



OCCUPATIONAL HEALTH: WATCH THIS SPACE

THE ALAMA SPRING CONFERENCE 20-22 MARCH 2013
LEICESTER MARRIOTT HOTEL AND THE NATIONAL SPACE CENTRE

FOR OCCUPATIONAL HEALTH DOCTORS
WORKING WITH THE EMERGENCY SERVICES
AND LOCAL AUTHORITIES

OUTSTANDING VALUE FOR MONEY · EXCELLENT CPD · AN INVALUABLE RESOURCE

With so much happening in the field of medicine – new treatments, research and new procedures to name but a few, the future for occupational health is both challenging and exciting. The ALAMA Spring Conference: OH – Watch this Space will tackle head-on the issues that OH physicians are having to face, be they clinical, procedural, legal or professional. The programme provides an excellent opportunity for OH physicians to hear from experts, to discuss and debate realistic scenarios, and to have their own voice heard.

The ALAMA conferences have, over the past years, built a reputation as extremely highly regarded sources of information, learning and CPD, as well as key networking and experience sharing events. In order to ensure you get as much as possible out of attending this conference, it has been designed to include ample opportunity for you to input your own ideas, share your knowledge and ask your questions. This two-way communication is pivotal to the programme and is both encouraged and expected. Our aim is to create a productive and pragmatic forum for the discussion of those issues which currently challenge us. We are looking for practical and positive outcomes which offer us reasoned and reasonable professional and clinical guidance as we face the future.

Several extended sessions have been included in the programme:

- A **Stress** session which will include a platform for various perspectives and which will then centre on several case studies which illustrate relevant scenarios and act as the basis for discussion and learning;
- The **Can't Work Won't Work** session will again feature case studies with the aim of building a consensus on how to tackle complex issues through audience interaction and electronic voting;
- Barrister Professor Diana Kloss and lawyer Anne Pritam will lead the session on **Legal Issues** which will cover a wide variety of topics and, as always, encourage questions and discussion from the floor.

The Future for Occupational Health will also come under intense scrutiny with a debate on the pros and cons of specialists with approved qualifications providing 'pure' services as opposed to an integrated service using GPs with diplomas and OHAs. Introduced by the current presidents of both the Society and Faculty of Occupational Medicine, this debate will include plenty of time for questions and comments.

Clinical and evidence based presentations also play a pivotal role within the programme as the importance of keeping up to date on clinical issues is regularly identified as a top priority in our conference feedback. Leading experts from across the region will cover six areas of specific medical interest to OH physicians.

CONFERENCE PROGRAMME

The focus is on:

- **Clinical Issues**
 - Dermatology
 - Hand Arm Vibration
 - Occupational Asthma
 - Pain Management
 - Upper Limb Disorders
 - Workforce Aerobic Fitness
- **Stress** with an extended case study based discussion encompassing OH, HR and Mental Health perspectives.
- **Can't Work Won't Work** A keynote session focusing on approaches, problems and reality with in-depth discussion on how to tackle this complex subject.
- **The Future for Occupational Health** A debate on whether 'Pure specialist services' or 'Integrated services' are the way forward.
- **Legal and Procedural Issues** Diana Kloss and Anne Pritam discussing sex discrimination/ pregnancy employment law, family friendly policies, IVF, gender reassignment and Health & Safety.
- **Medical Protection Society** update on disclosure after adverse events.
- **Police and Fire & Rescue** Special Interest Sessions.

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CONFERENCE DETAILS



ASSOCIATION OF LOCAL AUTHORITY MEDICAL ADVISORS



LOCATION

With an eye to the future, the conference is being held in one of Leicester's most modern hotels with the conference dinner in the National Space Centre.

The **Leicester Marriott Hotel**, Smith Way, Grove Park, Enderby, Leicester, England LE19 1SW is close to the M1 at Junction 21. The nearest mainline station is Leicester and the nearest airport is Nottingham East Midlands which is 19 miles away. The hotel brings together the best in contemporary facilities with care and attention to detail. The large open Atrium Lounge is an ideal place to meet with colleagues. The conference rooms are well designed with natural daylight. Bedrooms are light, spacious, air-conditioned with contemporary furnishings, high speed internet access, in-room safe and a dedicated workspace. Its leisure club comes equipped with the latest state-of-the-art gym machines, a heated indoor pool and sauna.

