



International
Post Covid & Post Infection
Conditions Society

POST ACUTE INFECTION CONDITIONS (PAIC)

ANNUAL CONFERENCE 2025

Speaker Profiles





Dr Lisa Quadt

Principle Research Fellow

University of Sussex

**Supporting Neurodivergent
people with Post Infection
Conditions/Long COVID: Insights
from research and practical
advice.**

Lisa is a neurodivergent researcher at the Brighton and Sussex Medical School.

Her research focuses on how brain and body interact in neurodivergent people, and how we can use our findings to increase quality of life for neurodivergent people of all ages.

Lisa is passionate about co-production and inclusive research practices.

Outside of work, she enjoys her two little dogs, listening to audiobooks, and learning new things.



Dr Melissa Heightman Consultant Physician, UCLH

Long Covid and Other Post Acute Infection Syndromes in 2025: The unrecognised pandemic in adults, children and young people.

Dr Heightman specialises in interstitial lung disease and integrated respiratory medicine and is the deputy clinical divisional director for medical specialities at UCLH. She qualified from the University of Cambridge in 2000, and trained in respiratory medicine at the Brompton Hospital and in North London. She held a Wellcome Trust Clinical Training Fellowship from 2007 to 2011.

Dr Heightman supports community respiratory services in Camden and Islington and works closely with primary care to support management of patients with respiratory disease at practice level. She is working with NCL CCG to develop pathways to improve the quality of respiratory care in the Integrated Care System. She is a member of the clinical leadership group of the London Respiratory Clinical Network which develops guidance for London in meeting respiratory priorities in the NHS long term plan and relating to the COVID19 pandemic.

Dr Heightman has been clinical lead for the COVID follow up service at the trust which is a multiprofessional and multispeciality service which integrates with community assessment and community rehabilitation services. She is a member of the NHSE task force considering COVID follow up service development and the NICE guideline group looking at management of the long term effects of COVID19. She has a broad interest in transformation of outpatient services and in developing new models of care for long term conditions across the integrated care system.



Prof. Emma Wall

Clinical Professor of Infectious Diseases and Clinical Research Group Leader at the Crick

A year in review: Research update for Post Infection Conditions

Emma is a Clinical Professor of Infectious Diseases and Clinical Research Group Leader at the Crick. She is an NHS consultant in the UCLH Post-COVID clinic. Her research focusses on the immunological and clinical consequences of COVID-19 infections and vaccinations. She is the clinical lead of the UCLH-Crick partnership on COVID-19 and the drug trial lead within the NIHR funded STIMULATE-ICP trial on Long COVID.

https://www.crick.ac.uk/news/2025-09-10_introducing-emma-wall



Dr Terry Segal

Paediatric Consultant, UCLH

Balancing Innovation and Safety in Off License Prescribing: Panel discussion

Dr Terry Segal has been a consultant in general paediatrics, paediatric and adolescent endocrinology and adolescent medicine at University College Hospital London (UCLH) since 2007. She trained in Bristol and London.

She is Clinical Lead for adolescent specialties at UCLH, and Co Leads Transition and developmentally appropriate healthcare for UCLH and Trustee for RCPCH (Royal College of Paediatrics and Child Health).

She was convenor of YPHSIG (Young persons health special interest group) 2018-2021. Passionate about improving young people's health, she enjoys working with others around the country to raise the voices speaking out with and for adolescents to improve their health.

She is co-lead of the Pan London Post COVID service, set up at speed in relation to demand and the largest in the country, and the service has assessed more than 400 children and young people. She is particularly interested in working with young people with complex problems such as ME/CFS Chronic Fatigue Syndrome, persistent physical symptoms, and those with chronic pain and emotional difficulties, and really enjoys working in a multidisciplinary team, including patients where possible in service developments.

She is asked to lecture widely and has published more than 20 articles in peer-reviewed journals in the areas of Post COVID syndrome, ME/CFS, adolescent written and clinical communication, HEADSS psychosocial interview, obesity, pubertal delay, CFS and acne. She has co organised several successful adolescent conferences.



Dr Toby Hillman

Consultant, UCLH

Balancing Innovation and Safety in Off License Prescribing: Panel discussion

Dr Toby Hillman is based at University College London Hospitals (UCLH) and University College London (UCL). He has been involved in post-COVID care from early on in the pandemic and continues to be a core member of the Consultant team in the PIC clinic. Alongside the clinical need to understand and develop management strategies for Long COVID, he has been involved in research looking at the underlying mechanisms, and potential drug therapies for the condition.

His research has explored why mitochondrial issues might cause profound fatigue and exercise intolerance, how blood clotting abnormalities might be associated with exercise limitation, and the physiology of some common treatable traits. He was the PI for the UCLH arm of the STIMULATE-ICP trial, and strongly supports the need for more research into post-infection conditions to identify reliable, safe, evidence-based treatments.



