

- 09.15 **Chairperson's Introduction** · *Prof Glennys Parry*, Professor of Applied Psychological Therapies, University of Sheffield
- 09.30 **Reaping the socioeconomic benefits from monitoring quality of life** · *Dr Gareth Noble*, Director of Long Term and Chronic Conditions Centre, Swansea University
- 10.05 **Do complementary therapies improve patient reported outcomes?**
Prof Edzard Ernst, Laing Chair in Complementary Medicine, Peninsula Medical School
- 10.40 Tea/Coffee & Exhibition
- 11.10 **Focus on Sleep**
Rehabilitation after stroke - the impact of sleep disturbances
Prof Annette Sterr, Head of Psychology, University of Surrey
- TBI and managing the sleep disturbance consequences**
Dr Mike Dilley, Consultant Neuropsychiatrist, Honorary Senior Lecturer, National Hospital for Neurology & Neurosurgery
- Parkinson's Disease and sleep disturbances - Managing the consequences**
Tom Isaacs, Co-founder of Cure Parkinson's Trust; Board Member of European Parkinson's Disease Association
- 12.40 Lunch
- 13.40 **Focus on Pain**
Assessing sensitivity to pain · *Dr Sarah Barker*, Consultant Clinical Psychologist, INPUT Pain Management Unit, Guy's and St Thomas' NHS Foundation Trust
- Pain as a long-term condition - What really matters to patients, with experiences from the front line!** · *Dr Frances Cole*, GP, Pain Rehabilitation & Cognitive Behavioural Therapist, Bradford Teaching Hospitals
- Chronic pain and sleep - a reciprocal and dynamic relationship** · *Liz Thomas*, National Rheumatoid Arthritis Society
- 15.10 Tea/Coffee & Exhibition
- 15.40 **Focus on Fatigue**
Learning from experiences with RA patients · *Prof Sarah Hewlett*, ARC Professor of Rheumatology Nursing, Honorary Consultant Nurse, University Hospitals Bristol
- Fatigue and cognitive function** · *Dr Anita Rose*, Clinical Psychologist, Walton Centre of Neurology and Neurosurgery, Liverpool
- Fatigue and the workplace** · *Pip Wilford*, Clinical Specialist Occupational Therapist, National Hospital for Neurology and Neurosurgery, London
- 17.10 **Treatment of depression in physically ill people**
Prof Sir David Goldberg, Emeritus Professor, Health Services Research Dept, Institute of Psychiatry, King's College London
- 17.40 Summing up and close

- 09.15 **Chairperson's Introduction** · *Dr Stephen Allen*, Consultant in chronic pain management, the Oxford Pain Relief Clinic
- 09.30 **Understanding quality of life - the impact of cultural beliefs and ethnicity**
Tasneem Irshad, Research Fellow, Population Health Sciences: GP Section, University of Edinburgh
- 10.05 **Monitoring quality of life: a key step when engaging with people living with long term conditions** · *Neil Bindemann PhD*, Managing Director, Innervate Ltd; *Tom Isaacs*, Co-founder of Cure Parkinson's Trust
- 10.40 Tea/Coffee & Exhibition
- 11.10 **Focus on Relationships**
Understanding caregiver ideologies: tailoring support to the needs of carers in multicultural Britain · *Dr Vanessa Lawrence*, Research Worker, Health Service and Population Research Dept, Institute of Psychiatry, King's College London
- The parent/young person relationship: an important step in supporting medicines management** · *Dr Jennifer Newbould*, Analyst, Health and Healthcare, RAND Europe, Cambridge
- Taking a human needs approach** · *Dr Ian Walton*, GP and Trustee of PRIMHE
- 12.40 Lunch
- 13.40 **Quality of Life at Home**
Stroke rehabilitation - the impact of the home environment
Dr Avril Drummond, Associate Professor of Rehabilitation, School of Community Health Sciences, Institute of Neuroscience, University of Nottingham
- Dementia - protecting patients without impairing quality of life**
Dr Roger Bullock, Clinical Director, Older People's Strategic Business Unit, Avon & Wiltshire NHS Partnership
- 15.10 Tea/Coffee & Exhibition
- 15.40 **Supporting Self-care**
Care planning for a better quality of life
Kathryn Padgett, Assistant Director of Nursing and Professions, Barnsley PCT
- Self-care of healthcare professionals - learning from the experience of palliative care professionals** · *Dr Inigo Tolosa*, Lead Consultant Psychologist, Pan-Birmingham Cancer Network, University Hospitals Birmingham NHS Foundation Trust
- Co-creating Health: a collaborative approach** · *Adrian Sieff*, Assistant Director, The Health Foundation
- 17.10 **Encouraging empowerment through patient-held records**
Dr Mohammad Al-Ubaydli, CEO, Patients Know Best
- 17.40 Summing up and close