

## ALISON MANSON



Group Consultations Training and Implementation Lead

**Session Title: Highlights of VGC webinars**

### Biography:

Alison's career in healthcare began in nursing over 35 years ago where her passion for person centred care was born. Her next venture took her into the world of commerce where she developed the skills and tools to support meaningful and sustainable change, as well as gaining valuable experience in the introduction and scaling up of new healthcare innovations.

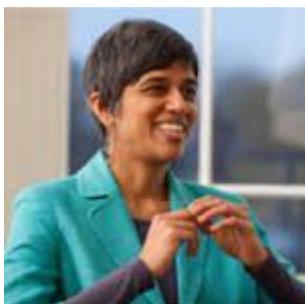
Over the last 4 years she has worked tirelessly in the development and delivery of the UK based Group Consultations model. This work has involved collaboration with patients, national and international thought leaders and resulted in the current learning and development support model. To date, Alison and her team have worked with over 400 organisations to train, coach and support teams to develop and deliver care in this way.

She passionately believes that Group Consultations (shared medical appointments) are a 'real game changer' for the NHS - patients, clinicians and the system!

She is currently working in collaboration with the British Society of Lifestyle Medicine (BSLM) to spread and scale up group consultations throughout the UK.

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## PROFESSOR KAMALINI RAMDAS



Professor of Management Science and Operations and Deloitte Chair in Innovation & Entrepreneurship at London Business School

**Session Title: Need for innovation**

### Biography:

Professor Kamalini Ramdas is an expert in the innovation arena. Her current research examines new ways to create value through innovation, including: service innovation, operational innovation and business model innovation. She has also examined the amount of product

variety and component-level variety that firms should offer, and how variety can be managed effectively through design.

She has served as co-principal investigator on a \$1.2M grant to model and implement profitable cardiac preventive care via delivery innovation. She has also examined delivery innovation in an array of service industries supported by a grant from the UK Economic and Social Research Council.

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## DR KATHARINE TOWERS



GP and City and Hackney CCG, Group Consultations Clinical Lead

**Session Title: Response to CoVid-19 routine care for patients with long term conditions**

### Biography:

Katharine is a GP in City & Hackney CCG, London. She is the clinical lead for Group Consultations in the area. Katharine discovered an interest in global health and health promotion during her medical degree at King's College London. As part of her medical elective, she took part in CFHI's Tropical Medicine Programme in Puerto Escondido, Mexico. This helped to instil in her the importance of community-based medicine and providing help for deprived populations. She also spent time working in a family development centre in Guatemala.

She went on to complete her medical degree and specialise in Primary Care. She helped to set up a Mother and Baby Group for deprived and isolated mothers in a nearby community.

She is now working as a Salaried GP in a GP practice in Hackney.

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## IRENE SCOTT



Practice Nurse Inverkeithing Medical Group - Lead GPN for Group Consultations

**Session Title: A practice nurse perspective**

### Biography:

RGN, Diploma of Higher Education in Adult Nursing (Queen Margaret University), BSc Nursing (Napier University), Independent Nurse Prescriber (Dundee University). Has been Practice Nurse in Inverkeithing Medical Group in Fife, Scotland for the last 5 years after spending 18 years working in Theatres in NHS Forth Valley. After completing NHS Education for Scotland General Practice Nurse Course is involved of the management of various long term conditions including cardiovascular, diabetes and respiratory. Is the Lead Nurse for Group Consultation.

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## PROFESSOR JEANNETTE ICKOVICS



Samuel and Liselotte Herman Professor of Social and Behavioral Sciences, Yale School of Public Health; Dean of Faculty, Yale – NIS College; Founding Director, CARE: Community Alliance for Research and Engagement

**Session Title: Embedding Innovation into guidelines and practice**

### Biography:

Jeannette R Ickovics is a scientist known for her complex research on biomedical, behavioural, social and psychological factors that influences and effects the community's health. She focuses on determinants and the consequences of health behaviours and health outcomes.