The **National Space Centre** is the UK's largest visitor attraction dedicated to space and space exploration and has hosted legendary astronauts such as Buzz Aldrin, Helen Sharman, Michael Foale, and Piers Sellers and various events such as Star Wars and Doctor Who conferences. Its 42 metre high "Rocket Tower", which dominates the local skyline, was designed specially to house the Blue Streak and Thor Able rockets. Our reception will be held directly under the rocket boosters. The rest of the Space Centre is built partially below ground level within the walls of old storm water tanks. It houses the UK's largest domed planetarium and we will be served dinner surrounded by space suits, rockets, satellites and meteorites.

PROFESSIONAL VALIDATION

ALAMA is the Association of Local Authority Medical Advisors. It exists to improve the communication, education, consistency and quality of clinical practice of Occupational Health physicians providing services to Local Authorities, including Police and Fire & Rescue Services as well as the Civil Service, Central Government and further education establishments.

Evaluation from previous ALAMA conferences has indicated a very high level of satisfaction regarding both the academic content and value for money. The Faculty of Occupational Medicine has awarded the Occupational Health: Watch this Space programme 16.5 CPD points. These will be split:

- 5.5 for Wednesday 20 March
- 7 for Thursday 21 March
- 4 for Friday 22 March

In line with ALAMA's aim to provide high quality content as well as value for money conferences this works out at less than £35 per CPD point for members booking the full package.

Non members wishing to join the association should apply for membership at www.alama.org.uk/register

DIARY DATES

Autumn 2013 will find us in **Brighton** on **27-29 November**. Accommodation will be in the Grand Hotel and our conference dinner will be in the Royal Pavilion.

Spring 2014 on **19-21 March** we will be at **Crewe Hall**, an imposing and historic country house with modern conference facilities attached.

Autumn 2014 on **19-21 November** we will be heading north to **Glasgow** to the recently refurbished Grand Central Hotel.

PUT THE DATES IN YOUR DIARY NOW!!

WEDNESDAY 20TH MARCH

12.30-12.45 WELCOME/PLATFORM PROFILES

12.45-13.45 PAIN – IS THERE A MAGIC WAND?

New medications and use indications, work implications of treatment (jobs that should not be done with specific medications), back pain management, evidence base re spinal injections, timescales for time off after intervention, use of opiate patches/tablets, driving and pain medication.

Andy Ravenscroft, Nottingham University Hospitals NHS Trust



“QUALITY OF PRESENTATIONS WITH NETWORKING OPPORTUNITIES. RELEVANT COURSE WITH LIKE-MINDED DOCTORS WHO ARE INTERESTED”

13.45-15.30 STRESS WORKSHOP:

13.45-14.05 OHP PERSPECTIVE

Should occupational health see employees with work-related stress? How effective are approaches to stress management? Can organisations have success in managing stress?

Bill McCulloch, Alpha One Health Care

14.05-14.25 HR PERSPECTIVE

Advice for managers about employees complaining of stress. When does poor performance become stress or vice versa. How useful is upstream stress management/evidence that training managers in the management of stress and stress risk assessment is worthwhile.

Speaker TBC

14.25-14.50 MENTAL HEALTH PERSPECTIVE

Cutting edge and cost effective approaches to dealing with workplace mental health issues by the OH integrated team.

Simon Chilton, Occupational Mental Health Consultant

14.50-15.30 STRESS WORKSHOP CASE STUDIES

15.30-15.45 COFFEE

15.45-16.45 CLINICAL UPPER ARM DISORDERS

Update on WRULDs including carpal tunnel syndrome, Dupuytren’s contracture and non-specific WRULD, work causation, treatment and prevention strategies, return to work timescales following surgery.

