

*Hurry... bookings close on 22nd September 2023*



THE SMAE INSTITUTE™

# 2023 ANNUAL CONVENTION

DoubleTree by Hilton Oxford Belfry  
Thame, Oxfordshire

*“Education is not the  
filling of a pot, but the  
lighting of a fire”*

W.B. Yeats

Join us for a fantastic event comprising of learning and networking, where you'll have the opportunity to listen to renowned lecturers, alongside exploring the extensive trade exhibition in a beautiful 4\* hotel, with luxurious accommodation. Delegates will be treated to tasty snacks, unlimited refreshments, and a delicious hot/cold buffet lunch. And that's not all – you're invited to join us at our Gala dinner and drinks reception, including a Celebration of Achievement and seeing the return of the always-entertaining quiz hosted by Tracey O'Keeffe.

***Don't miss out on this opportunity to expand your knowledge and connect with like-minded professionals.***



**6th & 7th October 2023**

For more information and to book:  
Call the Convention Hotline  
**01628 560654**  
or visit [www.smae.co.uk](http://www.smae.co.uk)



*Incorporating The British Chiropractic  
& Podiatry Association and The British  
Association of Foot Health Professionals  
in conjunction with The SMAE Institute*

# ANNUAL CONVENTION



## Meet The Lecturers

### **Belinda Longhurst**

*BSc (Hons); PGCert; FHEA; FFPM RCPS (Glasg)*

*Podiatry lecturer*

Belinda qualified as a podiatrist in 2003 and was awarded a First-Class Honours degree with Distinction by the University of Southampton. She is a Podiatry lecturer for the SMAE Institute's BSc (Hons) Podiatry degree programme and is a Fellow of both the Higher Education Academy and the Royal College of Physicians and Surgeons of Glasgow. Belinda has a special interest in Podiatric Dermatology and has frequently presented her published work at both national and international conferences. She is also a joint course provider for the Royal College of Podiatry Skin Surgery Course (extended scope of practice) and is a Trustee and Volunteer Coordinator for the Registered charity Forgotten Feet, which offers free footcare to the homeless and socially isolated. Belinda is keen to promote the upskilling of Foot Health Practitioners and Podiatrists in lesion recognition skills to improve the prognosis for people with cutaneous malignancies.

### **Dr Andrew Hill**

*DHealth; MSc Podiatry; PGCert L&T; FFPM RCPS(Glasg); FHEA; FSSCh; HCPC Registered.*

*SMAE Institute Programme Lead and Senior Lecturer – BSc (Hons) Podiatry*

Andrew has been a practicing Podiatrist since he qualified from The University of Brighton in 2006. He is the Programme Lead for The SMAE Institute's BSc (Hons) Podiatry degree programme as well as for the Local Anaesthesia and Prescription Only Medicines programmes. Andrew obtained his teaching qualification in 2011, his MSc in Podiatry from QMU in 2015 and his Doctorate in Health from the University of Bath in 2022. Andrew's professional area of interest is in the foot in diabetes and health behaviours. He has several peer-reviewed publications to his name and also works as a peer reviewer for 'The Diabetic Foot' journal and 'Patient Education and Counselling' Journal. Andrew also holds posts as an education visitor for the HCPC and Regional Advisor for Podiatry to the Royal College of Physicians and Surgeons of Glasgow. In 2023 Andrew was co-opted onto the executive committee of the Foot In Diabetes UK - a prestigious

organisation dedicated to supporting healthcare practitioners to deliver clinically effective care to people living with diabetes-related foot problems.

### **Dr J Gordon Burrow**

*BA, ADvDipEd, MSc, MPhil, ProfD, FChS, FHEA, CMIOSH (Retired), CSci, MRSB, MBChA*

Gordon was a Senior Lecturer at Glasgow Caledonian University teaching all levels from year one to Masters level students and successfully supervised 3 PhD students. He has presented Internationally in the USA, South Africa, Brazil, Scandinavia and Europe over the years on topics such as Occupational Health, Occupational Hygiene, Health and Safety, Podiatry and Forensic Science. He was invited to the People-to-People's Ambassador programme to visit China as part of an Institution of Safety and Health delegation to counterparts in China and ended up using podiatric skills on the trip! He has been an Expert Witness for some 20 years, having his name on the National Crime Agency Database of Expert advisors for Police forces throughout the UK, as well as being called upon to act in Equality Tribunal, Employment Tribunal, Fitness to Practice Hearings for HCPC and Chartered Institute of Safety and Health Practitioners, and lawyers for civil and criminal cases in various Courts throughout the UK and abroad. He currently assesses applications for CSci and RSci at the Royal Society of Biology and is an assessor for Initial Personal Development for the Institute of Safety and Health as well as being involved with the SMAE Institute.

