THE SMAE INSTITUTE

Summer School 2020

FRIDAY 5TH & SATURDAY 6TH JUNE 2020

Join us at this popular event and enjoy exclusive access to the extensive trade exhibition and listen to eminent lecturers who will enhance your knowledge, alongside a delicious hot/cold buffet lunch (and unlimited refreshments).

All delegates are automatically entered into the prize draw with great prizes up for grabs

1st Prize - £100 Podiacare voucher
2nd Prize - Free Online CPD (one subject of your choice)

Join us at this popular event and enjoy exclusive access to the extensive trade exhibition and listen to eminent lecturers who will enhance your knowledge, alongside a delicious hot/cold buffet lunch (and unlimited refreshments).

For booking information, visit www.smae.co.uk or call Janet McKane on 01628 560654

"If you think education is expensive, try estimating the cost of ignorance."

Howard Gardner
Meet Our Lecturers

**Peter Allton**  
MCPod DPodA, Clinical Director - Circle Podiatry, CEO of Undefeated CIC, Author of Undefeated by Diabetes

Peter has run a successful private podiatry business Circle Podiatry for over 18 years now having been practicing in the NHS for some 13 years previously. Peter has always pursued excellence to ensure that his patients receive the best of treatment outcomes and has led his team to win no fewer than 9 business awards since 2008 including the best business for Customer service in London at the FSB London awards 2017. He was awarded the College Of Podiatry’s Meritous award for services to the profession.

Peter’s passion for helping people with diabetes stems from 3 sources: more than 30 years experience as a Podiatrist dealing with the devastating effects of the disease on people’s feet : his personal battle with Type 2 diabetes and his experience with his daughter’s diagnosis with type 1. He and his wife Tina founded the multi award winning not for profit organisation Undefeated whose mission is to help people with diabetes prevent foot complications and amputations by helping them live as safely as possible with their disease. Peter is the author of Undefeated by Diabetes. He walks his talk having successfully reversed his Type 2 diabetes and remains off all his meds 3 years on.

He also presents 2 weekly radio shows on UK Health Radio – The Diabetes Show and The Foot Health Show and writes 2 regular columns for the Health Triangle Magazine – The Diabetes Sweet Spot and Foot Notes.

He is also a Christian, a husband, Dad to 7 Kids and has one granddaughter. In all his spare time Peter loves running, gardening and modelling (steam trains not on the catwalk)

Find the radio shows at www.ukhealthradio.com. Find out how Undefeated can help your patients at www.undefeated.org.

Facebook: undefeatedforum • Twitter: @beundefeated • Instagram: @beundefeated

**Dr Emma Cowley**  
BPhD FFPM RCPs(Glasgl) FCPM CSci, Senior Teaching Fellow in Podiatry, University of Southampton

Dr Emma Cowley is a Senior Teaching Fellow at the University of Southampton with an interest in musculoskeletal podiatry. Her research has focused on the effects of prolonged running on the biomechanics and function of the foot and ankle, the effects of orthoses on running and the effects of heel height on walking.

Recently Emma has worked with the College of Podiatry, Health Education England and NHS England to seek consensus on a Podiatry Career Framework, develop a policy position for MSK Podiatry and to ensure podiatry was represented in the MSK Core Capabilities Framework for First Contact Practitioners. Things you will never hear Emma say include ‘other professions can do Podiatry’...

Emma is a strong proponent for building leadership and a scientific culture in podiatry and developing mid-career capability in practice at the top of the Podiatry licence. She is a fellow of both the College of Podiatry and the Royal College of Physicians and Surgeons of Glasgow and a Chartered Scientist.

**Andrew Hill**  
MSc Podiatry, BSc (Hons), PGCert L&T, MScCh, MBChA, FHEA, HCPC Registered, Clinical Services Manager of The SMAE Institute

