

Concurrent Sessions A: 11.00 – 12.00

Session A1 **Location: Main Room (Pentland East & West), John McIntyre**
Chair: Dr Kath Stoddart, Clinical Doctorate Programme Director, University of Stirling

	New Perspectives on Outcomes in Life-Threatening Situations	Presenter
11.00 – 11.20	What modifiable factors delay initiation of bystander CPR in out-of-hospital cardiac arrest? Results from an analysis of 200 recorded ambulance calls	Dr Barbara Farquharson, Associate Professor of Nursing, University of Stirling @bfarq1
11.20 – 11.40	Effectiveness of voice stimulus on the level of consciousness, physiological parameters and behavioural responses in comatose patients – A feasibility study	Roseminu Varghese, Lecturer in Nursing, Edinburgh Napier University @RoseminuV
11.40 – 12.00	Post-operative delirium in cardiac surgery - exploring the incidence, risk factors and actual patient experience	Dr Daisy Sandeman, Lead ANP & Clinical Nurse Manager Advanced Practice, NHS Lothian @daisy_Varghese

Session A2 **Location: Holyrood Meeting Room, John McIntyre**
Chair: Prof. Erna Haraldsdottir, Deputy Head, Division of Nursing & Paramedic Science, Queen Margaret University

	Clinical Trials and Co-Production of Health and Social Care Services	Presenter
11.00 – 11.20	Complexities of recruiting patients with type 2 myocardial infarction to clinical trials	Dr Amy Ferry, Senior Research Nurse, Centre for Cardiovascular Science, University of Edinburgh
11.20 – 11.40	“The end of one person’s life is the start of another person’s changed journey”: exploring the delivery of palliative and end of life care by community nurses	Prof Juliet MacArthur, Chief Nurse Research & Development; Liz Ferguson, District Nurse; Lea Wiseman, District Nurse, NHS Lothian @julietmacarthur@nhslothian.scot.nhs.uk
11.40 – 12.00	Community-led study of access to antiretroviral therapy and viral load testing	Kwadjo Konadu, PhD Student/Pharmacist, Robert Gordon University @KonaduKwadjo

Session A3 Location: Duddingston Meeting Room, John McIntyre
Chair: Dr Gearóid Brennan, Senior Charge Nurse, Psychological Medicine, NHS Lothian

	Re-Shaping Mental Health Interventions	Presenter
11.00 – 11.20	The acceptability and feasibility of a Ketogenic diet in Bipolar Disorder	Helen Grossi, Research Dietitian, NHS Lothian
11.20 – 11.40	Mindfulness-based interventions for people experiencing psychosis: a randomised feasibility study	Dr Audrey Millar, Consultant Clinical Psychologist, NHS Lothian
11.40 – 12.00	Using realist evaluation to understand the implementation and practice of the Continuous Intervention Policy in inpatient mental health wards in NHS Lothian	Jenny Revel, Clinical Academic Senior Mental Health Nurse/PhD Student, NHS Lothian/Edinburgh Napier University @Jenny_Revel

Session A7 Location: Salisbury Meeting Room, John McIntyre
Chair: Andy Peters, AHP Research Facilitator, NHS Lothian Chair

	Taking Care of Our Workforce	Presenter
11.00 – 11.20	Piloting the Lothian Work Support Service model with public sector workers: In progress findings for acceptability and impact on employee return to work	Gerard McFeely, Consultant Occupational Therapist – Vocational Rehabilitation & Jason Newman, Occupational Therapist, NHS Lothian
11.20 – 11.40	Feasibility study of a Compassionate Mind Training (CMT) intervention for pre-registration mental health student nurses	Gavin Cullen, Lecturer in Nursing/PhD Student, Edinburgh Napier University
11.40 – 12.00	Second Nature – A NHS Lothian staff wellbeing pilot project	Caroline Dakers, Team Lead, Weight Management & Type 2 Diabetes Prevention Service, NHS Lothian @NHSL_Dietetics

Session A5 **Location: St Trinnean’s Meeting Room, St Leonard’s**
Chair: Professor Scott Cunningham, Professor of Pharmacy Education & Practice, Robert Gordon University