### **Gareth Hicks**

*Podiatrist, MRCPod*

Having qualified in podiatry late last century from the Birmingham School of Chiropody, Gareth has previously worked in NHS and Private Practice. He has lectured on the diabetic foot throughout the UK, Europe and the Gulf region. More recently he works in the commercial sector with Dermatronics. Since the Covid lockdowns, Gareth has stepped back into the limelight speaking on diabetic foot screening, and presenting to GPs, practice nurses, wards and care homes.



## Michael Ratcliffe

*FFPM RCPS (Glasg), MRCPod, FRCPodM, B.Sc. (Podiatry), M.Sc. (Health Research), Cert. Ed.*

Michael qualified as a podiatrist from the University of Brighton in 1989. Michael has clinical experience working in the National Health Service specialising in lower limb gait rehabilitation post trauma. Michael also has commercial and industrial experience, running a podiatry business within Boots the Chemist and working for Everflex (UK) Ltd, an orthoses manufacturer. He has academic experience as a Lecturer in Podiatry (Lower Limb Anatomy and Pathomechanics) and as Head of School at the Birmingham School of Podiatry. Michael's academic interests centre on researching the mechanical behaviour of the heel fibro-fatty padding within gait. Currently, Michael has been appointed as Sales Training Manager for Cuxson Gerrard & Co. Ltd researching foot care products and delivering podiatric training nationally. He continues to work part-time in private practice.

## Ian Reilly

*DMS, BSc, MSc, MRCPod, FRCPodS, DABPMi, FFPM RCPS(Glasg).*

*Consultant Podiatric Surgeon, Northamptonshire Healthcare Foundation NHS Trust and Private Practice*

Ian Reilly has been qualified as a Podiatric Surgeon since 1996 and has performed over 11,000 surgical procedures. He has a particular interest in soft tissue and nail surgery and has lectured internationally on plastic surgical procedures of the foot, bunion surgery and steroid injection therapy.

Podiatric Surgery is well established in Northamptonshire, and Ian Reilly leads the service for the local NHS Trust. Prior to this, he was a Senior Lecturer at the Northampton School of Podiatry and is about to finish his professional doctorate in 'corticosteroid injection therapy of the 1st MTP joint' at Staffordshire University. He is co-author of "Foot and Ankle Injection Techniques: A Practical Guide" and has written chapters in "Merrimen's Assessment of the Lower Limb" and "Brown's Skin and Minor Surgery".

## Professor Sir Steve West

*CBE, DL, FChS, FCPM, FRSM, FRSA, Vice-Chancellor and President, UWE Bristol, Chair of the West of England LEP, Chair of the West of England Academic Health Science Network*

Professor Sir Steve West took up the post of Vice-Chancellor and President of the University of the West of England Bristol in 2008. Steve is a Fellow of the Royal Society of Medicine, the Royal College of Podiatric Medicine and the Royal Society of Arts.

Steve trained as a Podiatrist and Podiatric Surgeon in London and developed his research interests in Lower Limb Biomechanics and the Diabetic Foot at King's College London. He worked as a clinician and clinical tutor in the NHS, University Sector and undertook research and consultancy in industry and the retail healthcare sectors. He holds a number of national and international appointments in Higher Education, healthcare policy and practice.

Steve is currently a Non-Executive Director of BNSSG Integrated Care Board and Chair of the UUK Mental Health in Higher Education. He is the Chair of the West of England Academic Health Science Network.

## Robert Isaacs

*Bsc.pod.M. M.Ch.S, HCPC Registered Podiatrist*

Robert is a podiatrist with a special interest in biomechanics, and in particular, with chronic pain disorders. After 20 years working as a specialist in the NHS, he now works in private practice. He is also an Associate Lecturer for the SMAE Institute BSc (Hons) Podiatry degree programme, and has been an invited lecturer on the master's programme at the University of Ulster, CESPU in Portugal, and conferences in the UK and abroad. His approach is evidence-based, but centred around practical clinical applications that delegates should find useful in everyday clinics.

