



Advancing equity in primary care: building healthier communities together

Society for Academic and Primary Care (SAPC)

South East Regional Conference 2026

29-30 January 2026, Madingley Hall, Cambridge

View abstracts on our website:

<https://www.phpc.cam.ac.uk/sapc-se-2026>

#SAPCSE2026

Contents

- Meet the Committee Page 3
- Keynote Speakers Page 4
- Full Programme Page 5
- Programme Day 1 Page 6
- Programme Day 2 Page 6
- Poster Presentations Page 9
- Social Events Page 11
- Entertainment and Wellbeing Page 12
- Information about Madingley Hall Page 13

Welcome

Welcome to the SAPC South East Conference 2026 where this year's gathering explores the theme, 'Advancing equity in primary care: building healthier communities together'. The SAPC South East Conference is a celebration of the vibrant and diverse work taking place across our region and we are thrilled to have so many of you joining us.

This year's theme reflects our shared commitment to advancing primary care through collaboration, innovation, and inclusivity. Over the course of next two days, we hope you'll be inspired by the breadth of research being showcased, challenged by new ideas, and energised by the conversations you have with colleagues.

We'd like to thank all of our presenters, chairs, and contributors for their time and expertise, and extend special thanks to the organising team for making today possible.

We look forward to a stimulating and engaging conference and to continuing the conversations that begin here beyond today.

Warm regards,

From the SAPC South East Conference 2026, Organising Committee

Organising Committee



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SAPC SE Co-Chair,
Associate Professor
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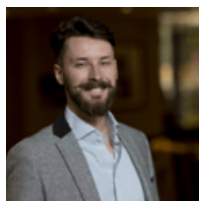
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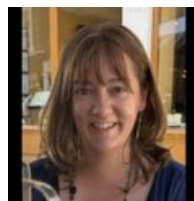
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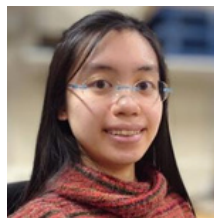
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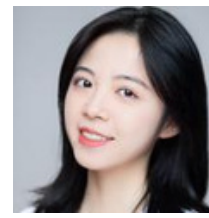
Ms Cassie
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Huang

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Miss Maddy
Hughes

Primary Care
Education
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Professor
Stephen Morris

RAND Professor of
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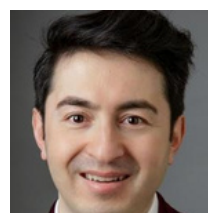
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Keynote Speakers



Professor Frances Mair, Norie Miller Professor of General Practice, University of Glasgow

Keynote title: Towards Equitable Futures: Prevention and Management of Multimorbidity

Professor Frances Mair is the Norie Miller Professor of General Practice, Head of the School of Health and Wellbeing and Director of a Wellcome funded Multimorbidity PhD Programme for Health Professionals at the University of Glasgow. She is a Clarivate Highly Cited Researcher. She undertakes mixed methods research focusing on optimising the care of people with chronic illness and multimorbidity and the potential of digital health.



Professor Daksha Trivedi, Professor of Applied Health Research, University of Hertfordshire

Keynote title: Inclusive involvement in health & care research

Daksha Trivedi, Professor of Applied Health Research, Centre for Research in Public Health and Community Care (CRIPACC), University of Hertfordshire. Daksha trained as a scientist and obtained her PhD (King's College, London) and MSc, Faculty of Medicine, University of London and an MPhil in Epidemiology at the University of Cambridge. Her expertise includes evidence based practice, clinical trials, evaluation of complex interventions, and community co-production.



Dr Charlotte Paddison, Senior Fellow, Nuffield Trust

Keynote title: Health for all: challenges and opportunities for impact

Dr Charlotte Paddison has more than 15 years of experience working in senior leadership roles in health services research and health policy - as senior research associate at the University of Cambridge, and as a senior policy fellow/deputy director at the Nuffield Trust. She has published in internationally leading journals in medicine and behavioural science - receiving national and international awards including the RCGP Health Services and Public Health Paper of the Year.

