

*"Continuous learning is
the minimum requirement
for success in any field."*

Brian Tracy



THE SMAE INSTITUTE™

V I R T U A L

Summer School

Friday 6th June 2025

We're excited to share that the 2025 Summer School will be held virtually on Friday 6th June 2025. You can join us from the comfort of your home or watch the recorded lectures at your convenience. This format was a big hit last year and we can't wait for you to be a part of it again, alongside a fantastic line up of speakers who will inspire and educate you!



To book your place please call
01628 560654 or book online at
smaeinstitute.co.uk/smae-store

Member: **£60**
Student: **£45**
Non-Member: **£70**

Summer School Agenda

9.00am

Welcome by Tracey O'Keeffe

9.05am – 10.05am

Dr Andrew Hill

*DHealth; MSc Podiatry; PG Cert L&T; FFPM RCPS(Glasg); FHEA; FSSCh; HCPC Reg
Programme Lead and Senior Lecturer – BSc (Hons) Podiatry (The SMAE Institute)*

Clinical Reasoning: There is an art to the science

This presentation will consider the important subject of clinical reasoning; what exactly it is and how we can develop and refine this skill.

10.20am – 11.20am

Professor Caroline McIntosh

PhD, MSc, PG Cert, BSc (Hons), MRCOP, DABPMi

Head of the School of Health Sciences and Co-Director of the Alliance for Research and Innovation in Wounds at the University of Galway

Optimising Wellbeing for People Living with Diabetes-related Foot Disease

Wellbeing, as defined by the World Health Organisation, is a positive state experienced by individuals. Wellbeing encompasses quality of life and the ability of people and societies to contribute to the world with a sense of meaning and purpose. Wellbeing is impacted when people are living with chronic disease including diabetes. According to the International Diabetes Federation, 77% of people living with diabetes have experienced anxiety, depression, or another mental health condition because of their diabetes, 36% of people with diabetes experience diabetes distress, 83% of people live in fear of developing diabetes related complications and 75% of people living with diabetes would like to receive more support for their emotional and psychological wellbeing from their healthcare provider. In this presentation, we will consider the concept of wellbeing, tools that can be used to assess wellbeing, and strategies, including motivational interviewing, that can be employed in practice to better support emotional and psychological wellbeing for those living with diabetes-related foot disease.

11.35am – 12.35pm

Ailsa Bosworth MBE

*Founder and National Patient Champion,
National Rheumatoid Arthritis Society (NRAS)*

Foot Health in Rheumatoid Arthritis and Juvenile Idiopathic Arthritis

Learn about RA/JIA, the impact on the feet and how you can help improve the lives of those living with these conditions. Ailsa Bosworth MBE, founder and National Patient Champion of National Rheumatoid Arthritis Society will share valuable information on RA/JIA, treatment options, and how you can help people maintain mobility and quality of life. The best outcomes in RA/JIA rely on high-quality, supported self-management. Ailsa will share some information on the services, education and technology NRAS deliver to patients to keep themselves healthy and support you in your role.

12.35pm – 1.20pm

LUNCH BREAK

1.20pm – 1.35pm

Gareth Hicks

Dermatronics



40% urea – A New Innovation

Dermatronics present a new 40% urea spray, which is ideal for patients who cannot reach their feet. This presentation will discuss established usage of urea, the new presentation and the results had in improving skin hydration.

1.40pm – 2.40pm

Belinda Longhurst

BSc(Hons), FHEA, FFPM RCPS(Glasg), HCPC Reg.

Person-centred and species-specific management of onychomycosis

This presentation will briefly review current research on the life cycle of subclinical and pathogenic fungi and identify the causative microorganisms responsible for onychomycoses. Relevant case studies will be presented, focusing on the evidence-based management of onychomycosis, within the context of person-centred and species-specific treatment. The risks associated with alternative treatments for onychomycosis will also be considered.

2.50pm – 3.50pm

Gary Shipsey

Data Protection People

GDPR in 2025: data, trust and maintain your reputation

The need to use personal information, and the expectations clients have in professionals to handle their data well, have never been greater. And the reputational impact from poor data handling can be significant. This session looks at the key steps you can take to meet client expectations and use data efficiently using a risk-based, balanced approach.

Presentations will be recorded, allowing delegates to revisit them at a later date

Meet the Lecturers

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.

