

MOVING YOUR WAY TO GOOD HEALTH!

Friday 30th August 2019

This conference will show the far reaching benefits physical activity and healthy eating can have, from reducing cancer, cardiovascular disease, obesity, diabetes, to helping with mental health problems.

In the afternoon workshops, there will be a focus on musculoskeletal examinations and common sports problems which are frequently seen in primary care.

The aim of the day is to engage and help clinicians use physical activity to improve patients lives whilst also enhancing their clinical skills in musculoskeletal medicine.

After the days lectures and workshops, you can practice what you preach as delegates will have access to the University of Nottingham Sports Facilities to burn off some calories!

The conference is part of a wider event, “**Eurospital 2019**”, the 27th edition of a tournament where health service workers represent their hospital and their country in a European football competition.

Come down to Highfields University of Nottingham Sports Complex on Saturday to cheer on England/Nottingham University Hospitals as they attempt to bring the trophy home!

The tournament and conference support Nottingham Hospitals Charity. Please make a small donation to a worthy cause.

The event is CPD accredited.

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www.eventbrite.co.uk/e/moving-your-way-to-good-health-tickets-47383872438

Moving Your Way to Good Health at Humanities Building
University Park University of Nottingham, Nottingham, NG7 2RD
Friday 30th August 2019

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This conference aims to improve the health and daily lives of patients through promoting physical activity.

Workshops and lectures will help practitioners with motivational interviewing, dietary advice and musculoskeletal examination skills.

Please email
eurospitalnottingham@gmail.com
to submit your abstracts, or to ask any questions!

Accommodation is available in Cavendish Hall on University Campus

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AM		
09:30am	Welcome Coffee and Registration SEM Poster Presentations	
10:00am	Brigitte Scammell	Keynote Speaker
10:30am	Moses Ikpeme	How active are our patients?
10:45am	Kimberley Edwards	Is sport safe?
11:00am	Short Coffee Break	
11:15am	Benjamin Ollivere	Give upper limb injuries the elbow
11:30am	Zoe Bamber	Ankle injuries: risk of death
11:45pm	Simon Noad	Returning patients to physical activity after injury
12:00pm	Charlotte Hilton	Integrating motivational interviewing into routine conversations with patients
12:15pm	Joseph Agu	The healing power of food

LUNCH 12:45pm to 14:00pm
SEM Poster Presentations

PM A range of workshops to run parallel throughout the afternoon Please choose one from the list below to attend (choose on the day)	
Zoe Bamber	Ankle Injuries workshop
Paul Mathews	Knee injuries workshop
Ben Ollivere	Elbow injuries workshop
Simon Noad	Rehab protocols: evidence vs real life
Joseph Agu	Healthy diet workshop
Kim Edwards	Identifying good research
Onosi Ifesemen/Moses Ikpeme	How to measure physical activity
Charlotte Hilton	Motivational interviewing workshop

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