

Welcome

AStretch welcomes you to its first attempt at a digital conference / meeting. You may have had November 2018 pencilled in the diary for our bi-annual meeting in Birmingham; but this year we are trying something new (don't worry we are planning to be back in Brum next Nov.).

Please do consider joining us "as live" on Monday 19th November from 7pm to experience the presentations and Q&As as a shared evening event; for those of you on Twitter, discussions will complement this content. If this date is inconvenient please do access this meeting at a time that suits you anytime in the following month, we're always happy to take questions, comments online (facebook, twitter, email) or of course in person.



DigiASTretch18

MONDAY 19TH NOVEMBER

From 1900-2100

Or any other time or date to suit you(!)
Please do join us for this new virtual meeting

Programme

19:00 Opening Remarks

Claire Harris, AStretch Chair

19:05 A National Survey of the Utilisation and Experience of Hydrotherapy in the Management of Axial Spondyloarthritis: The Patients Perspective

Mel Martin, Annie Gilbert, Claire Jeffries

19:15 The results of the hydrotherapy survey and impact on service:

The Physiotherapist & Patient Perspective*

Mel Martin, Annie Gilbert, Claire Jeffries

19:25 Hydrotherapy survey Q&As**

Claire Jeffries & Mel Martin

19:35 Documentary “In My Bones”

Beecam Productions

* Slideset for you to peruse at you own pace

**Pre-recorded Q&As

20:05 Axial Spondyloarthritis Know-How: Setting up and evaluating a self-management education and exercise programme*

Mel Martin

20:15 ASK Q&A**

Mel Martin

20:25 What is AxSpA Fatigue? Understanding and assessing fatigue and energy in AxSpA*

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



