



Thursday 5th March 2026

11:00 – 13:00  **Registration and poster set up**
 Registration Mayflower foyer
 Poster set up Mayflower 1

12:00 – 13:00  **Lunch** Hotel restaurant

13:00 – 13:15  **Welcome and introduction** Mayflower 2
 Prof. Helen Atherton and Prof. Tracey Sach
Heads of Primary Care Research Centre (PCRC), University of Southampton

 Prof. Diana Eccles
Dean of Medicine, University of Southampton

13:15 – 13:55  **Plenary session 1: Dr Manni Sidhu** Mayflower 2
 The Key Realities and ‘Truths’ of At-Scale Primary Care

Skip to....

Day 1:











Parallel session 2


Day 2:


Opening and Parallel session 3

Parallel session 4

14:00 – 15:00 **Parallel session 1**

	1.1: Infections and respiratory Location: Mayflower 2	1.2: Older adults, aging and MLTCs Location: Standish	1.3: Skin + Allergy Location: Winslow	Workshop 1 Location: Bradford
	Chairs: Nick Francis + Kristin Veighey	Chairs: Sara McKelvie + Emilia Holland	Chairs: Miriam Santer + Helen Atherton	Chair: Hollie Birkinshaw
14:00 – 14:15	Paul Little: 12-month follow-up of a randomised open-label trial of nasal sprays and a behavioural intervention for respiratory tract infections (RTIs) in primary care	Hannah Wheat: How can a primary care-based dementia support worker model generate change? High volume qualitative findings from the Dementia Personalised Care Team (D-PACT) realist evaluation	Joanna Slodkowska-Barabasz: Exploring young people’s experiences of using the Acne Care Online intervention: qualitative process evaluation nested within a RCT	Hannah Bowers, Sarah Denford, Cynthia Ochieng & Sarah Bennett Co-developing primary care interventions: Inclusive methods for research and public involvement
14:15 – 14:30	Marcia Takahashi: An economic evaluation of the immune defence trial: Are nasal sprays and lifestyle advice cost-effective means of reducing the impact of Respiratory tract infections for individuals at high risk?	Rosie Essery: Parallel randomised controlled trials of a digital intervention to protect cognitive health in adults aged 60-85 with, and without, impairment	Mary Steele: Optimising the Acne Care Online intervention: community engagement with young people with ethnically diverse skin tones	
14:30 – 14:45	 14:30: Sascha Miller — A systematic review of behavioural interventions for prevention of recurrent urinary tract infections	Hilda Hounkpatin: Remission in multiple long-term conditions and associations with sociodemographic characteristics and mortality: an observational cohort study	Sara McCloskey: Is the EQ-5D-5L a valid and responsive generic preference-based measure of health-related quality of life for women with persistent acne?	
	 14:35: Harry Ahmed: Research Priorities for Community Acquired Pneumonia in the UK: A James Lind Alliance Priority Setting Partnership			
	 14:40: Jose Ordonezmen: Epidemiology of RSV, influenza, and COVID-19 among adults in a POCT cohort: A Primary Care Observational Study in England across 2023/25 (ObservatARI)			
14:45 – 14:50	 Leigh Sanyaolu: Identifying Research Priorities for Recurrent and Chronic UTIs: A James Lind Alliance Priority Setting Partnership	 Tassella Isaac (presented by Aman Jat): Understanding the Rate and Timing of Accumulating Multiple Long-Term Conditions: A Nationwide Linked Primary Care Cohort Study in England	 Devika Sunil: A comparison of emollient prescribing formularies/guidelines in England and Wales, 2024-2025: a cross-sectional study	
14:50 – 14:55	 Kate Wighton: The impact of multimorbidity in people with asthma: a rapid review	 Kinda Ibrahim: Outcomes of medicine optimisation and deprescribing intervention for older people with dementia or mild cognitive impairment: a systematic review	 Goldie Putrym: Co-producing food allergy prevention research: involving diverse public partners through community outreach	
14:55 – 15:00		 Dorian Poulton: Improving Equality in Multiple Long Term Conditions Research: Findings of an Equity Impact Assessment		

15:00 – 15:25  **Refreshments** Mayflower lobby and 1st floor Mezzanine
Posters Mayflower 1

15:30 – 16:10  **Prize winning abstract presentations** Mayflower 2
 Chair: Nazrul Islam

15:30: Pradeep Virdee - External validation of the Full BLOOD count TRends for colorectal cAnCer deteCtion (BLOODTRACC) risk prediction models in English primary care

15:50: Aman Jat - Inequity in Premature Mortality: A Retrospective-Cohort Study of 4.3 Million Adults Under 60 With Multimorbidity

