms, emotions, thoughts and behaviours, and how this discovery can support choices and the development and practice of coping behaviours and self management skills in the people we routinely see in clinical practice, supporting both their physical and emotional wellbeing longer term.

PROACTIVE

BIOGRAPHY



ProActive Training (www.proactive-training.co.uk) are one of the UK's leading providers of intensive therapy-related courses. They provide training in sports massage, sports and kinesiology taping, strength and conditioning, personal training, acupuncture and other bespoke CPD opportunities. Their courses are accredited by ITEC and are taught across the UK by 15 tutors, all of whom are leaders in their fields and have years of experience. ProActive are giving you the opportunity to attend a 'taster' workshop on Soft Tissue Release Techniques.

WORKSHOP DESCRIPTION

Soft tissue release is a manual technique used in stretching soft tissues, primarily muscles, fascia and tendons with the objective being to increase range of motion and reduce tension in soft tissue structures.

It is a key technique that all manual therapists should be familiar with as it enables a therapist to stretch a specific section of a muscle and therefore focus treatment where the patient most needs it.

The session will be very interactive and will give all attendees the chance to practice techniques. Over the course of the workshop, we will be looking at Passive STR, Active Assisted STR and Active STR.

At the end of the session, all attendees will have a good understanding of STR and where they can utilise these techniques with patients.

ProActive Training will also be hosting a stall at the conference and offering a **10% student discount** for those who sign up for one of their popular courses on the day.

ANDREW WINNARD

BIOGRAPHY



The session will be led by Andrew Winnard, MSc MCSP. Andrew has three degrees in biomedical science and physiotherapy and qualified as a physiotherapist three years ago. He has written two theses on space rehabilitation and worked in crew medical support at the European Space Agency's Astronaut Centre in Germany. He was recently awarded the Space Medicine Associations international scholarship to the "Outstanding Student of Space Medicine in 2013" and is currently chairing the UK Space Biomedicine Association while doing a PhD on rehabilitation of spinal stability on Earth and in space.

WORKSHOP DESCRIPTION

SPINAL STABILITY IN ASTRONAUTS BENEFITS TERRESTRIAL PATIENTS!

Human beings live and work in space every single day of the year. Working in the space environment has many occupational health risks including bone and muscle loss, reduced blood volume, cardiovascular deconditioning, upward fluid shifts, raised intracranial pressure, radiation exposure, prolonged isolation and proprioceptive, postural and vestibular changes. Many of these are physio relevant and while studying them helps astronauts, it also benefits many people down here on Earth too! There are similar rehab needs in both astronaut and terrestrial populations such as; sedentary lifestyles, aging, osteoporosis and prolonged desk sitting postures.

In this workshop, we will briefly explore what happens to human physiology in space and then focus in on spinal health. We will learn how the spine lengthens in space while the discs degenerate, the muscles stretch and atrophy and the spinal column becomes unstable. We will then look into how this leads to back pain and prolapsed discs. The methods used to rehab this in astronauts will be presented (including live biofeedback using diagnostic ultrasound) along with insights into currently ongoing research into a new device being developed to train spinal stability muscles. There will also be some practical time with opportunity to cover basic assessment and treatment of spinal stability and chance to practice this.

Outside of the workshop, Andrew would be very happy to be approached for questions on the workshop topic, to talk about how to break into "outside the box" careers or undertaking PhD studies in physiotherapy.

WORKSHOPS - SESSION 2

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LAURA GROOM and WENDY JOHNSON

BIOGRAPHIES

Laura Groom trained in Cardiff at the University of Wales College of Medicine. She is a Clinical Specialist Physiotherapist in the Respiratory Care of patients with COPD, with 16 years experience in working in the NHS. She is also an Independent Prescriber.



Wendy Johnson trained at QMU when it was QMC - no prizes for guessing how old she is! She then completed an MSc at University College London. She is a Musculoskeletal Clinical Specialist Physiotherapist working in the NHS & privately & is clinical mentor of MACP MSc students.

Laura has led and developed innovative new ways to deliver respiratory physiotherapy care including Community Respiratory Team including telehealth into patients' homes. Her current interests include Anticipatory Care of patients with Long Term Conditions, Telehealth, & Leadership. She is the key innovator for COPD in the Living it Up team in Lothian.

