



Welcome to
ESPA's 5th Newsletter

Welcome from the Chair

I am so pleased to be saying hello through our first e-Newsletter and it was fabulous to see 70 members connecting during our virtual conference. Although not in person the warmth, sense of community and friendships were still so apparent. Our updated website is more interactive and enables people to join ESPA and register for conferences and includes a [resources page for information and sharing](#). If you weren't able to attend the conference, this page includes the Keynotes from eESPA and Zurich in 2019. The website includes updates from [@ESPAspinal Twitter](#), so it's a great way to stay in touch with key spinal cord injury developments from across the world even if you're not a regular twitter user.

For the people who joined our meeting for the first time at e-ESPA, a very warm welcome.

We're planning a hybrid meeting for Dublin 2022, with some parts of the meeting being virtual so that we can maintain facilitating conference access and I'm delighted to include a call for abstracts as part of this mail.

The webpage includes an introduction to our newly formed [Scientific Committee](#), with Dr Tijn van Diemen and Dr Katherine Finlay, supporting the ESPA Executive in planning the Dublin meeting.

This is a difficult time for many countries with the virus continuing to impact on us all and most especially the services we provide for people with spinal cord injury.

On behalf of Peter, Magnus and Jasmine, I extend our very best wishes and we look forward to seeing you in person in May 2022.



Dr Jane Duff, ESPA Chair

ESPA Dublin, 12-13 May 2022

We'd like to extend our grateful thanks once again to Dr Maeve Nolan for her support in organising e-ESPA, and to her and Claire Keogh who continue to work with us to organise our 2022 conference in Dublin, which will be on 12th and 13th May 2022, with the theme of 'Spinal Cord Injury: Looking after body and mind'.

Our keynote speaker is Dr Tijn van Diemen who will be talking to us on the theme of 'Body and Mind: the role of self efficacy in secondary health conditions'



Our call for abstracts is now open - [click here to submit your abstracts](#) before the 8th October 2021 deadline!

E-ESPA 2021

We were delighted to welcome 70 members to our bi-annual ESPA conference, held via zoom on 6th May 2021. Despite a turbulent year for many, it was a wonderful opportunity for our membership to reconnect and hear about some of the latest developments in our field.

With eight poster Q&A sessions, our keynote by Prof Denise Tate, Dr Maeve Nolan and Claire Keogh's Patient Experience Project film, and our expert panel including Dr Carrie Pilarski, Tom Hoatlin and Dr Tijn van Diemen, patient experience was really at the heart of our conference. We're delighted to be able to share recordings of the talks on our youtube channel, where you can also find the keynote talk by Prof Dan Rohe from our 2019 conference in Zurich! You can [access our youtube channel here](#), and [access the poster presentations here](#). You can also see Denise's keynote talk at the end of this newsletter.

We'd love to hear what you thought of our e-ESPA event, please [provide your feedback on our e-ESPA event by clicking here!](#)

Testimonials for ESPA

"ESPA is the only conference where every talk or poster is relevant to my daily work on the SCIC. Other conferences are interesting, but this one makes a tangible difference, to my knowledge, to my patient education groups, and to my confidence as a professional in a specialist service. Thank you."

"There is nowhere else that the opportunity arises to talk to so many people from across the world, with such a wealth of experience and knowledge, who make you feel part of the group."



Meeting your Speaker

- Doctoral degree in Rehabilitation Psychology from Michigan State University
- Licensed Psychologist since 2000
- Diplomat Status in 2000
- Professor at University of Northumbria since 1994
- Work focuses on depression, secondary complications and quality of life outcomes

Professor Denise Tate's, recorded keynote talk.

Your news

[Dr Jane Duff](#) and colleagues have been working to develop helpful films on how to administer measures of mood and adjustment with people who have a spinal cord injury, which you can see in the [resources section of our website](#).



Patient Health Questionnaire-9

[Prof Denise Tate](#) and [Dr Marcel Post](#) are leading colleagues from around the world to make recommendations for the international SCI psychological functioning dataset. The first results will be presented in a poster at the 2021 ISCoS meeting.

[Dr Tijn van Diemen](#) and colleagues have had a recent publication in Archives of Physical Medicine and Rehabilitation entitled: Trajectories of self-efficacy, depressed mood, and anxiety from admission to spinal cord injury rehabilitation to one year after discharge. [Click here to read more.](#)

[Dr Katherine Finlay](#), [Dr Jasmine Hearn](#), [Simon Barnes](#), and [Lydia Tidmarsh](#) are collaborating on an exciting programme of work to develop a tailored brief mindfulness programme for people with SCI to improve accessibility and appropriateness of mindfulness exercises for this group. They are currently piloting and evaluating the programme. Their developmental, Disability and Rehabilitation, and [BMC Neurology](#).

[Dr Jasmine Hearn](#), [Dr Ed Rohn](#), and [Dr Kim Monden](#) have had a recent publication in The Journal of Spinal Cord Medicine which explored the impact of the COVID-19 pandemic on individuals with SCI in the UK, entitled: Isolated and anxious: A qualitative exploration of the impact of the COVID-19 pandemic on individuals living with spinal cord injury in the UK. [Click here to read more.](#)

Our next eNewsletter will be in Spring 2022, so we would welcome news you'd like to share by February 2022.

Thank you to our members!

The ESPA committee would like to thank the membership once again for your continued support. Please feel free to get in touch with any information, announcements, collaborations and so on at espaspinal@gmail.com



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