

2024 AGM President's Report

Dear Members

I am pleased to report that we continue to make steady progress in our charitable objectives this year. Some of our key achievements this year (July 2023 – October 2024) in meeting our objectives (marked in green) were:

1	<p>To promote the development of the understanding and management of acute and chronic disabling diseases and injuries, and their consequences for the individual patient, their carers, their medical and other attendants, and society at large.</p>
	<ul style="list-style-type: none"> • BSPRM continues to provide our members high-quality Continuous Professional Development (CPD) on managing disability in acute and chronic conditions. We continue to develop the management of these conditions and patient care via our members. • Our membership continues to grow. We had 250 members in 2023, which went up to 944 in 2024 (this includes 513 members in the Post COVID subsociety) • Our new website promotes the work of the society and its members. The visitors to the website have increased since the new look website was launched in 2022 and has helped bring in new members. • We have enhanced our social media presence in LinkedIn Twitter & Facebook platforms spreading our work and raising awareness of disability management among peers and public. • Our members have appeared in social media news and interviews including BBC, ITV (Abayomi Salawu, Simon Shaw, Ram Hariharan, Lynne Turner Stokes) on rehabilitation care in a variety of acute and chronic conditions. • Our members were/ are in national policy determining roles in NHS England (Krystyna Walton as national specialty advisor, Nour Hanga as National Medical Director's clinical fellow). • Our members representing have represented us in round table meeting at House of Parliament (Judith Allanson Community Rehabilitation Alliance, Manoj Sivan Ehlers Danlos Society).

2	<p>To promote the specialty of Rehabilitation Medicine, being defined as the application of medical skill to the diagnosis and management of disabling disease and injury of whatever cause and affecting any system of the body.</p>
	<ul style="list-style-type: none"> • BSPRM has contributed or responded to the following guidelines during this period (July 2023 – Oct 2024), representing our specialty: <ol style="list-style-type: none"> 1) NICE Stroke Rehabilitation 2) NHSE Workforce plan 3) Community Rehabilitation Standards in Wales 4) The Neurological Alliance MS Optimal pathway 5) NICE Bacterial meningitis 6) NICE scoping workshop and consultation invitation: Ataxia • BSPRM has endorsed the following guidance documents <ol style="list-style-type: none"> 1) Polio Optimal Care Pathway 2) MS Optimal Clinical Pathway 3) Up Manifesto for adults living with cerebral palsy 4) Rehab Legends Campaign – Community Rehabilitation Alliance • Our members have promoted the specialty via their appearance or interviews in social media (Simon Shaw, Ram Hariharan, Abayomi Salawu) • BSPRM members appointed to the National Rehabilitation Centre project (Javvad Haider Lead RM clinician, Manoj Sivan Lead RM research lead) • Our members have published on specialty matters (Uniform name for the specialty, published in European Journal of PRM). • We have shown international leadership in bringing uniformity to the specialty (ISPRM INFORM project www.informspecialty.com). The INFORM second survey (presented in Sydney June 2024) highlighted the 5 key areas the specialty colleagues wish to promote globally: MSK, Neuro, Pain, Elderly care rehab, Paediatric care rehab. • The 2024 ISPRM Sydney Licht Award was awarded for the first time to a UK RM physician (Manoj Sivan) for lifetime achievement in the specialty • BSPRM will be awarding the medical student essay prize in the Coventry AGM and has received 22 submissions for different Universities (a new record for number of

	<p>submissions for our society). Medical students have joined the society as student members and will be attending the BSPRM annual conference in Nov in Coventry.</p> <ul style="list-style-type: none"> • BSPRM members (Sunil Ankolekar and Emily Burns) showcased Rehabilitation Medicine to junior doctors at careers fair at Norwich
<p>3</p>	<p>To advance the education of health and other professionals and the general public in the area of disability.</p> <ul style="list-style-type: none"> • The society’s education committee (led by Ece Yilmaz-Kara) has endorsed events related to disability management and promoted our involvement: <ol style="list-style-type: none"> 1) Advanced spasticity management day 2) Regional, national and international BSPRM events • The committee has facilitated planning the scientific content for courses and conferences: <ol style="list-style-type: none"> 1) 2024 BSPRM annual conference with particular emphasis on improving function in long term conditions. 2) Trauma rehabilitation course in Newcastle 3) National Amputee rehabilitation course in Manchester 4) National MSK rehabilitation course in Leeds 5) National Spinal Cord Injury rehabilitation course in Sheffield 6) Workshops in international conferences such as ESPRM and ISPRM 7) BSPRM-led session in British Geriatrics Society annual congress in Edinburgh 8) Ebrain link and updates via JNC (Joint Neurosciences Council) • The web education committee led by Dr Meena Nayar has established the successful BSPRM podcast in 2024. 7 episodes have been released so far – Stroke rehabilitation guidelines, Fundamentals of Rehabilitation Nursing, Functional Neurological diseases, Insights from ISPRM2024, Cryoneurolysis and Spasticity, AAPMR guidance on spasticity assessment and management and breathing pattern disorder. We have an average of 100 listens per episode with the most popular episode having over 250 listens. We are hoping to use this platform to share key insights and new developments.

