

RCN Pain and Palliative Care Conference



Conference Brochure

Contents



.....	1
Welcome letter.....	3
Programme at a glance.....	4
General information.....	7
Speaker biographies.....	11
Learning Outcomes and Reading Lists	15
Exhibitors	19
Future RCN Events	20

Welcome letter

Dear Colleague,

On behalf of the Royal College of Nursing (RCN) and the Pain and Palliative Care Forum, welcome to the RCN Pain and Palliative Care Conference.

We trust that you will find the conference stimulating and informative and that you'll have an opportunity to network with colleagues during the course of the event. We hope you will go away feeling inspired and invigorated and armed with information to share with colleagues in your workplace.

The RCN believes in life-long learning and actively promotes the continuing professional development of nurses. For this reason, certificates of attendance are included in the conference pack and the framework for reflection can be found on the reverse. You are encouraged to contribute attendance at RCN events towards your framework for reflection which can be included in your portfolio.

You will receive an email with a link to the online conference evaluation. We'd be grateful if you would complete this as soon as possible and within seven days of the conference. Your comments and feedback are invaluable in helping us plan future RCN conferences.

RCN staff and committee members are also on hand to answer any queries you may have regarding your membership. Or if you're a non-member, they can inform you of the many benefits of joining the RCN. As a member, you can join any number of the RCN Forums. Forums have active Facebook groups that provide you with the opportunity to connect with colleagues and keep up to date on current practice related issues.

The RCN has professional forums across the diverse nursing arena and RCN members can join as many of these forums as they wish. With 202105 forum members, forum membership is set to continue to rise. Forums are a huge area of influence and direction for the RCN and are a valuable opportunity to network with colleagues around the UK and be involved in:

- consultation responses
- conferences, events and workshops
- forum-led publications.

We'd like to thank you for supporting this conference and look forward to welcoming you back to future RCN events. A full listing of future events can be found on page 26 of your conference programme.

With best wishes,
Maryin Galligan
RCN Pain and Palliative Care Forum Chair

Programme at a glance

Programme at a glance		
9.00	Registration, exhibition, networking and refreshments	
9.30	Welcome and introduction to the conference <i>Martin Galligan, Pain and Palliative Care Forum Chair</i>	
9.35	Enhancing the Delivery of Pain & Palliative Care: Economic Insights from Cancer Patient Data <i>Dr Ethna McFerran, Post Doctoral Research Fellow, Queens University Belfast</i>	
10.10	Holistic Symptom Assessment <i>Professor Bridget Johnston (FRCN), Clinical Professor of Nursing and Palliative Care, University of Glasgow</i>	
10.45	Exhibition, networking and refreshments	
11.15	Workshops	
	Cowdray Hall	Room 101 & 102
11.15	<p>Workshop One: Neuropathic Pain</p> <p><i>Chair: Karin Cannons Nurse Consultant Frimley Health NHS Foundation Trust</i></p> <p>Speakers: <i>Charlotte Sear, Senior Clinical Nurse Specialist, Royal Brompton & Harefield Hospitals</i></p> <p><i>Callum Metcalfe-O'Shea, UK Professional Lead for Long Term Conditions and Advance Nurse Practitioner, RCN</i></p> <p><i>Felicia Cox (FRCN) Nurse Consultant, Royal Brompton & Harefield Hospitals</i></p>	<p>Workshop Two: Advance Care Planning</p> <p><i>Chair: Sandra Campbell (FRCN), Macmillan Consultant Nurse in Palliative and End of Life Care, The Scottish Ambulance Service</i></p> <p>Speaker: <i>Professor Bridget Johnston (FRCN), Clinical Professor of Nursing and Palliative Care, University of Glasgow</i></p>
12.00	Lunch and exhibition viewing	
13.00	Workshops	
	Cowdray Hall	Room 101 & 102
13.00	<p>Workshop Three: Cultural Experiences of Palliative Care</p> <p><i>Chair: Olajumoke Isaiah, Team lead for Palliative and End of Life Care -</i></p>	<p>Workshop Four: Pain Assessment in Vulnerable Groups</p>

