

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

**11:45**            **Registration**

**12:00**            **Lunch**

**12:45**            **Welcome, intro, scene setting**

Dr Rachel Farrell, consultant neurologist, National Hospital for Neurology and Neurosurgery

### **Diagnosis and assessment**

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

Dr Damon Hoad, consultant in rehabilitation, Central England Rehabilitation Unit and Clinical Academic of Neurological Rehabilitation, Warwick Medical School

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

Dr Stephen Ashford, senior clinical lecturer and consultant physiotherapist, Regional Hyper-acute Rehabilitation Unit & King's College London, Northwick Park Hospital

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

**14:45**            **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

**15:30**            **Break**

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

Liz Keenan, lead clinical nurse specialist, University College London Hospitals NHS Foundation Trust & Lynsay Duke, professional lead neurological occupational therapist, Centre for Neuro-Rehabilitation and Neuropsychiatry & Wendy Hendrie MS specialist physiotherapist, Norwich MS Centre

**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 treatment**

Liz Keenan

- Management of aggravating factors - pain, skin, bladder

**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 (TBC)

- 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**

**15:30**      **Research trajectories**

Dr Damon Hoad, Dr Stephen Ashford

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



## **Spasticity MasterClass 1**

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

- 16:00**      **Gaps in knowledge & services**  
Expert panel discussion  
Dr Damon Hoad, Wendy Hendrie, Lynsay Duke, Dr Stephen Ashford, Dr Rachel Farrell & Liz Keenan
- 17:00**      **Final questions**
- 17:15**      **Close**