For many years, Wendy has project managed, designed & delivered innovative new ways to reach people in need of physiotherapy & healthcare advice, assessment & treatment; including involvement in clinical-specialist clinics, self-referral, a knee website, musculo-skeletal telephone advice, & musculo-skeletal pathways, & also www.livingitup.org.uk

Laura and Wendy's favourite YouTube clips include

- Mike Evans Flatulence https://www.youtube.com/watch?v=aFgPyj_o8Yk
- Mike Evans 23.5hours <https://www.youtube.com/watch?v=aUalnS6HIGo>
- Eddie Izzard Death Star Canteen <https://www.youtube.com/watch?v=Sv5iEK-IEzw>

WORKSHOP DESCRIPTION



www.livingitup.org.uk is a new digital platform to promote and support independent lifestyles, health & well-being. Come to our workshop to explore how we are developing innovative health & care products & services – empowering people to self manage their conditions & lifestyles.

***IF YOU ALWAYS DO WHAT YOU'VE ALWAYS DONE
– THEN YOU ALWAYS GET WHAT YOU'VE ALWAYS GOT***

This workshop aims to

- ☐ a) make you laugh
- ☐ b) make you think
- ☐ c) make you do something differently
- ☐ d) all of the above
- ☐ e) none of the above

ELITE SPORTING PERFORMANCE

BIOGRAPHY

ESP is the brain child of Chartered Physiotherapist, Lewis Mitchell, and highly qualified Specialist Skills Rugby Coach Mark McKenzie. The two first met in 2008, when Lewis was recruited to the SRU's U-16 Pathway program as a physiotherapist. With their backgrounds in professional sport, they both shared a common love for athletic performance, and realised the impact that they could have in improving performance in Scottish Football. The business was formed in 2012, and straight away they began working with players that had been rejected from professional youth football, either



because of chronic injury or psychological difficulties. They currently have 10 aspiring professional football players in their program, and are making large strides towards breaking into Scottish Football.

Lewis Mitchell (left) and Mark McKenzie (right) are raising the bar of athletic performance in Scottish football.

WHAT WE DO

ESP is a team of sports performance consultants with expertise in strength and conditioning, physiotherapy, sports coaching, sports psychology and much more. At ESP we provide a number of specialist services including: physiotherapy; sports massage; 1-2-1 training for the general public; and athletic performance training for footballers.

QUALIFICATIONS

Lewis Mitchell

- HND Sports Therapy
- B.Sc (Hons) Health & Sports Studies
- M.Sc Physiotherapy
- Dip Orthopaedic Medicine SOM
- Dip Injection Therapy OMS
- UKSCA Level 1 Strength and Conditioning
- Member of Health Professions Council
- Member of CSP
- Member of AACP

Mark McKenzie

- UKCC Level 3 Sports Coaching
- UK Coaching Certificate (UKCC) Trainer
- UKSCA Level 1&2 Strength and Conditioning
- HNC Sports Coaching
- ONC Sports Therapy - Massage



PRESENTATION

ESP are proud to accept the invitation to deliver a 45 minute workshop at the inaugural Student Physiotherapy Conference . The workshop will aim to address the following topics, and will be an interactive session that will most probably include a practical component.

1. Life after University as a physiotherapy student, and developing as a clinician.
2. Thinking outside the box of physiotherapy, and learning from others.
3. What is an athletic performance coach anyway?
4. What skills do you need to work at ESP?

We look forward to seeing you all in October to conduct the workshop and present our own stall.

No Excuses, Just Results

Lewis & Mark, ESP

WORKSHOP SESSION EMOTIONAL EDUCATION AND WELLBEING FOR ALL... BY ALL?

By Claire Murray, Founding Director, Emotion Works CIC



Biography: Claire Murray is an experienced teacher of 15 years in both mainstream and ASL settings. In recent years she has worked on a number of educational developments in her specialist area of emotional learning and communication. Her resulting approach to emotional education is theoretically principled, comprehensively piloted, and is now ready for wider dissemination. To this end, she has set up *Emotion Works*, an organisation operating as a social enterprise with a clear community purpose: to meet the emotional learning and communication needs of children who experience disability, disadvantage, or other difficulties relating to emotional wellbeing.

Session Summary: This session will appeal to students and practitioners with an interest in paediatrics who enjoy working in joined up ways with educational colleagues and other children's services.

At the heart of the Emotion Works approach is the 'Component Model of Emotion'. Pictured here, the model identifies 7 key areas of emotional understanding that adults can keep in mind as they engage in emotional conversations and interactions with the children they work with and care for.

This workshop will provide an introduction to the model and demonstrate how it is being used in a variety of educational settings and other contexts to support emotional learning and communication with children who have a range of additional support needs.



