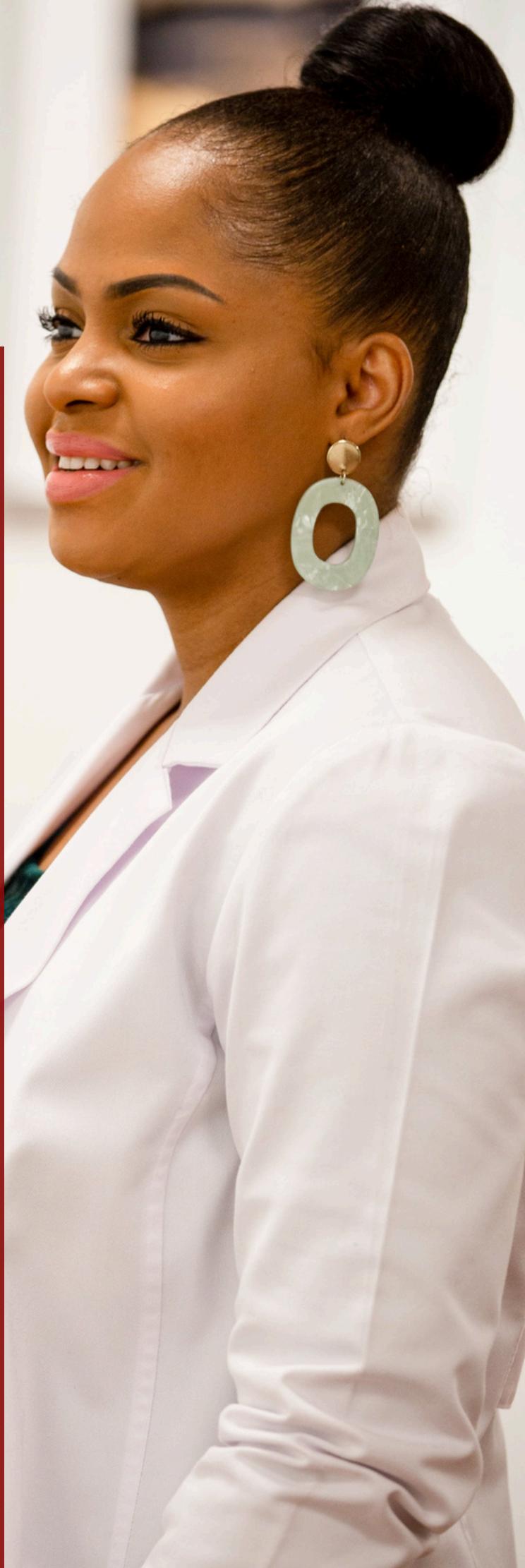




Hot topics and a step into the past

Annual Health Conference
24 June 2024
9.40am - 4.30pm
Coram Campus, London

corambaaf.org.uk



Introduction

What are "Hot topics"?

- New developments
- Emerging practice, ideas and innovation
- Issues that matter
- The current conversations and challenges in our workplace
- Finding out about the national picture

We are bringing together practice and ideas that are current, relevant to you and which matter. Today's presentations, workshops and stalls will cover quite a range of "hot topics."

We are all very aware of the huge pressures in the NHS and social care. We must also remain conscious today of recent concerning headlines in child health.

"Urgent action needed on failing child health

Child health in the UK is deteriorating. In recent years, the infant survival rate in the UK has stalled and is worse than in 60% of similar countries. There is higher demand for children's mental health services, an increase in the number of children who have obesity and a decrease in children having vaccinations, and tooth decay remains the leading cause of children's hospital admissions."

Feb 2024 The Academy of Medical Sciences

Turning the curve on this is a huge task. It forms the backdrop for health services working with children in care and care leavers. Despite this, the appetite for sharing new ideas and better ways of working is palpable. That is why we are all here today. In this environment, against this challenging and troubling context, we are working to do what we can to make improvements.

There are good news stories and positive trends, some of which we will explore today. These include:

- Many children in care health teams are finding better ways to identify and meet the needs of children.
- The rapidly evolving science of genomics is helping change outcomes for individuals.
- Conditions such as FASD are no longer only understood by a handful of people.
- The statutory guidance "Promoting the Health and Wellbeing of Looked after Children" is being updated. This guidance is a key driver for the way services are delivered. We want everyone attending today to hear the latest and have an opportunity to express their thoughts and ideas.
- The chance to explore the latest thinking in therapeutic approaches.
- Hear about new CoramBAAF resources helping practitioners to navigate the child's online world.