	<p><i>Newham University Hospital, Bart NHS Trust</i></p> <p>Speaker: <i>Flora Dangwa, Wellcome Trust CREATE Clinical PhD Fellow, King's College London</i></p>	<p>Chair: <i>Rachel Desai, Nurse Consultant Pain Service, Birmingham Women's and Children's NHS Foundation Trust</i></p> <p>Speakers: <i>Dr Margaret Dunham, Associate Professor in Nursing & Pain Management, Edinburgh Napier University</i></p> <p><i>Sandra Campbell (FRCN), Macmillan Consultant Nurse in Palliative and End of Life Care, The Scottish Ambulance Service</i></p>
13.45	5-minute transition	
13.50	<p>Workshop Five: Developing the pain & palliative care workforce</p> <p>Chair: <i>Martin Galligan, Pain and Palliative Care Forum Chair</i></p> <p>Speakers: <i>Rachel Desai, Nurse Consultant Pain Service, Birmingham Women's and Children's NHS Foundation Trust</i></p> <p><i>Sharon Taylor, Matron Palliative Care, The Royal Marsden NHS Foundation Trust</i></p> <p><i>Karin Cannons, Nurse Consultant, Frimley Health NHS Foundation Trust</i></p>	<p>Workshop Six: Principals of Symptom Management</p> <p>Chair: <i>Suzanne Monks Lecturer University of Leeds</i></p> <p>Speakers: <i>Olajumoke Isaiah, Team lead for Palliative and End of Life Care - Newham University Hospital, Bart NHS Trust</i></p> <p><i>Sandra Campbell (FRCN), Macmillan Consultant Nurse in Palliative and End of Life Care, The Scottish Ambulance Service</i></p>
14.35	Refreshments and exhibition viewing	
15:00	<p>Communication Skills and Shared Decision Making</p> <p><i>Lloyd Allen, Freelance Trainer</i></p>	
15.45	<p>Panel Discussion: In Conversation with Pain and Palliative Care Forum Steering Committee</p> <p>Chair: <i>Martin Galligan, Pain and Palliative Care Forum Chair</i></p> <p>Panelists: <i>Sandra Campbell (FRCN), Macmillan Consultant Nurse in Palliative and End of Life Care, The Scottish Ambulance Service</i></p> <p><i>Olajumoke Isaiah, Team lead for Palliative and End of Life Care - Newham University Hospital, Bart Health NHS Trust</i></p> <p><i>Rachel Desai, Nurse Consultant Pain Service, Birmingham Women's and Children's NHS Foundation Trust</i></p>	

Suzanne Monks, Senior Lecturer, University of Leeds

Karin Cannons, Nurse Consultant, Frimley Health NHS Foundation Trust

16:30

Conference close

RCN events are sponsored by our industry partners by way of exhibition booths. Industry partners have not influenced the rest of the event's educational content or the choice of speakers. The following companies have supported the RCN Pain and Palliative Care Conference 2025 but have not had any input into the agenda, content or materials of the event: Derma UK, Ethypharm, Kent Pharma UK, The Royal Marsden School, Viatrix.

General information

Conference enquiries

Please ask staff on the registration desk if you have any specific requirements regarding access, lost property or have queries regarding your membership.

Badges

For security purposes, participants must wear their badges at all times. Participants will not be admitted to the conference sessions without the appropriate badge.

Programme

Please refer to the programme for details of the times and locations of all conference sessions. Staff will be on hand to guide you as necessary.

Q&A

Two roving microphones will be available during question times for the audience to use. Any person chosen to ask a question should announce their name and workplace before asking their question. Following a response, they may be invited to comment on that response.

Event evaluation

We aim to produce high quality events for all our delegates. An event evaluation will be emailed to all delegates. Please spare 5 minutes, your feedback helps us plan future events.

Exhibition

There is a small exhibition running alongside this event. These exhibitors have chosen to exhibit at this conference as they feel their products and/or services may be of interest to you. The exhibition also supports the conference, therefore please take the time to go and visit each exhibition stand during the exhibition viewing times.

Receipts

If you require a receipt or have any queries relating to your registration or payment for this event, please contact staff on the registration desk at the event. Alternatively, receipts are also available by contacting RCN Event Registrations direct on 029 2054 6460 between 9.00am and 4.30pm Monday to Friday.

Specific requirements

Please ask at the registration/enquiries desk if you have any specific requirements (e.g. dietary, accessibility etc.)

Electronic devices

Out of courtesy to others, delegates are requested to switch off or set to silent all electronic devices during conference sessions.

Smoking

20 Cavendish Square operates a no-smoking policy (this includes electronic cigarettes). This means that smoking is prohibited in any part of the building including the restaurant patio area and the access areas to the building; for example the main steps and ramp to 20 Cavendish Square and by the goods entrance at 1a Henrietta Place.

Toilets

Toilets are located on the lower ground or first floor, and accessible toilets on the ground floor.

