



ASSOCIATION OF LOCAL AUTHORITY MEDICAL ADVISORS



UNDERSTANDING OCCUPATIONAL HEALTH

THE ALAMA SPRING CONFERENCE · 18-20 MARCH 2015
MARRIOTT FOREST OF ARDEN HOTEL, MERIDEN, WARWICKSHIRE

- TOP RATED EDUCATIONAL EVENT
- EXCELLENT CPD
- OUTSTANDING VALUE FOR MONEY
- AN INVALUABLE RESOURCE

FOR OCCUPATIONAL HEALTH PHYSICIANS WORKING WITH THE LOCAL
AUTHORITIES, EMERGENCY SERVICES, HIGHER AND FURTHER EDUCATION,
CIVIL SERVICE AND NHS

BOOKING BROCHURE

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The ALAMA Spring Conference is the leading opportunity for OH physicians from across the UK and beyond to access the latest clinical, procedural and legal intelligence in the most cost effective and time efficient manner. Designed by and for OH professionals it delivers a programme which is relevant, thought provoking and educational.

Understanding Occupational Health addresses the troublesome issues that confront us on a daily basis, it proposes new ideas and theories to be considered and it offers an opportunity for you to have your say. All in a relaxed setting which encourages informal discussions, the development of new working relationships, professional connections and support networks.

Key to the success of each ALAMA conference is the programme and **Understanding Occupational Health** focusses on:

CLINICAL ISSUES

- Musculoskeletal – Lower back pain assessment and management
- Ophthalmology
- PTSD
- Rehabilitation – Arm and shoulder injuries
- DVLA Fitness/Sight Standards

LEGAL

- The Interpretation of Occupational Health Advice

PENSIONS CONUNDRAS

- Pension Fund Rules Update
- Theory underpinning Prognosis – CFS, FMS, Depression and Back Pain case studies
- Debate discussion and decision making – the conundra dissected

PRACTICAL HOLISTICS

- Mindfulness
- Neurodiversity in the Workplace
- Applied Ergonomics

SPECIAL INTEREST SESSIONS

- Police
- Fire & Rescue
- Local Authority



PENSIONS CONUNDRAS

Led by Charlie Vivian and featuring some well-known personalities from the profession, the Pensions Conundras faced by so many will be dissected, analysed and debated fully on the final Friday. Designed to help clarify the confusion, identify key questions and provide a grounding for consistent decision making this session is a must for everyone involved in ill health retirement issues.

PRACTICAL HOLISTICS

Following the exceptional response to the Neurodiversity session, Nancy Doyle (Genius Within) will lead an extended session focussing on joined up thinking regarding autism, anxiety and depression in the workplace; recognising issues, installing workplace adaptations and reviewing the impact of various reasonable adjustments.

Malcolm Huxter (Mindlab Ltd) will answer the question – What is Mindfulness, does it work and how to access support for employees? and Lasse Flosand (Coventry City Council) will assess the impact of practical ergonomic options.

CPD

The conference is a key event for OH physicians from across the UK and beyond with delegates attending regularly from Republic of Ireland and as far afield as the UAE and Australia. Our research reflects a very high level of regard for both the quality of the academic programmes and the immeasurable value of the networking opportunities each conference offers.

The faculty has awarded this conference programme **17 validated CPD points**, split:

- Wednesday 18th March, **5.5 points**;
- Thursday 19th March, **7.5 points**; and
- Friday 20th March, **4 points**.

CLINICAL ISSUES

Professor Usha Chakravarthy (Queen's University Belfast) will look at recent improvements in drug technology impacted on functional outcomes in AMD whilst Judith Morgan (DVLA) will update on Fitness assessment, differing opinions and OH responsibilities.

Orthopaedic Surgeon, Matt Stanislas (South Warwickshire NHS Foundation) specialises in the diagnosis, management, prognosis and rehabilitation of upper arm and shoulder conditions and Stuart Paterson (CPSIC) will deliver a master class in the assessment and management of lower back pain relevant to occupational health. A practical and personal insight into the effects and treatment of PTSD by Hilary Horton will be based on her experiences in war zones.

LEGAL

Senior solicitor with Coventry Council, Gillian Carter will look at how the advice of occupational health experts influence the actions of managers, employees and judges and how each group uses the advice for a different purpose. In turn she will identify the pitfalls of misinterpretation and how they can be avoided.

