



BSPRM

IPIC

(INTERNATIONAL POST COVID & POST INFECTION
CONDITIONS SOCIETY)



International
Post Covid & Post Infection
Conditions Society

2026 ANNUAL CONFERENCE

POST COVID & POST INFECTION CONDITIONS

TURNING KNOWLEDGE INTO ACTION: BRIDGING THE GAP FOR POST INFECTION CONDITIONS



25 MARCH

TRENT CONFERENCE
CENTRE, NOTTINGHAM

CONTENTS



1 AGENDA 9:30-11:15

2 AGENDA 11:15-14:30

3 AGENDA 14:30-16:50

4 ORAL ABSTRACT PRESENTATIONS

5 POSTER ABSTRACT PRESENTATIONS

7 VENUE

8 ADDITIONAL INFO

Safety Note

Please also note that we will provide HEPA filters and ventilate the room as much as possible. We will also provide FFP2 masks. Those who have illness symptoms are requested to wear a FFP2 mask inside the conference room at all times.

AGENDA



08:30



REGISTRATION & TEA/COFFEE

09:30

SESSION 1

TURNING KNOWLEDGE INTO ACTION: BRIDGING THE GAP FOR POST INFECTION CONDITIONS

Speaker: Rebecca Livingston (Co-Chair IPIC Society)

09:40

SESSION 2

KNOWLEDGE FROM RESEARCH: EMERGING EVIDENCE AND NEW DIRECTIONS

A Year in Review: Research Update for Post Infection Conditions

Speaker: Prof Emma Wall (Clinical Professor of Infectious Diseases and Clinical Research Group Leader at the Crick)

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

Speaker: Dr Lisa Quadt (Principal Research Fellow University of Sussex)

(Chairs: Dr Terry Segal & Dr Harsha Master)

10:45



TEA/COFFEE BREAK

AGENDA



11:15

SESSION 3

KNOWLEDGE FROM CLINICAL PRACTICE: DELIVERING CARE WHEN THE EVIDENCE IS LIMITED

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

Dr Melissa Heightman (Panel Chair)

Panel Speakers: Dr Toby Hillman, Prof Emma Wall, Mark Faghy, Prof Ami Banerjee, Dr Terry Segal, Prof Jo House

Recognising and Managing Dysautonomia in Primary Care

Dr Nick Gall, Consultant Cardiologist (Arrhythmias and Neurocardiology)
Honorary Senior Lecturer, KCL

Time for a Breather- soothing rhythm breathing/ restorative exercise.

Speaker: Dr Jayne Woodcock (Clinical Psychologist)

(Chair: Kate Hayward)

12:20



LUNCH AND POSTERS

13:30

SESSION 4

KNOWLEDGE FROM LIVED EXPERIENCE: VOICES THAT TRANSFORM UNDERSTANDING

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

Speaker: Sarah Barley McMullen (Lived Experience Partner)

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

Speaker: Professor Fiona Jones (City St Georges University of London and Co-CI LISTEN trial) and Anne Domeney

A Young Person's Guide to Long Covid. Stories made from research of lived experience.

Speaker: Hannah Cowan on Behalf of Covid Made Long

(Chair: Dr Jayne Woodcock)

AGENDA



14:30

ORAL ABSTRACT PRESENTATIONS

15:10



TEA/COFFEE BREAK

15:40

SESSION 5

GOING VIRAL: FUTURE CARE MODELS FOR A POST TESTING ERA

Integrating post viral services

Speakers: Kiren Collison (Deputy Medical Director for Primary Care, NHSE),
Dr Lynda Odoh (National Medical Director's Clinical Leadership Fellow - NHSE)

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

Speaker: Dr Daniel Munblit

BACME; Working collaboratively in a changing landscape

Speaker: Anna Gregorowski (BACME Chair)

Showcase of Integrated Post Viral and ME/CFS services

Speaker: Lizzie Worsley

(Chairs: Dr Anirban Gupta & Dr Melissa Heightman)

16:40

CLOSING REMARKS

Speaker: Dr Anirban Gupta (IPIC Society Co-Chair)

16:50



CLOSE

IPIC ORAL ABSTRACT PRESENTATIONS



ID	Presenter	Title
9	Frances Thompson	Psychological Medicine Post-COVID Service Evaluation: treatment outcomes of a mental health service supporting patients with the psychological impact of long COVID
19	Shanice Tulloch	Computerised cognitive training benefits cognition in older adults with cognitive impairment in Long Covid: Outcomes from the BEACON randomised controlled trial
23	Abi Davison-Jenkins	Clinician Perspectives on the Similarities and Differences between ME/CFS and Long COVID in Children and Young People
29	Monica Samuel	Evaluating the role of the Nasa lean test (NLT) in supporting diagnosis & management of dysautonomia in young people in a tertiary Post COVID Syndrome (PCS) service for children and young people (CYP).