The Component Model of Emotion
© 2013 Emotion Works CIC

In-keeping with the key themes of the SPCS conference, this session will finish by exploring how physiotherapists might make use of the component model in paediatric work in ways that promote children's physical and emotional wellbeing.

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PERSON'S PERSPECTIVE ON HEALTHCARE PANEL

WORKSHOP DESCRIPTION

This exciting Workshop will evaluate healthcare from 'the person's perspective'. It will be facilitated by three very inspiring people who will draw from their experiences of healthcare to help us reflect and evaluate our roles at different points throughout the patient journey. This workshop will be in a panel format with three people providing very different angles to the discussion.

We are delighted to welcome Anne Brown who has MS, Nathan Gale who is a transgender person, and Colin Leslie who is a bilateral lower limb amputee. All three have achieved a huge amount and their experiences and thoughts will be invaluable to us as students and clinicians, educating us and helping enhance our physiotherapy skills. The panel will be chaired by Dr. Jane Culpan, QMU Lecturer in Physical Activity, Health and Wellbeing, who will guide and foster the discussion. Each of our panelists is a great speaker, and this Workshop promises to provide a stimulating discussion of which we hope you will be a part.

Please continue to the following page for the Participants' biographies, included as they become available.

BIOGRAPHIES

DR. JANE CULPAN



Jane Culpan is a New Zealand trained physiotherapist with over 15 years experience teaching undergraduate and postgraduate physiotherapy programmes in the UK. She has a background in pain management, and exercise physiology and for her PhD evaluated the effects of adding exercise training to standard rehabilitation care for adults after brain injury.

She has been recently appointed to develop a new degree programme at QMU in Physical activity, Health and Wellbeing. The ambition for this programme is to produce graduates who can work to help others develop their health and wellbeing through empowering person centred approaches.

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ANNE BROWN



What would you know about me if I was referred to you as a patient?

All you would know is that I'm a 57yr old woman diagnosed with RRMS in 2003 with diagnosis changed to SPMS in 2013.

That's it!

What you won't know is the 5yr battle with Neurologists to get that diagnosis after being told in 1998 that all I had was "anxiety."

What you won't know is that due to various circumstances, I didn't have a voice to battle anyone till I was in my thirties, but once I found that voice my life changed dramatically.

You won't know that my voice has been to Scottish Parliament to help change things for PWMS.

You won't know that I use the written word to tell my stories on the MS Society website in my blog "Life wi the Broons" with illustrations by a volunteer illustrator.

You won't know that I've earned the nickname "Big Mooth" from my husband and daughters as I've been asked to use my voice speaking publicly.

You won't know that my passion is riding, and I stay as fit as I can on the back of a horse.

You won't know that one vitally important thing I have learned is that "If you don't tell people, they won't know!"

So come and join "Big Mooth Broon" and meet the person behind the medical notes.

BOOKING AND REGISTRATION

Registration and ticket booking is now open at spcs14.wordpress.com through Eventbrite.

Buy Tickets on 

[Click here to book](#)

Ticket Type	Price	Processing Fee	Total
General Admission - QMU Student	£15	£1.55	£16.55
General Admission - GCU Student	£15	£1.55	£16.55
General Admission - RGU Student	£15	£1.55	£16.55
General Admission - Cumbria students	£15	£1.55	£16.55
General Admission - Northumbria students	£15	£1.55	£16.55
General Admission - Teesside University	£15	£1.55	£16.55
Non-Student	£40	£3.05	£43.05

Payment Cards accepted on Eventbrite:



Workshop Selection

Two sessions of workshops have been organised for the conference. Four workshops will run concurrently during each session. During the booking process you will be able to select the two workshops, one from each session, that you would like to attend. This booklet contains information about each of the speakers and their workshops.

Please visit our website as we continue to update the site with speaker biographies and workshop descriptions. The running order of the workshops are summarised below.

Workshop	
Session 1	Session 2
Alistair Bryce: "Could I Run a Business?"	Laura Groom and Wendy Johnson: Living It Up
Louise Mason: Cognitive Behavioural Therapy	Lewis Mitchell and Mark McKenzie: Elite Sporting Performance
ProActive: Soft Tissue Release Technique	Claire Murray: Emotion Works
Andrew Winnard: Spinal Stability in Astronauts and Terrestrial Patients	Person's Perspectives Panel: Anne Brown, Nathan Gale and Colin Leslie

Tickets will be limited.

