

Making and Embedding Transformation Post-COVID

Long Covid Rehab – the long road to recovery?

12.30-13.45 Wednesday 29 September 2021

Speaker Bios

Dr Ian Bernstein, Clinical Director for Musculoskeletal Health, Musculoskeletal Physician and Director of Medical Education

Ian Bernstein trained first as a GP in 1992 and became a GP Trainer in 2002. Ian trained at the London College of Osteopathic Medicine in 1993 and completed his MSc in Osteopathy and Musculoskeletal medicine at University College London in 1999. Ian is the Clinical Director for Musculoskeletal Health at NHS England and NHS Improvement, London Region. Ian's clinical role is as a musculoskeletal physician employed by Connect Health Ltd in the Herts Valleys Integrated Musculoskeletal Service, working in the community pain service. Ian took up a part time appointment as Director of Medical Education at Central London Community Healthcare NHS Trust in May 2020. Ian was a member of the NICE Low Back Pain and Sciatica, and Chronic Pain Guideline Committees, and is the chair of the NICE Head Injury and Neurorehabilitation Guideline Committees.



Steve Tolan, Allied Health Professions Lead and Long Covid Programme Lead, NHS England & NHS Improvement – London Region



Steve became the AHP Regional Lead (Regional Lead) in October 2018, which provides assurance for the allied health professions (AHPs) linked to delivery of the NHS Long Term Plan and regional strategic priorities. Steve is also the Regional Long Covid Programme Lead.

Prior to this role, he was Head of Practice Development at the CSP for 7 years. The AHP Regional Lead (Regional Lead) role provides assurance for the allied health professions (AHPs) linked to delivery of the NHS Long Term Plan and regional strategic priorities.

Providing visible strategic clinical leadership for AHPs within the region, accountable to the regional medical director and linked to the national Chief AHP Officer. This role provides assurance and supports planning in the region through the medical directorate senior management team, developing AHP strategic provider capability and aligning frontline clinical teams to strategic priorities. This is achieved through provider visits, creation of learning resources, communication through multiple channels and delivery of engagement events.

[@tolanAHP](#)

[Steve Tolan | LinkedIn](#)

Rachael Moses OBE, Consultant Respiratory Physiotherapist, National Clinical Speciality Advisor for Long COVID and Respiratory and President-Elect, British Thoracic Society

Rachael Moses was made an Officer of the Order of the British Empire (OBE) for her services to the NHS in June 21.

Rachael, who lives in North Shields, is a consultant respiratory physiotherapist and is currently working as a volunteer and humanitarian aid worker as well as sharing a part time role with Dr Mohanpal Singh as National Clinical Speciality Advisor for Long COVID and Respiratory.



Last year, during the initial wave of the pandemic, she was appointed as the chief allied health professions (AHP) lead at the rapidly established NHS Nightingale hospital in London, where she used her expertise, as a specialist in complex ventilation, to help oversee the treatment of Covid-19 patients who were experiencing severe respiratory problems.

Mrs Moses has also served on CSP Council since 2018 and is actively involved with several other organisations, including the British Thoracic Society, NCEPOD and Medical Aid for Palestinians.

@AHPLeader

[Rachael Moses | LinkedIn](#)



Dr Razia Bhatti-Ali, Consultant Clinical Psychologist, Connect Health Pain Services

Dr Razia Bhatti-Ali is a Consultant Clinical Psychologist who started her career in the field of mental health and subsequently developed working with long term conditions and chronic pain. She has recently co-authored a chapter for a book addressing health inequalities in which she reports the outcomes of a culturally adapted pain management program for Muslim patients. She has interest in the health experiences of people from the BAME community and has international links with Universities developing culturally adapted psychological interventions. Razia has also lived experience of the effects of Long Covid.

Dr James Hull, Consultant Respiratory Physician, Royal Brompton Hospital

Dr James Hull is a consultant respiratory physician based at Royal Brompton Hospital.

Dr Hull completed an undergraduate degree in exercise physiology. Following that, he graduated from St George's Hospital Medical School in 2000.

In 2010, he completed his PhD in exercise physiology. He then spent time at UCLA, Los Angeles developing further expertise in exercise testing with clinical application.

Recently he was awarded the fellowship status of the American College of Sports Medicine (FACSM). He is also president of the Association for Respiratory Technology and Physiology (ARTP).



[@Breathe_to_win](#)

Karen Bradbury, Regional Clinical Lead, Connect Health Pain Services



Karen joined Connect Health Pain Services as the Regional Clinical Lead for the North West in December 2020, when Pain Management Solutions joined the Connect Health Group.

A physiotherapist by background, she has supported the development of a number of chronic pain and chronic fatigue services throughout the North West. She is also a qualified Mindfulness Teacher with extensive experience in delivering courses in the community, within both the NHS and the private sector.

She specialises in the use of the biopsychosocial approach to long term condition management, with an emphasis on psychological wellbeing.

Karen is currently leading on the development of resources and training for the management of Long Covid within Connect Health, to meet the growing demand from secondary care and occupational health providers for community based Long Covid programmes.