Programme

Programme - Day 1		
Programme - Day 1	Location	Time
Registration and tea & coffee	Gallery	09:00 - 10:00
Co-chair's briefing and welcome	Saloon	10:00 - 10:10
Keynote Speaker - Professor Frances Mair	Saloon	10:10 - 11:00
Coffee (Poster Viewing)	Gallery (Prince Consort)	11:00 - 11:30
Parallel session 1 and Workshop 1	Andrew/Board/Kings/Saloon	11:30 - 12:30
Buffet Lunch	Dining Hall	12:30 - 13:30
Keynote speaker - Professor Daksha Trivedi	Saloon	13:30 - 14:15
Parallel Session 2 and Workshop 2 & 3	Andrew/Board/Kings/Saloon	14:15 - 15:15
Coffee Break Poster Review	Gallery (Prince Consort)	15:15 - 15:45 15:45 - 16:15
Parallel Session 3 and Workshop 4 & 5	Andrew/Board/Kings/Saloon	16:15 - 17:15
Heads of Department / Heads of Teachers Meeting	Board	17:15 - 18:00
Wellbeing – Yoga	Andrew	17:30 - 18:15
Reception	Gallery	19:00 - 19:30
Conference Dinner (dress smart casual)	Dining Hall	19:30 - 21:00
Entertainment (Quiz)	Bar	21:00 - 22:00
Programme - Day 2		
Wellbeing – 5K Run or Tour of Madingley Gardens	Meet at Reception	08:00 - 08:45
Registration / Checkout / Coffee	Gallery	08:30 - 09:15
Parallel Session 4 and Workshop 6 & 7	Andrew/Board/Kings/Saloon	09:15 - 10:15
Change over		10:15 - 10:30
Parallel Session 5 and Workshop 8	Andrew/Board/Kings/Saloon	10:30 - 11:30
Coffee (Poster Viewing)	Gallery	11:30 - 12:00
Judges meeting	Andrew	11:30 - 11:45
Keynote Speaker - Dr Charlotte Paddison	Saloon	12:00 - 12:45
Prize Giving	Saloon	12:45 - 13:00
Packed Lunch	Dining Hall	13:00 - 13:45

Session	Parallel Session 1 - 11:30-12:30			Workshop 1
Theme	Medical Education	Reimagining health systems for chronic conditions	AI and digital development	
Chair	Duncan Edwards	Tess Harris	Tom Nolan	
Co-chair	Liza Bowen	Paul Pascall Jones	Chia-Yi Kang	
Room	Saloon	Kings	Board	
11:30	<p>Dr Georgina Neve Undergraduate General Practice placements in areas of socio-economic deprivation: a scoping review of student experiences and educational impact</p>	<p>Ms Divya Kothari Complementary and Alternative Medicine (CAM) Use and Views among Patients with Autoimmune Diseases: A Mixed-Methods Study</p>	<p>Dr Ahmed Alboksmaty AI Scribes for Documentation in Primary Care: A Multi-Country, Mixed-Methods, Participatory, Simulation-based Workshop Study</p>	<p>Mr James Cantwell, Dr Rakesh Modi, Dr Melanie Sloan, Dr Anna Spathis, Ms Miranda Van Emmenis, Mr Bilal Aslam, Ms Ellie Dalby, Miss Patricia Gyan, Mrs Margaret Johnson, Ms Shaista Tayabali, Ms Faustina Yang</p> <p>PPIE in Practice: Building Equitable Research Partnerships through Co-Design</p>
11:45	<p>Dr Chiamah Henry & Dr Riya Patel & Dr Calum Singh Why do undergraduate medical students want to do an intercalated BSc? A synthesis of student-led research</p>	<p>Dr Sally Erskine Commissioned Post-Surgical Bariatric Specialist Services in England: An Analysis of Integrated Care Board Responses to Freedom of Information Requests</p>	<p>Mr Mohammed Amin A Student-Led Quality Improvement to Improve Digital Inclusion in a Primary Care Practice through Patient Check-in and Notification Systems.</p>	
12:00	<p>Dr Katie Scott & Dr Georgina Neve Evaluating the impact of a Deaf Insights and British Sign Language course on undergraduate medical students: a qualitative study</p>	<p>Mrs Simone Mingay Advancing Equity in Primary Care: A Community-Based Quality Improvement Approach to Reducing Preventable Hospital Admissions for Adults with Learning Disabilities</p>	<p>Dr Lakshmi Chandrasekaran Perceptions of People Living with Diabetes and Healthcare Professionals Towards AI-Assisted Screening in the Diabetic Eye Screening Programme: A Mixed-Methods Study</p>	
12:15	<p>Dr Jacqueline Driscoll "We're All Patients": An Interpretive Description Study of Co-designing Simulation as a Pedagogy of Partnership in Primary Care</p>	<p>Mr Esey Abreham & Ms Megan Bancroft When Money Shapes Medicine: The Ethical and Educational Impact of the QOF in UK Primary Care (Are Financial Incentives Undermining Care?)</p>	<p>Miss Shruti Turaga & Miss Tracy Roy What the Rooms Remember (Creative Enquiry)</p>	

