



# PCPA WALES SYMPOSIUM

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3RD JULY

09.00 - 15.30

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**VENUE:**

MERCURE CARDIFF NORTH, CIRCLE  
WAY EAST, LLANEDYRN, CARDIFF,  
CF239XF

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This event has been supported by pharmaceutical companies. These companies have had no input into the design or content of the event agenda.
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# AGENDA

- 09.00 - 09.30** Registration: Meet, greet and network
- 09.30 - 10.00** Panel Discussion
- 10.00 - 11.00** Workshop Session One
- 11.00 - 11.20** Refreshments and Exhibition
- 11.20 - 12.10** Workshop Session Two
- 12.10 - 13.10** Lunch and Exhibition
- 13.10 - 14.00** Workshop Session Three
- 14.00 - 14.20** Refreshments and Exhibition
- 14.20 - 15.15** Workshop Session Four
- 15.15 - 15.30** Chairs close the day
- 15.30** Close

Workshop presentations will be in the PCPA members area,  
post event.

# WORKSHOPS

## PANEL DISCUSSION 09.30 - 10.00

### Topical Update for Wales:

- The new undergraduate placement programme - Kate Spittle
- Update on GP contracts - Lloyd Hambridge

## WORKSHOP SESSION ONE 10.00 - 11.00

### Clinical Skills Circuit

- Blood Pressure & Cardiac Examination- Simon Wilkins
- Respiratory Examination-Neil Thomas
- Diabetic Foot Checks- Carl Barrett
- AliveCor- Gethin Morgan

## WORKSHOP SESSION TWO 11.20 - 12.10

- AKI- Considerations for Review - Owain Brooks
- Interpretation of Lab results Refresher- Lloyd Hambridge

## WORKSHOP SESSION THREE 13.10 - 14.00

### Tips & Tricks to improve Time in Range for diabetes management.

Speaker: Dr Sarah Davies

This workshop has been sponsored by Abbott and is for UK healthcare professionals only

## WORKSHOP SESSION FOUR 14.20 - 15.15

- Improving Prescribing Indicator Scores- Kate Spittle & Claire Thomas
- SGLT2- Medicines Optimisation- Carl Barrett

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The following companies have provided funding only for the PCPA North East symposium as part of a sponsorship. They have had no input into the content, organisation, conduct, or outputs relating to the Event.

Attending sponsors: Abbott, Boehringer Ingelheim, Daiichi Sankyo, Optum & Theramex.

Attending guest daily exhibitors: Alturix and Lupin Healthcare

# EXHIBITOR PROFILES

In alphabetical order

PCPA would like to thank all sponsors for their support



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# SPEAKERS PROFILES

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## CARL BARRETT

Clinical Pharmacist

Carl Barrett is a Practice Clinical Pharmacist at West Quay Medical Centre in Barry.

He is an Independent Prescriber with a special interest in diabetes as well as other aspects of chronic disease management. Alongside his clinical role Carl has an enthusiasm for Quality Improvement and is involved in numerous ongoing projects at a practice level.

Carl has previously worked in various sectors including as a Cluster Pharmacist, Local Health Board Prescribing Advisor, Secondary care and Community Pharmacy.



## OWAIN BROOKS

Lead Pharmacist for Nephrology

As lead pharmacist for nephrology services across South West Wales I maintain our Renal Medicines Service's high standards of care. I practice and promote patient-centred, innovative and sustainable healthcare. I prescribe specialised medication for people with kidney disease across the region.

As a clinical lead in the Welsh Kidney Network I focus on innovation, CKD prevention, AKI and education.

I have an active service improvement and research portfolio. I hold honorary positions in Cardiff and Swansea Universities where I teach the principles of safe prescribing in renal disease to undergraduates and postgraduates, and promote collaboration between students, academics and clinicians.

# SPEAKERS PROFILES

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## DR SARAH DAVIES

GP in Cardiff with a special interest in diabetes

She qualified at the University of Wales College of Medicine in 2003 and initially trained as a physician, before making the move into general practice and never looked back!

She has continued her interest in diabetes and presents regularly on the subject to colleagues at local and national meetings. She is passionate about general practice, particularly great quality diabetes care in the primary care setting.