If you are unable to select the quantity of ticket when making a booking it may be that the ticket of that type has sold out. If you do not receive any notification of being placed onto our waiting list, please drop us an e-mail at SPConference14@gmail.com with subject line: "Cannot book tickets". Please also provide us with your **full name, university** (where applicable) and any other notes. You may also wish to provide a telephone/mobile number as this may speed up the process.

Alternatively, copy this booking link:

<http://www.eventbrite.co.uk/e/student-physiotherapy-conference-scotland-2014-tickets-11891312235?ref=ebtnebtckt>

ABSTRACT SUBMISSIONS

STUDENTS and recent GRADUATES!!! SHOWCASE YOUR WORK –

1. SUBMIT AN ABSTRACT FOR AN ORAL OR POSTER PRESENTATION!

To submit an abstract for an oral and/or poster presentation, please complete the SPCS 2014 “[Abstract Submission Form](#)” available on the [Downloads page](#) of our website (spcs14.wordpress.com) or upon request from spconference14@gmail.com. Return the completed abstract to spconference14@gmail.com no later than **5pm on the Monday, 19th of September 2014**.

Successful abstracts will be announced by **5pm on Friday, 26th of September 2014**.

Oral Presentations*

Format: Powerpoint presentation

Length: 10 minutes with 5 minutes for questions at the end

- i.e. approximately 10-15 slides maximum

Poster Presentations*

Presenters are requested to stand by their poster for a Q&A during their assigned session, either in the morning or afternoon.

Size: A1 (84.1cm x 59.4cm)

Orientation: Portrait

Font size: At least 28pt recommended

Font type: sans serif typeface (e.g. Arial, Helvetica, Comic Sans)

Content: Expected/anticipated findings of your proposed study, including the following sections (see also Abstract Submission Form section for guidance):

Title - Large font (40+pt), centred and stretched across the width of the poster with authors' names and affiliation beneath.

Introduction – background, purpose and relevance of study

Methods – Description of methods or methodology employed, including sample information, instrumentation, research design, and data analysis

Results – Summary of key findings, including tables, figures and graphs

Summary and Conclusion – including recommendations for future research and implications for practice

Acknowledgments

*Please also refer to your University's guidance on the production of Power Point and Poster presentations.

ABSTRACT SUBMISSIONS

Students who are unable to submit an abstract for an oral and/or poster presentation on a complete/near complete project are strongly encouraged to submit an abstract for a poster presentation of their proposed project

2. SUBMIT AN ABSTRACT FOR A POSTER PRESENTATION OF YOUR PROPOSED PROJECT

To submit an abstract for a poster presentation on your proposed project, please complete the SPCS 2014 “[Abstract Submission Form \(Proposal\)](#)” available on the [Downloads page](#) of our website (spcs14.wordpress.com) or upon request from spconference14@gmail.com.

We are aware of the different dissertation schedules between the universities. We can accept the submission of your abstract at a later date, but please note the poster must be ready by **October 25th, 2014**. Please inform SPCS 2014 committee on spconference14@gmail.com of intent to submit such an abstract.

Poster Presentations*

Presenters are requested to stand by their poster for a Q&A during their assigned session, either in the morning or afternoon.

Size: A1 (84.1cm x 59.4cm)

Orientation: Portrait

Font size: At least 28pt recommended

Font type: sans serif typeface (e.g. Arial, Helvetica, Comic Sans)

Content: Overview of project proposal, including the following sections (see also “Abstract Submission Form” for Project Proposals for additional guidance):

Title - Large font (40+pt), centred and stretched across the width of the poster with authors’ names and affiliation beneath.

Introduction/Literature Review – background and relevance of study

Aims & Hypotheses – what will be tested or explored; purpose of study

Methods/Methodology – description of proposed methods or methodology to be employed, including sample information, instrumentation, research design, and data analysis where possible.

Ethical considerations – main ethical considerations and how they will be addressed

Summary and Conclusion – including how findings may inform future research and physiotherapy practice

Acknowledgments

*Please also refer to your University’s guidance on the production of Poster presentations.

SPONSORS

We would like to thank our sponsors for helping us make this conference possible.

If you would like to sponsor and/or would like to enquire about setting up a stall at our inaugural conference please send us an e-mail at SPConference14@gmail.com. We greatly appreciate all the help we can get!



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The Component Model of Emotion
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More to come!

GETTING HERE



By Bus

Lothian Buses service 30 stops on campus and runs every ten minutes with an approximate journey time of 35 minutes from Edinburgh city centre. More information on the route of the number 30 is available on the Lothian Buses website.

