

Ruth Sephton – Level 1 CPD Award 2022

The MSK Conference 2022

The MSK conference 2022 was part of Therapy Expo and was held in Birmingham in November 2022. The conference was the first time the Musculoskeletal Association of Chartered Physiotherapists (MACP), Advanced Practice Physiotherapy Network (APPN) and The Society of Musculoskeletal Medicine (SOMM) had collaborated to deliver an excellent programme of speakers and workshops. The programme was delivered by renowned practitioners in the MSK field and at times it was difficult to select which events to attend as the topics were so relevant to current practice.

The first plenary session I attended was delivered by Andrew Bennet. In my role as Consultant Musculoskeletal Physiotherapist it is essential I am aware of the direction of travel in MSK services i.e. what are the key priorities and deliverables. I have followed the BEST MSK Health Collaborative since its inception and it was beneficial to hear how it has progressed and developed. I also attended Aimee Robson's plenary session on personalised care. This is an area which I have really focussed on within my own service over the last twelve months and it was great to hear the wealth of evidence regarding positive outcomes achieved when adopting a personalised care approach. Laura Finucane's plenary session was very informative and inspiring. The emphasis was on prevention and utilisation of community assets, two areas I continually try to promote and advocate for. Laura directed the audience to research and publications which I have since used when discussing prevention with commissioners and our leadership team.

One of the areas we have been struggling with both locally and regionally is recruitment of physiotherapy staff. There have been numerous FCP posts in our region which has led to many of the local hospitals including ourselves, finding recruitment and retention a challenge. There were three sessions that related directly or indirectly to this which I attended. The first was 'Multi-disciplinary, multi-sector, MSK career pathways - thinking differently'; the second was 'Is it time to rethink the workforce model'; the third was the plenary session by Ash James, Director of Practice Development at the CSP. These sessions were so useful to reflect on different ways of tackling recruitment challenges. Networking in the two workshop sessions was crucial to gain contacts with services who had taken alternative approaches to recruitment which had proved successful. These sessions have led to the commissioning of a project in my own workplace to explore using other professions within MSK, varying the skill mix and utilising different recruitment models.

I'd like to thank the MACP for awarding me the CPD Bursary which enabled me to attend the conference. It was a fantastic networking opportunity, and it was great to see longstanding friends and colleagues. The programme itself was excellent and I have practically used and disseminated ideas and information I gained from the conference. To me this a sign of a well thought out and structured conference programme. Thank you for all the hard work that went in to organizing such an excellent event and I am so grateful that the MACP was able to support my attendance.