	<ul style="list-style-type: none"> • BSPRM provides quality control of CPD activities related to the specialty in the RCP CPD diary which is accessed by all professionals interested in rehabilitation. • BSPRM shapes the training aspects of the specialty via the RCP JSC (Joint Specialist Committee) and GMC SAC (Specialist Advisory Committee) • The National Training programme (NTP) is a unique initiative by trainees – a rolling teaching programme for trainees has been successfully launched with excellent feedback so far. The recorded sessions have been made available for all members in the secure space on the website. • Two members have passed the European Board Faculty PRM exams this year
4	<p>Training and professional development of members</p> <ul style="list-style-type: none"> • The rebranded society with its new name, governance structure, office team and new communication strategy has drawn attention of colleagues practicing in rehabilitation with 635 new members joining the society in the last 18 months (122 new members to main BSPRM society and approx. 513 to the post-COVID subsociety). This will help exchange of knowledge and advance the specialty. • The website has protected access to learning material for members. The content of specialist courses and conferences are available for members by logging in to their account. • Members can access specialist courses and conferences for their professional development and claim CPD points for their appraisal and revalidation. The feedback we have received from the specialist courses this year suggests members find the courses adding to their specialist knowledge and value for money and worth their membership status. • Members who are eligible to apply for CESR status can get support and guidance from members, particularly those who have been successful in this scheme in the past. • The affiliation with Advances in Rehabilitation Science and Practice enables publication of accepted abstracts from our annual conference (free of charge) and facilitates publication of full articles (at discounted rate for members) if successful in the peer-review process.

	<ul style="list-style-type: none"> • The society meetings and national conference enables networking between colleagues to share knowledge and ideas and advance the field of rehabilitation. Participation in the society activities enables colleagues to collaborate with other societies and professional bodies which furthers the field and influence we have on clinical care of those with disability. • BSPRM awarded the travel scholarships to trainees (Michelle Lumley, Joanna Corrado, Sabri Garoushi) who presented work in international conferences (WFNR, ISPRM) and raised the profile of specialty and furthered knowledge dissemination in the field
5	<p>To develop and promote standards for clinical care and professional working in the specialty and mechanisms for audit, appraisal and review to ensure that those standards are maintained.</p> <ul style="list-style-type: none"> • BSPRM has contributed to various clinical pathways and clinical guidelines (as listed under no.2) and helped develop standards for clinical care and professional working. • We have worked collaboratively with other societies nationally to enable cross-specialty working and further knowledge sharing (including British Stroke Society, British Geriatrics Society, Neurological Alliance, British Sport and Exercise Medicine, British Pain Society). • BSPRM Policy and Commission group has been working with regional representatives, local commissioners, and national regulatory authorities to determine transfer of funding arrangements (from NHSE to regionally) and maintaining standards of care. • Collaborative working with WHO and other organisations/ societies internationally such as Cochrane Rehabilitation, ESPRM, International Spinal Cord Injury Society, WFNR and ISPRM enabling networking and development of clinical standards (such as in spasticity, neurorehabilitation, stroke rehabilitation and management of Long Covid). • We have been successful in our bid to host the World Congress for Neurorehabilitation in 2030. We also bid for ISPRM 2028 (but were unsuccessful).