Prof. Amitava Banerjee

**Professor of Clinical Data
Science and Honorary
Consultant Cardiologist
Institute of Health
Informatics, University
College London**

**Balancing Innovation and Safety
in Off License Prescribing: Panel
discussion**

Amitava Banerjee is a professor of Clinical Data Science at University College London, and an Honorary Consultant Cardiologist at University College London Hospitals and Barts Health NHS Trusts. He is a researcher, educator and clinician with interests spanning data science, cardiovascular disease, global health, training and evidence-based healthcare, and, more recently, risk associated with underlying chronic diseases and long COVID. He was the CI of the NIHR-funded STIMULATE-ICP study in Long COVID.

He has served as an advisor to several national and global organisations, including NHS England, the World Heart Federation and Global Burden of Disease Study. Though sub-specialised in heart failure, he maintains a broad clinical practice in acute general cardiology with a particular interest in the diagnosis and management of atrial fibrillation. His work continues to shape how data informs patient outcomes, health equity and policy. He is NIHR National Specialty Lead for Cardiovascular Disease for the Research Delivery Network (RDN), and he is a Board member of the World Heart Federation, and a Strategic Advisory Committee member at the British Heart Foundation.



Prof. Jo House, Health Advocacy Lead, Long Covid Support

Balancing Innovation and Safety in Off License Prescribing: Panel discussion

Jo House is a Professor of Environmental Science and Policy at University of Bristol. She and her husband have had long Covid since March 2020. She now only works part-time.

Jo is a volunteer Health Advocacy Lead at Long Covid Support Charity. She is also a Lived Experience Partner (LEP) for IPIC. Her focus is on clinical provision, clinical guidance, training, research needs and updating NICE guidelines.

Long Covid Support are the secretariat for the recently formed All Party Parliamentary Group on Long Covid, creating opportunities to co-produce policy influence with IPIC. They have a research consultancy and a research facebook group where patients and health care professionals can engage on science and research opportunities.

Previously, Jo was a lived experience member of the NIHR Long Covid steering group and funding committee and the NHSE Long Covid taskforce. She advised on the NICE guidelines and several research projects. She has given talks for NIHR, BMJ (British Medical Journal), Patient Safety Congress and Westminster Health Forum.



Dr Nick Gall

**Consultant Cardiologist
(Arrhythmias and
Neurocardiology)
Honorary Senior Lecturer,
Kings College Hospital**

Recognising and Managing Dysautonomia in Primary Care

Nick is a consultant cardiologist and electrophysiologist specializing particularly in neurocardiology – the interface between neurology and cardiology. This involves the investigation and treatment of dizzy spells and loss of consciousness, where causes can be cardiological, neurological or neuropsychiatric.

He also manages a range of autonomic conditions including postural tachycardia syndrome and inappropriate sinus tachycardia although the more significant autonomic problems are managed through autonomic neurology.

He has spoken at conferences around the world on cardiological, arrhythmic and syncope subjects. He has published widely in the area. He runs, with colleagues, the successful London Syncope meetings and the PoTS masterclasses. He is medical adviser to the charities STARS and HMSA and patron to POTS-UK.



Dr Jayne Woodcock

Clinical Psychologist

Time for a Breather: Soothing Rhythm Breathing / Restorative Exercise

Jayne is a Clinical Psychologist and is a member of the IPIC Society Leadership Group. She is also the Psychology Lead for the Derbyshire Post-Covid Service.

She has particular interests in inter-disciplinary working, providing holistic physical and mental health care, and developing evidence-based and innovative approaches which improve quality of life. Jayne has many years' experience of working with people with long-term physical health difficulties, including older-adult services, memory assessment, stroke rehabilitation, and ten years working within a specialist service for people with ME/CFS.

She believes that all physical health care should be psychologically informed; recognising and supporting adjustment to the emotional, psychological and cognitive impact of long-term illness.



Sarah Barley-McMullen

IPIC Lived Experience Advisory Group Representative

**Embedding patient-generated
knowledge, experiential data,
and narrative evidence as core
inputs for innovation.**

Sarah Barley-McMullen is a former University Diversity and Inclusion Lead and Senior Lecturer who retired in 2022 due to Long COVID. She is the founder of Be Longing for Change Consultancy, supporting charities and communities to embed meaningful inclusion and belonging.

She now focuses on national advocacy work, through NHS England's LGBTQIA+ Sounding Board and has helped shape the 10-Year Quality Strategy, Excellence Experience Framework and Future of Patient Feedback programme.

Sarah is a volunteer with the charity Long Covid SOS. She is also a Lived Experience Partner (LEP) for IPIC and with the Royal College of Anaesthetists, where she advocates to ensure Long COVID and chronic fluctuating conditions are reflected in pre- and post-operative care.

A Stonewall Role Model and founder of the award-winning Pride in Belper, Sarah was a 2024 national finalist in the Patient Experience Network Awards for Lived Experience Contributor of the Year. She lives in Derbyshire with her wife Helen and their cockapoo, Steve.