We are excited about today! We look forward to the conversation on current innovation and challenges and the ways we can all make a difference.

A step into the past

In the afternoon at the Foundling Museum, you will find yourselves surrounded by pictures and memories of other people who cared about the health and care of society's most vulnerable children.

Perhaps we will find ourselves reflecting on what has changed, but also what challenges we share with these faces and voices from the past.

References

["Prioritising early childhood to promote the nation's health, wellbeing and prosperity report" Academy of Medical Sciences 2024](#)



Programme times and speaker details

9.40am Registration

10am **Welcome | Ellen Broomé, Managing Director CoramBAAF**

10.10am Genomics presentation | Dr Eleanor Hay Clinical Genetics Consultant Great Ormond Street Hospital

10.50am Fetal Alcohol Spectrum Disorder: Current research and future directions | Dr Alan Price, Lecturer in Psychology University of Salford

11.25am **Break**

11.45am Blitz presentations

1pm **Lunch**

2.05pm Workshops round one

2.55pm **Break**

3.15pm Workshops round two

4.10pm **Closing comments | Carol Homden CBE Coram Chief Executive**



What is geonomics?

New genomic technologies are changing the face of modern health. Great Ormond Street Hospital's (GOSH) genomic medicine programme is using these technologies to develop effective interventions for childhood diseases before and after birth.

Applying genomics to child health can improve early diagnosis and overall understanding of childhood diseases. It can also open the door to developing new treatments for patients with rare conditions.

We are delighted to welcome Dr Eleanor Hay to this year's Annual Health Conference to speak to us about the groundbreaking developments made by GOSH's research team in recent years.

GOSH's Genomic medicine 5 key workstreams:

1. Using genomic sequencing to increase the rate of diagnosis for children with rare diseases.
2. Combing large-scale genomic datasets with electronic patient records to identify new associations between genetics and clinical presentations.
3. Furthering our expertise in the area of 'cell-free DNA' to improve non-invasive pre-natal diagnosis and tumour monitoring.
4. Leading research into pathogenic genomics and how data can be used as part of infection control.
5. Investing in new genomic technologies, like single cell sequencing and machine learning, to further our understanding and improve the treatment of rare diseases."

[**Genomic medicine | Great Ormond Street Hospital**](#)

What is Fetal Alcohol Spectrum Disorder (FASD)?

FASD results when prenatal alcohol exposure affects the developing brain and body. FASD is a spectrum. Each person with FASD is affected differently. While more than 400 conditions can co-occur, FASD is at its core a lifelong neurodevelopmental condition. All people with FASD have many strengths. Early diagnosis and appropriate support are essential, especially for executive functioning."

Knowledge and understanding of FASD has greatly improved in recent years. However, there is still much work to do to support effective diagnosis and understand the underlying pathology behind this neurodevelopmental condition.

In 2021, the UK government published a health needs assessment for FASD:

"The needs identified for this population group focus on:

- a lack of robust prevalence estimates in England
- the importance of multi-sector working to support individuals through the life course
- better training and awareness for health professionals
- better organisation of services to improve accessibility
- a need to develop innovative approaches to support those living with the condition"

We are delighted to be joined by Dr Alan Price who will share current research on FASD and its implications for professionals in child health.





The changing landscape of paediatric genomics

10.10am - 10.45am

Genetic testing has evolved over the last decade, with advances in technology, data interpretation and access. Whole genome sequencing has moved from the research domain to mainstream NHS care for both paediatric rare disease and cancer. In this talk, we will look at how to access genetic testing for children, where to locate useful genomic learning resources and discuss how genomics aims to transform care in the future. Gene therapy and newborn whole genomes sequencing (The Generation Study) are just some of the transformative advances we will discuss today.

Speaker



**Dr Eleanor Hay | Clinical Genetics Consultant
Great Ormond Street Hospital**

Dr Hay is a Clinical Genetics consultant at Great Ormond Street Hospital. She specialises in paediatric rare disease, genetic eye conditions and is the geneticist attached to the UK national retinoblastoma service (London). Dr Hay is keen to promote paediatric genomic mainstreaming, co-chairs the NHS England Genomics Education Programme Paediatric working group and is a member of the RCPCH Subspecialist board.

