

# SHA CONFERENCE 2022

The 73<sup>rd</sup> Annual U.K. Student Health Association (SHA) conference took place at Pollock Halls, University of Edinburgh from Sunday 19th - Tuesday 21st June 2022.



## Conference Topics

GUM update  
Diabetes care  
GDPR from an HR perspective  
Complaints  
Autism  
Employment law for GP's  
Covid in young adults  
Transgender healthcare  
substance use  
Concussion and post-concussion syndrome  
Dermatology workshop  
Heavy Menstrual bleeding in young women

Student support  
Prescribing culture  
Contraception update  
Female presentation of

ADHD  
Anabolic steroid use  
Psycho stimulant

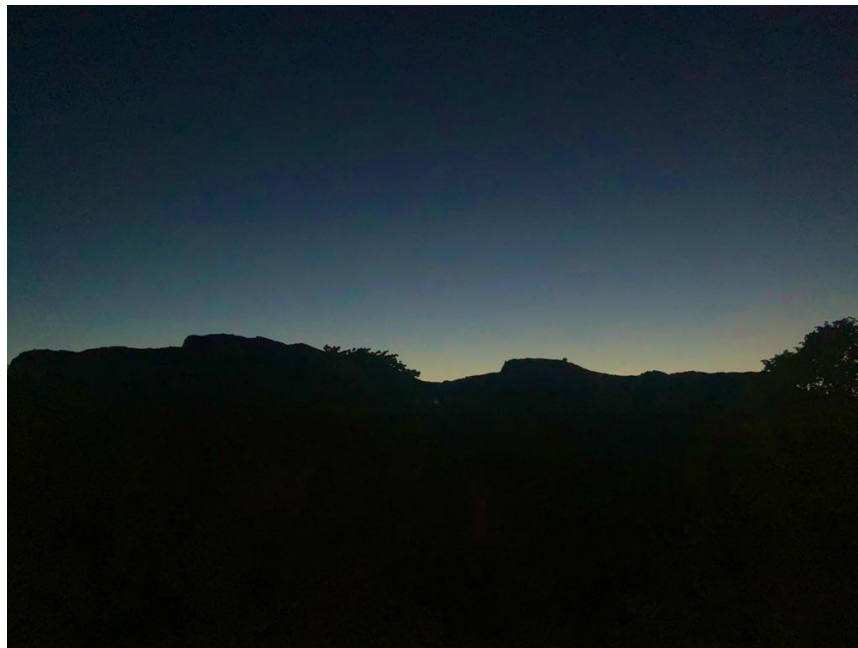
Eating disorders  
Minor illness workshop

# SHA CONFERENCE 2022



## Sunday 19<sup>th</sup> June 2022

I arrived at the comfortable and convenient student accommodation at Pollock Halls in the early hours of Monday morning following a significant flight delay. I was greeted by a friendly fox at 3am as I made my way to Chancellor's Court block nestled at the foot of the silhouette of the iconic ancient volcano 'Arthur's Seat'



# SHA CONFERENCE 2022

**Monday 20<sup>th</sup> June 2022**

With little sleep, I made my way to breakfast on campus for 8am, admiring the expansive campus grounds which were once the gardens of the historic houses, Salisbury Green and St. Leonard's Hall. Shortly after WWII, Sir Donald Pollock gifted the site to the University of Edinburgh. Today, six tower-like blocks stand symmetrically arranged about a refectory block, constructed to serve Edinburgh's staging of the Commonwealth Games, coinciding with the adjacent Commonwealth Pool swimming venue which house 2,000 students during term-time. Pollock Halls are located on the edge of Holyrood Park, about 2km southeast of the centre of Edinburgh and about 1Km from the University's centre area at George Square.



# SHA CONFERENCE 2022

Dr. Barbara Fair, Queen's University Belfast, hosted her President's morning in the main conference room which was a lively and engaging start to the day. Barbara outlined what it was like growing up in Belfast and recounted entertaining tales about her time at UCD Medical School in the 80's and varied career in Belfast throughout the 'troubles' looking after patients who often included bombers, victims and policemen.