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CONFERENCE VENUE

The Forest of Arden Marriott Hotel & Country Club, Maxstoke Lane, Meriden CV7 7HR is set in the heart of the West Midlands, south of Birmingham near Solihull and centrally located within easy access of the M6/M42 and M40. It is just four miles from Birmingham NEC, Birmingham Airport and the International Train Station. This elegant country hotel offers golf, outdoor tennis courts, a fully equipped fitness centre and AA Rosette-awarded restaurant.

REGISTRATION

The conference will run from late morning on Wednesday 18th March until 13.00 on Friday 20th March 2015. Please choose your registration package carefully and complete and return the form as soon as possible.

Alternatively you can book and pay online at www.emmm.co.uk/alamafoa

You can also pay by cheque, credit/debit card or BACS. Credit card payments include a 2.85% surcharge.

ALAMA

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, Fire & Rescue Services as well as the Civil Service, the NHS, Central Government and further education establishments.

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

PROMOTIONAL OPPORTUNITIES

For organisations wishing to introduce your services or products to occupational health physicians, eager to meet, develop sales leads and build customer relations yet keen to keep costs down then this conference is for you. We offer a variety of opportunities to suit all budgets, or the chance to build a dedicated package specifically to meet your objectives. For further information on sponsorship and support opportunities please contact Eleanor on alama@emmm.co.uk

POSTERS

Posters are also invited for consideration. If you would like to propose a poster please send a short summary or outline of your poster (Clearly marked POSTER PROPOSAL). Any queries regarding Posters please contact Eleanor on alama@emmm.co.uk

ALAMA CONFERENCE OFFICE

EMMM, Arley House, 23 Red Lane, Appleton, Cheshire WA4 5AD. T: 01925 264663
M: 07760 287287 · E: alama@emmm.co.uk
www.emmm.co.uk/alamafoa

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“BEST VALUE, GOOD COMPANY, IMPORTANTLY THE BEST BALANCE OF TOPICS WHICH ARE PRACTICAL AND OF VALUE.”

“ALL INCLUSIVE PACKAGE MAKES LIFE MUCH EASIER”

WEDNESDAY 18TH MARCH

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12.00-12.45 LUNCH

12.45-12.50 WELCOME

13.00-13.50 REHABILITATION – ARM AND SHOULDER INJURIES

The diagnosis, management, prognosis and rehabilitation of common shoulder and upper limb conditions.

Matt Stanislas, Consultant, South Warwickshire NHS Foundation

13.55-14.40 MUSCULOSKELETAL

A master class in lower back pain – assessment and management in Occupational Health.

Stuart Paterson, Director CPSIC

14.45-15.30 PTSD – A CLINICIAN’S EXPERIENCE

After working in the NHS, the Prison service and the RAF, Hilary refused to accept her diagnosis of PTSD before her long journey to recovery. Here she shares experiences of trauma from Iraq and discusses the risk to clinician’s mental health in today’s over scrutinised and ‘audited’ clinical working environment.

Hilary Horton, Sqn Ldr (Ret) Royal Air Force, Clinical Services Director, Enspirita Ltd

15.30-15.45 COFFEE

15.45-16.30 PRACTICAL ERGONOMICS AND REASONABLE ADJUSTMENTS

Human factors and the current evidence base for specialist equipment for office based workers including psychological and physiological considerations and how such knowledge can inform decisions on reasonable adjustments.

Russell Fife, Chartered Ergonomist and Human Factors Specialist, Attwood Leighs

16.30-17.15 EU STANDARDS FOR FITNESS TO DRIVE

An update on fitness to drive standards covering vision, epilepsy, blackouts and altered consciousness.

Judith Morgan, DVLA

17.15-18.30 OCCUPATIONAL HEALTH ORGANISATIONS – WHAT NEXT? SOM/FOM discussion

20.00-23.00 NETWORKING DINNER

THURSDAY 19TH MARCH

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09.00-09.45 OPHTHALMOLOGY

How the recent improvements in drug technology have impacted on functional outcomes in AMD.

Professor Usha Chakravarthy, Queen’s University, Belfast

09.50-10.35 MINDFULNESS

What is Mindfulness, does it work and how to access support for employees?

Malcolm Huxter, Mindlab Ltd

10.40-11.00 COFFEE

11.05-11.50 THE INTERPRETATION OF OCCUPATIONAL HEALTH ADVICE

The advice of an Occupational Health expert influences the actions of managers, employees and Judges. However, each group seeks to use the advice for a different purpose. What are the pitfalls of misinterpretation and how can they be avoided?

Gillian Carter, Senior Solicitor, Coventry Council

11.55-12.30 AGM

12.30-13.25 LUNCH

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“NEVER BEEN BEFORE – THIS IS ONE OF THE BEST OH CONFERENCES I’VE BEEN TO!”