Prof. Tim Davis, Nottingham University Hospitals NHS Trust

16.45-18.00 SPECIAL INTEREST: FIRE & RESCUE

Ian Griffiths

16.45-18.00 SPECIAL INTEREST: POLICE

David Bulpitt

19.30-21.30 NETWORKING DINNER

THURSDAY 21ST MARCH

08.40-08.45 **WELCOME/PLATFORM PROFILES**

08.45-10.45 **CAN'T WORK WON'T WORK**

It is almost impossible to discriminate between those who can't and those who won't work. Ford's aphorism is apposite: "whether you think you can, or whether you think you can't, you're probably right." The problem is often subjective view v. objective fact. This session explores:

- The problems with a biomedical approach
 - Subjective versus objective reality
 - Current psychological thinking and the associated problems
 - Entitlement to being in the sick role
 - Malingering and exaggeration
- This will be followed by discussion of case scenarios with the aim of building a consensus using electronic voting on how to tackle these most interesting (and complex!) occupational health cases

Charlie Vivian, Icarus Health Solutions

10.45-11.00 **COFFEE**

11.00-12.00 **WHAT'S HOT IN OCCUPATIONAL DERMATOLOGY**

Novel agents/newly affected occupations, the risk of staff/carers (Local Authority or Nursing Homes) with dermatitis passing on infection, when not to work, RIDDOR reporting and irritant versus allergic contact dermatitis.

John English, Nottingham University Hospitals NHS Trust



12.00-13.00 **DISCLOSURE AFTER ADVERSE EVENTS**

Disclosure after an adverse event is part of an information continuum that starts when you first see a patient. Legally, 'informed consent' prior to treatment and 'open disclosure' after it are different constructs, but ethically they are very similar processes. So why do we find 'open disclosure' so hard to embrace and do?

Paul Nisselle, Medical Protection Society

13.00-14.00 **LUNCH**

14.00-16.00 **THE FUTURE FOR OCCUPATIONAL HEALTH:**

14.00-14.20 **FACULTY INTRODUCTION**

The current state of training programmes for occupational health doctors, including numbers of trainees inside and outside the NHS, changes in numbers, difficulties facing trainees, changes in the training programme and future plans.

Olivia Carlton, Faculty of Occupational Medicine

14.20-14.40 **SOCIETY INTRODUCTION**

Demographics together with the SOM's experience of opening up its membership to non-doctors.

Richard Heron, Society of Occupational Medicine



FRIDAY 22ND MARCH

14.40-15.00 MOTION

The future of occupational medicine should be by way of an integrated service using GPs with diploma and OHAs.

Andrew Flewitt GP; Anne De Bono, Consultant Occupational Physician

15.00-15.20 MOTION

Specialists without approved qualifications or supervision are a disservice to our speciality and to patients.

Richard Preece, Mid Cheshire Hospitals

15.20-16.00 DEBATE FROM FLOOR

16.00-16.15 COFFEE

16.15-17.15 OCCUPATIONAL ASTHMA

A focus on novel asthmagens, repeated low-level exposure to irritants as a cause of asthma and rhinitis – definitions and patient management, plus an update on guidelines on occupational asthma.

Alistair Robertson, Selly Oak Hospital

17.15-17.45 AGM

19.00-23.30 CONFERENCE RECEPTION AND DINNER

The National Space Centre

09.00-10.00 BENEFITS OF A FIT WORKFORCE

Sport & Exercise Medicine: Evidence base for fitness in preventing sickness absence and presenteeism. Exercise in treating medical conditions – diabetes, back pain, depression, IHD. An example of a NHS workplace wellness programme: success & failure. Update on common soft tissue injuries management and fitness to work.

Prof. Mark Batt, Nottingham University Hospitals NHS Trust

10.00-11.00 PRACTICAL ASSESSMENT IN HAVS

HAVS diagnosis and management covering sensitivity and specificity of office and specialised tests, differential diagnoses, 'things not to miss', and carpal tunnel syndrome.

Ian Lawson, Rolls Royce

11.00-11.15 COFFEE

11.15-13.00 FOCUS ON LEGAL ISSUES

Sex/pregnancy discrimination/ family friendly policies.