Session	Parallel Session 2 - 14:15-15:15		Workshop 2	Workshop 3
Theme	Cancer	Underserved Communities		
Chair	Mark Smith	Tom Rozier-Hope		
Co-chair	Lakshmi Chandrasekaran	Jacqueline Driscoll		
Room	Saloon	Kings	Board	Andrew
14:15	<p>Ms Chia-Yi Kang The Invisible Determinants: Reappraising Health Literacy and Socioeconomic Frameworks in Current Colorectal Cancer Screening</p>	<p>Dr Chloe Freeman & Dr Sophie Esnouf Connecting Primary Care Beyond Health: A cross-sectional survey mapping community-based initiatives supporting integration and well-being of children and young people seeking asylum and refugees in the UK</p>	<p>Dr Lotte Elton, Nina Fudge Using ethnography to explore and address inequity in primary care</p>	<p>Dr Emma Metters, Dr Rini Paul, Dr Laila Abdullah, Dr Sarah Green, Dr Neelam Parmar</p> <p>Feedback that connects: Promoting excellence in primary care education</p>
14:30	<p>Mrs Deborah Critoph Understanding experiences and impact of triadic communication for young people with cancer, supporters and healthcare professionals. A qualitative enquiry</p>	<p>Dr Sophie Esnouf & Dr Natasha O'Sullivan Responding to the complex health needs of refugee and asylum-seeking children: a scoping review of models of care</p>		
14:45	<p>Dr Faye Dannhauser Cancer risk in patients with multiple or recurrent symptoms in primary care: a systematic review</p>	<p>Dr Kathryn Dixon Improving Gypsy and Traveller healthcare: is more education the answer?</p>		
15:00	<p>Dr Francisca Stutzin Donoso Why women say 'no': views on declining breast cancer risk assessment in primary care</p>	<p>Mr Harry Foster & Ms Christine Yue Through the Fog (Creative Enquiry)</p>		