16:15 – 17:15 **Parallel session 2**

	2.1: Health Inequalities, Inclusion and Vulnerable populations 1 Location: Mayflower 2	2.2: AI and Digital Health 1 Location: Standish	2.3: Diagnosis and Long-term Conditions Location: Winslow	2.4: Public Health and Prevention Location: Bradford
	Chairs: Merlin Willcox + Lucy Potter	Chairs: Nazrul Islam + Joanna Slodkowska-Barabasz	Chairs: Paul Little + Nour Odeh	Chairs: Harry Ahmed + Ioannis Saxonis
16:15 – 16:30	Sascha Miller: Working together with Autistic Adults to Widen Research Participation in Primary Care.	Withdrawn presentation	Kristin Veighey: Understanding risk stratification of patients with chronic kidney disease (CKD) risk in primary care: a qualitative study	Elizabeth Morris: A randomised controlled trial of a low-carbohydrate digitally-supported weight loss programme for people with type 2 diabetes
16:30 – 16:45	Jane Vennik: Carer support for people with learning disabilities attending annual health checks in UK primary care: a qualitative interview study	Rachel Greer: Remote Vital Sign Monitoring in Acutely Unwell Hospital at Home Patients: a Feasibility Study	Tassella Isaac (presented by Aman Jat): Association Between the Number of Long-Term Conditions and Social Care Needs: A Population-Based Primary Care Study in England	Grace Lewis: Patient and clinician experiences of a FeNO-guided asthma management intervention in primary care
16:45 – 16:50	Mary Steele: Optimising a digital intervention to support parents and carers of children with ADHD and sleep problems	Yousef Yousef: Navigating NHS Digital Technology Assessment Criteria: A Practical Framework for Commercial Digital Health Developers	Pradeep S. Virdee: Blood test trends for cancer detection in patients presenting with non-specific symptoms in primary care: a diagnostic accuracy, longitudinal cohort study	Rosina Cross: Improving support for physical activity promotion in general practice: Insights from healthcare professionals and patients to inform the GP Physical Activity Toolkit
16:50 – 16:55	Sian Holt: MINDS: Understanding Mental Health Experiences in Autistic/ADHD/AuDHD Adults in Primary Care	Lysanne Michels: Digital Fatigue and Computerised Health Technologies: A Rapid Review	Dawn Swancutt: Developing support for patients with severe obesity in primary care: Feasibility of delivering an adapted specialist behaviour change programme – the PROGROUP study.	Maclyn Augustine: Prevalence and predictors of antibiotic use for asthma exacerbations in primary care: a secondary analysis of data from the DEFINE-RCT.
16:55 – 17:00	Eunice Aroyewun: Engaging young asylum seekers in primary care research: The joy of being heard	Hilda Hounkpatin: Tackling bias due to missing data in primary care electronic health records: a systematic scoping review	Caity Roleston: Mapping and exploring alternatives to the current diagnostic pathways for patients in the UK with suspected COPD: A mixed methods study for the CORMORANT programme	Ellen Van Leeuwen: The psychotropic 10days: a National Awareness Campaign Promoting Rational Use of Antidepressants and Benzodiazepines in Belgium
17:00 – 17:05	Sarah Denford: Understanding Vaccination Uptake Amongst People from Gypsy, Roma and Traveller Communities: A qualitative Interview Study	Armina Paule: Clinical decision making when using patient facing online triage tools: qualitative survey and focus groups.	Hannah Bowers: Exploring perspectives of long-term anti-depressant use and discontinuation in the context of socioeconomic deprivation	Isla Davis: Perspectives and preferences on the content and delivery of preconception care in primary care among people of reproductive age and primary care professionals: a mixed methods systematic review
17:05 – 17:10	Temitope Okunola: Document Analysis of Grey Literature on Health Systems' Readiness to Address Intimate Partner Violence and Non-Partner Sexual Violence During Pregnancy in Ekiti State, Nigeria	Lucy Smith: A Novel Framework for Operationalising Patient and Public Involvement: Lessons from Designing an AI-Informed Exercise Prescription Grant	Sarah Price: Who are we missing? Underdiagnosis of Coeliac Disease in the UK: A Mixed-Methods Systematic Review	Parveen Kaur Dhesi: Resident Priorities and the Social Determinants of Health: Co-producing Research Themes for the Tower Hamlets Health Determinants Research Collaboration (HDRC)
17:10 – 17:15	Shuvasree Maitra: How has cultural, historical, and gender principle been defined, implemented and evaluated within a trauma-informed approach in adult healthcare: a scoping review			

