# Healthcare Professionals Conference

# Excellence and Innovation in

# Respiratory Practice

**Date 16th June 2017  
Clayton Hotel**

**Address: 22 Ormeau Ave. Belfast BT2 8HS**

**Contact on the day: Nessie Blair M:0790204433**

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| 09.00 – 09.15 | **Registration, coffee and exhibition viewing** | | | | |
| 09.15 – 09.25 | **Welcome and introductions**  **Irene Johnstone, Head of BLF Scotland and Northern Ireland** | | | | |
| 09.25 – 10.15 | **"Advances in COPD management and education**".  **Carole McGrath and Frances Barrett,**  **Barrett & McGrath Healthcare Solutions Consultancy Ltd**. | | | | |
| **Workshops – Delegates choose from:** | | | | | |
| 10.15 -11.00 | **WORKSHOP A**  **INTEGRATED BREATHE EASY**  Jeremy Bacon  BLF Breathe Easy Manager | **WORKSHOP B**  **MOTIVATIONAL INTERVIEWING**  Dr Derek McLaughlin, Senior Lecturer in Mental Health Nursing at Queens University Belfast | | | **WORKSHOP C**  **BEHAVIOUR CHANGE IN EXERCISE INTERVENTION**  Rebecca Jones,  BLF Keep Active Keep Well Delivery Manager |
| 11.00 – 11.15 | **Tea/Coffee and exhibition viewing** | | | | |
| 11.15 – 11.50 | **Adherence and monitoring in difficult asthma**  **Kathy Hetherington, Specialist Clinical Physiotherapist, Belfast Health & Social Care Trust & Queens University Belfast.** | | | | |
| 11.50 – 12.30 | **Diagnosing lung cancer using modern assessment tools in radiology**  **Dr Tom Lynch, Consultant Radiologist, Belfast Health & Social Care Trust.** | | | | |
| 12.30 – 13.20 | **Lunch and networking** | | | | |
| 13.20-13.50 | **Singing for Lung Health**  **Karen Diamond, BLF Singing for Lung Health Leader.**  **Nessie Blair, MBE. Service Development Manager BLF Northern Ireland** | | | | |
| 13.50 – 14.20 | **Virtual Respiratory Clinics**  **Dr Terry McManus, Consultant Respiratory Physician, Western Heath & Social Care Trust** | | | | |
| **Workshops – Delegates choose from:** | | | | | |
| 14.20-15.05 | **WORKSHOP A**  **INTEGRATED BREATHE EASY**  Jeremy Bacon  BLF Breathe Easy Manager | | **WORKSHOP B**  **MOTIVATIONAL INTERVIEWING**  Dr Derek McLaughlin, Senior Lecturer in Mental Health Nursing at Queens University Belfast | **WORKSHOP C**  **BEHAVIOUR CHANGE IN EXERCISE INTERVENTION**  Rebecca Jones,  BLF Keep Active Keep Well Delivery Manager | |
| 15.05 – 15.20 | **Tea/Coffee and exhibition viewing** | | | | |
| 15.20 – 15.50 | **An update on GOLD 2017 - making clinical sense out of further change**  **Dr Lorcan McGarvey, Consultant Respiratory Physician, Belfast Health & Social Care Trust** | | | | |
| 15.50-16.00 | **Closing Remarks**  **Irene Johnstone, Head of BLF Scotland and Northern Ireland** | | | | |

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| **This meeting is kindly supported by the following by**  **purchase of trade exhibition space:** |

**Workshop descriptions**

**WORKSHOP A: Integrated Breathe Easy (BLF)**

Presentation on BLF research on support groups and the role they play in reducing rates of unplanned GP visits and hospital admissions.

**WORKSHOP B: Motivational Interviewing (Derek McLaughlin, UU)**

This workshop will help the participant to understand what Motivational Interviewing is and how it works to assist people change.  Areas covered will be resistance to change, exploring ways of reducing resistance to change, definition and principles of Motivational Interviewing and early strategies to help facilitate change in the person with respiratory issues.

**WORKSHOP C: Behaviour change in exercise intervention (Rebecca Jones, BLF)**

This workshop will cover the BLF Keep Active Keep Well programme and how behaviour change theory has been used to develop the intervention, as well as the delivery mechanisms to patients. The workshop will also share some learning to date around the programme.