



British Association of Clinicians in ME/CFS

Virtual Conference November 9th

Post-Exertional Malaise & Beyond



Time	Session Title	Presenter
9.00	Welcome & Introduction to your conference	Anna Gregorowski BACME Chair Consultant Nurse and Clinical Lead, TRACCS UCLH
9.05	Opening address	Carol Monaghan MP Chair of the All Party Parliamentary Group on ME/CFS
9.10	"Preparing for the party"-Video	Hannah Radenkova Patient
9.20	Post Exertional Malaise in ME/CFS and Long Covid	Dr David Strain Senior clinical lecturer, University of Exeter Medical school , expert in ME/CFS and Long Covid

10.00	"Going to the party"-Video	Hannah Radenkova Patient
10.10	Priority Setting Partnership update	Sonya Chowdhury Chief Executive, Action for M.E
10.30	Introduction to Strategic co-production for people with ME/CFS (including Long-Covid)	Colin Royle Senior Manager, Personalised Care, NHS England Rachael Moses, Consultant Physiotherapist and National Clinical Advisor, Respiratory Personalised Care Group
10.45	Break	Music by Les Parry BACME PPI Trustee
11.00	Neurodiversity & Hypermobility	Dr Jessica Eccles Clinical Senior Lecturer in Psychiatry, University of Sussex
11.30	'A life I can cope with'. An alternative model of cognitive behavioural therapy (CBT) for ME/CFS.	Dr Catherine Clark Clinical Psychologist Doctoral Researcher in ME/CFS
12.00	Sustaining work -video	Katherine Sewell person with lived experience
12.10 -13.30	Lunch –With optional Networking & Innovation sessions which will run in breakout rooms for 30 minutes during the Lunch time break	
	1. How can we adapt Long Covid outcomes app for ME/CFS	Dr Manoj Sivan-Rehabilitation consultant Leeds
	2. Expert patient led Support group for people with ME/CFS; from seed to fruition.	Joanne McLoughlin -Advance Practice Occupational Therapist in ME/CFS Central Lancashire ME/CFS Service

	3. People with the Lived Experience of ME/CFS and Therapists Co-Delivering Clinical Sessions: A Demonstration	Rachael Rogers - Clinical Lead Highly Specialised ME/CFS Practitioner Oxfordshire ME/CFS and Post Covid Service
	4. Adaptive pacing app in Long Covid	Nicholas Sculthorpe-Professor of Clinical Exercise Physiology
	5. Evaluation of Patient Reported Outcome Measures in a Specialist Adult Myalgic Encephalomyelitis / Chronic Fatigue Syndrome Service from 2019-2021	Alison Jack-Neuro Conditions Clinical Manager Cambridge & Peterborough
13.30	Carer experience Video	To Be Confirmed
13.40	Workshops Session 1	
	1. "Movement for ME – how can we implement movement with our ME/CFS patients and guide them to lead the way?"	Emily Bland, Clinical Exercise Physiologist Director of ExPhysEm Ltd
	2. Similarities and differences between ME/CFS and Long Covid in Children and Young People	Dr Lizzie Wortley -Paediatric and Adolescent Registrar, Imperial College, Previously at UCLH TRACCS and Post Covid Children and Young people's service Jenny McClure -Specialist Physiotherapist, Anna Gregorowski - Consultant Nurse and clinical lead UCLH children and young people's ME/CFS service (TRACCS) and Post Covid service UCLH and Pan London Post Covid service for children and young people

	3. ME/CFS group programme - how to overcome barriers to change using psychological therapies	Dr Yasmin Mullick – Consultant Clinical Psychologist Dr Genevieve Royle – Clinical Psychologist South West London and Surrey ME/CFS Service, St George’s, Epsom and St Helier University Hospitals and Health Group
	4. Dysautonomia in Long COVID – Lessons from the Leeds HEARTLOC research study	Dr Joanna Corrado -Specialist Registrar in Rehabilitation Medicine – Leeds Teaching Hospitals, Clinical Research Fellow – University of Leeds
	5. Strategic Co-production supporting patients with a long term condition such as ME/CFS through the Peer Leadership Development Programme	Colin Royle- Senior Manager, Personalised Care, NHS England Rachael Moses- Consultant Physiotherapist and National Clinical Advisor, Respiratory, Personalised Care Group
14.25	Break	Music by Les Parry BACME Patient & Public Involvement Trustee
14.55	Poem anonymous	Patient
15.00	Workshops Session 2	
	1. Menopause, fatigue and ME/CFS	Dr Liz Bean GP with a specialist interest in ME/CFS Sheffield ME/CFS Service

	2. What's in a name? How do you discuss PEM with your clients? - what language do you use to aid understanding and reduce disparity	Maxine Haylock Specialist Occupational Therapist Vitality360
	3. Management of orthostatic intolerance with a focus on PoTS	Dr Lesley Kavi Retired GP Trustee and chair of PoTS UK
	4. Care & support plans (NICE Guidance)	To Be Confirmed
	5. Brain Fog & executive functions in Long-Covid	To be confirmed
15.45	Q& A session	Open network discussion
16.15	Closing remarks	Anna Gregorowski
16.25	Video- first time using a wheelchair- severely affected	Hannah Radenkova- Patient