Belinda Longhurst

BSc (Hons); PGCert; FHEA; FFPM RCPS (Glasg), Podiatry Lecturer

Belinda qualified as a podiatrist in 2003 and was awarded a First-Class Honours degree with Distinction by the University of Southampton. She is a Podiatry lecturer for the SMAE Institute's BSc (Hons) Podiatry degree programme (in collaboration with Queen Margaret University, Edinburgh) and is a Fellow of both the Higher Education Academy and the Royal College of Physicians and Surgeons of Glasgow. Belinda has a special interest in Podiatric Dermatology and has frequently presented her published work at both national and international conferences. She is also joint course provider for the Royal College of Podiatry Skin Surgery Course (extended scope of practice) and is a Trustee and Volunteer Coordinator for the Registered charity Forgotten Feet, which offers free footcare to the homeless and socially isolated. Belinda is keen to promote the upskilling of Foot Health Practitioners and Podiatrists in lesion recognition skills to strengthen the profession and improve patient outcomes.

Ailsa Bosworth MBE

Founder and National Patient Champion, National Rheumatoid Arthritis Society (NRAS)

With a professional background in business senior management and marketing in the fields of engineering, computers and audio-visual technologies, Ailsa has lived with severe sero-negative polyarthritis for circa 45 years.

Ailsa founded award-winning charity NRAS in 2001 and led its development into an internationally respected and influential membership organisation for 18 years. She stood down as CEO in June 2019 and took on a part time role as National Patient Champion in order to have more time to pursue her interests in developing self-management resources and doing research. As NCP for NRAS, Ailsa contributes on a regular basis to national standards and guidelines through work with NICE, the British Society for Rheumatology, EULAR and others. She is passionate about supported self-management and was Joint Convenor of a EULAR Taskforce to develop recommendations for health professionals to incorporate supported self-management

strategies into routine clinical care in order to promote more holistic, patient centred care of people with inflammatory arthritis. These recommendations were published in 2021.

NRAS are leading the way in regard to provision of supported self-management services and resources in RA and are currently adding modules to their e-learning programme SMILE-RA, launched at the end of 2021, so that many more can access the help they need easily and conveniently. In the light of a changed service delivery landscape in rheumatology due to the pandemic, the acquisition of self-management skills by patients is going to be more important than ever. NRAS are passionate believers that when patients and health professionals work together, this powerful combination has a better chance of realising the outcomes that really matter to patients.

Ailsa received an MBE for services to people with Rheumatoid Arthritis in the 2016 New Year's Honours.



Gareth Hicks

Dermatonics



Gareth worked as a podiatrist in the NHS and private sector, and now speaks regularly on the subject of diabetic foot screening and assessment. He presents at a variety of organised events to Primary Care teams, carers and foot health professionals. Venues include Universities, GP practices and even the British Embassy in Riyadh. Medical articles published include the Photographic Skin Scale (Diabetic Foot Journal 2016) and Management of Diabetes in Care Homes (Nursing Times 2025).

Dermatonics is a British brand that has 15 years' experience in specialising in high-quality foot care products. Our unique formulations combine natural ingredients with scientific innovation to provide effective solutions for various skin conditions. Our range includes Manuka Honey, colloidal oatmeal, urea, peppermint, arnica, chestnut, shea butter, oat lipids, olive oil, and papaya juice. Dermatonics products are safe and effective, supported by extensive research and testing. Many are listed on the UK Drug Tariff and prescribed by health professionals, including GPs, dermatologists, and nurses. We are proud of our products and hope you enjoy using them as much as we enjoyed creating them.

Professor Caroline McIntosh

PhD, MSc, PGCert, BSc (Hons.) MRCoP, DABPMi

Professor Caroline McIntosh is Established Professor of Podiatric Medicine, Head of the School of Health Sciences and Co-Director of the Alliance for Research and Innovation in Wounds at the University of Galway. Prior to taking up posts in academia, Caroline was a senior podiatrist in the NHS where she specialised in vascular disease. Caroline has a specialist interest in lower extremity wounds and diabetic foot disease and has over 100 peer-reviewed papers in this field. Caroline is passionate about improving outcomes for people living with diabetic foot disease through research and innovation and has acted as co-applicant and Principal Investigator (PI) for several clinical trials and is currently co-lead on a Health Research Board CDA grant of €1.5 million entitled DFD PRIMO (Diabetic Foot Disease, from prevention to improved patient outcomes) which has funded six PhD scholarships with focus on diabetic foot disease. She is a member of the International Working Group on the Diabetic Foot (IWGDF) and co-authored the 2023 clinical guidelines on wound healing interventions, she is also a member of the European Wound Management Association (EWMA) Diabetic Foot Committee and the EWMA Innovation Forum.

Gary Shipsey

Data Protection People

Gary has 20 years' experience turning data protection law into practical solutions, and is currently a Senior Consultant and Trainer for Data Protection People. He has supported over 350 organisations in the last 10 years, in a variety of sectors including charity, education, health, public and private.

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