****![C:\Users\linda.burley\AppData\Local\Microsoft\Windows\INetCache\IE\C5FA050Q\Exercise[1].gif]() **Somerset CCG, Somerset General Practice Education Trust (SGPET) & Somerset NHS Foundation Trust**

 **When is it Safe to Exercise Post COVID 19?**

 **An Evidence-Based Webinar**

**4th Sept 2020 12-2pm via Zoom**

Henk Bruggers (GPwSI in diabetes, Frome), Steve Holmes (GP with respiratory interest, Shepton),

Jane Knowles (CEO, Somerset Activity and Sports Partnership), Tom McConnell (Cardiologist Musgrove Park Hospital),

Sathish-Kumar Parasuraman (Cardiologist Musgrove Park Hospital),

and Robert Williams (Frontline NHS worker & COVID survivor).

We will discuss exercise and practical tips for safe exercising advice for people with Long Term Conditions (LTC) (cardio/resp/diabetes); people after COVID; people shielding who have deconditioned or unfit. This is designed to be relevant to all clinicians who should be encouraging the population to exercise safely.

**All welcome. To register contact** **lmc.sgpet@nhs.net**

**Who**

This webinar is designed to give health care professionals (doctors, nurses, and allied health professionals), social care and voluntary sector providers, insights into how to encourage more activity in those who have been shielding and those who have experienced acute illness during the covid-19 pandemic (including Covid-19 itself).

**Learning Objectives**

* Confidence to promote safe physical activity in language the patient understands.
* Clarity about how individuals can augment their physical activity.
* Signposting to community-based resource (digital and physical).

**Teaching Methods**

* A powerpoint presentation on evidence base for safe physical activity.
* Case based initiated discussion by multidisciplinary panel then opened to audience.
* Digital access to resource discussed (benefits of Activity Paper, Simple advice PDF, Links to helpful platforms and apps).

**Specific Subject Focus**

Deconditioning after lockdown or illness, and how to remedy.

**Panel**

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| **Name** | **Role** | **Pen picture** |
| Dr Henk BruggersHenk.bruggers@nhs.net | GP with special interest in Diabetes, Beckington Family practice | Henk has been a GP since 2001 and a Partner in Beckington Family Practice since 2007. He has a particular interest in Diabetes and has been Clinical lead for Diabetes for Somerset CCG for a number of years, being involved with diabetes prevention as well as the development of a new model of care. He believes passionately in holistic care, taking into account the physical, emotional and social aspects of wellbeing. He is a keen cyclist and Badminton player. |
| Dr Stephen Holmessteve.holmes3@nhs.net | GP, The Park Medical Practice, Shepton MalletAndCCG Primary Care Respiratory Lead | Steve has worked as a GP Partner since 1989 and moved to his current practice in Shepton Mallet in 2002. Steve has always been very involved in training and education around GPs and is still a GP Appraiser. He is the current Primary Care Respiratory Society lead for education and leads the Somerset CCG respiratory programme board.Steve has a long-standing interest in communication skills and quality improvement practice and is passionate about the values of good primary care. Steve is a keen runner and dog walker and enjoys playing the guitar and piano. |
| Ms Jane KnowlesJKnowles@sasp.co.uk | Chief Executive OfficerSomerset Activity and Sports Partnership | Jane has worked in health and physical activity for over 20 years and now heads up SASP, the Somerset charity whose mission is to improve the health and happiness of Somerset residents using physical activity. SASP focuses on behaviour change and instilling healthy habits that improve the quality of life through fun physical activity and connections / friendships leading to improved quality of life. |
| Dr Tom MacConnellThomas.Macconnell@tst.nhs.uk | Consultant Cardiologist at Musgrove Park Hospital | Tom has been a consultant cardiologist at Musgrove Park Hospital since 1995. He introduced coronary angioplasty to Somerset. He is interested in the management of life shortening conditions such as heart failure and believes in very person-centred care. His experience is that people who keep themselves as active as they can despite the limitations of their illness live better (and longer). As part of his dad duties, he helped as a coach with one of the local football teams. He is now content walking the hills with Dougal the dog. He is a great advocate for the prevention is better than cure and strongly believes in the importance of the person taking responsibility for this.  |
| Dr Sathish Kumar ParasuramanSathish-Kumar.Parasuraman@SomersetFT.nhs.uk | Consultant Cardiologist at Musgrove Park Hospital | Sathish is a recently appointed consultant cardiologist since July 2019. His primary expertise is complex coronary intervention. His research study was in cardio-pulmonary exercise testing in heart failure patients. He believes exercise testing can give an excellent insight into patient’s pathophysiology.  |
| Ms Rachael Rowerachael.rowe@nhs.net | Head of Long-Term ConditionsSomerset Clinical Commissioning Group | Rachael has many years’ experience in healthcare including acute nursing, service design, project management, change management, health promotion, research and audit, and commissioning. She is passionate about innovative projects that improve care and outcomes for people who are unwell. She enjoys the outdoors and walking. |
| Mr Robert Williamsrjmwilliams1965@gmail.com | Staff Nurse and a COVID survivor | Robert has been working for 20 years at Musgrove Park Hospital predominantly in Trauma and Orthopedics. Keen runner, swimmer and cyclist and was competing in triathlon up until 2 years ago and have continued to myself reasonably fit and healthy (no underlying health issues). Help out as a coach for a ladies football team and a netball team. Volunteered to help out during the height of the pandemic as a Frontline COVID worker, contracted COVID on duty. Requiring a period in ITU on a ventilator.  |

**Timetable**

*Welcome & Introduction* Dr Tom MacConnell *1200-1210*

*Evidence base for physical activity* Dr Sathish Kumar Parasuraman *1210-1220*

*Case Based Discussions* Dr Henk Bruggers *1220-1340*

*Case 1* Late presenting heart attack *1220-1240*

*Case 2* Non-severe Covid-19 in a COPD patient *1240-1300*

*Case 3* Severe COVID-19 infection in healthy adult *1300-1320*

*Case 4* Elderly patient who is shielding *1320-1340*

*Summary* Dr Stephen Holmes *1340-1400*