



# Year of Care Community Network Event

## 20.09.17



### Keynote speakers

#### Professor Alf Collins

Professor Alf Collins is a doctor, commissioner, researcher and national policy advisor in person-centred care.

He has researched and published widely on self-management support, shared decision making, care planning, co-production, patient activation and patient engagement.

Alf has worked with others to develop a number of measures of person-centred care, including the 'clinician support for patient activation measure'.

He has a visiting professorship in person-centred care from Coventry University and Honorary Fellowships at the Royal College of Physicians and the Royal College of General Practitioners.



#### Dr Robert Westgate

Dr Robert Westgate is an NHS General Practitioner, GP Trainer & Year of Care Trainer.

He graduated from Newcastle upon Tyne Medical School in 1993 prior to completing general practice training in Cumbria. He works as a GP and Medical Director for Carlisle Healthcare in a busy city centre practice serving 37000 patients.

He helped to embed both structured education and personalised care planning into routine care for adults with diabetes and leads ongoing work both within the practice and North Cumbria CCG towards the integration of health and social care services to improve the lives of people living with frailty.

Care and support planning has been a key building block in this work.



#### Dr Sue Arnott

Sue has been a GP in NHS Lanarkshire for 20 years with a special interest in Diabetes.

She has been the Lead Clinician for the Diabetes MCN in Lanarkshire for the last 8 years, the Lead Clinician for the House of Care for 2 years and a National Trainer with Year of Care Partnerships.

She has a passion for communication, realistic medicine and self-management. She has worked to implement the House of Care approach both at a GP Practice and organisational level as part of the Primary Care Transformation strategy in Lanarkshire.

She is married with 3 grown up children and in the little spare time she enjoys walking and relaxing at her caravan with her 2 West Highland Terriers (and her husband) in South Ayrshire.