	<p>We have developed strong collaborative links with international colleagues in the process.</p> <ul style="list-style-type: none"> • BSPRM members have passed the European Board Faculty PRM exams this year, bringing international equivalence to training content and standards. • PDOC registry has been initiated and audit of standards at various unit has been undertaken. • BSPRM guidance: The position paper Rehabilitation and complex disability management in specialist nursing homes and other residential units. Guidance to best practice: a summary for healthcare professionals, case managers and commissioners. This was led by Dr Jon Burn and will be released during the 2024 conference. • Other position papers in progress: <ol style="list-style-type: none"> 1) Role of Physician Associates and Advanced Clinical Practitioners in Clinical Rehabilitation Settings 2) Shoulder Pain in Neurological Rehabilitation: BSPRM Position Paper 3) Proposal for update to 2019 BSRM Cancer Rehabilitation Position Paper
6	<p>To promote and facilitate research in the field of rehabilitation to support the evidence base which underpins good clinical practice in the specialty.</p> <ul style="list-style-type: none"> • BSPRM RCS (chaired by Prof Siva Nair) published its research strategy last year which aims to make the society and its membership more research active and increase our contribution to the scientific literature. • BSPRM research network (chaired by Sara Ajina) continue to grow in strength with >50 members. The network was officially launched by Professor Rory O' Connor during the annual meeting. Sara Ajina has organised a research network meeting on 3 July. There were five presentations including results of the survey, and presentations from two trainees. The trainees also did two collaborative multi centre service evaluations which will be presented in BSPRM 2024 meeting. • Abstract adjudication: We have received a record number of 76 abstracts of which 5 were later withdrawn. Each abstract was marked by 3-5 panellists. The abstracts with scores in borderline zone were discussed in the adjudication meeting. We

accepted 16 for oral presentations, 47 for poster presentations. We rejected 8 abstracts and provided feedbacks to the authors.

- **Awards: Research paper prize:** We have instituted a research paper prize 2023 for the members. We received 6 submissions. The submissions were judged by a committee headed Dr Sara Ajina, chair of the BSPRM research network. The members of the panel were Dr Ece Yilmazkara, Pradeep Thumbikat, Siva Nair and Harry Mee. The best paper award was given to TELeRehabilitation Nepal (TERN) for People With Spinal Cord Injury and Acquired Brain Injury: A Feasibility Study. We have called for the research papers for 2024 and the results will be announced in BSPRM 2024 conference.
- **Best Oral and poster presentations:** 2023 Conference: The oral and poster presentations during the conference were judged by a panel consisted of Prof Siva Nair, Dr Ece Yilmaz-Kara, Dr Javvad Haider, Dr Celine Lakra, Dr Meena Nayar
 - 1) Best paper: Dr Harry Mee, RM Trainee in East of England; Randomised Evaluation of Early v Late Cranioplasty: A Pilot Study.
 - 2) Best 2nd paper: Dr Jade Kettlewell, Nottingham University. Exploring the implementation of rehabilitation prescriptions for individuals admitted to major trauma centres: an ongoing mixed-methods study.
 - 3) Highly Commended papers:
 - Dr Ahmad Saif, RM Trainee in Thames Valley. Developing a Rehabilitation Medicine National Teaching Programme (RM-NTP)
 - Dr Manoj Sivan, Leeds . A Digital Patient Reported Outcome Measures platform for Long Covid (DPRM-LC): user-centred development.
 - Best poster: Dr Laura Edwards, Derby and Burton. Hospital soundscapes acquired brain injury and noise – a mixed methods study exploring the sound environment of 5 secondary care units in a large teaching hospital in the UK.
- International collaborative research
 - 1) Australian Govt MRFF 5-year project on Long COVID \$ 5 million AUD (Manoj Sivan co-investigator)
 - 2) ISPRM INFORM project which aims to develop a uniform framework for the specialty (<https://pubmed.ncbi.nlm.nih.gov/37152355/>)
- Successful research grants by members

Sivan M (PI). Funder: National Health Service Scotland. Evaluation of outcomes from NHS England Long COVID services using ELAROS digital PROM data and other routinely collected outcome data, August 2023