Andrew graduated from the University of Brighton in 2006 with a BSc (Hons) in Podiatry. He has worked as a Podiatrist in both the NHS and Private sector – both in the UK and Australia. Since 2008 he has worked at The SMAE Institute as an educator ascending to the role of Clinical Services Manager and Programme lead in 2012. In addition to his post graduate teaching qualification in higher education, Andrew obtained his MSc in Podiatry from QMU in 2015 and is currently undertaking his professional doctorate at the University of Bath looking specifically at the barriers and facilitators to good foot self-care behaviours in people with diabetes. Diabetes is a core area of professional interest for Andrew and he has a publications within peer-reviewed journals on patient education and self-care in diabetes. In 2018 Andrew was made a Fellow of the British Chiropody and Podiatry Association and in 2019 Andrew became a Fellow of the Faculty of Podiatric Medicine within the Royal College of Physicians and Surgeons of Glasgow where he has recently been appointed as a regional advisor for Podiatry within London. Andrew’s key professional goal is to help develop and drive high quality of training and education at levels within the foot health & Podiatry sector, which in turn can lead to recognition for all levels of clinician in foot health and ultimately help to best serve the public. Andrew's current roles involve his educational lead on the SMAE's FHP.
Belinda Longhurst  
**Podiatrist / Lecturer BSc (Hons), HCPC registered podiatrist, MCPod**

Belinda graduated from the University of Southampton, where she was awarded a first-class BSc (Hons) degree in Podiatry, with a distinction in clinical practice and has worked as a private practitioner from 2003 until 2017. She is a Trustee and volunteer coordinator for the registered charity Forgotten Feet, which offers free footcare to the homeless and socially isolated. As a post graduate student at QMU Edinburgh, she continues to research in her area of special interest: podiatric dermatology - and has frequently presented her published work at both national and international conferences.

Tracey O’Keeffe  
**MA, BSc, RN, PGCE, MCFHP MA FHP, Part-time Tutor/Lecturer at The SMAE Institute**

Tracey qualified as a nurse in 1992 and her career has taken her through many different specialities including intensive care, neurology and cardiac before working in the community as a Rapid Response Nurse. She has also been a Senior Lecturer teaching nursing in university and currently works as an Education Facilitator for Primary Care. Tracey is Smae trained and has her own private practice. She is a part-time Tutor for the Smae Institute FHP Diploma, Diploma in Higher Education (Podiatry Assistant); Local Anaesthesia and Prescription Only Medicines courses.

Raymond Robinson  
**Clinical Lecturer, BSc BSc Hons PgCert MSc**

Raymond has been a Clinical Lecturer in Podiatry since 2004 and is a Fellow of the Higher Education Academy. He graduated with a BSc in Genetics and Microbiology from Queens University (QUB) in 1990 and a BSc Hons in Podiatric Medicine in 1998 from QUB. He has a PgCert in HE Practice from Ulster (2007) and PgCerts in Steroid and Silicone Injection Therapy (2010). He completed his MSc (Distinction) in Podiatric Medicine from QMU/GCU in 2014. His main areas of teaching and interest include anatomy, biomechanics, injection and physical therapies. Raymond works in clinical practice and is currently undertaking a PhD by publication.

Deborah Rockell  
**Podiatrist / Lecturer DipPodMed, MSSCh**

Deborah is a Podiatrist who qualified at The SMAE Institute in 2002 following a distinguished career in the Police force. Since 2002, Deborah has worked in private practice both in the UK and Dubai and has worked as clinical tutor at The SMAE Institute. As of June 2018, Deborah has been working full-time as a Clinical lecturer at SMAE providing the day-to-day overseeing of the students practical experience in the clinic and facilitating all aspects of their clinical assessment. Deborah also teaches on SMAE CPD programmes – most notably the Nail Reconstruction course.

Charlotte Vannet  
**MRes, BSc(Hons), FHEA, MCPod Podiatry Programme Leader, University of East London**

Charlotte graduated from University College London in 1997 with a BSc (Hons) in Podiatry. She worked in the NHS before returning to UCL as a Podiatry lecturer. It was during her time working in the teaching clinics at the London Foot Hospital whilst managing the case load of patients with diabetic neuropathic ulceration that her enthusiasm for endocrinology and its impact on the feet took hold. Since 2004 she has worked at the University of East London and is currently the programme leader for the undergraduate Podiatry programme within the department of Health & Nursing. Charlotte’s academic teaching focuses on the diabetic foot, vascular pathologies and pharmacology. She leads the clinical practice modules and enjoys working with the students in the onsite NHS clinic to further develop their clinical skills and facilitate the application of theory into action. She has previously presented her work at national and international level and regularly provides updates for continuing professional development across the medical community.
BOOKING FORM SUMMER SCHOOL 2020

Delegation Details: Please use BLOCK CAPITALS

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Member/Student:

| Membership/Student Number: | HCPC Number: |

Non-Member:

| Qualification: | Training Organisation: |

Summer School Booking Option: Please circle which option/rate applies to you

| Both days: Friday 5th June & Saturday 6th June 2020 | Member Price: £159.00 | Student Price: £125.00 | Non-Member Price: £169.00 |
| Day Delegate – Friday 5th June 2020 only | £93.00 | £77.00 | £99.00 |
| Day Delegate – Saturday 6th June 2020 only | £93.00 | £77.00 | £99.00 |