Fire Evacuation Procedure

In the event of an evacuation:

- If the alarm sounds, please make your way to the nearest fire exit. The meeting point is Cavendish Square Gardens.
- Use the stairs – do not use the lifts.
- Anybody who would need help to evacuate the building should let reception or the organiser know when they enter the building so the venue is aware in the case of a fire alarm.
- If anyone is trapped or in need of assistance, please inform Reception or a Fire Marshal.

Assembly Point

- Cavendish Square Gardens is the assembly point.
- Cross the road using the zebra crossing or traffic lights, it is dangerous to cross the road at any other place.
- Please remain in Cavendish Square Gardens until a Fire Marshall instructs you otherwise.

Liability

The RCN will not accept any liability for loss or damage to personal effects which may arise as a result of attendance at this event.

Continuing Professional Development

The RCN believes in lifelong learning and actively promotes the continuing professional development of all nurses. Authorised RCN certificates of attendance have been issued to all participants. This event is also subject to the RCN Events quality assurance framework. You should log what you have learnt at this event using the Framework for Reflection guidelines on the back of your certificate and keep this document in your personal professional portfolio.

Free information at your fingertips

The RCN offers several FREE online resources with all the latest information and guidance on nursing practice issues such as: clinical guidelines, patient safety and eHealth - see <http://www.rcn.org.uk/development/practice>.

Media partner

RCNi is the premier provider of innovative and creative information solutions for the whole nursing team and associated health professionals. With 11 nursing

journals, including Nursing Standard, RCNi provide health professionals with the latest developments impacting nursing, including changes in policy, practice and research. RCNi also offer a range of digital products including RCNi Learning, an interactive online resource of CPD training modules, and the RCNi Portfolio, an online store and tracking system to help you with revalidation.



Acknowledgement and thanks

Pain and Palliative Care Forum

Martin Galligan	Pain and Palliative Care Forum Chair
Suzanne Monks	Senior Lecturer, University of Leeds
Karin Cannons	Nurse Consultant, Frimley Health NHS Foundation Trust
Rachel Desai	Nurse Consultant Pain Service, Birmingham Women's And Children's NHS Foundation Trust
Sandra Campbell	Macmillan Consultant Nurse in Palliative and End of Life Care, The Scottish Ambulance Service
Olajumoke Isaiah	Team lead for Palliative and End of Life Care, Newham University Hospital, Bart Health NHS Trust

Events management team

Leane Brogan	Corporate Events Organiser
Sally Faley	Business Events Manager
Millie Shepherd-Gill	Events and Marketing Administrator

Speaker biographies

Rachel Desai – Nurse Consultant - Birmingham Women's and Children's NHS Foundation Trust

Biography:

Rachel joined the Pain Team in 2007 at Birmingham Children's Hospital and took on the Lead Nurse role in 2012. Rachel expanded the service to cover the whole Trust for acute pain and ensure closer links with the palliative care service. She completed her Master's in Pain Management in 2019 and has recently become a Nurse Consultant. Rachel's passion is providing holistic pain management to children and young people believing they should all have access to effective and supportive pain assessment and management, wherever they are in their patient journey.

Margaret Dunham - Associate Professor in Nursing & Pain Management – Edinburgh Napier University

Biography:

Margaret specialises in older people's experiences of health care, and innovative ways to support those needs, focusing on pain and other co-morbidities of ageing. She is currently working on projects related to pain, ageing and nursing home care. Margaret is active nationally and internationally as Associate Editor of the British Pain Society's Pain News, Chair of the British Pain Society Older People Special Interest Group, Member of the EFIC Academy and elected member of IASP's Older Persons Special Interest Group.

Lloyd Allen - Freelance Trainer

Biography:

Lloyd has worked for over 30 years within the NHS as a senior nurse and educator within the fields of Oncology and Palliative care. He has taught advanced communication skills to senior health professionals for over 20 years and now works as a freelance training and consultant.

Ethna McFerran - Post Doctoral Research Fellow – Queen's University Belfast

Biography:

Dr. Ethna McFerran is a Cancer Health Economist and Specialist Oncology Nurse, with over 20 years of experience in clinical trials, healthcare policy, health economics across cancer care. She holds a PhD in Cancer Health Economics from Queen's University Belfast and has led numerous projects aimed at improving cancer services and patient outcomes. Dr. Mc Ferran's expertise spans economic modelling, cost-effectiveness analysis, and

capacity planning, with a strong focus on evidence-based decision making. She is a respected leader in the field and serves as the Chair of the RCN Cancer Forum, driving advancements in cancer care and policy.