	Helping People to Live Better Lives with Chronic Conditions	Presenter
11.00 – 11.20	Caring for people living with severe obesity (BMI ≥ 40 kg/m ²) in the community; use of specialist equipment and housing adaptations, and associated costs	Dr Kath Williamson, NRS Clinician/District Nurse/Manual Handling Advisor, NHS Lothian @kathwills1
11.20 – 11.40	The acceptability of Cognitive Behavioural Therapy for autistic adults	Chloe Kennedy, PhD Student (Psychology), Edinburgh Napier University @Chloe104628
11.40 – 12.00	Using storytelling to explore the lived experience of alcohol consumption in people with diabetes mellitus	Jacqui Charlton, Lecturer in Nursing, Edinburgh Napier University & Dr Kath MacDonald, Director of Listen Up Storytelling @JacquiCharlton8

Session A6 **Location: Nelson Meeting Room, St Leonard’s**
Chair: Professor Cathal Breen, Professor of Simulation and Clinical Skills, Edinburgh Napier University

	Empirical Advances for People with Neurological and Neuroprogressive Disorders	Presenter
11.00 – 11.20	Development and evaluation of an online ‘Better Living with Neurological Conditions’ group based on Compassion-Focused Therapy principles	Caitlin Black, Trainee Clinical Psychologist, NHS Lothian
11.20 – 11.40	The feasibility of Frame Running as an exercise option for people with Multiple Sclerosis with impaired mobility and balance: A pilot study.	Dr Gary McEwan, Research Fellow, Queen Margaret University @GaryMcEwan90
11.40 – 12.00	Scoliosis development for people with cerebral palsy: In collaboration with the Cerebral Palsy Integrated Pathway Scotland	Bethany Dufton, PhD Student (Physiotherapist), Queen Margaret University

Session A4 **Location: Bonnar Meeting Room, St Leonard’s**
Chair: Elaine Rankine, Head of Pharmacy Education, Research and Development, NHS Lothian

	Fresh Insights from the COVID-19 Pandemic	Presenter
11.00 – 11.20	COVID-19 vaccine concerns amongst health and social care professionals: an online mixed-methods study	Dr Carol Gray Brunton, Lecturer in Nursing/Research Psychologist, Edinburgh Napier University & Dr Iain Atherton Reader Edinburgh Napier University Co-director Scottish Centre for Administrative Data Research (SCADR) @GrayBrunton
11.20 – 11.40	Young adults living with Type 1 Diabetes during COVID in Lebanon: effect, experiences, and lessons learned (results from a mixed methods study)	Dr Amani Al Bayrakdar, Lecturer in Nursing, Edinburgh Napier University @amanibayrakdar
11.40 – 12.00	An umbrella review and quality assessment of renin-angiotensin system drugs use and COVID-19 outcomes: What is the quality of the research evidence?	Dr Natalie Weir, Pharmacy Lecturer, University of Strathclyde

Sponsored by



Concurrent Sessions B: 12.05 – 13.05

Session B4 **Location: Main Room (Pentland East & West), John McIntyre**

Chair: Dr Natalie Weir, Lecturer, Strathclyde Institute of Pharmacy and Biomedical Science, University of Strathclyde

Time	Developing Practice Models for People with Complex Health Needs	Presenter
12.05 – 12.25	Exploring the impact of remote appointments on multi-morbidity patients in NHS Lothian outpatient and GP contexts	Liam Gilchrist, Our Health Co-Leader/PhD Student & Hinnah Imtiaz, Research Assistant, University of Edinburgh @liamgilchrist_ @szoomcelhinney
12.25 – 12.45	Home intervention for patients with moderate-severe COPD and co-morbidities by pharmacists and physicians: methods, baseline characteristics and potential impact from a pilot RCT	Gillian Cameron, Advanced Clinical Pharmacist & Lynda Attwood, Clinical Trials Assistant, NHS Lothian
12.45 – 13.05	Mental health nurses and the burden of accountability and risk for physical healthcare practice: a qualitative analysis	Gearóid Brennan, Lead Psychiatric Liaison Nurse, NHS Lothian @gearoidbrennan