- I would like to attend the Practical Breakout Session on Friday 5th June. Price £12.00 per person (optional)
- I would like to attend the Practical Breakout Session on Saturday 6th June. Price £12.00 per person (optional)

Dietary Requirements

- Vegetarian
- Vegan
- Gluten-free
- Dairy-free
- Religious restriction (Please specify ________________)

Allergies/Other: (Please detail)

Please accept my booking for which I enclose the appropriate payment:

| Signature: | Date: |

Payment is non-refundable or transferable. All places are allocated on a strictly first booked basis. Receipt of a completed booking form is secured only on receipt of payment. No provisional bookings can be taken.

Payment Details

Cheque (payable to 'The SMAE Institute (1919) Ltd) enclosed for the sum of: £

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Accepted Payment cards:

- VISA
- MasterCard
- Diners Club
- Amex
- JCB

Please note: Accommodation is not included within the price stated above. Delegates can secure accommodation at the discounted rate by calling the hotel booking line below.

The Holiday Inn accommodation booking line: 01628 506070 (10.30am – 16.30pm Mon-Fri)

Book as 'SMAE event delegate' by 5th May 2020 for reduced rates.

Return completed booking forms to:
The SMAE Institute,
149 Bath Road,
Maidenhead,
Berkshire, SL6 4LA
AGENDA SUMMER SCHOOL 2020

Friday 5th June

8.30am – 9.20am Registration & Trade Stands

9.20am – 9.30am Introductory Welcome

9.30am – 10.30am Raymond Robinson  MSc, BSc, BMedSci, PgCHER
Course Director Podiatry, Ulster University

Pulsed radiofrequency energy (PRFE) – a little known gem in the armoury of physical therapies for MSK management?

Radiofrequency energy treatment has been used for some decades in the management of musculoskeletal (MSK) pain. More recently, devices have become miniaturised, portable and available in the UK as an over-the-counter (OTC) ‘topical’ analgesic for localized MSK pain and injury (ActiPatch® BioElectronics Corporation, MD, USA).

As an acute muscle pain treatment, the ActiPatch device has been demonstrated to significantly reduce postoperative pain and the requirement for narcotic pain medications in submuscular breast augmentation patients. In two chronic musculoskeletal pain conditions, plantar fasciitis and osteoarthritis of the knee, the device was also found to significantly reduce pain and medication use.

This talk will review the efficacy, safety and cost effectiveness of this form of physical therapy to assist practitioners in decision making on the use of this treatment for their patients.

10.30am – 11.15am Tea/Coffee Break – Trade Stands

11.15am – 12.15pm Andrew Hill  MSc Podiatry, BSc (Hons), PGCert LT, MSSCh, MBOTA, FHEA, HCPC Registered, Clinical Services Manager of The SMAE Institute

Sticks and stones…the nociceptive power of words

Words have the power to elevate or destroy. Language is powerful and can have a strong impact on perceptions, behaviour and experiences. Language is the principle vehicle for sharing of knowledge and understanding. Words are immediately shaped into meanings when people hear or read them and those meanings can affect how a person views him- or herself. In 2017, psychiatrist Arthur Barsky wrote an article entitled ‘The iatrogenic potential of the physician’s words’ which has had an impact at understanding the concept of nocebo and nociebo language (Barsky, 2017). The article is extremely useful at shining a light on how communication with patients can affect the outcome (and expected outcome) of medical treatment. It is this notion of the potentially (and almost always unintentionally) detrimental impact of the choice of words or turn of phrase the clinician uses that will be the topic of this lecture.

Recognising how this may present in the world of Podiatry and foot health and how we can become ever more reflective in practice to try and reduce our own words to patients is real and, sometimes, considerable. Nail reconstruction offers a fantastic cosmetic outcome that can significantly improve the well-being of the patient. However, when it is poorly performed, the results can be minimally so. Many FHPs and Podiatrists are used to undertaking 10g monofilament and tuning fork assessments but there are a plethora of neurological assessments that can be performed on the lower limb. This practical breakout session is designed to give you a demonstration of a comprehensive neurological examination of the foot with a test-by-test explanation of the individual examinations being performed. This workshop aims to refresh your knowledge of neurological assessment of the lower limb and provide you with the confidence to improve this aspect of your clinical practice.

