

**Day 1: Tuesday, 5th November 2024**

**11:45**            **Registration**

**12:00**            **Lunch**

**12:45**            **Welcome, introduction and scene setting**

Dr Rachel Farrell, consultant neurologist, University College London Hospitals NHS Foundation Trust

**Diagnosis and assessment**

**13:15**            **Pathophysiology**

Dr Damon Hoad, consultant in rehabilitation and clinical academic of neurological rehabilitation, South Warwickshire University NHS Foundation Trust

**14:00**            **Measuring and assessment**

Dr Stephen Ashford, senior clinical lecturer and consultant physiotherapist, London North West University Healthcare NHS Trust & King's College Hospital NHS Foundation Trust

- Functional measures
- Patient-centred assessment and associated goal planning (inc GAS)

**14:45**            **Break**

**15:15**            **Learning through case studies:**

Dr Rachel Farrell, Dr Damon Hoad & Dr Stephen Ashford

- Interactive diagnosis and assessment facilitated group work?
- Baseline measurement and measuring outcomes for goal planning
- Treatment planning inc spasticity passport

**16:00**            **Become a 'Spasticity Sherlock'**

Liz Keenan, nurse consultant in neuro-disability, University College London Hospitals NHS Foundation Trust, Lynsay Duke, professional lead neurological occupational therapist, Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust & Wendy Hendrie, MS specialist physiotherapist, Norfolk and Norwich University Hospitals NHS Foundation Trust

**17:00**            **Q&A**

**17:30**      **Close**

**18:45**      **Pre dinner drinks**

**19:15**      **Dinner**

**21:00**      **Close**

## **Day 2: Wednesday, 6th November 2024**

### **Interventions and treatment**

**08:15**      **Registration**

**08:30**      **Optimising triggers – management of aggravating factors**

Liz Keenan

- Management of aggravating factors

**09:00**      **Pharmacologic interventions and treatment options**

Dr Rachel Farrell & Dr Stephen Ashford

- Systemic drugs, intrathecal and toxins
  - Dosing and getting this right for the patient
  - Importance of ongoing goal setting /reviewing for optimisation
  - Localisation for BoNT injection: EMG, E Stim, ultrasound
  - National guidance on cannabis-based medicinal products

**10:00**      **Non-pharmacologic interventions and treatment options**

Wendy Hendrie & Lynsay Duke

- Physical strategies
- Splinting and orthotics

**10:45**      **Break**

**11:15**      **Surgical management and SDR**

Susan Stevenson, specialist surgeon, The Newcastle Upon Tyne Hospitals NHS Foundation Trust & William Bliss, consultant orthopaedic surgeon specialising in paediatric orthopaedics, The Newcastle Upon Tyne Hospitals NHS Foundation Trust

- At what point to refer

**11:45 Management – a whole-person approach**

Wendy Hendrie & Lynsay Duke

**A whole-person approach**

- 'Everything impacts spasticity and spasticity impacts everything'
- Bladder, bowel and sexual dysfunction

**Education, self-management and tailored support**

- Self-management and self-identification
- Educating people with spasticity, their family and carers to self-manage their issues on a 24/7 basis
- Includes supported self-management
  - Posture and positioning
  - Supported physical management where someone cannot self-manage

**13:00 Lunch**

**Optimising services**

**14:00 Transitioning**

Liz Keenan, Dr Rachel Farrell & Lynsay Duke

- Specialist transition services (quick overview)
- Supporting paediatric to adult transitioning across the care pathway

**14:30 Patient-centred, policy-focused: getting services right**

Dr Stephen Asford & Lynsay Duke

- A multidisciplinary approach to care: spasticity service requirements - review against national guidelines (RCP, NICE etc)
  - Role of the pharmacist in the service?
- Care pathways - community, general and specialist - ICS development and delivering care closer to home through new systems like devolved support
- Building a 'good' spasticity service

**15:15 Break**



## **Spasticity MasterClass 1**

5th - 6th November 2024, Halifax Hall, Sheffield

**15:30**

### **Research trajectories**

Dr Damon Hoad & Dr Stephen Ashford

- Horizon-scanning and signposting
- Potential trials to recruit to

**16:00**

### **Your questions answered**

Expert panel discussion

Dr Damon Hoad, Wendy Hendrie, Lynsay Duke, Dr Stephen Ashford, Dr Rachel Farrell & Liz Keenan

**17:00**

### **Summary**

**17:15**

### **Close**