Session	Parallel Session 3 - 16:15-17:15		Workshop 4	Workshop 5
Theme	Hidden burdens: addressing underserved long term conditions	Primary care through the lifecourse		
Chair	Jianhua Wu	Emma Metters		
Co-chair	Sophie Esnouf	Debbie Critoph		
Room	Saloon	Kings	Board	Andrew
16:15	<p>Dr Anna Spathis PrimaryBreathe: co-design of a primary care intervention for chronic breathlessness</p>	<p>Dr Liza Bowen Prevalence, trends and socio-demographic patterning of medication use in pregnancy: a retrospective cohort study of pregnancies in England 2000-2024</p>	<p>Dr Charlotte Wahlich, Dr Felicity Knights, Dr Jessica Carter</p> <p>Making participation possible: Overcoming barriers and identifying opportunities for participatory research</p>	<p>Dr Adetutu Popoola, Professor Louise Younie</p> <p>Flourishing through equitable primary care</p>
16:30	<p>Dr Paul Pascall Jones Negotiating Multiple Long Term Condition Care in the context of Socio-economic deprivation: An Analysis of Relational Talk Between Patients, Carers and Primary Care Professionals in the Management of Multiple Long-Term Conditions</p>	<p>Dr Francesca Maraschin The global scope and components of family-centred care for preterm infants: An umbrella review</p>		
16:45	<p>Ms Kaira Kuhu Naidu Gender Disparities in Perceptions of (Mis)Diagnosis and Care in Autoimmune Diseases</p>	<p>Dr Lucy Collison Are non-injectable anticipatory medications a viable intervention in the community? A systematic review and narrative synthesis of the published evidence</p>		
17:00	<p>Miss Lara Dodd Unspoken Care (Creative Enquiry)</p>	<p>Ms Asma Sadoun & Miss Zainab Abdur Rahman Threads of Resilience (Creative Enquiry)</p>		

Session	Parallel Session 4 - 09:15-10:15		Workshop 6	Workshop 7
Theme	Mental Health	Women's Health		
Chair	Ben Bowers	Pippa Oakeshott		
Co-chair	Kathryn Dixon	Pranjal Pandey		
Room	Saloon	Kings	Board	Andrew
09:15	<p>Miss Jasmine Chavda A qualitative study exploring young people's perspectives of the impact of culture and ethnicity on neurodiversity and mental health</p>	<p>Miss Megan Cheadle Improving Access to Free Period Products in a GP Practice: Tackling Period Poverty through Community Engagement and Clinical Humanities</p>	<p>Dr Jonathon Ferdinand, Dr Yasar Khan, Dr Kinnary Martin, Dr Nirshanthan Nagarajah, Dr Zoe Needham, Dr Sripat Pai, Dr Sara Thompson, Dr Rachel Wakelin</p> <p>If AI is to be integrated into the medical curriculum which current foundational subject, if any, deserves less curriculum time?</p>	<p>Professor Russell Hearn, Kerree Ahern, Dr Tamara Joffe, Stephen (Steve) Marchant, Kat Warren, Kathryn (Katy) Watkins, Dr Li Wu</p> <p>Building Health Equity in Primary care Through Workforce Innovation: Impactful Strategies & Shared lessons from London Training Hubs</p>
09:30	<p>Miss Uisce Pargiter Exploring the Intersectionality between Stigma in Autoimmune Diseases and Mental Health Stigma</p>	<p>Ms Kaira Kuhu Naidu Clinicians' Management of Menopause in Rheumatic Diseases: A Mixed Methods Study</p>		
09:45	(No Presentation)	<p>Miss Mehak Dhiman Are Contraceptive Prescribing Methods Influenced by General Practice Staff Gender?</p>		
10:00	<p>Sara Atab & Max Cascarini Stitching Stories: A Pill Box of Patient Voices (Creative Enquiry)</p>	<p>Max Powell & Amelia Sampson To Be Carried: Illness, Ageing, and the Life Between (Creative Enquiry)</p>		

