

Kent, Surrey and Sussex Adult Critical Care Rehabilitation & Follow-Up Conference 2026

Theme: Closing the Gap – Delivering NCEPOD Guidance Across the Recovery Journey

Agenda

Time	Session	Speakers	Post and Title
08:00-09:00	Registration, refreshments and networking		
09:00-09:15	Welcome and KSS Network Update	Michael Parris Sue Herson	Medical Lead, Kent, Surrey and Sussex ACC ODN Network Manager, Kent, Surrey and Sussex ACC ODN
09:15-09:45	<i>Setting the scene: Conference aims, priorities and alignment with NCEPOD recovery recommendations</i>		
09:15-09:45	The ICU Recovery Pathway: Defining Best Practice	Rachel Krol	Intensive Care Consultant and Clinical Lead at Medway NHS Foundation Trust.
	<i>Overview of the full recovery journey, including PICUPS, outcome measures and goal setting</i>	Mr Darren Freeman Hanna Ramanouskaya	Senior Physiotherapist - Critical Care, Medway NHS Foundation Trust Clinical Nurse Specialist, Critical Care Rehabilitation and Follow Up ICU, Medway Foundation Trust
09:45-10:45	Humanising Critical Care and Demonstrating Impact: Integrating Person-Centred Practice with High-Quality Rehabilitation and Follow-Up Services	Angie Mitchell Ashley Quinn Georgina Hawkes George Linstead Sydney Cox	Critical Care Rehabilitation and Follow Up Clinical Nurse Specialist, University Hospitals Sussex NHS Foundation Trust, Critical Care Units. Inpatient Superintendent & ITU lead Physiotherapist, Dartford and Gravesham NHS Trust Senior Sister in ICU, Dartford and Gravesham NHS Trust Critical care Rehabilitation and Follow-up Therapists at Frimley Health NHS Foundation Trust
10:45-11:25	Lived Experience of Rehabilitation and Follow-Up Care: <i>Patient and family perspectives, including the impact of ICU diaries</i>	Poppy, Luke and Mom Supported by George Linstead	
11:25-11:55	Coffee break and sponsor exhibition		
	Parallel Workshop session		
	<i>Workshop A: Swallowing, Communication and Airway Rehabilitation</i>		<i>Workshop B: Complex Recovery and MDT Approaches</i>
11:55-12:25	Intubation-related dysphagia and dysphonia: mechanisms, risk factors, and rehabilitation implications across the critical care pathway		Case study on long term weaning involving a patient with complex needs

	Presentation by Lucy Allen, Highly Specialist Speech and Language Therapist – ICU, Royal Surrey County Hospital		Presentation by Laura Brockway, Team Lead Physiotherapist - Critical Care, Royal Surrey County Hospital
12:25 - 12:55	Quality Improvement Project on Post Extubation Dysphagia in a Multi-site setting Presentation by Dr Claire Mills, Adult Clinical Lead Speech & Language Therapist, Royal Brompton Hospital NHS Trust, Part of Guy's and St Thomas NHS Foundation Trust		Role of Occupational therapists in the Critical care rehabilitation and follow up pathway Presentation by Fraser Walsh-Beney and Lucy Watkins-Pitchford, Specialist Occupational Therapist, Critical Care and Acquired Brain Injury, Eastbourne Hospital, East Sussex Healthcare NHS Trust Specialist Occupational Therapist, Maidstone and Tunbridge Wells NHS Trust respectively
12:55- 13:25	Above Cuff Vocalisation Presentation by Eshanaa Tejura, Specialist Speech and Language Therapist, Acute Medicine and Critical Care, St Georges Hospital, part of the St Georges, Epsom and St Heliers Hospital Group		Medicines Optimisation Across the Continuum: Enhancing Rehabilitation Outcomes and Safe Transitions Following Critical Illness Through Pharmacy-Led ITU Discharge Review Presentation by Rebeccca Tarrant, Principal Pharmacist, East Kent Hospitals NHS Trust
13:25- 14:25	Lunch, poster presentations and sustainability showcase		
14:30- 14:55	From Trauma to Recovery: What Every Clinician Can Do to Support Patients and Families in ICU	Elaine Johnston Amalia Gasson	Consultant Clinical Psychologist, Maidstone and Tunbridge Wells NHS Trust Clinical Psychologist, Maidstone and Tunbridge Wells NHS Trust
14:55- 15:20	Smartwatch-Enabled Rehabilitation: Tracking Physical Recovery and Activity After Critical Illness	Dr Luke Hodgson	Intensivist, Respiratory Care Consultant and Associate Director of Research and Innovation at University Hospitals Sussex NHS Foundation Trust
15:20- 15:50	Sustaining Person-Centred Care: Lessons from the Post-Humanisation Project and embedding culture change across the MDT	Lucy Gosnell Dr Shadi Pishbin Elaine Johnston, Claire Coombes Lizzie Allen Raissa De Melo Costa	Intensive Care Senior Sister, Patient Rehabilitation and Follow Up Lead Intensive Care Consultant Consultant Clinical Psychologist Respiratory Team Lead Physiotherapist Clinical Lead Occupational Therapist Highly Specialist Speech and Language Therapist
15:50- 16:20	Leveraging patient reported data to optimise intensive care rehabilitation and follow-up pathways within finite resources.	Georgina Linstead	Advanced Physiotherapy Practitioner in Critical Care at Wexham Park & Frimley Park Hospitals Co-Chair of National AHPs in Critical Care Group Co-Chair for Rehab & Follow-up Sub-group & Lead AHP for KSS ACCN Member of ICS Physiotherapy PAG
16:20- 16:30	Awards, reflections and close		



Proudly sponsored by



