

## British Association of CFS/ME (BACME) 2010 Conference

<b>Milton Keynes Weds13th-Thurs14th October</b>	
<b>Wednesday 13th October</b>	
<b>9.30 - 10.30</b>	Registration. Tea, coffee & Mini Pastries
<b>10.30-11.00</b>	Opening Address: Professor Stephen Holgate MRC (Medical Research Council) Clinical Professor of Immunopharmacology: <b>"The time has at last arrived to strengthen research into CFS and ME"</b>
<b>11.00 – 12.00</b>	Keynote Speaker: Professor Daniel J. Clauw MD Division of Rheumatology University Michigan: <b>"Lessons Learned Regarding CFS from the study of 'Central Pain' States"</b>
<b>12.00 – 1.30</b>	Lunch Hot and Cold Buffet
<b>1.30 -2.15</b>	Dr Alison Wearden Reader in Psychology: FINE Trial <b>"Pragmatic rehabilitation for CFS/ME"</b>
<b>2.15 – 3.00</b>	Judith Harding: <b>"The Role of Diet in the Management of CFS/ME"</b>
<b>3.00 – 3.30</b>	Tea, coffee & biscuits. Comfort Break
<b>3.30 – 5.00</b>	<b>Uni – professional Networking Groups.</b>
<b>5.00 – 6.00</b>	<b>BACME AGM</b> Chairperson: Gill Walsh (for existing and new members)
<b>7.30</b>	Conference Dinner (pre-booked delegates only)

	<b>Thursday 14th October</b>
9.00	Registration. Tea, coffee & mini pastries
9.30 -10.45	Workshop 1
10.45 -11.15	Tea, coffee & biscuits. Comfort Break
11.15 - 12.30	Workshop 2
12.30 – 1.45	Lunch Hot and Cold Buffet
1.45 – 2.15	<b>Poster Presentations</b> – Organiser Gabrielle Murphy Posters will be on display for the whole 2 days
2.15 – 2.45	Tea, coffee & biscuits. Comfort Break
2.45 – 3.30	Dr Diane L Cox Reader in Occupational Therapy & Heather Garry: <b>“Video Conferencing for Delivery of CFS/ME Interventions at Home (Tele-rehabilitation)”</b>
3.30 – 4.30	Dr Alastair Miller. Consultant Physician: <b>“CFS and XMRV – a virus after all these years?”</b>
4.30 – 5pm	Professor Peter Denton White, St Bartholomew’s Hospital London: <b>Closing Address</b>
	<b>WORKSHOPS</b>
1.	<b>Clinical Risk –Impact on practice:</b> Sue Pemberton, Consultant Occupational Therapist and Dr Hiroko Akagi, Consultant Liaison Psychiatrist. An interactive discussion on the nature of risk in CFS/ME and how to assess and manage risk collaboratively. The workshop will include sharing experiences of risk issues and exploring management strategies, including the development of a new risk assessment tool, specific to CFS/ME.
2.	<b>Mindfulness and ME - The Breathworks 'Living Well' approach.</b> Steve Johnson, Director of the Breathworks Foundation
3.	<b>Sleep and CFS/ME:</b> Gabrielle Murphy & Alex Westcombe <i>(note that the first part of each workshop will be a presentation of the literature, followed by discussion of practical management)</i>
4.	<b>Activity Scheduling with Children &amp; Young Adults:</b> Beverley Knops, Occupational Therapist.
5.	<b>Research workshop - How to do research successfully when you are a busy clinician:</b> Professor Peter Denton White
6.	<b>Group Interventions- Reflections on running groups with a view to further developing effective CFS/ME interventions:</b> Michelle Selby Occupational Therapist and Samantha Leaity, Clinical Psychologist An explorative workshop: The plan for this workshop is to have an interactive session based on participants’ hopes, experiences, shared ideas and questions. Two key themes (although not exclusively) to be explored will include - <ul style="list-style-type: none"> <li>○ What are the main ingredients for running effective ‘good’ groups, incl. discussion of ‘ideal groups’ in the context of service/NHS bound</li> <li>○ Meaningful outcomes (addressing the question of what is meaningful data, qualitative and quantitative methods, usefulness etc.)</li> </ul> resources available incl. bibliography / reference list