



THE SMAE INSTITUTE™

Summer School

FRIDAY 2ND & SATURDAY 3RD JUNE 2023

"That is what learning is. You suddenly understand something you've understood all your life, but in a new way." Doris Lessing

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



Holiday Inn Farnborough
Lynchford Road, Farnborough, GU14 6AZ

Win!

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)



For booking information, contact
Jane Rhodes on 01628 560654
JRhodes@smaeinstitute.co.uk

Summer School

FRIDAY 2ND &
SATURDAY 3RD JUNE 2023



Jonathan Brocklehurst

MRCpod, BSc (Hons), ARSM, HCPC Registered Podiatrist

Jonathan is a Podiatrist, clinical tutor at The SMAE Institute, former NHS Diabetes Specialist Podiatrist, and Presenter on UK Health Radio's Foot Health Show. His career has recently spanned to writing, most recently for Wounds UK Journal on wound care ethics. His interests have also broadened to Dermatology, with Mycetoma of particular note.

Dr Andrew Hill

DHealth; MSc Podiatry; BSc (Hons); PGCert L&T; FFPM RCPS(Glasg); FHEA; FSSCh Programme Lead and Senior Lecturer – BSc (Hons) Podiatry

Andrew has been a practicing Podiatrist since he qualified from The University of Brighton in 2006. He is the Programme Lead for The SMAE Institute's BSc (Hons) Podiatry degree programme as well as for the Local Anaesthesia and Prescription Only Medicines programmes. Andrew obtained his teaching qualification in 2011, his MSc in Podiatry from QMU in 2015 and his Doctorate in Health from the University of Bath in 2022. Andrew's professional area of interest is in the foot in diabetes and health behaviours. He has several peer-review publications to his name and also works as a peer reviewer for 'The Diabetic Foot' journal and 'Patient Education and Counselling' Journal. Andrew also holds posts as an education visitor for the HCPC and Regional Advisor for Podiatry to the Royal College of Physicians and Surgeons of Glasgow.

Robert Isaacs

Bsc.pod.M. M.Ch.S, HCPC Registered Podiatrist

Robert is a podiatrist in full time clinic practice, both within the NHS and private practice. He has held a specialist post in biomechanics for 15 years and has lectured internationally on biomechanics and MSK podiatry.

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 MAFHP, 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.

Heather Rugg

MA, BSc, Registered Mental Health Nurse and Specialist Practitioner, School of Health and Sports Sciences. Senior Lecturer in Mental Health Nursing and Course Leader for Mental Health Nursing, University of Suffolk

Heather Rugg has been a registered mental health nurse since 1998. Heather began her nursing career practising in a psychiatric intensive care unit before moving to a community mental health team. Heather joined the University of Suffolk in January 2008 and is currently the course leader for the BSc mental health nursing programme. Heather Rugg holds a registration in mental health nursing along with a specialist practitioner in acute inpatient mental health care and an NMC teaching qualification. Heather has an MA in interprofessional education and is currently studying for an MA in creative and critical writing.

Jonathan Thomas

BSc (Hons), PGDip, MRCPod, HCPC Registered Podiatrist, Lead Wye Valley NHS Trust, Society Diabetic Foot Module, Guest Lecturer

Jonathan qualified from Cardiff in 1999 and was offered a short term contract in Swindon whereby he was able to undertake the Society's Diabetic Foot Module, quickly stepping into a diabetic foot clinic role by late 2000. Jonathan worked in Swindon until 2003, leaving to start up a diabetic foot service in Herefordshire. Jonathan remains a hands on clinician in a busy diabetic foot clinic, holistically treating patients with diabetic foot disease including neuropathic and ischaemic diabetic foot ulcers, Charcot foot, admitting septic patients and supporting them even when limb amputation is the only option.

