



# The PCRS Respiratory Conference 2019

19th-21st September, Telford International Centre



The PCRS Respiratory Conference 2019 aims to update delegates on the latest developments in respiratory care and inspire them with practical ideas they can take back to their practices and teams.

Supported by our conference partners and sponsors, the programme has a strong focus on integrated and multidisciplinary care.

Presentations will tie in with the latest thinking in the NHS Long Term Plan, the new GP contract and new ways of working in community partnerships. It has the patient and holistic care at its heart.

Dr Katherine Hickman, GP and Co-Chair of the Conference Organising Committee, says: "The programme reflects what PCRS is about – integrating multiple disciplines in order to provide first class respiratory care. It also champions the wider primary care team, the physiotherapists, pharmacists, paramedics, occupational therapists, physicians assistants and allied healthcare professionals that are all now integral to patient care.

Last year there was a new and strong pharmacist presence at the conference and the 2019 programme has been designed to appeal to as many different health disciplines as possible. We are hoping the conference will attract all members of the respiratory primary

care team and our respiratory colleagues from secondary care.

Katherine says what she most looks forward to at the PCRS conference is the opportunity to take back new ideas that can be implemented in her practice. "Many of us currently feel overwhelmed by the pressures of primary

care. But if I can learn just one new thing that will make my practice work more efficiently or improve care, such as a relaxation technique that I can teach my patients to use at 3am in the morning instead of phoning 999 – that makes my life and theirs feel more manageable."

**“ What an amazing conference! Thank you PCRS once again. So pleased to see a good mix of clinicians, including my fellow pharmacists! ”**

Darush Attar-Zadeh,  
Respiratory Lead  
Pharmacist, Barnet CCG

Anne Rodman, independent advanced respiratory nurse specialist and Co-Chair of the Conference Organising Committee, says: "I am looking forward to meeting new members and catching up with the rest of the respiratory family. As the only national primary care respiratory conference, this is the one opportunity when we can all get together and there is always a really positive buzz. In challenging times it's great to see people going away re-energised."

**Our 2019 Conference Partners**



**Our 2019 Conference Sponsors**



“ Such a valuable one hit update in all aspects of quality care for our respiratory patients. So well organised and slick and really enjoyable with the social aspects too! ”

Sarah, practice nurse, Suffolk

## The programme

### Clinical sessions

As well as focusing on the ‘patient with asthma’ or the ‘patient with COPD’ clinical sessions will look at broader issues such as breathlessness, the frail and elderly patient with co-morbidities and respiratory related allergy. There will be an update on getting asthma management right and reducing patients’ over reliance on short acting beta agonists (SABA).

- Managing cough and cough as a diagnostic symptom
- Respiratory-related allergy
- Respiratory disease in the context of co-morbidities and ageing
- Debate: NICE vs GOLD COPD – what’s new?
- Journal overload
- SABA guardians – creating the followers SABA over-reliance – the bottom up approach

### Service development sessions

These sessions will focus on delivering sustainable change and improvement in respiratory care. They will showcase innovative and exciting new ideas for creating systematic change

Speakers will be discussing the latest thinking on topics ranging from group consultations, the NHS Long Term Plan, how the skills of allied healthcare professionals can be embedded in the respiratory pathway and how to better serve hard-to-reach patients in deprived areas.

- Respiratory service design for the hardly reached and seldom heard
- Respiratory care and the NHS Long Term Plan
- The allied health care professional embedded in the respiratory pathway – making the most of the available skills
- Making time for comprehensive respiratory care using the group consultation
- Respiratory diagnostic service design – the PCRS way

- Best Practice abstracts. These abstracts, which will describe projects in primary care such as a new service, a new way of working or the results of an audit, will give delegates an opportunity to share innovative ideas to take back home and implement in their own practices. Authors of abstracts accepted for the conference will be invited to prepare a poster for display throughout the conference and the authors of a selection of the highest scoring abstracts will have an opportunity for a short presentation and discussion of their work in a dedicated poster discussion session. Best practice / service development abstracts will be also featured in the service development sessions and a small number may be invited to give an oral presentation.

**The deadline for submission of abstracts is June 30.**

### Workshop sessions

This stream provides a series of interactive practical workshops run in conjunction with Education for Health.