Session B7 **Location: Holyrood Meeting Room, John McIntyre**

Chair: Dr Catherine Clarissa, Lecturer in Nursing, University of Edinburgh

Time	Training Needs across the Career	Presenter
12.05 – 12.25	Exploration of nursing staff feedback, following participation in the South of Scotland coaching approach to practice learning for pre-registration student nurses	Kirsten Thomas, PhD Student (Nursing) & Emma Trotter, Lecturer in Nursing, Edinburgh Napier University
12.25 – 12.45	Developing a global citizenship workforce - creating immersive virtual clinical settings to explore care of marginalised patients in undergraduate teaching	Leila Neshat-Mokadem, Senior Lecturer (Clinical Pharmacy) & Dr Helen Henderson, Principal Lecturer, Robert Gordon University
12.45 – 13.05	Experiences of nurses, midwives and AHPs returning to prescribing	Dr Alison Wood, Lecturer in Nursing, Queen Margaret University & Margot McCulloch, Lead for Advancing Roles, NHS Lothian @alisonwood_phd

Session B3 **Location: Duddingston Meeting Room, John McIntyre**
Chair: Dr Margaret Dunham, Associate Professor of Nursing, Edinburgh Napier University

Time	Preserving Wellbeing for Service Users, their Families, and Those Who Care for Them	Presenter
12.05 – 12.25	The Influence of a Single Antenatal Relaxation Class (ARC) on Perinatal Psychological Wellbeing and Childbirth Experience; an observational study	Dr Mo Tabib, Midwifery Lecturer, Robert Gordon University @TabinM2
12.25 – 12.45	A Grounded Theory of sibling experiences of adolescent self-harm	Dr Nienke van Alphen, Clinical Psychologist, NHS Lothian
12.45 – 13.05	Leadership lessons from the COVID-19 pandemic: practices that promote healthful workplaces.	Dr Caroline Dickson, Senior Lecturer in Nursing, Queen Margaret University @cawdickson

Session B1 **Location: Salisbury Meeting Room, John McIntyre**
Chair: Professor Susan Dawkes, Head of the School of Nursing, Midwifery and Paramedic Practice, Robert Gordon University

Time	Complex Systems 'Under the Microscope'	Presenter
12.05 – 12.25	Understanding and comparing the impact of antenatal care factors on preterm birth prevalence in rural Georgia and rural Scotland	Dr Joanna Shim, Allied Health Professions Research Fellow, Robert Gordon University
12.25 – 12.45	Investigating the role of community pharmacies within Sexual and Reproductive Health Care for women in Scotland: a systems-informed study of stakeholder perspectives.	Kirsten Kernaghan, PhD Student/Senior Sexual Health Nurse Specialist, University of Glasgow/NHS Lothian @kernaghan6
12.45 – 13.05	A critical analysis of discharge practice for older people in the acute hospital setting: Preliminary findings of a PhD research project.	Gemma Stevenson, Lecturer in Nursing, Queen Margaret University

Session B5 **Location: St Trinnean’s Meeting Room, St Leonard’s**
Chair: Professor Marietta van der Linden, Co-director of Centre for Health, Activity and Rehabilitation Research, Queen Margaret University

Time	New Horizons in Illness, Health, and Healthcare	Presenter
12.05 – 12.25	The minefield of health – exploring healthy eating motivations in eating disorders from the perspective of UK mental health professionals	Dr Marie-Christine Opitz, Post-doctoral Research Fellow, University of Edinburgh @OpitzTine
12.25 – 12.45	Is there hope for Chronic Idiopathic Urinary Retention? A survey of Physiotherapists’ perspectives.	Sarah McRae, Physiotherapist, NHS Lothian @Sarahmc10017575
12.45 – 13.05	Amplifying the voices of young people: Using the diamond ranking method to explore digital mental health help-seeking preferences of adolescents in Scotland	Rowena Piers, Research Assistant at Heriot-Watt University @rowenapiers

Session B6 **Location: Nelson Meeting Room, St Leonard’s**
Chair: Dr Kath Stoddart, Clinical Doctorate Programme Director, University of Stirling