*Meet Our
Lecturers*

BOOKING FORM SUMMER SCHOOL JUNE 2023

Delegate Details: Please use BLOCK CAPITALS

Full Name:

Address:

Postcode:

Telephone Number:

Email Address:

Member/Student:

Membership/Student Number:

HCPC Number:

Non-Member:

Qualification:

Training Organisation:

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

	Member Price:	Student Price:	Non-Member Price:
Both days: Friday 2nd June & Saturday 3rd June 2023	£159.00	£129.00	£169.00
Day Delegate – Friday 2nd June 2023 only	£93.00	£79.00	£99.00
Day Delegate – Saturday 3rd June 2023 only	£93.00	£79.00	£99.00

☐ I would like to attend the Practical Breakout Session on Friday 2nd June. Price: £15 per person.

☐ I would like to attend the Practical Breakout Session on Saturday 3rd June. Price: £15 per person.

Dietary Requirements

Please tick the relevant box if you have specific 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:

£

Payment by Debit / Credit Card

Please charge my card the sum of:

£

Card No.

Valid from:

/

Expiry:

/

Issue No.

Security No. (last 3 digits)

Accepted Payment cards:



**Return completed
booking forms to:**

The SMAE Institute,
149 Bath Road,
Maidenhead,
Berkshire, SL6 4LA

Please note: Accommodation is not included within the price stated above. However, discounted rates are available to delegates who wish to stay overnight. For more information please contact Jane Rhodes at the SMAE Institute on 01628 560654 or JRhodes@smaeInstitute.co.uk.

AGENDA SUMMER SCHOOL JUNE 2023

Friday 2nd June

8.30am – 9.20am Registration & Trade Stands

9.20am – 9.30am Introductory Welcome

9.30am – 10.30am Robert Isaacs *Bsc.pod.M. M.Ch.S, HCPC Registered Podiatrist*

Fibromyalgia, a multiaxial approach.

Fibromyalgia is a common condition, affecting almost as many people as diabetes. Unlike diabetes, however, it is quite poorly understood and is often very poorly managed. In this lecture, we examine what Fibromyalgia is, what it isn't, how it can be managed, and what role Podiatrists and FHP's can play in helping patients with this condition.

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

11.15pm – 12.15pm Raymond Robinson *MSC, BSc, BMedSci, PgCHEP, 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 lecture 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.

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

12.40pm – 1.25pm Practical Breakout Session (Optional) £15pp
Neurovascular assessments – detect to prevent

Jonathan Brocklehurst *MRCpod, BSc (Hons), ARSM, HCPC Registered Podiatrist*

This break-out session provides an overview of the the SMAE Institute approved neurovascular assessment. The emphasis on ulcer detection and prevention are key additions to tackle the increasingly relevant issue of peripheral neuropathy and foot ulceration.

1.30pm – 2.30pm Heather Rugg *MA, BSc, Registered Mental Health Nurse and Specialist Practitioner, School of Health and Sports Sciences. Senior Lecturer in Mental Health Nursing and Course Leader for Mental Health Nursing, University of Suffolk*

Promoting recovery and autonomy by understanding the service user experience

1 in 4 people will experience a mental health problem of some kind in England each year. Experiencing a mental health problem will affect how people think about and prioritise their health behaviours. This lecture intends to give some insights into the experience of common mental health conditions and how this might impact on engagement with treatments.

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

3.00pm – 4.00pm Belinda Longhurst *BSc (Hons) MCPod, HCPC Registered Podiatrist, Member of the British Dermatological Nursing Group, Podiatrist / Lecturer*

Dermatology of the Lower Limb in the Older Patient

In Britain, 7 in 10 older people have a skin condition, ranging from the itchy infection of scabies and eczema to life-threatening skin malignancies. Yet curiously, evidence shows that people are more likely to wear sunscreen if they are told it slows down skin-ageing than for preventing skin cancer. Skin ages with us, telling our story, for better or worse. At the end of this presentation, attendees should be able to define cutaneous changes in the older person and identify the associated risk factors. Person-centred care and management packages for the prevention of common skin disorders will be considered, along with recognising when and where to refer patients with suspicious lesions to dermatology specialists.