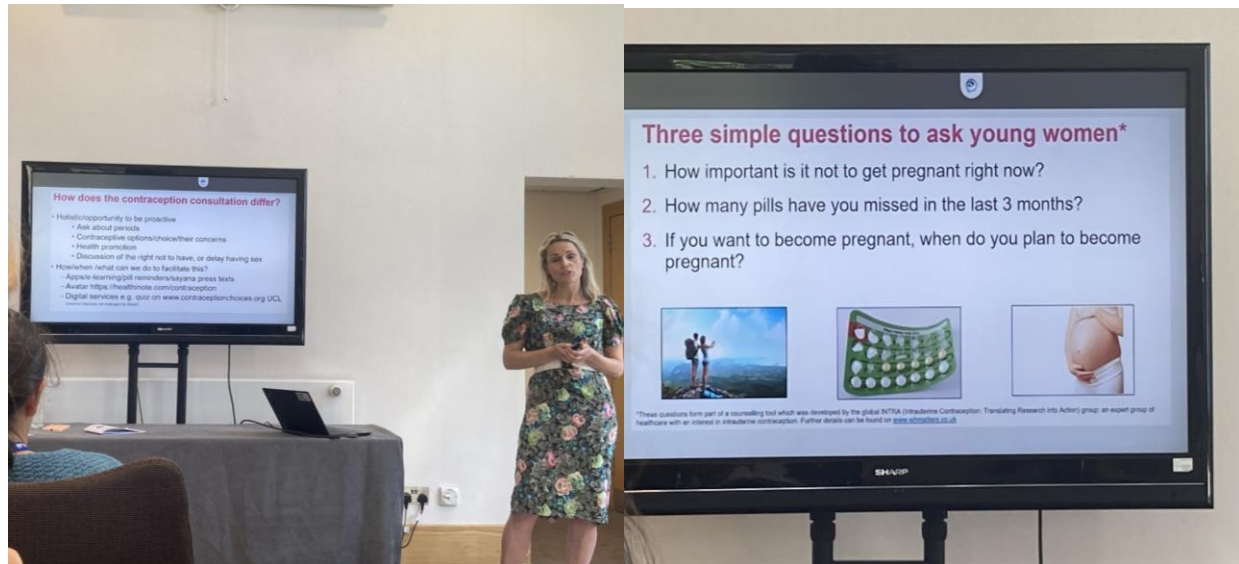
Barbara went on to enlighten delegates with accounts of her 30 years in student health, highlighting the privilege it is to work with such a diverse population in a unique health setting.

The important role of sport in student health was emphasised as Barbara encouraged student health professionals to become involved in sports medicine through her presentation on her involvement with the World University Games which has taken her all over the world caring for student athletes.



# SHA CONFERENCE 2022

A suite of workshops was available to delegates throughout the day until 17.30. I firstly attended a workshop entitled “**Supporting your students to achieve what they are expecting, not what they weren’t**” given by Dr. Katherine Gilmore, a consultant in Community Sexual and Reproductive health which explored heavy menstrual bleeding in young women.



The workshop provided an overview of user dependent and non-user dependent (fit and forget) methods of contraception available to students, explored barriers to use of contraception amongst students and signposted guidance for clinicians and patients. e.g. [Women's Health Matters](#)

NICE guidance on heavy menstrual bleeding can be accessed [here](#)

FRSH Clinical Guideline on problematic bleeding with hormonal contraception was suggested for clinicians [here](#)

Useful resources to help students were signposted on [Contraception Choices Contraception Quiz](#)

Lucy Hamilton (Nurse/AHP) presented a workshop on a **Nurse/AHP led minor illness clinic for students** at Oxford University's Beaumont Street Surgery where the team support 8,500 students as well as a non-university population. The service provides 60 appointments per week currently with a team comprised of receptionist, physician associate, prescribing pharmacist and nurse. A doctor is available to take onward referrals for more complex care. The merits of the nurse led model were significant in terms of ensuring the safe management of patients, improved efficiencies and availability of doctor appointments which would have otherwise been taken up with routine care, appropriate triage and antibiotic stewardship. The peer support of

# SHA CONFERENCE 2022

colleagues was heralded as an important resource. Training of reception staff as 'gatekeepers' was seen as key to the success of the service.

The afternoon session on "**Aesthetic Medicine & Young People**" by Dr. Nestor Demosthenous provided a fascinating insight into aesthetic medicine, common misconceptions, the role of social media and an understanding of the beautification patient we may encounter in student health.

