

Time	Speaker	Title
9.00	REGISTRATION & COFFEE	
FRAILTY AND FALLS IN THE COMMUNITY		
9.30	Sophie Markevics (Advanced Physiotherapy Practitioner/ Community Physiotherapy Professional Lead, Devon)	The role of the Advanced Clinical Practitioner in Falls and Frailty
10.10	Helen Lyndon (Academic Research Fellow/Nurse Consultant Older People Cornwall Foundation Trust/Plymouth University)	The Holistic Assessment and care Planning in Partnership Intervention Study (HAPPI)
10.50	COFFEE	
11.10	Louise Allan (Professor in Geriatric Medicine, Exeter)	Falls in people with dementia
11.50	Nikki DaCosta	Short presentation 1 Improving Services for Older People with Frailty in the Emergency Department at The Royal Bournemouth Hospital
12.05	Louise Mole	Short presentation 2 It's what you do that makes a difference: An interpretative phenomenological analysis of health care professionals and home carers experiences of nutritional care for people living with dementia at home
12.20	Dawn Swancutt	Short presentation 3 Getting up from the floor following a fall: A qualitative investigation of patient and staff perceptions
12.35	LUNCH	
1.30	Ellie Edlmann (Clinical Lecturer in Neurosurgery, Derriford)	Falls, strokes, neurosurgery and (frail?) older adults
2.10	Katy Richards & Alex Sharp (Paramedics, Frailty and falls leads, SWAST)	Frailty, falls and the ambulance service
2.40	COFFEE	
PRACTICAL NEUROLOGY – TREMORS & PARKINSON'S		
3.00	Tim Harrower (Consultant Neurologist and Senior Clinical Lecturer, Exeter)	Practical management of two conditions (which are not always linked): 1. Sialhorrea 2. Tremor
3.40	Konrad Szewczyk-Krolikowski (Consultant Neurologist, Southmead Hospital)	Advanced therapies in Parkinson's (deep brain stimulation, DuoDopa, apomorphine)
4.30	SUMMARY & CLOSE	

CPD Accreditation: This meeting has applied for 6 CPD credits



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Speaker Biographies

Sophie Markevics

Sophie Markevics currently has a dual role as Community Physiotherapy Professional Lead and Advanced Clinical Practitioner for Falls for the Royal Devon and Exeter NHS Foundation Trust. Having gained her Physiotherapy BSc from the University of Leeds she went on to complete her MSc in Neurological Rehabilitation and Independent Prescribers qualification at Plymouth University.

She has a special interest in falls and frailty and recently published research related to fear of falling assessment in clinical practice.

One of the first Advanced Clinical Practitioners in Devon she works closely with the consultant geriatrician running falls clinics in the community.

Professor Helen Lyndon

Helen has worked as a district nurse, nurse leader, community matron, nurse practitioner and nurse consultant in primary/community care settings. She set up services for older people in the Cornwall including Hospital-at-Home, Community Matrons and Telehealth. In 2016 she completed a 2 year secondment to NHS England as Clinical Lead for Frailty. In April 2017, Helen was awarded a NIHR/HEE Clinical Academic Doctoral Research Fellowship. Helen's PhD study with Plymouth University aims to develop and test an assessment and care planning intervention for frail older in primary care.

Professor Louise Allan

Professor Louise Allan trained in Oxford and after many years in Newcastle upon Tyne moved to the University of Exeter as Professor of Geriatric Medicine and Honorary Consultant Geriatrician at the Royal Devon and Exeter NHS Foundation Trust. She has a specialist interest in the Neurology and Psychiatry of Old Age. Current research themes focus on falls and physical health care in dementia, the effects of delirium upon cognitive decline, and non-Alzheimer's dementias including post-stroke dementia and Lewy body disease.

Clinically she works in the Devon Memory service, a one-stop shop for the assessment and diagnosis of dementia which is a collaboration between the acute and mental health trusts.

Nationally she represented the British Geriatrics Society on the Implementation reference group for the National Dementia Strategy and now represents Geriatricians in the National Dementia Action Alliance. From



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2015-2018 she was a member of the NICE Guideline Development Committee which updated the clinical guideline for dementia.