“STIMULATING, INSPIRING, ENLIGHTENING AND FULFILLING MY NEEDS FOR CPD TO IMPROVE AND INFORM PRACTICE.”

13.30-15.35	NEURODIVERSITY IN THE WORKPLACE Joined up thinking – autism, anxiety and depression. Recognising issues, installing workplace adaptations and reviewing the impact of various reasonable adjustments. Nancy Doyle, Director, Genius Within	10.30-10.45	COFFEE
15.40-16.00	COFFEE	10.50-11.00	CHAIRMAN GEOFF DENMAN
16.05-17.30	SPECIAL INTEREST SESSIONS <ul style="list-style-type: none">• Fire & Rescue• Police• Local Authority	11.00-11.29	CASE STUDY 1: CFS – VOTING Discussion and Voting Tony Williams
19.30-23.00	CONFERENCE DINNER	11.30-11.59	CASE STUDY 2: LOWER BACK PAIN – VOTING Discussion and Voting Dale Archer
		12.00-12.29	CASE STUDY 3: DEPRESSION – VOTING Discussion and Voting Gordon Parker
		12.30-12.59	CASE STUDY 4: FMS – VOTING Discussion and Voting Andy Lister
		13.00-13.10	REVIEW OF VOTING
		13.10-13.15	CONFERENCE CLOSE

FRIDAY 20TH MARCH

08.45-09.14	PENSIONS CONUNDR Introduction and Pension Fund Rules Update Charlie Vivian
09.15-09.29	CASE STUDY 1 – CFS Two minute History plus prognosis and theory underpinning prognosis Tony Williams
09.30-09.44	CASE STUDY 2 – LOWER BACK PAIN Two minute History plus prognosis and theory underpinning prognosis Dale Archer
09.45-09.59	CASE STUDY 3 – DEPRESSION Two minute History plus prognosis and theory underpinning prognosis Gordon Parker
10.00-10.14	CASE STUDY 4 – FMS Two minute History plus prognosis and theory underpinning prognosis Andy Lister
10.15-10.25	Q/A

THE CONFERENCE PROGRAMME MAY BE SUBJECT TO CHANGE

Already an exciting and stimulating programme is in preparation for 2015 and 2016. Put these dates in your diary now!



ALAMA AUTUMN 2015
18-20 NOVEMBER 2015
MARRIOTT ROYAL HOTEL,
BRISTOL



ALAMA SPRING 2016
16-18 MARCH 2016
WHITTLEBURY HALL,
TOWCESTER



ALAMA AUTUMN 2016
16-18 NOVEMBER 2016
MIDLAND HOTEL,
MANCHESTER

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BOOKING FORM

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/alamafao**

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 SESSION SELECTION

Please indicate which session you will be attending.

16.05 Thursday 19th March 2015.

- POLICE
 FIRE & RESCUE
 LOCAL AUTHORITY

CLINICAL PRESENTATIONS

Proposals for short clinical presentations and posters are invited for inclusion in future conference programmes. A synopsis should be sent to alama@emmm.co.uk.

TITLE _____

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.

Tick here if you do NOT want to receive information regarding future events of this nature.

CONFERENCE REGISTRATION OPTIONS

	MEMBER	NON MEMBER
Full Conference Package (Two nights B&B, Dinner Wednesday and Thursday, lunches, full programme)	£625.00	£720.00
3-Day Delegate Package Wednesday, Thursday and Friday full programme with lunches (Excludes dinners and accommodation)	£525.00	£605.00
Half Day Delegate Wednesday (Including lunch)	£175.00	£200.00
Day Delegate Thursday (Including lunch)	£275.00	£315.00
Half Day Delegate Friday (Lunch not included)	£150.00	£170.00
B&B Wednesday	£130.00	£130.00
Dinner Wednesday (Networking Dinner)	£35.00	£35.00
Guest B&B Wednesday (Including shared room/breakfast)	£25.00	£25.00
Dinner Wednesday Guest (Networking Dinner)	£35.00	£35.00
B&B Thursday	£130.00	£130.00
Dinner Thursday (Reception & Dinner)	£50.00	£50.00
Dinner Thursday Guest (Reception & Dinner)	£50.00	£50.00
Guest B&B Thursday (Including shared room/breakfast)	£25.00	£25.00
TOTAL PAYABLE		

NB: All fees are inclusive of VAT at 20%. VAT Reg No. 677400133

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/alamafao

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 2015.

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.

T: 01925 264663 · M: 07760 287287 · E: alama@emmm.co.uk

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