IPIC POSTER ABSTRACT PRESENTATIONS



ID	Presenter	Title
1	Alice Halim	Association Between Influenza Infection and Subsequent Parkinson's Disease Diagnosis: A Systematic Review and Meta-Analysis
2	Claire Jones	Driving Change and Enhancing Care: The evolving role of Advanced Practitioners in post-COVID and post-infection services
3	Kate Kontou	How can we design exercise-based rehabilitation programmes to make them more acceptable for Long Covid patients? A qualitative evaluation
4	Emily Cooper	Defining Long Covid – Using illustration to bring to life people's experiences of persistent symptoms of Covid-19.
7	Sneha Chakraverty	Pulmonary Rehabilitation for People with Long COVID: A Systematic Review and Meta-Analysis of Short- and Long-Term Effects
8	Fleur Granger & Julie Lomax	Delivering Access, Equity, and Health Outcomes: The Impact of Self-Referral Pathways in Long Covid Services
10	Natasha Walker	What are the barriers for people with long COVID in returning or remaining in their employment: A scoping review.
12	Kate Dharmarajah	Biopsychosocial Factors in Paediatric Post-Covid Syndrome: Emphasis on Weight Trends
13	Cassie Lee	What can we learn four-years on? A multi-centre service evaluation exploring symptoms, functional impact, recovery and care pathways in Long COVID.

IPIC POSTER ABSTRACT PRESENTATIONS



ID	Presenter	Title
14	Kate Dharmarajah	Demographic trends in access to Paediatric Long Covid services - do the children and families who need us reach us?
15	Julie Lomax	Service Evaluation of a virtual Physiotherapist-led group exercise intervention for people with Long Covid
16	Kate Dharmarajah	Autism in Paediatric Long Covid - How do services need to change to meet future need?
17	Viveka Guzman	Making sense of Long COVID: A qualitative analysis of emerging representations and their impact on individual trajectories with the condition in England
21	Janet Scott	NASA Lean Tests conducted at home are safe and acceptable to Long COVID patients.
22	Viveka Guzman	Return to normal or a new normal? Lived experiences and conceptualizations of recovery among people with persistent COVID-19 symptoms in the REACT Cohort
26	Manka Patel	"Feeling Understood" - Service User' experience of a specialist Long Covid Service.
27	Michael Broadbery	Characterising Breathing Pattern Disorder within Long COVID
28	Alison Thorne	Patient outcomes and experiences of the Sheffield Long Covid Hub exercise group

IPIC POSTER ABSTRACT PRESENTATIONS



ID	Presenter	Title
30	Monica Samuel	Management and outcomes of children and young people (CYP) seen in a specialist tertiary post-COVID service
5	Lois Botham	Breathing pattern disorder: outcomes from an activity and better breathing module

VENUE INFO



Trent Vineyard Conference Centre, Nottingham

**Unit 1,
Easter Park,
Lenton Lane,
NG7 2PX**

DIRECTIONS

Venue is located a few mins walk from Gregory Street Tram stop which is 7-8 minute tram ride into Nottingham City Centre.



PARKING

300 on site spaces, free of charge



DISABLED ACCESS

Fully accessible building, with a lift to first floor, same access points for all, and disabled parking spaces are available

ADDITIONAL INFORMATION



PHOTOGRAPHY

Please be aware that there may be a photographer present at the conference. Any photographs taken during the course will be used on our website, social media and in our newsletter and future IPIC educational material.



SOCIAL MEDIA

We welcome your social media posts from the conference. Please follow us on our social media platforms, tag us and use the hashtag #IPIC



BECOME A IPIC MEMBER

If you are not already a member of the CPCS, have you thought about joining us? If you are interested in joining or would like to know more, please visit our website: <https://www.ipicsociety.org.uk/>



FEEDBACK & CERTIFICATE

On completion of the conference, we will send you a feedback form to fill out. Once we have received your completed feedback form, we will send your conference attendance certificate by email. Your feedback is important to us and we are very interested to hear your thoughts on the conference.



THANK YOU

IPIC thanks everybody involved in the organisation of the conference, and the faculty and speakers for all their hard work and dedication to the Society. We are grateful to all course volunteers and our wonderful conference sponsors and would like to thank them all for their time and support.



[ipicsociety.org.uk](https://www.ipicsociety.org.uk)



admin@ipicsociety.org.uk