| CERTIFICATE  Of ATTENDANCE |
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| Credit: 2plus hours of CPD | Issued By | AStretch Team | Date |19th Nov – 19th Dec |
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| |  | | --- | | Reflections / Notes: | |  | | Lessons learnt: | |  | | Applications to Practice/ Plans: | | 19:00 Opening Remarks Claire Harris, AStretch Chair  19:05 A National Survey of the Utilisation & Experience of Hydrotherapy in the Management of AxSpA: The Pt Perspective MM, AG, CJ  19:15 The results of the hydrotherapy survey and impact on service: The PTt & Pt Perspective MM, AG, CJ  19:25 Hydrotherapy survey Q&As Claire Jeffries & Mel Martin  19:35 Documentary “In My Bones” Beecam Productions  20:05 Axial Spondyloarthritis Know-How: Setting up & evaluating a self-management education & exercise programme Mel Martin  20:15 ASK Q&A Mel Martin 20:25 Fatigue Management Dr Jane Martindale  20:35 Exercise and impact on well-being: how to get people to exercise Claire Jeffries  20:45 Exercise Q&As Claire Jeffries 20:55 Closing Remarks Will Gregory | |