Further resources

- [Epigenotype–genotype–phenotype correlations in SETD1A and SETD2 chromatin disorders](#)
- [GOSH Clinical Genetics Department](#)
- [The 100,000 Genomes Project](#)
- [Deciphering Developmental Disorders \(DDD\)](#)
- [Parenting Matters: Parenting a child with, or at risk of, genetic disorders](#)

Fetal Alcohol Spectrum Disorder (FASD): Current research and future directions

10.50am - 11.25am

This talk will provide a brief introduction to Fetal Alcohol Spectrum Disorder (FASD) and an overview of the current research literature. We will look at prevalence, interventions, comorbidities, best practice for prevention and support, the complexity of multiple adverse pre- and post-natal exposures and future directions. Dr Price will be drawing on research conducted by his team at the University of Salford as well as from UK and international colleagues.

Speaker



**Dr Alan Price, Lecturer in Psychology
University of Salford**

Dr Alan Price is a Lecturer in Psychology at the University of Salford. Alongside teaching, he is involved in several research projects which mostly relate to Fetal Alcohol Spectrum Disorder. He is a member of the Professional Advisory Panel for Irish FASD charity EndPAE, and a founding member of the UK FASD Research Collaboration. Dr Price has published several academic journal articles, two book chapters, and presents research at international conferences and other events regularly.

Further resources

- [Read Dr Price's latest research](#)
- [Watch Exploring Expertise: National FASD](#)
- [NICE guidance for FASD](#)
- [Dealing with Foetal Alcohol Spectrum Disorder](#)

**Follow @CoramBAAF
and use #CBHealth24
to be part of the
online conversation!**

Blits presentations

11:45am – 1pm



Dr Isabelle Hodgson Designated Doctor for Children in Care, NHS Sussex

"Have your say" - A new feedback platform developed in collaboration with children in care and care leavers in Sussex

Katharine Bouch Designated Nurse for Looked After Children, NHS Leicester, Leicestershire and Rutland Integrated Care Board

Looked after children's oral health pathway: A pilot in the Midlands



Dr Rosaleen O'Doherty, Deputy Designated Doctor for Looked After Children, NHS Kent & Medway

NHS
Kent and Medway
NHS and Social Care Partnership Trust

Training our future GPs about the specific health needs of children in care

John Scaysbrook Named Nurse/Family Services Manager: Looked after Children, Leicestershire Partnership Trust

Leicester, Leicestershire and Rutland's creative solutions to manage an acute lack of staff





Workshops

2.05pm – 2.55pm | 3.15pm – 4.05pm

All attendees will take part in one of the consultation workshops and one other of their choice from workshops three or four.

Workshops one and two | Consultation Workshops: A time to discuss current national developments

The consultation workshops focus on key guidance that underpins the roles and practice of health professionals. CoramBAAF is engaged with the stakeholder group that is working with civil servants in this process and we expect a formal sector/ public consultation later in 2024.

We will also discuss Initial Health Assessment (IHA) standards, the revision of CoramBAAF's health forms and the upcoming review of the competencies framework.

Ellie Johnson | Health Consultant, CoramBAAF

Ellie graduated from Manchester University with a nursing degree and worked as a nurse, midwife, health visitor and specialist public health practitioner in the NHS for 25 years. She was a designated nurse for looked after children for 14 years and chaired a regional LAC nursing network. During this time she was also involved in a joint project with the National Children's Bureau focusing on inequalities in health experienced by looked after children. Ellie joined CoramBAAF in 2017.

Dr Rachel Bower, Chair of CB Health Advisory Committee

I am a Community Pediatrician in Cambridgeshire where I am the Medical Advisor for Adoption and Permanence. I am part of the East of England regional group for doctors working in adoption and with children in care. I joined CoramBAAF as part of the Health Advisory committee and in 2023 was privileged to be made chair of that group.

Follow @CoramBAAF and use #CBHealth24 to be part of the online conversation!

Workshop three | Therapeutic interventions in child health

Therapeutic approaches in the permanence sector can look very different from core NHS or CAMHS interventions. The aim of this workshop is to help health professionals make sense of the variety of therapeutic interventions offered to the children they work with. We will explore common interventions in adoption, kinship and fostering services by looking at their aims and evidence base. We will cover the reasons to recommend a therapeutic intervention and address any contradictions that may arise. Additionally, we will look at the available evidence on common factors for effective therapeutic interventions. We invite you to consider how this evidence may impact your understanding of different approaches in your practice.