Dr Ickovics' research investigates the interplay of complex biomedical, behavioural, social and psychological factors that influence individual and community health. She uses this lens to examine challenges faced by those often marginalized by the health care system and by society. She has expertise in running large, scientifically rigorous clinical trials in community settings. Her community-based research – funded with more than \$38 million in grants from the NIH, CDC, and private foundations – is characterized by methodological rigor and cultural sensitivity. She has held important academic and community leadership positions for the past decade, honing her leadership skills and expertise. As Director of CARE, she is seen as a trusted and respected collaborator. Through her work at CARE, she secured New Haven as the first US site of Community Interventions for Health, a multi-national, multi-sectoral research collaborative focused on the prevention of chronic diseases worldwide. She was founding Chair of the Adherence Committee of the AIDS Clinical Trials Group (NIAID), responsible for the adherence portfolio across 27 AIDS Clinical Trials Units nationwide.

She recently completed an NIH-funded randomized controlled obesity prevention trial at 12 middle schools in collaboration with the Rudd Center and the New Haven Public Schools. Dr Ickovics is the recipient of national awards and recognition and is author of more than 200 peer-reviewed publications.

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## DR MARIANNE SUMEGO



Director Shared Medical Appointments, Office of Patient Experience, 4C Community Care

**Session Title: Whole system scaling up**

### Biography:

Dr Sumego is an Internal Medicine/Paediatric physician specialist in Mentor, Ohio and is affiliated with multiple hospitals in the area. She has been in practice for more than 20 years.

Internal Medicine/Paediatrics specialists are sometimes referred to professionally as 'Med-Peds' and are physicians who have studied both internal medicine and paediatrics. Med-Peds typically see patients of any age, from newborns to geriatrics, and can specialize in other areas of medicine, including cardiology or sports medicine.

Her interests are out-patient care, quality and patient experience. For the past 9 years she has directed the shared medical appointment program in Cleveland, Ohio.

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## DR ELLEN FALLOWS



GP, NHS E Clinical Lead, Virtual Group Clinics; RCGP Person Centred Care Lead - South East; Learning Academy Director, Trustee and RD, British Society of Lifestyle Medicine

**Session Title: Group Consultations for long term conditions, Making an Impact**

### Biography:

Portfolio GP with 9+years of partnership/leadership experience including nursing lead and diabetes lead GP. GP Fellowship award for Group Consultations (multi-morbidity and Type 2 Diabetes) set-up and evaluation 2019. On-going work to set-up and research virtual Group Consultations during COVID-19.

RCGP Person-centred care lead for the South East.

Successful in supporting patients with motivational interviewing to make lasting lifestyle changes.

Enthusiastic seeker of new models of care that focus on asking patients what support they need to make the changes they want for their health goals.

Trustee of educational charity The British Society of Lifestyle Medicine.

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## **EMMA MONTGOMERY**



Consultant Nephrologist , Newcastle and Tyne Hospitals

**Session Title: Renal Group Consultations**

### Biography:

Dr Emma Montgomery was appointed as Consultant Nephrologist at Freeman Hospital, Newcastle upon Tyne, in 2016. She qualified from Newcastle University in 2007. She completed her higher specialist medical training in the north east in both renal medicine and general internal medicine, with additional postgraduate qualifications in solid organ transplantation and genomics.

Her clinical interests include Renal Transplantation, Haemodialysis, vascular access and delivery of pre-dialysis care. Her main research focus is within haemodialysis along with donor and recipient work-up for renal transplantation. She also has an interest in improving service delivery and patient care via quality improvement projects.

She is an associate lecturer at Newcastle University.

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## **DR YASMIN RAZAK**



GP Partner, Golborne Medical Centre

**Session Title:**

### Biography:

Dr Yasmin Razak is a London based GP Educator, PG Trainer for Imperial, Clinical Director of the award winning Neohealth PCN and Chair of West London's Network Learning Forum.

She runs a highly successful NHS Primary Care Centre in Notting Hill which hosts the RIPEN Interprofessional Education Training Hub, supporting learning across professional boundaries.

She's pretty impatient of the system whilst tolerant of new ideas and tends to go and get things done through local leadership and service redesign - with an infectious energy that co-produces solutions with high impact patient oriented outcomes .

Her approach & specialist interests in long term condition management, motivational interviewing, quality improvement and health technology have naturally led to her supporting design and rollout of virtual Group Consultations in London.