She is the Clinical Director for Diabetes in primary care for Cardiff and Vale UHB. She is a Diabetes UK Clinical Champion, Primary Care Diabetes Society committee member and a presenter for NB Medical Hot Topics, leading their diabetes course.



## LLOYD HAMBRIDGE

Advanced Care Practitioner

Lloyd Hambridge is an independent prescribing pharmacist who has experience of working in a variety of roles spanning primary, community, secondary and urgent care across NHS Wales.

Lloyd is the Deputy Chief Pharmaceutical Officer within Welsh Government, supporting the development and safe, effective, and efficient delivery of pharmaceutical care across Primary and Community Care systems, and continues to work as a Cluster Lead for the Caerphilly East Cluster of Aneurin Bevan University Health Board and within general practice, delivering services for the local community.

# SPEAKERS PROFILES

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## GETHIN MORGAN

Practice Pharmacist

I am currently the practice pharmacist for Roath House surgery in Cardiff. I have been in this role for 4 years, having previously worked as a cluster pharmacist for 4 years, and as a community pharmacist prior to this.

As part of my cluster role, I used my independent prescriber qualification to improve atrial fibrillation management across the cluster, in particular in relation to stroke prevention, and have continued this work in my current role. I have provided training to pharmacists within the health board at both undergraduate and post-graduate level, as well as promoting the role of the pharmacist in both my cluster- and practice-based jobs.

I am a Bevan Exemplar, having completed a project looking at the use of smart technology in improving the early detection of AF.



## KATE SPITTLE

Advanced Pharmacist Education & PhD researcher

Kate has worked in GP practice in primary care since 2001 following experience in the pharmaceutical industry, community pharmacy and Cardiff university as a teacher practitioner. She has been an Independent prescriber since 2008 and completed the Diploma in Therapeutics at Cardiff medical school in 2014, winning the prize for the top academic performance.

At present she is the National Lead for Wales, for the GP Pharmacist training programme at HEIW and an Independent prescribing tutor at Cardiff University. She also teaches on the prescribing course. Kate is directly employed by a GP practice covering a number of key therapeutic areas including minor illness and deprescribing.

More recently, Kate has joined an independent medical education company focusing on Cardiometabolic disease, Lupus and Achondroplasia



# SPEAKERS PROFILES

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## NEIL THOMAS

Senior Lecturer in Nursing (School of Healthcare, Cardiff University)

He qualified as a nurse in the University of South Wales in 1997 and has worked across critical care, and primary care, and research facilities, more recently working as an advanced nurse practitioner covering several GP practices in Cardiff, where he was involved in developing an award-winning case management service for patient with chronic conditions

He has been lecturing at Cardiff University since 2010 and currently leads the independent prescribing programme and is involved in teaching postgraduate and undergraduate health care professionals in all aspects of clinical patient assessment and prescribing.

He is also a registrant nurse visitor for the NMC and appraises prescribing programmes all over the UK. He is also a member of the RPS Nurse Prescribing Advisory Group on behalf of the Chief Nursing Officer for Wales.



## SIMON WILKINS

GP Pharmacist Prescriber and Associate Professor of Clinical Pharmacy

Simon qualified as a pharmacist in 1999 following a pre-registration year in community pharmacy. He then managed a busy community pharmacy, before beginning a career in academia, initially as a teacher practitioner pharmacist. Over the next 20 years he held a diverse portfolio of educational and leadership posts, encompassing the higher education, NHS and Welsh Government sectors.

At the beginning of the COVID-19 pandemic in 2020, Simon volunteered to return to front-line patient care from his educational role within the NHS. Following more than a year spent in secondary care, he moved into the primary care sector and has been a GP pharmacist prescriber since 2021. His special interests include cardiology, diabetes, pain and women's health.

# PCPA EVENTS

Don't miss the PCPA LTC Masterclasses and Webinars online.

[REGISTER HERE](#)

# PCPA CLINICAL SUPPORT NETWORKS

Want some support?

Join us on Telegram for REAL TIME peer to peer pharmacy professional support.

Available to all pharmacy professionals, regardless of role and sector.

You will need to install the Telegram app or login via telegram web. For use on all devices.

See ALL support networks [HERE](#)



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