Saturday 3rd June

8.30am – 9.20am Registration & Trade Stands

9.20am – 9.30am Introductory Welcome

9.30am – 10.30am Jonathan Thomas *BSc (Hons), PGDip, MRCPod, HCPC Registered Podiatrist, Lead Wye Valley NHS Trust, Society Diabetic Foot Module, Guest Lecturer*

The role of the private foot practitioner in managing patients with diabetes and peripheral arterial disease

Podiatry as a profession faces challenging times with recruitment and retention, and the NHS is having to tighten referral/access criteria. With more demand from an ageing population and more health conditions, the role of the private practitioner has never been more important to support and provide alternative foot care treatments. It is therefore important that private practitioners treating people with moderate or higher risk diabetes understand and recognise all aspects of diabetic foot disease.

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

11.15am – 12.15pm Tracey O'Keeffe *BSc, RN, PGCE, MCFHP MAFHP, SMAE Institute Programme Lead - FHP Diploma / Part-time Lecturer*

The clinician/client bond: therapeutic relationship or unhealthy attachment?

This lecture aims to explore the nature of the therapeutic relationship between the clinician and the person receiving care or treatment. Sometimes a brief and discrete episode, but more often relationships spanning many months or years as the foot health clinician works with a population with long-term conditions and/or advancing years. The connection formed may end with treatment completion or it may end more sadly with the death of the client. During this session, we will consider how that therapeutic relationship can be nurtured, developed, or challenged, particularly in terms of closure. The reality of client death will also be touched upon, preparing us for the inevitable or sometimes unexpected outcome.

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

12.40pm – 1.25pm Practical Breakout Session (Optional) £15pp
Medicaments – an update

Dr Andrew Hill *DHealth; MSc Podiatry; PGCert L&T; FFPM RCPS(Glasg); FHEA; FSSCh Programme Lead and Senior Lecturer – BSc (Hons) Podiatry*

This session is designed to provide an update to practitioners on commonly used medicaments in foot health and Podiatry. This will provide an overview of what may be commonly used and what no longer is advised. This subject will be grounded in the legislation and guidelines that exist around the procurement and administration of medicinal products.

1.30pm – 2.30pm Jonathan Brocklehurst *MRCpod, BSc (Hons), ARSM, HCPC Registered Podiatrist*

The Validity and Reliability of the SINBAD classification tool for Diabetic Foot Ulcers

This lecture explores the importance of having a validated tool to assess Diabetic Foot Ulcers and its value to all practitioners – from those who use it to refer on appropriately, to those who use it to guide their management plans. This focuses on critical thinking skills and helps them to recognise the crucial remit transition between a Foot Health Professional and a Podiatrist.

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

3.00pm – 4.00pm Dr Andrew Hill *DHealth; MSc Podiatry; PGCert L&T; FFPM RCPS(Glasg); FHEA; FSSCh Programme Lead and Senior Lecturer – BSc (Hons) Podiatry*

Making the seemingly irrelevant, relevant.

A lecture that focuses on bringing subjects and topics that people may not immediately perceive as being relevant to their clinical practice into a more obviously relevant context. Such an approach may help to demystify the language of scientific research as it brings it into sharper, clinical focus.

The SMAE Institute reserves the right to alter the agenda if necessary. It cannot be held responsible for events outside of its control. Please always check for updates on our website www.smaeinstitute.co.uk/events - Summer School 2023

Map & Directions

Holiday Inn Farnborough
Lynchford Road,
Farnborough, GU14 6AZ



Driving Directions

From the M25: Exit the M25 at Junction 12 and follow the M3 southbound. Exit at Junction 4 and follow the A327, taking the second exit. Exit right at the roundabout and drive along the A325 for 2 miles. The Holiday Inn Farnborough is on your left approaching the Queens Roundabout.

Taxi services

The hotel use A Line Taxis, and there is a dedicated phone set up at Reception for ordering taxis. The phone number for A Line Taxis is 01252 650000 if you need a taxi to get to the hotel.

Train

- ▶ Station Name: Farnborough Main
- ▶ Distance: 1 MI/ 1.61 KM

Discounted accommodation rates are available for delegates wishing to stay at the hotel during the event. To take advantage of this discounted rate, rooms must be booked by 3rd May 2023. Single occupancy rates: 1st June £105 / 2nd June £75.

Please contact Jane Rhodes on 01628 560654, JRhodes@smaelInstitute.co.uk for the weblink and reference code if you wish to book.

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

For booking information, visit www.smae.co.uk or call Jane Rhodes on 01628 560654