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## DR CLARE NIELAND



GP Senior Partner at Cedars Surgery Maidenhead

**Session Title: Resilience and Wellbeing**

### Biography:

Dr Nieland is the founder of Lifestyle Medicine UK. She is an NHS GP and an Educator, with a passion for Lifestyle Medicine.

Clare's aim is to promote the use of Lifestyle-based Medicine amongst her GP colleagues and allied Health Care Professionals, to prevent and treat chronic disease.

Clare utilises Lifestyle-based medicine to treat conditions such as:

Type 2 Diabetes  
Obesity  
Stress  
Anxiety and Depression  
COPD  
NAFLD

## TANIA JONES



Pharmacist

**Session Title: Group Consultations Facilitator Accreditation**

### Biography:

Tania Jones is Lead Pharmacist at BSLM and chair of the Deprescribing special interest group; she leads the accreditation process at BSLM for Facilitators of Group Consultations.

Tania is a part time hospital pharmacist with Northumbria Healthcare NHs Trust with experience in facilitating Group Consultations for rheumatology.

She is a current PhD candidate in Epidemiology at Newcastle University and an experienced educator having worked in academia for 8 years managing pharmacist degrees in the North East of England, Hong Kong and Malaysia.

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## DR TRACEY TAVEIRA



Pharmacist University of Rhode Island, College of Pharmacy Albert Medical School, Brown University Providence VA Medical Center

**Session Title: Pharmacist perspective**

### Biography:

Dr Taveira is a Professor of Pharmacy at the University of Rhode Island and Adjunct Professor of Medicine at Brown University with a clinical and research appointment with the Department of Veterans Affairs Medical Center. Her expertise and program of scholarship focuses on pharmacist-led multidisciplinary interventions in the areas of diabetes, cardiovascular risk reduction and heart failure. She has conducted and published several randomized controlled studies evaluating interventions for diabetes and cardiovascular risk reduction. Dr Taveira was also the co-author for the 2016 American Diabetes Association Diabetes Management in Long-term Care and Skilled Nursing Facilities Position Statement. She is also a current member of the American Diabetes Scientific and Medical Programs Oversight Committee.

Dr Taveira's program of scholarship focuses on interventions for the redesign of health care delivery for cardiovascular risk reduction in patients with diabetes and co-morbid mental health conditions. Specifically, her research evaluates the efficacy of pharmacist-led shared medical appointments-SMAs (group visits in which several patients meet with an individual provider at the same time) for diabetes and cardiovascular risk reduction in patients with co-morbid mental health conditions by way of randomized controlled trials.

She has various manuscripts and publications. In 2012 the Department of Veterans Affairs Health Services Research and Development Service conducted a systematic review to determine whether SMAs compared with usual care improved; patient care, treatment adherence, health care cost and biophysical markers such as hemoglobin A1c and blood pressure. Her work served as a large component of the data (see Taveira et al 2010; Taveira et al 2011; Cohen, Taveira, 2011) to support the implementation of SMAs nationwide.

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## LINDA PEPPER



Patient and member of GP Practice Patient Panel

Session Title: Patient Perspective

### Biography:

Linda has a wide experience of facilitating patient and public involvement in the NHS, both at national strategic and at local levels. She has just stepped down from being a lay member on the Independent Reconfiguration Panel (which advises the Secretary of State on contested health service reconfigurations). She is currently a member of Royal College of Obstetricians and Gynaecologists Women's Network, is a lay assessor for the College on Invited Reviews, and she is also involved in College doctor training. She sits on the Faculty of Sexual and Reproductive Health Council, and is a lay member on the National Cancer Advisory Group. Locally, she is a member of her GP Practice Patient Panel. For the past two years she ran a monthly drop-in at Berwick library. She is keen to work with others in relation to ensuring the best possible services for patients at the new Berwick Infirmary.