- Research publications by members (July 2023 – Oct 2024):
 - 1) Smith A, Greenwood D, Horton M, Osborne T, Goodwin M, Lawrence RR, Winch D, Williams P, Milne R, LOCOMOTION consortium, **Sivan M**. Psychometric analysis of the modified COVID-19 Yorkshire Rehabilitation Scale (C19-YRSm) in a prospective multicentre study. *BMJ Open Respir Res* 2024; 11(1): e002271
 - 2) **Sivan M**, Smith AB, Osborne T, Goodwin M, Lawrence RR, Baley S, Williams P, Lee C, Davies H, Balasundaram K, Greenwood DC, LOCOMOTION Consortium. Long COVID clinical severity types based on symptoms and functional disability: a longitudinal evaluation. *J Clin Med*. 2024; 13(7): 1908
 - 3) Edwards SA, Martin SL, Rainey T, Whitaker G, Greenwood DC, Jones A, **Sivan M**. Influence of acute fasting on pain tolerance in healthy subjects: a randomised crossover study. *Front Pain Res (Lausanne)*. 2023 Sep 11; 4: 1153107.
 - 4) Delgado-Sanchez A, Brown C, **Sivan M**, Talmi D, Charalambous C, Jones AKP. Are we any closer to understanding how chronic pain develops? A systematic search and critical narrative review of existing chronic pain vulnerability models. *J Pain Res*. 2023; 16: 3145-3166.
 - 5) **Sivan M**, Lawrence R, O'Brien P. Digital Patient Reported Outcome Measures (DPROM) platform for Long Covid and other long-term conditions: user-centred development and technical description. *JMIR Hum Factors*. 2023; 10: e48632
 - 6) **Sivan M**, Mckeever V, Natt M, Newton J. A global need for more awareness of dysautonomia in postviral syndromes. *J Med Virol*. 2023; 95(8): e29048.
 - 7) Iftekhhar N, **Sivan M**. Venous insufficiency and acrocyanosis in long COVID: dysautonomia. *Lancet*. 2023; 402(10401):e9
 - 8) **Sivan M**, Lawrence RR, Francis E. Digital interactive patient reported outcome measures for long term conditions. *BMJ*. 2023; 382: p1816
 - 9) Delgado-Sanchez A, Brown C, Charalambous C, **Sivan M**, Jones A. Trauma in childhood is associated with greater pain catastrophising but not anxiety sensitivity: a cross-sectional study. *Pain Rep*. 2023; 8(4): e1083.

- 10) **Halpin SJ**, Tang NK, Casson AJ, Jones AK, **O'Connor RJ**, **Sivan M**. User experiences of pre-sleep sensory alpha brainwave entrainment for people with chronic pain and sleep disturbance. *Pain Manag.* 2023;. doi: 10.2217/pmt-2022-0083
- 11) Wang C, Sheng B, Li Z, Sivan M et al. A Lightweight Series Elastic Actuator With Variable Stiffness: Design, Modeling, and Evaluation. *IEEE/ASME Transactions on Mechatronics*, doi: 10.1109/TMECH.2023.3254813.
- 12) **Isaac RO**, **Corrado J**, **Sivan M**. Detecting Orthostatic Intolerance in Long COVID in a clinic setting. *Int J Environ Res Public Health.* 2023; 20(10): 5804.
- 13) **Sivan M**, Negrini S, Kiekens C, Khan F, Francisco GE, Gimigliano F. The INFORM (International Framework for Rehabilitation Medics) project to strengthen the medical specialty. *Adv Rehabil Sci Pract.* 2023;12:27536351231167482.
- 14) Kabir MF, Yin KN, Jeffree MS, Ahmedy FB, Jahan S, Islam MW, Jahid IK, **Sivan M**, Chakrovorty SK, Hossain KMA. Profile of long COVID symptoms needing rehabilitation: a cross-sectional household survey of 12,925 SARS-CoV-2 cases between July and December 2021 in Bangladesh. *Arch Public Health.* 2023; 81(1): 132
- 15) Mullard JCR, Kawalek J, Parkin A, Rayner C, Mir G, **Sivan M**, Greenhalgh T. Towards evidence-based and inclusive models of peer support for long covid: a hermeneutic systematic review. *Soc Sci Med.* 2023; 320: 115669
- 16) Baniya M, Rana C, Dhakal R, Makower SG, **Halpin SJ**, **Hariharan R**, **Sivan M**, Allsop MJ.
- 17) The experience of limited access to care for community-based patients with spinal cord injury and stroke in Nepal and the potential of telerehabilitation: a qualitative study. *Inquiry.* 2023; 60: 469580221146830.
- 18) **Halpin SJ**, Casson AJ, Tang NKY, Jones AKP, **O'Connor RJ**, **Sivan M**. A feasibility study of pre-sleep audio and visual alpha brain entrainment for people with chronic pain and sleep disturbance. *Front Pain Res* 2023; 4: 1096084
- 19) **Gerald AF**, **Aneela I**, Choszczewski P, Summers D, Kaliaperumal C. Delayed recovery of bilateral supplementary motor area syndrome after the resection of a central neurocytoma. *Biology, Engineering, Medicine and Science Reports* 2024; 10(2): 41-44

I would like to thank all members for their hard work and commitment to improve clinical care for our patients. Wishing you all more success and growth in your professional roles.

Best wishes

Prof Manoj Sivan

President BSPRM