Session	Parallel Session 5 - 10:30-11:30			Workshop 8
Theme	Inclusive Practice	Social Prescribing	Cardiometabolic trials and tribulation	
Chair	Adetutu Popoola	Cath Bruce	Mohammad S Razai	
Co-chair	Ahmed Alboksmaty	Mulan Yang	Jasmine Chavda	
Room	Saloon	Kings	Board	
10:30	<p>Ms Emilia Tylenda Enhancing access and equity: an evaluation of a faith-placed educational intervention to improve bowel cancer screening uptake in Muslim communities in the East of England</p>	<p>Dr Rebecca Newell Mapping the Global Landscape of Compassionate Communities</p>	<p>Miss Mahnoor Usman Uptake of anticoagulation following screening for AF in primary care: findings from the SAFER trial</p>	<p>Dr Juliet Usher-Smith, Dr Shobi Nagraj, Professor Amanda Howe, Dr Ben Bowers, Professor Robbie Duschinsky</p> <p>Overcoming the challenges to building academic capacity in primary care</p>
10:45	<p>Miss Maryam Mohamed Farish A scoping review unpacking the categorisation of 'South Asian' populations in the UK in health research</p>	<p>Miss Aatqa Arham The Clay Farm Allotment Model: Therapeutic Landscapes and Social Prescribing</p>	<p>Dr Marc Delord ESRD Risk Stratification Using a Pseudo-KFRE with Imputed ACR</p>	
11:00	<p>Miss Katarina Lundrigan Qualitative review of the inclusion of LGBTQ+ health in medical curricula</p>	<p>Miss Sharon Anand Exploring the Landscape of Social Prescribing in North West London: Assessing National Alignment and Informing Future Provision</p>	<p>Miss Pranjal Pandey How GLP-1RA Use May Reshape Weight Management: A Narrative Review</p>	
11:15	<p>Miss Rabia Rehman and Miss Uneza Usman Fragments of Hope: A Journey of Reflections and Recovery (Creative Enquiry)</p>	<p>Catarina Beckey 'Bottled Up' (Creative Enquiry)</p>	<p>Professor Tess Harris Recruiting patients into trials in general practice: insights from the ENERGISED trial</p>	

Poster Presentations (Prince Consort Room)

Posters are available for viewing at 11.00-11.30, 12.30-13.30 and 15.15-16.15 on Thursday, and 11:30-12:00 on Friday.

Poster presenters will stand by their posters at 15-45:16:15 on Thursday.

Poster	Presenter	Title
Poster 1	Dr Ahmed Alboksmaty	Communication challenges and mitigation strategies in virtual consultations versus face-to-face appointments – qualitative assessment using focus group discussions
Poster 2	Mrs Yvonne Batson-Wright	Can inclusive leadership and coaching successfully address health inequities in Primary Care?
Poster 3	Dr Stephanie Drew	Primary-care-remote-consultation guidance across OECD countries: a scoping review
Poster 4	Dr Montgomery Gwynne	Choosing the Right Imaging: A Practical Guide for GPs (educational poster)
Poster 5	Ms Sarah Hassen	Duration of Diabetes and the Progression of Multiple Long-term Conditions: A Retrospective Cohort Study of Type 1 and Type 2 Diabetes using Clinical Practice Research Datalink (CPRD)
Poster 6	Dr Ian Pope	Predictors of resuscitation status and admission recommendations amongst care home residents- an observational study
Poster 7	Nathan Roy	Left Behind Online: Rethinking Digital Access as a Determinant of Health in UK Primary Care
Poster 8	Mr Dhruv Sharma	Systematic review of barriers, facilitators and recommendation rates of PA and weight loss apps among primary care healthcare professionals
Poster 9	Mrs Victoria Sharman	Perceptions of gambling harms as a public health issue
Poster 10	Ms Vittoria Torri	Inequalities in the uptake of screening in the SAFER trial
Poster 11	Miss Jessica Treves	A mixed-studies systematic review of the effectiveness and cost-effectiveness of patient navigation and outreach interventions to improve engagement with lung cancer screening in underserved populations
Poster 12	Ms Miranda Van Emmenis	Use and views of health apps in autoimmune disease: A mixed methods exploration of patient and clinician views
Poster 13	Mr Fan Yang	Gendered Risks to Children and Adolescents Assessed by Child & Adolescent Mental Health Services (CAMHS): Perspectives from Network Analysis
Poster 14	Ms Mulan Yang	Evaluating the Effectiveness of Legal ICS Equity Duties on Advancing Equity in Community Care

Entertainment and Wellbeing

We're committed to creating a conference experience that supports both learning and wellbeing. We have organised a range of activities designed to help you relax, recharge and connect.