Anne Pritam, Stephenson Harwood

Health and safety/IVF and gender reassignment.

Diana Kloss

13.00-13.15 Q/A AND CLOSE

Ian Torrance

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REGISTRATION OPTIONS

Please circle the elements you wish to book. If you would like to pay by Credit/Debit card you must complete an online booking www.emmm.co.uk/alamaleicester

DELEGATE DETAILS

FORENAME _____

SURNAME _____

ORGANISATION _____

ADDRESS _____

POSTCODE _____ TELEPHONE _____

GMC NUMBER _____ ARE YOU AN ALAMA MEMBER?

 YES NO

EMAIL (ALL INFORMATION WILL BE SENT TO THIS ADDRESS SO PLEASE PRINT CLEARLY) _____

PLEASE TELL US IF YOU HAVE ANY SPECIFIC SENSORY, MOBILITY OR DIETARY REQUIREMENTS _____

SPECIAL INTEREST SESSIONS

Please indicate if you will be attending either of these:

 YES NO **Police:** Wed 20th March 16.45-18.00 YES NO **Fire & Rescue:** Wed 20th March 16.45-18.00

CLINICAL PRESENTATIONS

I would like to propose a clinical presentation/poster for future consideration.

TITLE _____

_____A SYNOPSIS SHOULD BE SENT TO ALAMA@EMMM.CO.UK

TERMS AND CONDITIONS

This booking form constitutes a legally binding agreement. Payment must be received in full prior to the event. Delegate places will be confirmed and conference details sent subject to receipt of payment. Cancellations must be confirmed in writing three full weeks prior to the event and will be refunded minus an administration charge of £50. We regret that no refunds can be made after that time, for whatever reason, although substitutions will be accepted if notified in writing prior to the event. Event Management and Marketing Matters will hold the personal information you provide on a database.

 Please tick here if you do not want to receive information regarding any future events of this nature.TO BOOK ONLINE GO TO: WWW.EMMM.CO.UK/ALAMALEICESTER

CONFERENCE OPTIONS

	MEMBER	NON MEMBER
Full Conference Package (TWO nights B&B, lunches, dinner on Wednesday, Thursday)	£575.00	£650.00
Half Day Delegate Wednesday (Including lunch)	£145.00	£165.00
Day Delegate Thursday (Including lunch)	£225.00	£255.00
Half Day Delegate Friday (Lunch not included)	£120.00	£140.00
B&B Wednesday	£125.00	£125.00
B&B Thursday	£125.00	£125.00
Dinner Wednesday	£35.00	£45.00
Dinner Wednesday Guest	£35.00	£45.00
Dinner Thursday	£45.00	£55.00
Dinner Thursday Guest	£45.00	£55.00
Guest (Including shared room and Breakfast Wednesday)	£25.00	£25.00
Guest (Including shared room and Breakfast Thursday)	£25.00	£25.00
TOTAL PAYABLE		

PAYMENT OPTIONS

N.B. Bookings cannot be made unless full payment or a fully authorised Purchase Order is sent with this Booking form. If you would like to pay by Credit/Debit card you must complete an online booking form at: www.emmm.co.uk/alamaleicester

N.B. Credit card payments carry a bank charge supplement, which is currently 2.85%. Confirmations will be sent by email in receipt of your completed booking form and payment. Joining instructions will be sent early March 2013.

Yes / No I have enclosed a cheque for £

(Payable to ALAMA 2006, Yes we still mean 2006!!)

Yes / No I have enclosed a fully authorised Purchase Order Number

Yes / No Payment will be made by BACS to: ALAMA 2006,
Bank Details: NatWest, Sort Code: 60-20-29, A/C No 39523519
Swift Code: GB62NWBK60202939523519

SIGNED _____ DATE _____

PRINT NAME _____ POSITION _____

FOR FURTHER INFORMATION

Please send completed booking forms to the ALAMA Conference Office, EMMM, Arley House, 23 Red Lane, Appleton, Cheshire WA4 5AD.

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