

Lymphoma Focus Day

Lymphoma Action National Conference 2020

Saturday 16 May 2020, etc.venues Manchester, 11 Portland Street, Manchester M1 3HU

Programme

09.30 Registration with refreshments and exhibition

10.00 **Welcome address** - Lymphoma Action

10.10 **Personal story:** a personal experience of Hodgkin lymphoma

10.30 **About lymphoma session** (select one of the following)

Hodgkin lymphoma

Prof John Radford
Professor of Medical Oncology

Low-grade non-Hodgkin lymphoma

Dr Kim Linton
Honorary Consultant in
Medical Oncology

High-grade non-Hodgkin lymphoma

Dr Adam Gibb
Clinical Research Fellow

11.30 *Break with refreshments*

11.45 **Parallel session** (select one of the following)

Active monitoring

Sarah Wells
Lymphoma Clinical Nurse
Specialist

Late effects of lymphoma

Rachel Broadbent
Registrar in medical oncology

Enhanced supportive care*

Dr Richard Berman
Consultant in Palliative
Medicine

12.30 **Personal story:** a personal experience from a mother of a daughter with lymphoma

12.45 **A healthy lifestyle: diet and nutrition** - *Speaker to be confirmed*

13.15 *Lunch (hot and cold buffet options) & exhibition (Thames lounge)*

14.15 **Parallel session - toolkits** (select one of the following)

Practical toolkit: Fatigue & physical exercise*

Jennifer Woods, Senior Occupational Therapist
and Evan Edwards, Physiotherapist

Emotional toolkit*

Dr Graeme Gillespie
Consultant Clinical Psychologist

15.15 *Break with refreshments and exhibition*

15.30 **New and future treatments** - Prof John Radford / Dr Kim Linton

16.30 Closing remarks

This is a draft programme and may change.

** More details over page*

Lymphoma Focus Day *details of sessions*

Enhanced supportive care

Dr Richard Berman, Consultant in Palliative Medicine

Enhanced supportive care is an approach to providing support and management to an individual with cancer throughout their experience of the condition, from diagnosis and treatment to longer-term management and survivorship. It includes support traditionally considered as 'palliative care' (focusing on improving the individual's quality of life and on their psychosocial and spiritual needs, often recognised as being offered as the end of life). It also includes 'supportive care' provided through the prevention and management of symptoms and side effects of treatment. This approach focuses on the value and importance of this support at every stage of the person's cancer experience.

Practical toolkit

Jennifer Woods, Senior Occupational Therapist & Evan Edwards, Physiotherapist

This session will provide an overview of the benefits of exercise in promoting health and wellbeing following a cancer diagnosis. The session will also consider the barriers to exercise - in particular fatigue. Fatigue is a common problem for people with cancer and can have a negative impact on their ability to participate in everyday activities - and therefore affect their quality of life. The session will provide an overview of what cancer-related fatigue is and provide useful tips on how to manage it.

Emotional toolkit

Dr Graeme Gillespie, Consultant Clinical Psychologist

This session will focus on managing the impact of lymphoma, including stress, anxiety and depression, and look at strategies for coping.