Hedwig Verhagen, independent therapeutic social worker and a social work lecturer at the University of Leeds

Hedwig Verhagen is an independent therapeutic social worker and a social work lecturer at the University of Leeds. She is a current DProf student in Psychological Trauma. She has worked in adoption and special guardianship support services for many years and was part of the small team that set up the Centre for Adoption Support in Warrington. Hedwig has a special interest in attachment, psychological trauma and body-focused approaches to working with trauma, as well as child to parent violence and aggression.

Join our open course

Therapeutic interventions: making the right choices



8 August | 10am - 1pm



Online via Zoom

corambaaf.org.uk/training-events



Workshop four | Navigating online life with children and young people

Helping children to understand the internet and how to use it is critical in today's digital landscape. This workshop will look at a child's life online through parameters of health information and peer interaction; relationships and social skills; gaming, activity, creativity; impacts on physical health; impacts on mental health and removing or limiting use.



**Dr Vicki Walker, Consultant Paediatrician,
Education Officer, Child Protection Committee,
RCPCH**

Dr Vicki Walker is a Consultant Paediatrician in Mansfield and the Designated doctor for Looked After Children in Nottinghamshire. She was the RCPCH representative for Looked After Children between 2019 and 2022, sitting on the Child Protection Standing Committee and working with the College to support paediatricians, progress training and improve health outcomes for Looked After Children. She continues to work at a national level as RCPCH Assistant Officer for Child Protection, with responsibility for RCPCH safeguarding courses, clinical editor of eLfH level three safeguarding children training and as the Midlands looked after children rep for the NNDHP.



Jane Poore, Adoption Consultant, CoramBAAF

Jane joined CoramBAAF in 2021 as a qualified social worker with over 15 years' experience in fostering and adoption, assessing, matching and supporting adopters, alongside training prospective adopters. Jane has experience in working for both local authorities and voluntary adoption agencies and was involved in the development of the Regional Adoption Agencies in the South West.

Closing comments

Dr Carol Homden CBE | Coram Chief Executive



Carol started her career setting up print media enterprises before becoming Director of Marketing and Development at the University of Westminster, later moving to the British Museum in 1999 as its first Director of Marketing and Public Affairs. Her affinity for improving the lives of young people led her to the position of Commercial Director for the Prince's Trust in 2003, and she became Chief Executive of Coram in 2007.

Formerly a member of the Youth Justice Board for England and Wales, Carol served on the Adoption Leadership Board for seven years and is a continuing member of the Association for Child and Adolescent Mental Health. She was Chair of the National Autistic Society for ten years and is now Chair of Diabetes UK. Carol was awarded a CBE in 2013 for her contribution to services for children and families.

The Foundling Museum

In 1739, philanthropist Thomas Coram (1668-1751) established the Foundling Hospital to care for babies at risk of abandonment after campaigning for seventeen years. He was appalled by the dire conditions in London, where child mortality rates soared and around a thousand babies were abandoned annually due to extreme poverty.

The Foundling Hospital, now the children's charity Coram, aimed to care for and educate England's most vulnerable children.

Over two centuries, the Hospital cared for 25,000 children. Today, the museum incorporates architectural features from the original eighteenth-century building.

Please take today's conference as an opportunity to explore the museum!





Poster presentations

Poster presenters will be in the Dickens Room connected to the reception area.

A joint Doctor and Nurse model for initial health assessments for children in care

**Dr Michelle Bond |
Named Doctor for
Children in Care,
Brighton and Hove**

Using our complimentary skills and building relationships from the start

The Brighton and Hove Initial Health Assessment model changed from a nurse led model with paediatrician oversight to a joint model in 2021. This change was made to meet the requirements of the statutory guidance.

**Sue Donald |
Specialist Nurse for
Children in Care,
NHS Sussex**

We developed a model that retains the complimentary skills that doctors and nurses bring to an initial health assessment.

The benefits of our model include a more holistic health assessment with relationship building and continuity of care established from the start.

**Kathryn Tolson |
Named Nurse**

Supporting the completion of health recommendations following IHA through improved patient/carer information

**Dr Anne-Marie
Chick | Specialty
Doctor, for Looked
After Children
Oxfordshire**

After an initial health assessment, young people and their carers often have to wait to receive a full summary and plan from their GP. A social worker may need to be involved in sharing the consultation information with carers and young people. This process delays the completion of health recommendations. To address this issue we made improvements to our patient / carer information sharing.