12.15pm – 1.30pm Lunch Break (Buffet) – Trade Stands

12.40pm – 1.25pm Practical Breakout Session (Optional) £12pp
Neurological assessment workshop with Andrew Hill

Many FHPs and Podiatrists are used to undertaking 10g monofilament and tuning fork assessments but there are a plethora of neurological assessments that can be performed on the lower limb. This practical breakout session is designed to give you a demonstration of a comprehensive neurological examination of the foot with a test-by-test explanation of the individual examinations being performed. This workshop aims to refresh your knowledge of neurological assessment of the lower limb and provide you with the confidence to improve this aspect of your clinical practice.

1.30pm – 2.30pm Charlotte Vannet  MRcS, BSc (Hons), FHEA, MCPod
Podiatry Programme Leader, University of East London

Thyroid Disease – What happens in the foot?

We commonly see patients with thyroid disease in our clinics, but do we fully appreciate the consequences changes in thyroid hormone can have on normal physiology and the range of clinical symptoms that may present with these conditions. This lecture will provide an overview of thyroid function and hormone regulation and explore the effects of hypo and hypersecretion of thyroid hormones and the associated pathological abnormalities that arise, focusing on the impact to foot health.

Saturday 6th June

8.30am – 9.20am Registration & Trade Stands

9.20am – 9.30am Introductory Welcome

9.30am – 10.30am Dr Emma Cowley  PhD FFP FMCPod RCP(S(Glasg) FCSP CSci
Senior Teaching Fellow in Podiatry, University of Southampton

Musculoskeletal conditions of the foot and lower limb

When to refer, when to do your homework and treat and when to go to the next level of your career…!

This session will set out an algorithmic approach to the management of musculoskeletal conditions of the foot and lower limb. The aim is to aid clinical decision making, build your confidence and give you the nudge to take your career further if you wish…

10.30am – 11.15am Tea/Coffee Break – Trade Stands

11.15am – 12.15pm Peter Allton  MCPod DPodM  Clinical Director - Circle Podiatry, CEO of Undefeated CIC, Author of Undefeated by Diabetes

Should education play a bigger part in preventing Diabetic foot complications and amputations?

The aim of the lecture is to inspire and motivate practitioners to take raising awareness to the next level, giving them tools to help build into their practices robust down to earth methods of educating their patients on how to keep their feet healthy for life especially whilst living with Diabetes.

Including an introduction to Undefeated’s SATNAV Diabetic foot risk assessment tool.

12.15pm – 1.30pm Lunch Break (Buffet) – Trade Stands

12.40pm – 1.25pm Practical Breakout Session (Optional) £12pp
Vascular Assessment with Andrew Hill

A vascular assessment is a crucial aspect of Podiatric and FHP practice. This practical session will guide you through the practicalities of basic vascular assessment as well as a consideration of use of Doppler and interpreting Doppler sounds. Ideal for the newly qualified, as well as those looking for a refresher. All materials/equipment supplied.

1.30pm – 2.30pm Deborah Rockell  Podiatrist / Lecturer DipPodMed; MSc Podiatry, Programme Leader in Foot Health, The Open University

Nail Reconstruction – An Important Part of Aesthetics in the Foot Health Arena

There are many reasons why nails can look unsightly and the impact that this can have on patients is real and, sometimes, considerable. Nail reconstruction offers a fantastic cosmetic outcome that can significantly improve the appearance of unsightly nails and have a very beneficial impact upon our patients accordingly. This lecture will discuss the techniques involved and its clinical utility.

2.30pm – 3.00pm Tea/Coffee Break – Trade Stands

3.00pm – 4.00pm Tracey O’Keeffe  MA, BSc, RN, PGCE, MCFHP MAHP
Part-time Tutor/Lecturer at The SMAE Institute

On My Lonesome…

As foot health practitioners, we often work alone rather than surrounded by work colleagues. This is more evident in domiciliary care where we enter people’s own homes. This lecture will consider some of the risks associated with this and it will explore strategies to keep us safe – personally, professionally and clinically.
For booking information, visit www.smae.co.uk or call Janet McKane on 01628 560654

Book by 5th May 2020 to secure special hotel room rates at the Holiday Inn (single and double occupancy only £68.00). Those staying have the option of a £22 voucher to dine in the hotel restaurant should they wish.

**Thursday 4th June:** £98.00 B&B single occupancy, £98.00 double occupancy

"The Summer school was sensational this year. Such good lectures and new products on trade stands"