Time	Innovating When Working for Vulnerable People & Exploring the Insider Researcher Role	Presenter
12.05 – 12.25	Getting real with services for mothers with drug and alcohol problems: A Realist Evaluation	Dr Alix Aitken-Arbuckle, Clinical Academic Senior Midwife, NHS Lothian/Edinburgh Napier University
12.25 – 12.45	Implementing trauma-informed change: wellbeing baseline survey for people working in prison	Andie Sterricks, Assistant Psychologist & Clodagh Coyle, Trainee Clinical Psychologist, NHS Lothian
12.45 – 13.05	Beyond Number and Tasks: A longitudinal ethnographic study exploring the role and work of district nursing teams and the impact this has on patients, careers, families and communities. Methodological Considerations of Being an Insider Researcher	Bruce Harper-Ovstebo, Principal Lecturer, Robert Gordon University/District Nurse, NHS Lothian/PhD Student (Nursing), Edinburgh Napier University

Session B2 Location: Bonnar Meeting Room, St Leonard’s

Chair: Charlotte Taylor, Teaching Fellow, University of Edinburgh

Time	Learning from Professional Role Experience to Improve Services	Presenter
12.05 – 12.25	Behind the labour room door : Into the unknown – midwives’ views and mothers’ experiences and perceptions of labour during 3rd trimester stillbirth	Charlotte Mutton, PhD Student/Specialist Midwife, Edinburgh Napier University
12.25 – 12.45	Exploring school nurses' work in supporting primary school-age children's mental health	Alison Hackett, Lecturer in Nursing/PhD Student, University of Stirling, @alisonhackett6
12.45 – 13.05	Lothian Listening Chair - Supporting practice change to improve care home staff retention and wellbeing	Lucy Johnston, Senior Research Fellow & Dr Geraldine Finnan, Lecturer in Nursing, Edinburgh Napier University @lucyjohnston555

Sponsored by



Concurrent Sessions C: 14.25 – 15.25

Session C3 **Location: Main Room (Pentland East & West), John McIntyre**
Chair: Prof. Erna Haraldsdottir, Deputy Head, Division of Nursing & Paramedic Science, Queen Margaret University

Time	Enhancing Healthcare for Women	Presenter
14.25 – 14.45	Using a co-design approach to promote awareness of preconception health in central Scotland	Dr Sinead Currie, Lecturer in Health Psychology, University of Stirling @sinead_currie
14.45 – 15.05	Experiences of menopause for people with severe and enduring mental illnesses from the perspective of women and healthcare professionals: a scoping review	Professor Lois McKellar, Professor Liz Hughes, Edinburgh Napier University & Anna Wollman, Community Mental Health Nurse, NHS Lothian @DrLoisMcKellar1 @LizHughesDD @annawollman
15.05 – 15.25	Translating informed consent in Scottish maternity services: perspectives from student midwife workshops.	Dr Jenny Patterson, Lecturer in Midwifery, Edinburgh Napier University & Professor Sebnem Susam-Saraeva, Senior Lecturer in Translations Studies, University of Edinburgh @jpmidwifery @SebnemSaraeva

Session C2 **Location: Holyrood Meeting Room, John McIntyre**
Chair: Professor Cathal Breen, Professor of Simulation and Clinical Skills, Edinburgh Napier University

Time	Emergent Approaches in the Acute Hospital Setting	Presenter
14.25 – 14.45	Exploring how enrolment in the TARGET-CTCA clinical trial may modify patient perception of heart health	Dr Amy Ferry, Senior Research Nurse Cardiology, University of Edinburgh
14.45 – 15.05	The impact of lung ultrasound on physiotherapy practice in the cardiac surgery population: a mixed methods study	Casey Farrall, Physiotherapist/Practice-based Lecturer in Physiotherapy/Doctor of Physiotherapy Student, Robert Gordon University @PhysioFarrell
15.05 – 15.25	mHealth Applications: Developing the collaborative infrastructure to enable SMARTer solutions to prehabilitation for patients with oesophago-gastric cancer.	Alison Kelly, Lecturer in Physiotherapy/PhD Student, Queen Margaret University @Alison_E_Kelly

Session C1 Location: Duddingston Meeting Room, John McIntyre
Chair: Dr Margaret Dunham, Associate Professor of Nursing, Edinburgh Napier University