For people who are not familiar with Edinburgh, you can catch the number 30 from several bus stops on Princes Street. The journey will cost £1.50 each way, or you can buy a day ticket for £3.50 which will enable you to unlimited travel for that day on all Lothian buses (except the 'Airlink' bus). The Lothian Buses service 45 (which serves Princes Street) also comes to campus Monday to Friday.

From Edinburgh Airport

From Edinburgh Airport, you can catch the 'Airlink' bus into the city centre and alight at the Waverley station stop (just off Princes Street) and follow the directions for bus



You can also check our website for directions from other routes!

<http://spcs14.wordpress.com/venue/>

Queen Margaret University
Queen Margaret Drive
Musselburgh

EH21 6UU
United Kingdom

By Train

The train is the fastest way to the campus, with the journey taking around 6 minutes from Edinburgh Waverley Station. Musselburgh train station is right next to our campus, a two minute walk from the main academic building. You should take the North Berwick train from Waverley Station. Musselburgh is the first stop.

See the Scotrail website or National Rail for train times.

From West Lothian and Stirlingshire by train New Craighall Station is located 15/20 minutes walk to the north west of the QMU campus. Musselburgh station is served by trains from Edinburgh and East Lothian, whilst New Craighall is served by trains from Edinburgh, West Lothian and Stirlingshire. Trains run from Haymarket and

By Car

Cars can access the campus via a sliproad off the A1 southbound, between the exit for New Craighall/Craigmillar and the Old Craighall Roundabout. Drivers should note that the access by car is not permitted via Whitehall Farm Road (by Musselburgh Station).

From Central Edinburgh: ~20 mins

From the East End of Princes Street or Queen Street take the A900 towards Leith Walk. Take the left hand turn onto London Road (more or less opposite Gayfield Square, and signposted Berwick Upon Tweed A1). Follow the A1 signs, past Easter Road, and Meadowbank Stadium then turn right into Willowbrae Road at the Jocks Lodge traffic lights junction. Continue for about 2 miles until the junction at the A1. Take a right onto the A1, and continue along, over the roundabout and past the exit to New Craighall. Take the following exit on the left after the Queen Margaret University sign. Take a left at the end of the slip road and follow round to the car park entrance, first on the right.

CAN YOU HELP?



“Although there are still complex ongoing legal negotiations with our landlord, it has become sadly evident that the BRDA cannot continue day-to-day operations at Sauchieburn Centre. This is due to:

- the deteriorating access road
- the fact that fewer than a quarter of our regular riders can access the Centre
- our income falling so much it no longer covers our costs
- concerns that the safety and welfare of staff, riders, drivers and horses could be compromised by the ever-increasing volume of heavy traffic and machinery in the vicinity of the Centre.

BRDA will have to move from Sauchieburn Centre and all activities here will therefore cease with effect from 14th August 2014.”

This is an excerpt from the letter I received to tell me that my riding days at Bannockburn RDA would soon be over. I won't go into the legal battle just now, or the behaviour of the landlord, just my story. I have ridden there for the past 5yrs and during this time my core strength, posture, mental wellbeing and self esteem has dramatically improved.

Bannockburn is where the Regional Qualifiers were held, and the Scottish Championships. I was second in my class at Scottish Championships last September and hoped to qualify for Nationals this year. There were no qualifiers this year, the access road was too poor.

200 Bannockburn riders and carriage drivers are losing this facility as well as countless Scottish riders hoping to compete. Volunteers and staff, many with physical or learning disabilities are losing it too.

We must rebuild this so my daughter and I are fundraising to build a new Centre of Excellence. My daughter decided to get tattooed with the RDA's slogan “It's what you CAN do that counts” if she got £500 of sponsorship. Jokingly I quipped “If you get £1000 I'll do it myself.” Hence the birth of the TATTOO A GRANNY campaign. Our aim is to help rebuild the RDA for Stirlingshire, and all the competition riders throughout Scotland.

If we make £1000 I will have my tooshie tattooed with the slogan, not because I want to, but as I have MS I can't do a marathon, can't climb a mountain, but I CAN do this!!!! If I get enough money soon enough I'll be able to show you all on October 25th!!!!

To donate text **TATG99 £1** or whatever you can spare to **70070**, or go to our Just Giving page <http://www.justgiving.com/Anne-Brown11>



Anne and Toby.

This appeal is by Anne Brown, speaker on the Person's Perspectives Panel.