Dr Ellie Edlmann

I was in the first year to graduate from Brighton and Sussex Medical School in 2008 and already had a burning desire to become a neurosurgeon. Following junior rotations in Brighton and London, I started my neurosurgical training in 2011 in the South West. During my training I also became interested in academia and decided to move to Cambridge in 2015 to pursue a PhD in Clinical Neurosciences. During this time I ran a multi-centre RCT on the use of dexamethasone for Chronic Subdural Haematoma, a condition which almost exclusively affects the elderly. I have now been appointed as a clinical lecturer in Neurosurgery at Plymouth University and am continuing my interest in elderly head injury, particularly how frailty is relevant to neurosurgical decision making and long-term patient outcomes. Outside of neurosurgery I am a busy mum, therefore most of my spare time is spent building sandcastles on the beaches of Devon and Cornwall.

Katy Richards

After starting work at the R,D&E within Health Records and completing her undergraduate degree at Exeter University, Katy moved to London to train as a paramedic in 2010. After gaining her registration Katy also qualified as a Practice Placement Educator and mentored student paramedics and Emergency Care Assistants.

In 2015 Katy returned to the South West and worked operationally within North Somerset before being appointed as Clinical Lead for North Somerset and Somerset in 2016.

Katy is the Trust's falls and frailty lead and has undertaken MSc modules in the Care of Older People and Remote Clinical Decision Making to support this work. Katy's projects have included Domiciliary Care engagement events, the introduction of a new Community First Responder Lifting Scheme to improve response times for falls and the development of Frailty, Falls and Pressure Ulcer Clinical Guidelines to support front line staff. The Clinical Lead role also includes audit and review of Trust data, supporting Research projects and the development of alternative care pathways for patients who may not need to attend an Emergency Department.

Outside of work Katy is an avid netballer who enjoys spending weekends with friends and family in Devon.

Alex Sharp

HCPC Registered Paramedic, MSc Advanced Practice, MCPara

Alex initially gained a Master's Degree in Geology at university before finding his calling in pre-hospital emergency care and has been in the ambulance service for 11 years, initially as a Student Paramedic before qualifying as a Paramedic in 2013. Initially working in the East of England he moved down to South Western Ambulance Service in 2014 working rurally within North Dorset.

Throughout working within the ambulance service he has been research active having been involved in both the Airways2 and RIGHT-2 research studies as well as leading some smaller scale research projects. Alex completed his MSc in Advanced Practice in 2017.

In 2016 Alex moved into clinical management, appointed as a Clinical Lead initially covering Devon but since September 2019 has moved to cover Dorset within his role. He has a particular interest within cardiology and within this role he is the Trust's cardiac and vascular lead.

Outside of work he loves being outside and can often be found walking the countryside, flying or kayaking on a river or the sea.



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Dr Timothy Harrower

Dr Timothy Harrower gained his medical degree at the University of Cape Town and subsequent specialist neurology training completed in the Cambridge rotation. Having being awarded a Wellcome Trust Clinical Research Grant he undertook research into neural stem cell biology and the mechanisms of neural transplant rejection at the Cambridge Centre for Brain Repair (University of Cambridge) where he read for a PhD in neuroscience. In addition, he was involved in managing all the patients with Huntington's Disease who had received neural transplants on the NEST neural transplant program.

In 2007 he was appointed Consultant Neurologist at the Royal Devon and Exeter NHS Foundation Trust and as a visiting neurologist at North Devon District Hospital. For 12 years he was clinical lead for the Mardon Regional Neuro-rehabilitation Unit. A very active clinical program of clinics in general neurology is complemented by setting up and running the Multiple Sclerosis, Huntington's Disease, Motor Neuron Disease and Botulinum Toxin service. He teaches at all levels and holds a Senior Clinical Lecturership post with the University of Exeter Medical School. He is currently the chief investigator and principle investigator on a large number of clinical trial projects.

Outside interests include trying to keep up with his teenage sons on the tennis court, training to maintain a reasonable bowling average for the Hospital cricket team, and ensuring he gets arthritis by running all manner running race or challenge. But the new found skill of gardening in Devon provides balm for his soul and distracts from the more challenging aspects of modern NHS clinical service provision.

Dr Konrad Szewczyk-Krolikowski

Dr Konrad Szewczyk-Krolikowski is a Consultant Neurologist at the North Bristol NHS Trust. His main interest is Movement Disorders, particularly parkinsonism, dystonias, including treatment with botulinum toxin injections and deep brain stimulation. He completed his specialty training in Plymouth and Exeter and did a DPhil degree on functional imaging changes in Parkinson's Disease in Oxford.