The mental health aspect of adult assessments for prospective carers

A project to evaluate the mental health and lifestyle detail provided, in adult health (AH) forms, by prospective adoptive and foster carers and their GPs to aid the development of a quality standard.

**Matilda Roberts,
Medical Student,
Cardiff University**

Join our event

Getting best-evidenced mental health support to care-experienced young people



22 July | 2pm - 3.45pm

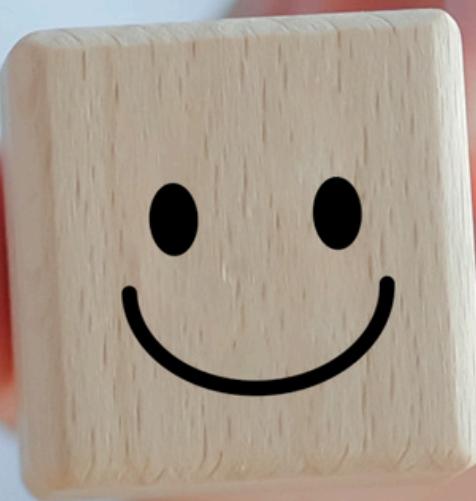


Online via Zoom



Free for CoramBAAF members

corambaaf.org.uk/training-events



Join our Health Group!

The CoramBAAF Health Group provides our members with a forum to improve standards of practice for health professionals working in adoption, fostering, kinship and child care practice. It facilitates interdisciplinary understanding of health matters and the exchange of information and gives members a voice on regional and UK-wide issues to help influence policy and practice.

Benefits for members

- Receive our quarterly newsletter with news, updates, recommended training, etc relevant to health practitioners.
- Join our free Health Practice Conversation sessions.
- Be the first to hear about relevant training opportunities, webinars, etc.
- Access our briefing notes, position statements, reports, publications and research
- Apply to join the Health Advisory Committee when vacancies come up
- Read the minutes from the quarterly Health Advisory Committee meetings

These are all in addition to your CoramBAAF [membership benefits](#). On request, CoramBAAF provides regional meetings with an update on matters relevant to the group and answers queries as they arise.

Membership of the Health Group

Membership is free and open to the following:

- Individual members of CoramBAAF who are working as a health practitioner
- Medical advisers to member agencies
- Specialist, named or designated nurses/doctors for looked after children and young people of member agencies
- Health visitors and school nurses working with looked after children and young people of member agencies
- Physicians, nurses and professionals who are employed by a corporate member of CoramBAAF and have a special interest in the health aspects of adoption, fostering and looked after children
- Trainee paediatricians who are undertaking medical advisory roles in adoption or fostering.

[Sign up today!](#)



Child health assessments



Join our open course



Full day course



6 hours



**Online via
TEAMS**



corambAAF.org.uk/child-health-assessments

About the course

This course will consider the Medical Adviser's role in adoption relating to children. It will address:

- how to complete good quality child health assessments for looked after children;
- how to prepare comprehensive child adoption medical reports;
- how to give constructive and appropriate advice to adoption and fostering agencies and panels;
- the impact of parental health behaviours in relation to the health of their children;
- complex and challenging situations, including interpreting information to inform future care planning for a child and managing uncertainty.

Adult health assessments



Join our open course



Full day course



6 hours



**Online via
TEAMS**



[corambAAF.org.uk/adult
-health-assessments](https://corambAAF.org.uk/adult-health-assessments)