Thursday 29 January 2026

Yoga Class (17:30-18:15, 45 minutes)

Delivered by our colleague Anneka He, this session will take place between the end of presentations and the conference dinner.

- Limited places (up to 20). Please book at the registration desk on Thursday morning.
- Bring: Comfortable clothing, a yoga mat, water bottle and a towel.

After-Dinner Entertainment: Quiz (up to 1 hour)

- A fun and informal quiz to round off the evening, at the conference dinner.

Friday 30 January 2026

Parkrun (08:00, approx. 30 minutes)

This will be a 5K run/jog around the stunning Madingley Gardens, led by Natasha O'Sullivan. All abilities welcome.

- Unlimited places. Register your interest at the registration desk.
- Bring: Running shoes, sports clothing, water bottle.

Tour of Madingley Gardens (8:00 am, approx. 30 minutes)

The tour will be led by Tom Wheatcroft.

- Limited places (up to 20). Please book at the registration desk on Thursday morning.
- Bring: Warm clothing and appropriate footwear.

Information about Madingley Hall

There are around 100 delegates at the SAPC South East Conference this year. Please be patient when moving between sessions, and have a second choice if your preferred session is full. Members of our organising committee will be monitoring each room to ensure they do not exceed capacity.

Organising committee

If you have any questions or concerns about anything at all throughout the conference, please ask a member of the committee.

Wi-Fi

WiFi is available in all the rooms. Please connect to the “UniOfCam-Guest” network. Once connected, follow the on-screen instructions to register and log in.

Fire Procedures

Fire instructions are posted throughout the building – please read these carefully to familiarise yourself with the Hall’s fire procedures. On hearing a constant alarm, evacuate and assemble on the front gravel forecourt.

Taxis

The Madingley Hall Reception desk will be happy to telephone for a taxi to return you to the train station, from internal phone extension 46222 or 01223 746222 or pop down to see them.

Lost property

Please take responsibility for the security of your own equipment and belongings. Please report lost property to Madingley reception.

Photography

We will be taking photographs during the conference, which we may publish on our website or print to bring awareness to our work. If you would prefer not to be in any of the photographs please let one of the organising committee know.

Accommodation at Madingley

If you are staying at Madingley, please visit reception to check in and obtain your key. Residential delegates must vacate their rooms by **11.00am** on Friday. Please return room keys to reception. Luggage will be stored at reception for you.

Conference Abstracts

Access all of the Conference Abstracts via the relevant link on the SAPC SE webpage, which can be found via the QR Code and the link below:

<https://www.phpc.cam.ac.uk/sapc-se-2026/conference-materials>



Where is everything?

Conference registration desk

Located in the Gallery on the first floor.

Reception office (staffed 24 hours a day)

Located in the entrance hall on the ground floor.

Dining Hall

Off the entrance hall on the right. Breakfast, lunch and dinner are served here.

Gallery: First Floor – Tea/Coffee, Poster Review

Through the dining room, across the stair hall and up the stairs.

Saloon: Keynotes/Parallel sessions

This opens off the gallery. All keynote talks will be held here.

Andrew: Parallel sessions

Off the end of the Gallery.

Kings: Parallel sessions

Beyond the Saloon room.

Board: Parallel sessions

Ground floor off the Stair Hall.

Prince Consort Room: Posters & poster review

On the first floor, off the Gallery.

Toilets

Located in the basement, by the main entrance by the gallery.

Conference Feedback

Please share your feedback via our conference survey which can be accessed via the QR code.

We will also be emailing our feedback survey as a reminder.



Our Conference Rooms