## Tracey O'Keeffe

*MA, BSc, RN, PGCE, MCFHP MAFHP*

*SMAE Institute Programme Lead (Dip FH) / Part-time Lecturer for the SMAE Institute BSc (Hons) Podiatry Programme*

Tracey has over 30 years experience as nurse working through acute and community care, as well as being a SMAE trained FHP for more than 15 years. Throughout her career and practice, she has always been involved in education, with a passion for understanding and translating to others how knowledge impacts patient care and experience. Aside from senior clinical roles, she has been a Senior Lecturer at higher and further education level, Education Lead for a London NHS community trust, and a Fellow at Health Education England.

As a part-time lecturer at the SMAE, Tracey is Programme Lead for the FHP Diploma and teaches on the BSc (Hons) Podiatry Degree Programme, Local Anaesthesia and Prescription Only Medicines programmes. As well as this, Tracey continues to teach on nursing programmes as well as being involved in patient-facing education. She is a qualified Coach and works 1-2-1 with people for personal and professional development.



# The Annual Convention Agenda

## Friday 6th October 2023

**8.45am – 9.50am** Registration, Trade Exhibition & Arrival Refreshments

**9.50am – 10.00am** Welcome by Tracey O’Keeffe MA, BSc, RN, PGCE, MCFHP MAFHP, Part-time Lecturer at The SMAE Institute

**10.00am – 11.00am** ~ Gareth Hicks Podiatrist, MRCPod

### Foot Ulcers in Diabetes - prevention & care

This presentation will discuss the main reasons for foot ulceration, along with a 'what to do' guide should you encounter a diabetes patient with a foot ulcer.

**11.00am – 11.45am** Refreshment Break & Trade Exhibition

**11.45am – 12.45pm** ~ Dr J Gordon Burrow BA, AdvDipEd, MSc, MPhil, ProfD, FChS, FHEA, CMIOSH (Retired), CSci, MRSB, MBChA

### Spina Bifida Occulta – A case study

This presentation will use a case study approach of a male patient who suffered with Spina Bifida and the detrimental effects this had on his feet. The presenter was involved with this patient’s care for over 25 years as he had presented with a minor lesion. This then progressed to an ulcer covering the complete sole of his one foot, with numerous sequestra being presented to the attending podiatrist over the years. The presentation will include an outline of Spina Bifida and its varying types, causes and discussions of complications for podiatrists and foot health practitioners. The presentation will also look at the outcomes of this condition and the social and holistic effects for the patient and their family as well as the podiatric care delivered over a long time period.

**12.45pm – 2.15pm** Hot/Cold Buffet Lunch & Trade Exhibition

### 1.15pm – 2.00pm Break Out Session (Optional - £15pp) The Biomechanics of Nail Care with Robert Isaacs

It is something we do every day, but how much do we really think about what we are doing? This session will cover the basics of Nipper selection (the right tools for the right jobs), ergonomics, different variations on grip as well as shaping consideration for PNRs, different cutting angles, and the practical management of different nail conditions from a mechanical perspective.

**2.15pm – 3.15pm** ~ Ian Reilly DMS, BSc, MSc, MRCPod, FRCPodS, DABPMi, FFPM RCPS(Glasg)

### Nail Surgery Update

This presentation will be relevant to both Podiatrists and FHPs, whether they are performing nail surgery or referring patients on for nail surgery. This talk will discuss nail surgery in terms of patient suitability; the legal and ethical considerations; controversies; different nail surgery technique options/types and potential complications. An important update covering much in a short space of time!

**3.15pm – 3.45pm** Refreshment Break & Trade Exhibition

**3.45pm – 4.45pm** ~ Tracey O’Keeffe MA, BSc, RN, PGCE, MCFHP MAFHP

### Safeguarding: a subject on everyone’s agenda

Everyone has a right to feel safe. This is sadly not always the case. As clinicians, and as humans, we may come across situations where concerns arise about someone’s welfare, possibly involving abuse or neglect. How would you identify this and what would you do? This talk discusses our responsibilities and the actions we should consider when encountering anyone in a potentially at-risk situation.

**4.45pm – 5.15pm** Trade Exhibition

Depending on traders open and number of delegates viewing, we reserve the right to close the exhibition room earlier.

**7.00pm – Late** Drinks reception, gala dinner, celebration of achievement and fun quiz (for those booked)

## Saturday 7th October 2023

**8.30am – 9.15am** Registration, Trade Exhibition & Arrival Refreshments

**9.15am – 10.15am** ~ Michael Ratcliffe FFPM RCPS (Glasg), MRCPod, FRCPodM, B.Sc. (Podiatry), M.Sc. (Health Research), Cert. Ed.