Callum Metcalfe O'Shea – UK Professional Lead for Long Term Conditions and Advanced Nurse Practitioner – RCN

Biography:

Callum has been working in primary care as an Advanced Nurse Practitioner for the last 8 years, with particular specialist interest in diabetes. Callum still works clinically managing patients with diabetes, whilst supporting his local ICB as a diabetes clinical leader and speciality advisor for elective care and recovery. He joined the RCN in Jan 2024 as the Professional Lead for Long Term Conditions with support for the diabetes and cancer portfolio. He has particular interest in multimorbidity, pharmacological treatments for long term conditions and advanced practice.

Sandra Campbell - Macmillan Nurse Consultant Palliative Care - Scottish Ambulance Service

Biography:

Sandra has eighteen years' experience in the strategic role of Nurse Consultant providing leadership on initiatives in cancer and palliative care at local and national levels. Her interest lies in cancer and palliative care with a passion for the value and power of good communication. In 2014, Sandra was awarded as a Fellow of the RCN. She was also the UK RCN Clinical Lead for End of Life Care on a project, 2014-15 and National Clinical Lead for Palliative and End of Life Care in Scotland for two years, 2017 and 2019. Sandra is proud to be an active member of the PPCF Steering committee. She believes strongly that kindness and compassion are at the heart of the human connection.

Olajumoke Isaiah – Team lead for Palliative and End of Life Care – Newham University Hospital, Bart NHS Trust

Biography:

Olajumoke is currently a team lead for palliative and end of life care at Newham University Hospital (Bart Health NHS trust) which serves the East London population, one of England's most ethnically diverse communities. As a specialist nurse with almost two decades of experience different specialities such as surgery, oncology and palliative care. Olajumoke is passionate about patient care and satisfaction being at the centre of service improvement. Olajumoke's interests are health inequalities, patient satisfaction, and the mental wellbeing of specialist nurses in palliative care.

Felicia Cox – Nurse Consultant - Royal Brompton & Harefield Hospitals part of GSTT

Felicia is a Nurse Consultant in Pain Management and also a divisional nursing research lead. She is an acknowledged leader in pain nursing and is a past Chair of RCN Pain and Palliative Care Forum. She is the Co-Chair of the European Federation of IASP Chapter (EFIC) nurse education committee, and Secretary of the IASP Acute Pain Special Interest Group and a founder member of the Pain Nurse Network.

Felicia is the immediate past Editor of the British Journal of Pain and contributes to a number of editorial boards. The breadth of her pain related publications spans the continuum from the Daily Telegraph to The Lancet with systematic reviews, chapters and books in between. She has also co-authored e-learning modules on pain and medicine safety and has contributed to several Faculty of Pain Medicine publications.

She has been awarded Honorary Membership of the British Pain Society and Fellowship of the RCN for her services to pain. Her clinical and research interests include chronic post surgical pain and procedural pain.

Flora Dangwa – Wellcome Trust CREATE Clinical PhD Fellow - King's College London, Cicely Saunders Institute. Denmark Hill

Flora Dangwa is a Wellcome Trust CREATE PhD funded Fellow at King's College London, Cicely Saunders Institute. She is an experienced nurse-academic. She has worked as a Clinical Nurse Specialist in haematology and palliative care nursing at various NHS Trusts within London. She also worked as a lecturer at several universities in London. She holds two MSc degrees; MSc Health Professions Education from University College London and MSc Advanced Practice – Cancer Care from King's College London. Flora has special interest in culturally appropriate Public Health Strategies for Palliative Care. Her PhD focusses on palliative care community engagement in Zimbabwe.

Karin Cannons - Nurse Consultant - Frimley Health NHS Foundation Trust

Biography:

A member of the RCN since a student nurse, Karin qualified as a nurse in 1987 from Bart' Hospital. Since then she has worked in a variety of clinical areas including critical care. As the Nurse Consultant for Pain Management in a large NHS district general hospital foundation Trust, she works clinically with inpatients and outpatients. Karin is the service lead for the Inpatient/Acute and Outpatient/Chronic pain services that are provided to the 3 hospitals in her Trust.

Passionate about patient comfort, staff support and education Karin co-authored the RCN's Pain Knowledge and Skills Framework for the Nursing Team in 2015. A long-term member of the British Pain Society, Karin is a committee member of the Head Pain Special Interest Group (SIG) and an active member of the Acute Pain, Philosophy and Ethics, Education and Developing Countries SIGs. Karin's research interests include non-medical prescribing and opioid reduction in patients with long-term use.