17:15 – 18:30  **Free time**


18:30 – 19:15  **Drinks reception in the Atrium bar**

19:30 – 00:00  **Conference dinner followed by DJ and dancing** Mayflower 2

Friday 6th March 2026

08:00 – 09:00		Special Interest Group (SIG) Breakfast meetings Continuity of Care SIG Standish Digital Technologies in Primary Care SIG Winslow
08:45 – 09:00		Coffee Mayflower lobby and 1 st floor mezzanine Registration Mayflower foyer
09:00 – 09:05		Welcome and introduction to day 2 Mayflower 2 Prof. Nick Francis <i>Head of Primary Care, Population Sciences and Medical Education (PPM), University of Southampton</i>
09:05 – 09:45		Plenary session 2: Dr Jess Watson Mayflower 2 Inclusive Digital Health? Making Blood Test Results Accessible for All

09:50 – 10:50 Parallel session 3				
	3.1: Societal and organisational perspectives of primary care Location: Mayflower 2	3.2: Communication and teamworking in primary care Location: Standish	3.3: AI and Digital Health 2 Location: Winslow	Workshop 2 Location: Bradford
	Chairs: Pritti Aggarwal + Merlin Willcox	Chairs: Kinda Ibrahim + Catherine Woods	Chairs: John McBeth + Kate Greenwell	Chair: Sarah Denford
09:50 – 10:05	Olivia Geddes: An exploration of institutional, organisational and professional factors that influence the implementation of decarbonisation actions in general practice: a longitudinal qualitative study	Rachel Brettell: Closing the 'Feedback Gap' in Out-of-Hours Primary Care: Insights from a Qualitative Study of Urgent Primary Care Providers	Lucy Smith: Artificial-Intelligence informed exercise prescriptions in primary care: Perspectives from people with long-term conditions, their carers, and healthcare professionals.	Agayla Ramanathan, Katie Heneghan and Louise Younie: What does connection in healthcare look like to you? Modelling how creative enquiry enables human dimension learning
10:05 – 10:20	Nada Khan: Retaining the experienced GP in practice: Workload, resources and retention, a qualitative study	Rachel Winder: Feasibility testing of a communication tool intervention aimed at improving cancer diagnosis pathways in general practice for patients with anxiety and/or depression	Zhanna Oganeseva and Sonya Panchenko: HERON: Health Technology for Chronic Respiratory Disease - Exploring and Mapping Unmet Needs	
10:20 – 10:35	Lucy Potter: Interventions to improve Inclusion Health in General Practice: a realist review	Katie Read: Patient views of empathic and optimistic communication for painful and heavy menstrual bleeding in primary care: A qualitative interview study using vignettes	⚡ 10:20: Peter Edwards: Bristol Atomised Consultation Checklist (BACC): development and application to benchmark AI scribe note accuracy compared with GP notes ⚡ 10:25: Jenny Anderson: Evaluation of AI-Generated Patient-Friendly Consultation Summaries in Primary Care ⚡ 10:30: Marta Wanat and Zhanna Oganeseva: Decoding breath: Clinician and patient perspectives on AI-powered Smartphone Audio Applications for Airways Disease	
10:35 – 10:40	⚡ Mary Carter: How are multidisciplinary teams impacting continuity of care? A qualitative exploration of the case of practice-based pharmacists in general practice in England.	⚡ Katie Read: Primary care practitioners' views on empathy and optimism in primary care consultations about painful and heavy menstrual bleeding: A qualitative interview study.	⚡ Noah Marshall: Harnessing Generative AI Agents for Mental Health: A Systematic Review of the Acceptability and Effectiveness of Interventions	
10:40 – 10:45	⚡ Rosina Cross: Evaluating the Active Practice Charter: associations between accreditation, quality outcomes and equity in English general practice	⚡ Felicity Bishop (presented by Faris Al-Khalili): Adapting the "EmpathicO" communication e-learning package for use in medical education.		
10:45 – 10:50	⚡ Lucy Frost: What are GPs views on their role in home visiting in providing effective, equitable, sustainable and efficient in-hours primary care?			