### Moisturising Creams – the reasons behind and functions of their ingredient content

The epidermal stratum corneum needs to maintain an optimal level of hydration to perform its protective barrier function effectively. Where the level of hydration is sub-optimal then the barrier function may be compromised and skin pathologies can arise. Daily use of a moisturising cream helps to increase hydration within the stratum corneum and so maintains effective epidermal skin function. In this presentation we will explore the purpose of all the ingredients in a moisturising cream, how they contribute to maintaining skin hydration (amongst other functions), and how understanding this can help you choose what type of moisturising cream for your patient to use.

**10.15am – 11.00am** Refreshment Break & Trade Exhibition

**11.00am – 12.00pm** ~ Professor Sir Steve West CBE, DL, FChS, FCMP, FRSM, FRSA, Vice-Chancellor and President, UWE Bristol, Chair of the West of England LEP, Chair of the West of England Academic Health Science Network

### Lower Limb Neurology

Patients often present to clinic with vague signs and symptoms that may be linked to abnormality of the nervous system. It is important that we can effectively carry out a clinical examination and history to determine whether there is a need to refer the patient for further examinations and tests. To undertake the assessment and determine whether there is anything abnormal requires some understanding of the anatomy alongside how to examine the motor and sensory systems. This presentation provides an opportunity to revisit the basics and watch a clinical demonstration. As with all clinical practice the more we examine and familiarise ourselves with the approach the easier it gets. Taking a systematic approach will help as will undertaking it on normal as well as symptomatic patients.

**12.00pm – 1.30pm** Hot/Cold Buffet Lunch & Trade Exhibition

### 12.30pm – 1.15pm Break Out Session (Optional - £15pp) Utilising Dopplers and Toe Pressures with a vascular assessment with Dr Andrew Hill

This practical breakout session will cover Doppler ultrasound of the pedal pulses and toe pressures as two crucial assessments we can use in the screening/detection of peripheral arterial disease.

**1.30pm – 2.30pm** ~ Belinda Longhurst

Podiatry lecturer, BSc (Hons); PGCert; FHEA; FFPM RCPS (Glasg)

### When bug relationships go bad: The skin microbiome & inflammatory disorders

This presentation will review the functional anatomy of the skin and identify the clinical and dermoscopic differences between atopic dermatitis (eczema) and psoriasis. It will also explore some of the latest research on the skin microbiome and its association with inflammatory conditions, within the context of implications for foot health management in clinical practice.

**2.30pm – 2.40pm** Ten minute recess

**2.40pm – 3.40pm** ~ Dr Andrew Hill DHealth; MSc Podiatry; PGCert L&T; FFPM RCPS(Glasg); FHEA; FSSCh; HCPC Registered. SMAE Institute Programme Lead and Senior Lecturer – BSc (Hons) Podiatry

### Health Literacy: Do we need to get a handle on this before we provide education to our patients?

Health literacy is a recognised, but under-appreciated phenomenon. It is rarely factored into the typical clinicians’ assessment/appraisal of a patient before patient-specific advice/education is provided. However, the literature is increasingly clear – health literacy levels in an individual is hugely predictive for how effective that patient education is likely to be at fostering some behaviour change in patients. It also exists as a very useful proxy for other important health markers/considerations. This presentation will explore what health literacy is, what influences it, how it can be assessed, and what strategies can be implemented to improve it.

**3.40pm – 3.45pm** Closing Talk

# The Annual Convention Booking Form

Friday 6th & Saturday 7th October 2023 DoubleTree by Hilton Oxford Belfry, Thame, Oxfordshire

## Delegate Details: Please use BLOCK CAPITALS

Full Name:	
Membership/Student Number/or qualification (Non-Member):	
Address:	
	Postcode:
Telephone Number:	Email Address:

Option 1	Option 2	Option 3 – Day Delegate*																								
<b>2 Day Convention with accommodation &amp; gala dinner</b>	<b>2 Day Convention with gala dinner only (No accommodation)</b>	<b>Tick one day only</b> (Dinner not included) <input type="checkbox"/> Friday, 6 Oct <input type="checkbox"/> Saturday, 7 Oct																								
Please circle which option/rate applies to you:	Please circle which option/rate applies to you:	Please circle which option/rate applies to you:																								
<table><thead><tr><th></th><th>Price</th></tr></thead><tbody><tr><td>Student of SMAE/BCPA/BAFHP</td><td><b>£245.00</b></td></tr><tr><td>Member of SMAE/BCPA/BAFHP</td><td><b>£275.00</b></td></tr><tr><td>Non-Member</td><td><b>£295.00</b></td></tr></tbody></table>		Price	Student of SMAE/BCPA/BAFHP	<b>£245.00</b>	Member of SMAE/BCPA/BAFHP	<b>£275.00</b>	Non-Member	<b>£295.00</b>	<table><thead><tr><th></th><th>Price</th></tr></thead><tbody><tr><td>Student of SMAE/BCPA/BAFHP</td><td><b>£215.00</b></td></tr><tr><td>Member of SMAE/BCPA/BAFHP</td><td><b>£235.00</b></td></tr><tr><td>Non-Member</td><td><b>£255.00</b></td></tr></tbody></table>		Price	Student of SMAE/BCPA/BAFHP	<b>£215.00</b>	Member of SMAE/BCPA/BAFHP	<b>£235.00</b>	Non-Member	<b>£255.00</b>	<table><thead><tr><th></th><th>Price</th></tr></thead><tbody><tr><td>Student of SMAE/BCPA/BAFHP</td><td><b>£99.00</b></td></tr><tr><td>Member of SMAE/BCPA/BAFHP</td><td><b>£125.00</b></td></tr><tr><td>Non-Member</td><td><b>£135.00</b></td></tr></tbody></table>		Price	Student of SMAE/BCPA/BAFHP	<b>£99.00</b>	Member of SMAE/BCPA/BAFHP	<b>£125.00</b>	Non-Member	<b>£135.00</b>
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I would like to attend the Practical Breakout Session on Friday 6th October. Price: £15.00 per person. *Limited Availability*

I would like to attend the Practical Breakout Session on Saturday 7th October. Price: £15.00 per person. **FULLY BOOKED**

\*Day Delegate attendance includes access to CPD lectures, access to the extensive trade exhibition, complimentary refreshments throughout the day, complimentary hot/cold buffet lunch and morning/afternoon treats.

<input type="checkbox"/> I will be attending the dinner	<b>Starter</b> (See menu overleaf) <b>1 2 3</b> (Please circle your choice)
<input type="checkbox"/> I will <b>not</b> be attending the dinner	<b>Main</b> (See menu overleaf) <b>1 2 3</b> (Please circle your choice)
	<b>Dessert</b> (See menu overleaf) <b>1 2 3</b> (Please circle your choice)
Dietary Requirements / Allergies (Please give details)	

## Please accept my booking for which I enclose the appropriate payment:

Signature:

Date:

**Please note:** The fee is non-refundable or transferable. Prices inclusive of VAT. Places subject to availability at time of receipt.

## Payment Details

Cheque (payable to 'The SMAE Institute (1919) Ltd) enclosed of the sum of:

### Payment by Debit / Credit Card:

Card No.

Valid from:  /

Issue No:

Expiry:  /

Security No. (last 3 digits):

\*If you would like to pay over the phone please call **01628 560654** (we will still require the booking form returned to secure your place)

Please complete and return to: [jrhodes@smaeinstitute.co.uk](mailto:jrhodes@smaeinstitute.co.uk)