Linda is a strong supporter of Group Consultations Sessions

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## DR FRASER BIRRELL



Principal Fellow - Higher Education Academy; Engagement Lead for MRC-Arthritis Research UK Centre for Integrated research into Musculoskeletal Ageing (CIMA); Director of Science & Research - British Society of Lifestyle Medicine; Academic Lead - Shared Medical Appointments UK; Masters of Clinical Research - Newcastle University; Visiting Professor - Sunderland University; Consultant & Senior Lecturer in Rheumatology - Northumbria Healthcare NHS Foundation Trust

**Session Title: Continuity of Care**

### Biography:

Fraser is a Consultant & Senior Lecturer in Rheumatology with Northumbria Healthcare NHS Foundation Trust, Honorary Consultant with Newcastle Hospitals NHS Foundation Trust, Honorary Clinical Senior Lecturer at Newcastle University, Visiting Professor at Sunderland University and Academic Lead of Shared Medical Appointments UK. He is a clinician, educator & researcher with PhD, Diploma of Clinical Education and Principal Fellowship of the Higher Education Academy and winner of British Society for Rheumatology Young Investigator and Innovation in Development awards, plus Arthritis Research UK Epidemiology Training Fellowship.

He was the first UK clinician to establish a group consultation model in routine clinical practice in 2009 with over a decade of experience. This was recognised with shortlisting for the Lancet Research Award at the Royal College of Physicians Excellence in Patient Care Awards 2018. He is now helping others to understand and share the benefits for patients and staff, including publishing an authoritative review with a team of international experts (<http://futurehospital.rcpjournal.org/content/6/1/8.full.pdf+html>). These include patient education and empowerment, plus creating the time for effective lifestyle interventions. He led the team securing funding from Sir Jules Thorn Trust to establish a virtual training and evaluation hub at Newcastle University and train 1000 general practice (mainly for shared medical appointments) and 500 hospital teams (for a variety of novel co-designed group consultation models).

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## DR MATT STATE



Psychiatrist Department Of Psychiatry University of California, San Francisco

**Session Title: Going virtual - Treatment and support for psychiatry**

### Biography:

Dr Matthew State is a psychiatrist who specializes in child and adolescent psychiatry as well as human genetics. He is chair of the psychiatry department, president of the Langley Porter Psychiatric Institute and a member of the Weill Institute for Neurosciences.

Over the past 15 years, State's laboratory has played a leading role in elucidating how rare and de novo (new) genetic mutations can contribute to autism spectrum and Tourette disorders.

Dr State earned his medical degree from Stanford University School of Medicine. He completed a residency in psychiatry and a fellowship in child psychiatry at the Semel Institute for Neuroscience and Human Behaviour at UCLA. He then earned his doctoral degree in genetics at Yale University.

State has received numerous honors, including the Tarjan Award from the American Academy of Child & Adolescent Psychiatry, Ruane Prize from the Brain & Behavior Research Foundation and Sarnat International Prize in Mental Health from the National Academy of Medicine. He was elected to membership in the National Academy of Medicine in 2013.

He is currently the Oberndorf Family Distinguished Professor and Chair of Psychiatry at UCSF and Director of the Langley Porter Psychiatric Institute and Hospital.

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## DR DAVID UNWIN



GP; RCGP National Champion for Collaborative Care and Support Planning in Obesity and Diabetes and a RCGP Clinical Expert in Diabetes

Session Title: Virtually The Same

### Biography:

Dr David Unwin, MD, is an award-winning general practitioner (or family doctor) known for pioneering the low-carb approach in the UK. Through the years, Dr Unwin has been highly recognized for his work within his field.

In 2015, Dr Unwin was made a UK Royal College of General Practitioners expert clinical advisor in 2015 for his dedicated efforts within the areas of patient communication and type 2 diabetes.

Then, in 2016, Dr Unwin won the prestigious NHS Innovator of the Year award for his work with diabetes patients.

From 2017 to 2018, his practice saved £57,000 on drugs for type 2 diabetes, hypertension, and other conditions by offering patients a dietary alternative to medications.

Also in 2018, Dr Unwin was named the ninth most influential general practitioner in the UK by GP magazine Pulse. Moreover, he is a clinical expert in Diabetes at Fellowship of the UK Royal College of General Practitioners where he was elected as a Fellow back in 2008.

Additionally, Dr Unwin is the medical advisor at the popular Low Carb Program and is doing his best to spread knowledge about low carb among doctors, dietitians, and nurses.

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