Time	Empowering the Person in Cancer Care and Rehabilitation	Presenter
14.25 – 14.45	Exploring the physical activity behaviours, lived experiences and preferences of teenagers and young adults (TYA) with cancer	Eilidh McLeod, Physiotherapist/Doctorate of Physiotherapy Student, Robert Gordon University @EilidhMcLeodPT
14.45 – 15.05	Informing patient choice and service planning in surgical voice restoration: valve usage over three years in a UK head and neck cancer unit.	Kirsty McLachlan, Speech & Language Therapist, NHS Lothian
15.05 – 15.25	Balancing the reality of resectable colorectal liver metastases and preserving hope: an intervention study to improve the patient experience of those being considered for liver resection	Dr Linda Sherwood, Clinical Nurse Specialist Colorectal Cancer, NHS Lothian @sherwood_la

Session C4 Location: Salisbury Meeting Room, John McIntyre
Chair: Andy Peters, AHP Research Facilitator, NHS Lothian

Time	When People and Healthcare Systems Meet	Presenter
14.25 – 14.45	Patient experience of catheter laboratory services; a qualitative study	Iain Gillingham, Lecturer in Nursing, Edinburgh Napier University @iaingil
14.45 – 15.05	Recovery experiences of adults with moderate and major trauma after discharge from the acute care setting: a qualitative systematic review	Laura Kromrey, Doctorate in Physiotherapy Student, Robert Gordon University @ak_kromrey
15.05 – 15.25	How children and young people with chronic pain and their families experience and perceive pain services and treatments and living with pain: a meta-ethnography	Dr Emma France, Associate Professor, NMAHP Research Unit, University of Stirling @Emma_France

Session C7 **Location: St Trinnean’s Meeting Room, St Leonard’s**
Chair: Professor Aisha Holloway, Professor of Nursing Studies, University of Edinburgh

Time	Healthcare Professionals Engaging in and with Research	Presenter
14.25 – 14.45	Using social identity theory as a conceptual tool to understand nurses’ perspectives of research in relation to the nursing role	Dr Azwa Shamsuddin, Lecturer in Nursing, Edinburgh Napier University @azwashamsuddin
14.45 – 15.05	TikTok, TikTok; What you waiting for?	Becca Freeden, Research Assistant /PhD Student & Laura Fregonese, Lecturer in Nursing, Queen Margaret University
15.05 – 15.25	Capacity and capability building in the Allied Health Professions: the outcome of a health intervention research study	Professor Alison Porter-Armstrong, Professor of Health Technology, Innovation and Assessment, Edinburgh Napier University @AlisonA13414330

Session C6 **Location: Nelson Meeting Room, St Leonard’s**
Chair: Elaine Rankine, Head of Pharmacy Education, Research and Development, NHS Lothian

Time	Doing Things Differently in the Community and Primary Care	Presenter
14.25 – 14.45	Development of a Brief Balance Recovery Confidence Scale for community-dwelling late middle-aged and older adults in the UK	Yazeed Qashwa, PhD Student (Physiotherapy), Queen Margaret University
14.45 – 15.05	Psychological outcomes from a Covid-19 hospitalisation follow-up screen and treat pathway	Dr Emily Revell, Clinical Psychologist & Joni Falla, Clinical Associate in Applied Psychology, NHS Lothian
15.05 – 15.25	Edinburgh Health and Social Care Partnership pharmacotherapy evaluation	Hazel Garven, Lead Pharmacist, Primary Care, NHS Lothian

Session C5 **Location: Bonnar Meeting Room, St Leonard’s**
Chair: Professor Juliet MacArthur, Chief Nurse Research & Development, NHS Lothian

Time	Testing Novel Interventions	Presenter
14.25 – 14.45	A pharmaceutical care planning checklist’s impact and acceptability in primary care.	Wendy Carswell, Primary Care Pharmacist, NHS Lothian
14.45 – 15.05	Psychological Interventions for Complex PTSD And Schizophrenia-Spectrum disorder: PICASSO Trial	Professor Thanos Karatzias, Professor of Mental Health, Edinburgh Napier University
15.05 – 15.25	Investigating the effect of carbonation on the swallow using Ultrasound Evaluation of Swallowing (USES)	Sasha Archer, Site Lead Speech & Language Therapist, NHS Lothian @MrsArcher2

Sponsored by