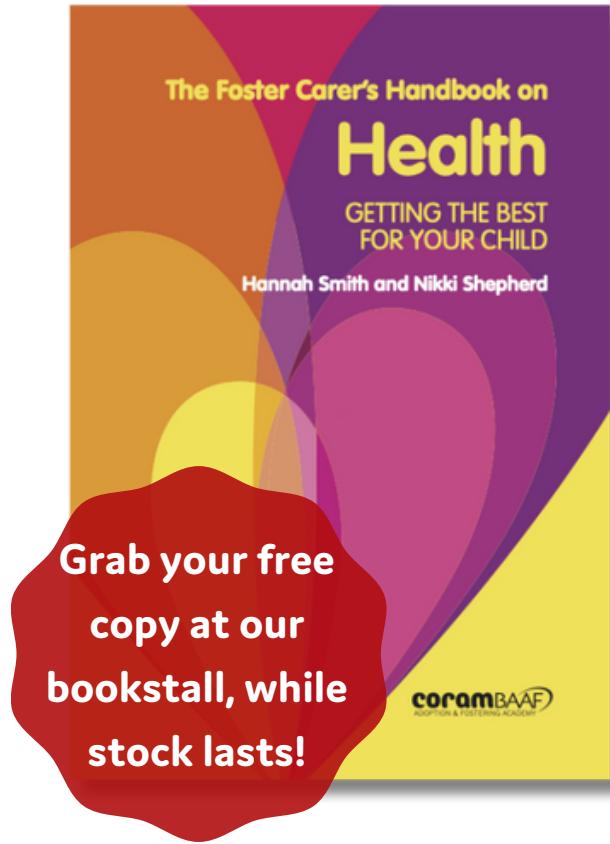
About the course

This workshop will consider the Medical Adviser's role in adult health assessments for foster carers and adoptive parents. It will address:

- what you need to know to be a good Medical Adviser in adoption and fostering;
- how to interpret adult health assessments and provide quality medical advice to adoption and fostering agencies and panels;
- the principles of adult health assessments, including examples of complex and challenging situations;
- adult health advice in special guardianship situations;
- the issues that arise from adult health reports brought to panels including obesity, smoking, alcohol and mental health and chronic disease.



The foster carer's handbook on health



Authors

Hannah Smith and Nikki Shepherd

Publication

2020

Price

£14.95



corambaaf.org.uk

About the book

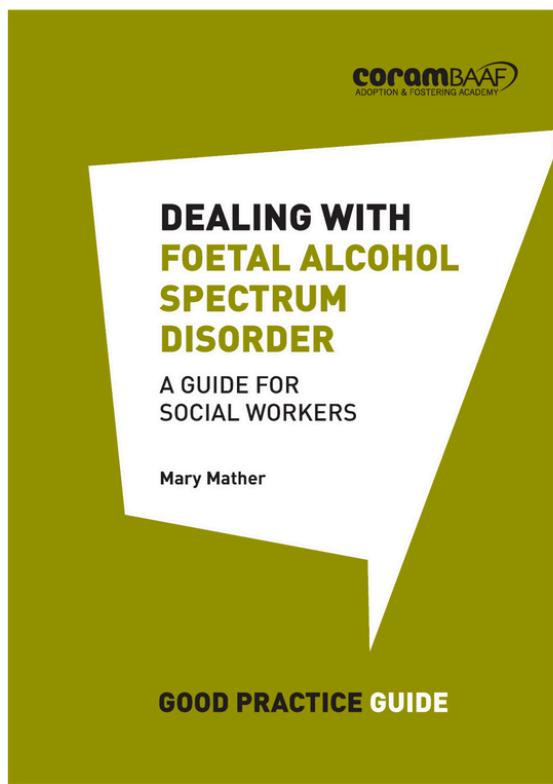
Health care is important for all children and young people, and for their parents or carers. But fostered children can experience extra health challenges. Children frequently enter the care system with a worse level of health than others, in part due to the impact of early abuse or neglect. Evidence suggests that they often experience common health risks to a higher degree than their peers. They may also have higher rates of disabilities or mental health needs.

Foster carers have a vital role in supporting the health of the children in your care. But how best can you do this? What do you need to know about fostered children's specific health needs, and how to manage them? How can you help children to understand their own health, and encourage them to live healthier lives, now and in the future?

This handbook will support you to navigate through the health service, to ensure that children's needs are met, and to be a role model for their health choices. It also provides advice on self-care, to help you ensure that you safeguard your own health in this demanding role.

Dealing with foetal alcohol spectrum disorder

Read our Good Practice Guide



Author

Mary Mather

Publication

2018

Price

£10.95



corambaaf.org.uk

About the book

This Good Practice Guide addresses some key questions: What is FASD, and how can it affect children? How is it diagnosed and managed? How can social workers ensure that they take FASD into account in working with and placing children, and supporting them and their families?

It also explores:

- The impact of alcohol on the developing foetus
- How children are affected at different ages
- Diagnosis and the vital role of the social worker
- Essential advice for social workers in their daily practice
- Which strategies are not effective in working with and parenting affected children
- Which strategies are most successful

Case studies illustrate the issues to be considered, and the guide also provides signposts to a range of helpful resources for workers, parents and carers.

Who is this book for?

This authoritative guide is an essential read for all those working with or looking after fostered and adopted children who may be affected by FASD, to help ensure that they provide the support these children need to reach their full potential.