10:50 – 11:20		Refreshments Mayflower lobby and 1 st floor mezzanine Posters Mayflower 1
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11:25 – 12:40 Parallel session 4

	<p>4.1: Health Inequalities, Inclusion and Vulnerable populations 2</p> <p>Location: Mayflower 2</p>	<p>4.2: Evaluating and optimising primary care delivery</p> <p>Location: Standish</p>	<p>4.3: Chronic Conditions and Integrated Care Pathways</p> <p>Location: Winslow</p>	<p>4.4: Prescribing and Medications Management</p> <p>Location: Bradford</p>
	Chairs: Hannah Bowers + Mary Steele	Chairs: Adam Geraghty + Sascha Miller	Chairs: Hazel Everitt + Lucy Smith	Chairs: James Faulkner + Hilda Hounkpatin
11:25 – 11:40	Nathaniel Aspray: The Role Of Community Health Workers In Migrant Health Screening In High Income Settings: A Systematic Review	Asma Chaabouni (presented by Gary Abel): Can Mortality Indicate Prognosis in Primary Care? An External Validation Study	Rachel Davies: "If I had known she was going to die in hospital I would have kept her at home": Results from an ethnographic study of hospital admission decision-making in the final year of life	Kinda Ibrahim: The importance of a relationship-centred approach to deprescribing for people with dementia or mild cognitive impairment in primary care: a qualitative study
11:40 – 11:55	Frances Rose: Point of care testing for people experiencing homelessness: survey of perspectives from primary healthcare workers	⚡ 11:40: Daniela Strelchuk: Recording of post-traumatic stress disorder (PTSD) diagnoses and symptoms in UK primary care	Shraddha Sriraman and Yahye Abdalle: A web-based analysis of patient information tackling Heart Failure and participation in Physical Activity- part of the HAPPY study	Eloise Radcliffe: Implementing a complex multidisciplinary medication review and deprescribing intervention in primary care for older people living with frailty and polypharmacy (MODIFY): a feasibility study.
		⚡ 11:45: Geil Han Astorga: Strategies for navigating clinical trial participant recruitment in primary care: a scoping review		
		⚡ 11:50: Vanessa Perrott: Cross-Cultural Trust in Clinical Supervision of IMGs: Measurable or Meaningful?		
11:55 – 12:10	Katie Arundell: Embracing Pride to assess perceptions of primary care cancer research involvement among the LGBTQ+ community: a public engagement project to improve inclusivity in health and care research	⚡ 11:55: Clare Clement: Evaluating and Optimising CRP Point of Care Testing for Lower Respiratory Tract Infections (LTRIs) in Wales: The SPARROW study	Alison Rowsell: Couples' experiences of living with low back pain: qualitative interviews with people with persistent low back pain and their partners	Nour Odeh: Views and Experiences of healthcare professionals on prescribing antibiotics in primary care for acute respiratory symptoms in people with asthma: a qualitative interview study
		⚡ 12:00: Stuart Spicer: Evaluating the patient journey through integrated mental health services using routinely collected data: the utility of the DIALOG patient-reported outcome and experience measure.		
12:10 – 12:25	Merlin Willcox: Community perspectives on maternal and perinatal death reporting and review in three African countries		Sian Holt: Exploring Lived Experiences and Views on Antidepressant Treatment in Chronic Pain: A Qualitative Study (ELEVATE)	Tomazo Kallis: How do patients prescribed polypharmacy experience clinical uncertainty about their care? A semi-structured interview study.
12:25 – 12:30	⚡ Mary Mbuo: Stakeholder engagement for improving data quality in Maternal and Perinatal Death Surveillance and Response (MPDSR) in Ghana, Ethiopia and Uganda: A Political Economy Analysis		⚡ Chris Horler: Safety-netting advice for people with musculoskeletal conditions: A scoping review	⚡ Maclyn Augustine: The BLIS study: a feasibility study assessing compliance, acceptability and colonisation with different dosing regimens of the probiotic supplement Streptococcus salivarius K12 (Bactoblis®) in adults
12:30 – 12:35	⚡ Immaculate Ajok Okello: Navigating life with Type 2 Diabetes: A qualitative interview study on self-management insights from Black African/Caribbean people in the UK.		⚡ Emilia Holland: Prevalence and associations of patient-centred burden concepts in people with long-term conditions; a cross-sectional analysis in a large linked routine dataset	⚡ Bernardo Meza-Torres: Monitoring adherence to national prescribing guidelines using real-time primary care data for cardiometabolic diseases through audit-based-education
12:35 – 12:40	⚡ Richard Byng: Integrating lived experience involvement in recruitment and delivery to enhance engagement in research for people with polypharmacy related to pain and distress		⚡ Andrew Turner: Real-World Use of Topical Treatments in Paediatric Eczema – the STRIPE study.	⚡ Ellen Van Leeuwen: General Practitioner and Pharmacist Support for Antidepressant Discontinuation (GPS-AD trial): protocol for a cluster randomised pragmatic trial in primary care

12:45 – 13:00  **Prize giving and close** Mayflower 2
 Prof. Helen Atherton, Head of PCRC, University of Southampton
Introduction to SW SAPC 2027 Mayflower 2
 Prof. Richard Byng, Head of Community and Primary Care Research Group, University of Plymouth

13:00  **Packed lunch and departure** Mayflower lobby