Prof. Fiona Jones

**Professor of Rehabilitation
Research at City St George's,
University of London**

**Finding a path through the fog - why the Bridges
approach to self-management support is making
a real difference for people with Long Covid**

Fiona is a Professor of Rehabilitation Research at City St George's, University of London, she has led studies to evaluate self-management approaches within healthcare including stroke, brain injury, trauma, and now Long Covid. She was co-Chief Investigator for the LISTEN trial which between 2021-2024, co-designed and evaluated personalised self-management support for people living with Long Covid. She is also co-applicant on several projects including 'TULAY' a Global NIHR funded project which has co-designed and evaluated rehabilitation and self-management support for people with stroke in the Philippines, 'TIPTOE' an HTA funded project evaluating personalised self-management support for older people with joint pain and multimorbidity, and currently a new trial 'SPRING' which is evaluating prehabilitation and early rehabilitation after shoulder replacement. Fiona is the founder and CEO of 'Bridges Self-management' (Bridges), based on accumulating evidence and impact that self-management support is more effective when personalised to individual needs and whole teams utilise language and strategies which prioritise these methods. All Bridges training is co-delivered with people living with long-term conditions and used by 100's of healthcare teams across the UK and internationally. Fiona's focus is on co-design and working in partnership with patients, families, and clinical teams to drive quality in self-management training, interventions, and resources.



Anne Domenev

Finding a path through the fog - why the Bridges approach to self- management support is making a real difference for people with Long Covid

Anne had a long career in the public and third sector before Long Covid upended her life in 2021.

While significantly impacted by the condition, Anne is determined to make the most of what she can do, and when well enough, facilitates training and gets involved in research to improve understanding of how to live well with a long-term health condition.

Anne was part of the co-design team and a co-author on several papers relating to the LISTEN Long Covid trial, as well as being involved in a number of other PPI roles.

Anne's determination, compassion and curiosity remain undiminished, while she forges a new path and pace to her life following illness.

Dr Kiren Collison, Deputy Medical Director for Primary Care, NHA England

Integrating Post Viral Services

Dr Kiren Collison is a GP and Deputy Medical Director for Primary Care, NHS England.

Kiren has a focus on the interface between primary and secondary care and patient safety. She has previously worked across settings, both as provider and commissioner.

She has been the chair of the NHS national long COVID taskforce and is currently working with DHSC on the development of a ME/CFS guidance document to help shape services for people with ME/CFS and other post-infection conditions.



Dr Lynda Odoh, National Medical Director's Clinical Leadership Fellow, NHS England

Integrating Post Viral Services

Lynda Odoh is a National Medical Director's Clinical Leadership Fellow with the National Primary Care Team at NHS England and a GP Registrar. She brings experience across global public health, health service transformation, value-based quality improvement, and health inequalities.

Lynda is jointly leading stakeholder engagement and evidence synthesis to inform national workstreams, ensuring frontline insight shapes the future direction of care in line with the 10 years plan. She is currently part of the national team developing the ME/CFS template service specification, integrating policy, clinical guidance, frontline expertise, and lived experience to help shape services for people with ME/CFS and other post-infection conditions.



Dr Daniel Munblit, Kings College London

**Post-infection sequelae:
the challenge of defining,
measuring, and analysing
what we do not yet fully
understand**

Dr Daniel Munblit is a Reader in Paediatrics at King's College London. His research focuses on clinical research methodology, outcome harmonisation, and evidence synthesis across medical fields. Daniel serves as a lead for outcome harmonisation science at the International Severe Acute Respiratory and Emerging Infection Consortium (ISARIC). During the COVID-19 pandemic, he co-led the PC-COS initiative - an international Delphi consensus project that established core outcome sets for post-COVID-19 condition in both adults and children, and led the Sechenov StopCOVID cohort, a prospective hospital-based study of COVID-19 sequelae in adults and children. He served as an external reviewer of the WHO clinical case definition for post-COVID-19 condition in children and adolescents and is a member of the WHO Guideline Development Group for clinical management of post-COVID-19 condition. More recently, Dr Munblit has been leading the WHO-commissioned COSMEMS project, which aims to develop a core outcome set for acute brain infection sequelae.



Anna Gregorowski

Consultant Nurse

Working collaboratively in a changing landscape

Anna Gregorowski - Consultant Nurse in Adolescent Health with a special interest in ME/CFS (myalgic encephalomyelitis/ chronic fatigue syndrome), long COVID, Developmentally Appropriate Healthcare (DAH) and Transition to Adult Care. BSc, MA, RSCN

Anna works as a consultant nurse in TRACCS (Treatment and Rehabilitation of Adolescents and Children with Complex Conditions service) at University College London Hospital (UCLH). Anna provides treatment, care and support for children and young people with complex conditions including chronic fatigue syndrome (ME/CFS) and long COVID. Anna led this service from 2016 to 2025.

Anna is Chair of the British Association of Clinicians in ME/CFS (BACME) since 2019. She assisted in the development of NHS England long COVID information for children and young people, participates in developing national guidance, was a member of the Department of Health and Social Care ME/CFS research group and task and finish working group, contributed to NHS England ME/CFS e-learning modules, and is involved in NHS England ME/CFS pathway development. Anna recently became the Developmentally Appropriate Healthcare (DAH) Lead for children and young people in the Paediatric and Adolescent Division at University College London Hospital.