“ This is the tenth PCRS annual conference I have been to. It’s inspiring and gives you lots of food for thought. I love meeting like-minded people who love respiratory care. You always learn something new when you come here. ”

Debbie, cardiorespiratory nurse consultant

A number of new sessions are being introduced this year with a focus on holistic aspects of patient care. Topics include helping patients to change their lifestyles, and how cognitive behavioural therapy, dancing, relaxation, breathing techniques and supported self management can improve the quality of patients' lives. Other workshops will give delegates an insight into using the Right Breathe app to find the right inhaler for patients and help them to use it correctly, the importance of nutrition and sarcopenia, spirometry interpretation and smoking cessation techniques.

- Helping people to change
- Using the Right Breathe App
- CBT in a 10 minute consultation
- Spirometry interpretation
- "Strictly" COPD
- Smoking cessation techniques hands-on session
- Getting your patient moving
- Relaxation and breathing techniques
- Nutrition, sarcopenia and respiratory disease
- Supported self-management

## Plenaries

These sessions bring all delegates together to discuss thought-provoking, in depth respiratory issues

- Fit for the future- optimising respiratory care within the next 10 years of the NHS
- Managing breathlessness: the breathing, thinking, functioning approach
- Grand Round: Get moving on diagnosis

“ This is a really enjoyable event and I shall be going away with lots of ideas to take back to the practice and the CCG. This is also an opportunity to mix with colleagues working at the primary/secondary care interface, which is something you never normally get the chance to do. ”

Simon, GP

“ Thanks PCRS, my first conference and found it so worthwhile. I now have lots of work to do when I get back home. See you next year. ”

Kathryn, advanced primary care nurse practitioner

## Npj Primary Care Respiratory Medicine research stream

npj | Primary Care Respiratory Medicine

The PCRS conference is the only UK event in the academic calendar with a stream entirely dedicated to primary care respiratory research showcasing the cutting edge of respiratory scientific research in primary care. It is a key meeting in the academic calendar for world-leading researchers and early career researchers alike to find out about what is going on elsewhere, share ideas and make new collaborations.

We welcome quantitative and qualitative research across the spectrum, from systematic reviews and database studies through to clinical trials and implementation studies. Abstracts on work in progress and study protocols are also welcome.

**The deadline for submission of abstracts is June 30.**

## Sponsored symposia

Delegates will also be able to attend a series of sponsored symposia developed in conjunction with our pharmaceutical company sponsors.

**Please check online for details about speakers and updates to the programme at:**

<https://www.pcrs-uk.org/conference-programme>





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Put the date  
in your diary!

The must-attend event of the year for  
all healthcare professionals interested  
in developing best-practice and  
integrated respiratory care.

● **Enhancing** ● **Integrated** ● **Holistic** ● **Life-Learning**

The PCRS Respiratory Conference is the UK's leading respiratory conference.

Its aim is to inspire delegates to discover new ways of working with patients and colleagues, helping them to respond positively to the challenges of primary and community care. Attendees will be able create a brighter future for respiratory patients and a level of greater job satisfaction for themselves.



This is a Conference of benefit to all respiratory care professionals and people involved with multi-morbidities and health disciplines involving respiratory care.

Sessions are designed to be of equal interest regardless of where in the UK you are working. The Telford International Centre is an acclaimed conference venue, within easy reach from anywhere in the UK via road, train and air.

**Register Now**

To register for this event, please visit [www.pcrs-uk.org/annual-conference](http://www.pcrs-uk.org/annual-conference) to book your place. Registration rates are discounted if you are a PCRS Member.



Our 2019 Conference Partners



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# The Primary Care Respiratory Society

Inspiring best practice in respiratory care

## Become a PCRS Member - Join Us Today

Supporting you to deliver high value patient-centred respiratory care

It pays to join PCRS if you are a generalist or specialist professional involved in respiratory care in a primary or community setting.

Whether you're the lead for your practice or a specialist integrated care respiratory health professional, PCRS provides its members with a wealth of information, training and most importantly a friendly, welcoming multidisciplinary community of like-minded professionals who can help you to succeed.

PCRS Annual Membership is just including VAT.

**£59**

Visit us online

<https://pcrs-uk.org/join>

### Benefits of Membership include

- Primary Care Respiratory Update (PCRU) magazine three times a year, packed with practical guidance, clinical updates and much more.
- In Touch, our fortnightly newsletter, making it easy to stay informed and up-to-date with the latest news and advice.
- Huge savings on registration rates for our National Respiratory Conference.
- Professional development support, including access to our clinical leadership programme.
- You will be supported by a friendly and accessible community of like-minded peers who are passionate about all areas of respiratory care.

PCRS is grateful to its corporate supporters including AstraZeneca UK Ltd, Boehringer Ingelheim Ltd, Chiesi Ltd, Circassia, Napp Pharmaceuticals and Novartis UK for their financial support.

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