



**Society for Research in Rehabilitation Winter Conference
Rehabilitation in life-limiting conditions:
Supporting people to live well.**

30 January 2024

Cicely Saunders Institute, King's College London

Hosted by Dr Stephen Ashford

Conference Programme

Guest Speakers



Prof. Heather Richardson

Philip Nichols Lecture - “Alchemy and its place in advancing palliative care”

This lecture considers how change is best realised in the field of palliative care. With a lens on rehabilitative palliative care and through a series of personal and professional reflections, Heather will make a case for a blended approach to advancing the art and science of care and support for people facing the

end of life. She will argue for a rich mix of effort focused on research and practice; for public and professional engagement; for personal, organisation and system wide intention and an unrelenting commitment to a different world in which the experience and outcomes of people who are dying or grieving are transformed. She will conclude by considering how such alchemy is best created and sustained.

Heather Richardson is the Director of Academic Learning and Action at St Christopher’s Hospice with leadership responsibilities related to education, research and policy. She previously worked as Joint Chief Executive, then CEO of St Christopher’s for a period of eight years. In the past she has held the role of National Clinical Lead for Hospice UK, and worked as Clinical Director, then Strategy Advisor to St. Joseph’s Hospice in East London. She is a general and mental health nurse and has a PhD focused on user experience of hospice care. She currently serves as an honorary professor in palliative care at Lancaster University and a senior research fellow at Harris Manchester College in Oxford. She is a member of the London Clinical Senate and a trustee of Hospice Care Kenya. In the past she has received the International Palliative Nurse of the Year award issued by the International Journal of Palliative Nursing and other awards related to her role in innovation in healthcare.



Dr. Stephen Ashford

Dr Stephen Ashford is Reader in Rehabilitation, King’s College London and a Consultant Physiotherapist, London North West University Healthcare NHS Trust. He delivers and leads the regional specialised outreach service for North West London and surrounding counties, including the management of spasticity and complex physical management encompassing management for those with a Prolonged Disorders of Consciousness. He has developed with local, national, and international colleagues a programme of research, which builds strongly on his clinical expertise in management of spasticity and the physical aspects of neurological rehabilitation.

Guest Speakers



Prof. Matthew Maddocks

Matthew is Professor of Health Services Research and Rehabilitation at King's College London and physiotherapist in palliative and end of life care. He leads a team undertaking applied clinical and health services research that advances rehabilitation and palliative care for people with serious illness, through improved management of complex symptoms including breathlessness, fatigue, weakness, and syndromes including cachexia, sarcopenia and frailty.



Dr. Joanne Bayly

Jo is currently a post-doctoral Research Fellow and the Scientific Project Manager for the EU Horizon funded project 'INSPIRE Palliative rehabilitation to improve quality of life for individuals with incurable cancer' at the Cicely Saunders Institute of Palliative Care, Policy and Rehabilitation, King's College London (KCL). She is also seconded from KCL to St Barnabas Hospices in Worthing, West Sussex as Research Lead.

She joined the Cicely Saunders Institute, KCL, in June 2016 to conduct her NIHR Clinical Doctoral Research Fellowship, developing and feasibility testing the model of short-term palliative rehabilitation currently being tested for effectiveness in the INSPIRE project.

Jo qualified from the Leeds School of Physiotherapy (1987), has a Masters of Research in Health Sciences from the University of Liverpool (2011) and a PhD from KCL (2020). She was a specialist physiotherapist at the Woodlands Hospice in Liverpool from 1996-2015, and this clinical experience informs her research interests, which include models of care for people living with advanced disease and multi-morbidity with a focus on rehabilitation in palliative care.



Dr. Sabrina Bajwah

Dr Sabrina Bajwah is a Clinical Senior Lecturer in the Department of Palliative Care, Policy & Rehabilitation (King's College London). Dr Bajwah works clinically within the palliative care team at King's College NHS Foundation Trust and the Interstitial Lung Disease team at Guys and St Thomas' NHS Foundation trust. Her research interests include Interstitial Lung Disease and interventions to manage breathlessness.



Dr. Charles Reilly

Dr Charles Reilly is a NIHR Advanced Clinical Academic Fellow, Consultant Physiotherapist in Chronic Respiratory Disease at King's College Hospital and Adjunct Senior Lecturer within the Cicely Saunders Institute of Palliative Care, Policy & Rehabilitation, King's College London. Dr Reilly's clinical and research expertise focuses on the pathophysiology and non-pharmacological self - management interventions for chronic breathlessness in advanced respiratory disease.

Programme

Time	Title	Name
08.30-09.15	Registration, poster and exhibition viewing	
09.15-09.20	Welcome	Prof. Richard Harding
09.20-10.40	Symposium 1: Rehabilitation in frailty and palliative care	
09.20-09.50	Palliative rehabilitation- what matters to people	Dr. Jo Bayly
09.50-10.20	Frailty-attuned' rehabilitation services for people with chronic respiratory disease	Prof. Matthew Maddocks
10.20-10.40	Physical and postural management in prolonged disorders of consciousness	Dr. Stephen Ashford
10.40-11.00	Refreshments, poster and exhibition viewing	
11.00-12.00	Free paper session (Chair TBC)	
11.00-11.15	Free paper 1	
11.15-11.30	Free paper 2	
11.30-11.45	Free paper 3	
11.45-12.00	Free paper 4	
12.00-13.30	AGM (SRR), lunch, technology exhibition and poster viewing	
13.30-14.00	Philip Nichols Lecture: <i>"Alchemy and its place in advancing palliative care"</i>	Prof. Heather Richardson
14.00-15.00	Symposium 2: Management of breathlessness for activity and quality of life	
14.00-14.30	SELF-BREATHE for Chronic Breathlessness in advanced disease	Dr. Charles Reilly
14.30-15.00	Breathlessness management in Interstitial Lung Disease (ILD)	Dr. Sabrina Bajwah
15.00-15.30	Refreshments, poster and exhibition viewing	
15.30-16.30	Free paper session (Chair TBC)	
15.30-15.45	Free paper 1	
15.45-16.00	Free paper 2	
16.00-16.15	Free paper 3	
16.15-16.30	Free paper 4	
16.30-16.55	<i>Panel discussion: Models of rehab delivery - managing deterioration</i>	All invited speakers
16.55 - 17.00	Prizes Close of conference	