# MAP/DIRECTIONS

## DoubleTree by Hilton Oxford Belfry

Milton Common  
Thame  
Oxfordshire  
OX9 2JW

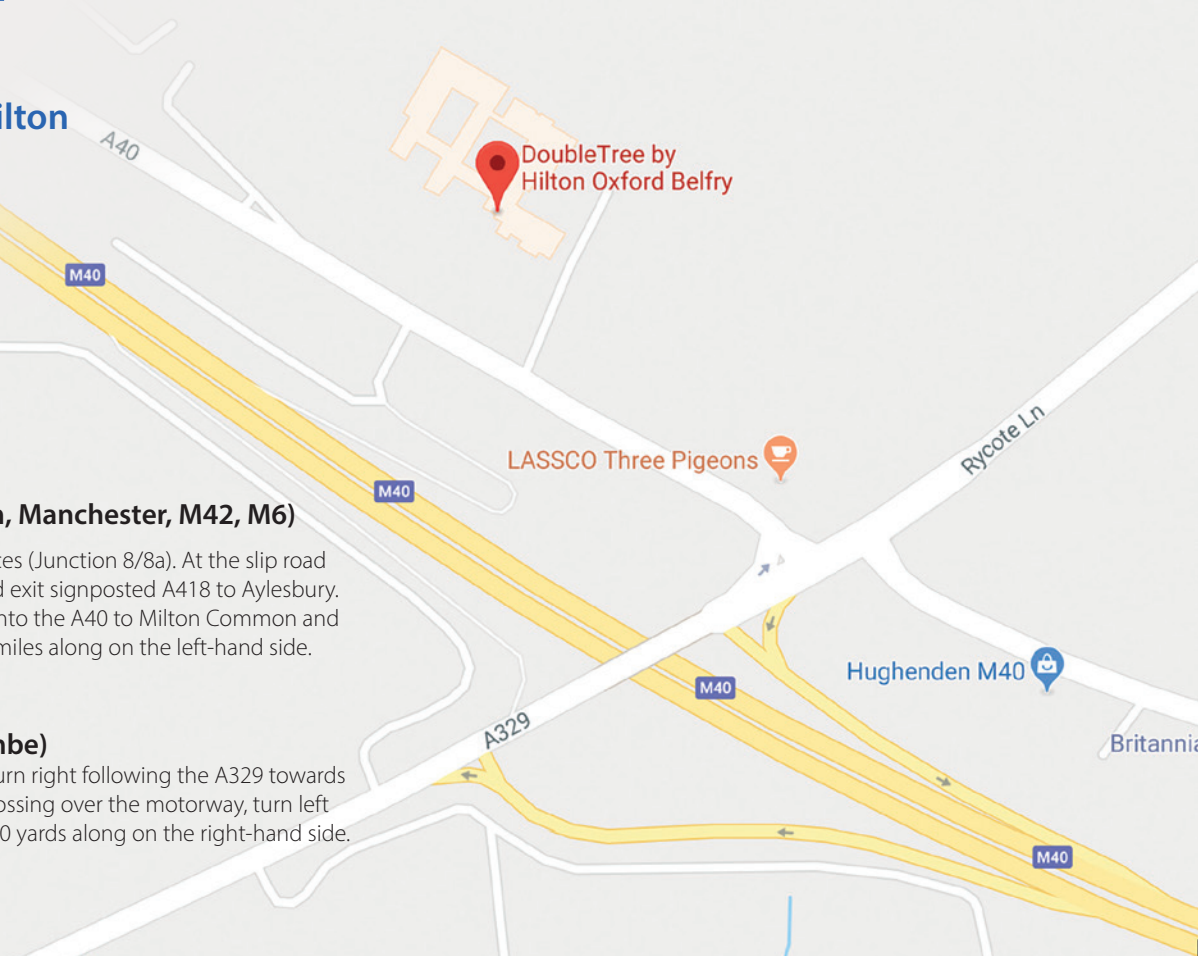
Tel: 01844 279 381

### From the north (Bicester, Birmingham, Manchester, M42, M6)

Exit the M40 at Oxford Services (Junction 8/8a). At the slip road roundabout, take the second exit signposted A418 to Aylesbury. After half a mile, turn right onto the A40 to Milton Common and Wallingford. The hotel is 1.5 miles along on the left-hand side.

### From the south (London, High Wycombe)

Exit the M40 at Junction 7. Turn right following the A329 towards Thame. Immediately after crossing over the motorway, turn left onto the A40. The hotel is 300 yards along on the right-hand side.



# MENU

## Friday evening menu

### Starters

- 1 Sweet potato soup served with a bread roll (V) (Vegan) (GF)  
~ or ~
- 2 Chicken liver parfait, Pear & plum chutney, toasted sourdough shards  
~ or ~
- 3 Beef tomato & mozzarella salad, Black olive & basil tapenade (V) (GF)

### Main Course

- 1 Chargrilled olive oil & rosemary glazed breast of chicken, Crispy fried new potatoes, grilled Mediterranean vegetables, Pesto scented tomato sauce (GF)  
~ or ~
- 2 Moroccan roulade served with roasted vegetables & tomato fondue (V) (Vegan) (GF)  
~ or ~
- 3 Pan-fried sea bass fillet, with caper & onion, fried new potatoes, cherry tomato & chive salsa (GF)

### Dessert

- 1 Apple & almond tart, Vanilla ice cream (V)  
~ or ~
- 2 Milk chocolate mousse, Chocolate & caramel sauce, Chocolate brownie crumble (V)  
~ or ~
- 3 Fruit salad with raspberry sorbet (V) (Vegan) (GF)