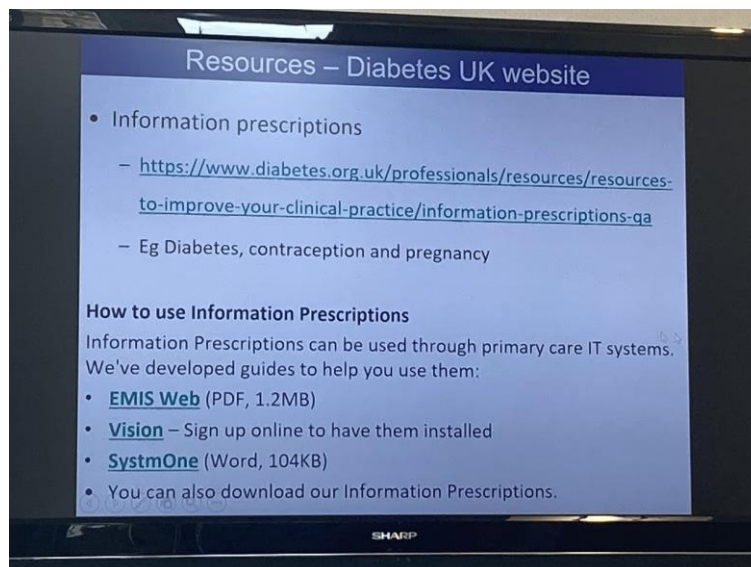
The final session I attended on Monday provided a really interesting overview of "**Social Prescribing on campus**" with Ruthanne Baxter who is passionate about the role of heritage engagement as an early intervention for those facing mental health challenges and/or loneliness and isolation. In 2018, Ruthanne founded Prescribe Culture, a heritage-based non-clinical initiative for mental wellbeing. Ruthanne welcomes contact via [LinkedIn](#) from those interested in her work.

The day provided plenty of opportunities for delegates to meet, network and share ideas during breaks and lunch.

A gala dinner and ceilí were held as a social event on Monday night.

## Tuesday 21<sup>st</sup> June 2022

Dr. Nicola Zammit, Consultant Diabetologist in Edinburgh, provided a morning workshop '**Navigating Student Life with Diabetes**'. The update on student life and diabetes was relevant with many useful resources signposted. A relevant session included an emphasis on driving and diabetes, travel, alcohol and diabetes, sick rules, managing hypo's and complications of diabetes in students at university.



# SHA CONFERENCE 2022

Useful resources relating to students navigating life at Uni with diabetes:

<https://abcd.care/>

<https://abcd.care/dtn-education/flash-glucose-monitoring>

<https://abcd.care/dtn>

<https://mydiabetesmyway.scot.nhs.uk/>

<https://uni.jdrf.org.uk/> \*University Toolkit

Dr. Dan Clutterbuck, Consultant GUM & HIV at NHS Lothian provided a very lively and interactive sexual health and history taking workshop to delegates before lunch on Tuesday. The session explored barriers to sexual health history taking with 12 practical recommendations on how to enhance and improve practice.

I visited the exhibit stands after lunch before joining the workshop on image and performance enhancing drugs given by Con Lafferty who meets many students in his NHS service in Lothian for IPED users. I was particularly interested to learn about the reasons for IPED use and the effects of use on the body, health and wellness.

The UKSHA are keen to continue their links with ISHA with many delegates expressing an interest in attending the ISHA conference 2023 in person or remotely online if the opportunity was available. An invitation to attend ISHA was extended to Dr. Barbara Fair, President UKSHA on behalf of ISHA. A joint conference was proposed for 2026 in Dublin which will be considered by ISHA committee.

Representing ISHA at UKSHA conference 2022 was my honour and pleasure, I highly recommend all those working in student health in Ireland consider attending next year's conference which will be held in at the University of Nottingham 2<sup>nd</sup> to 4<sup>th</sup> July 2023.

You can join the UKSHA [here](#):

*Thank you to ISHA for sponsoring conference fees and travel expenses which facilitated my representation of ISHA at the conference.*

*Report: Laura Tully  
Irish Student Health Association  
23.06.22*