Suzanne Monks - Senior Lecturer - University of Leeds

Biography:

Suzanne is lead for palliative and end of life care within the Nursing department of University of Leeds. She started her career in cardiology where she developed her interest and passion to care for those at end of life, with her most recent clinical role being an end of life care facilitator. Suzanne formed and continues to chair a Yorkshire and Humber end of life care facilitators' forum which disseminates local and national educational, research, strategic and service developments in relation to the end of life care.

Suzanne has been a member of the RCN since the start of her nurse training in 1999. She has been part of the pain and palliative care forum for a number of years and wanted to be part of the steering group to learn from forum members and enable their voice and to be a part of the RCN's work towards palliative and end of life care services within the UK.

Learning Outcomes and Reading Lists

Enhancing the Delivery of Pain & Palliative Care: Economic Insights from Cancer Patient Data

Summary:

Cancer is a leading cause of death. This presentation examines the utilisation of unscheduled emergency end-of-life healthcare and estimates expenditure. We explore care patterns and quantify the likely benefits from service reconfigurations which may influence rates of hospital admission and deaths. Methods using prevalence-based retrospective data to estimate unscheduled-emergency-care costs in the last year of life. We model potential resources released by reductions in length-of-stay for cancer patients. Linear regression examined patient characteristics affecting length-of-stay.

Results: 3134 cancer patients used 60,746 days of unscheduled-emergency-care (average 19.5 days). Of these, 48.9% had ≥ 1 admission during their last 28 days of life. Total estimated cost was £28,684,261, averaging £9,200 per person. Lung cancer patients had the highest proportion of admissions (23.2%, mean length-of-stay = 17.9 days, mean cost=£7,224). Highest service use and total cost was in those diagnosed at Stage IV (38.4%), required 22,099 days of care, costing £9,629,014. Palliative care support, identified in 25.5% of patients, contributed £1,322,328. A 3-day reduction in mean length-of-stay with a 10% reduction in admissions, could reduce costs by £7.37 million. Regression analyses explained 41% of length-of-stay variability.

Conclusions: Opportunities to enhance palliative care provisions and prioritise service reconfiguration offer the greatest potential to influence patient centred outcomes.

Learning Outcomes:

1. Evaluate the Role of Palliative Care in Reducing Emergency Admissions
2. Understand the Financial and Care Implications of Unscheduled Emergency Admissions
3. Identify Strategies for Service Reconfiguration

Reading list:

1. <https://link.springer.com/article/10.1007/s00520-023-07633-6>
2. <https://www.qub.ac.uk/research-centres/nicr/FileStore/PDF/Filetoupload,914677,en.pdf>
3. <https://spcare.bmj.com/content/14/e1/e885>

Neuropathic Pain

Summary:

This presentation will consider neuropathy assessment and management in the context of long-term conditions, with focus on diabetes and multi-morbidity to help nursing staff feel confident in recognising key signs and symptoms and what treatment options are available.

Learning Outcomes:

1. Identify key signs and symptoms related to neuropathy
2. Understand neuropathy in the context of multimorbidity
3. Understand common treatment pathways for certain types of neuropathy

Reading list:

1. <https://www.nice.org.uk/guidance/cg173>
2. <https://cks.nice.org.uk/topics/neuropathic-pain-drug-treatment/>

Cultural Experiences of Palliative Care

Summary:

It is estimated that 90% of people who died in England between 2017 and 2021 would have benefitted from palliative care. Our patients increasingly come from culturally diverse backgrounds and palliative care provided should be reflective of the kind of multicultural society that we live and work in. Yet not enough is discussed on different cultural experiences of palliative care. The increase in migration patterns to the United Kingdom plays an important role in cultural understanding, experience, how different cultures manage illness, decision-making and accessing palliative care. Culture within palliative care should be acknowledged and addressed to meet the needs of different cultural backgrounds and individuals' cultural experiences. Palliative care improves the quality of life of patients, their families/caregivers when faced with challenges associated with life-threatening illness, whether physical, psychological, social or spiritual. Palliative care should be accessible to all people under Universal Health Coverage, when and where people need quality health services without financial hardship. Healthcare professionals should be able to recognise and respond to some of the complex challenges of cultural experiences of palliative care, reduce palliative care disparities, advocate for patients and increase access to specialist palliative care to alleviate suffering and promote quality of life.

Learning Outcomes:

1. Recognise and Identify cultural differences of palliative care from a cultural and social view
2. Respond to challenges of cultural differences in palliative care
3. Discuss and advocate for palliative care of patients, families and care givers of different cultural backgrounds

Reading list:

1. <https://www.who.int/news-room/fact-sheets/detail/palliative-care>
2. <https://www.mariecurie.org.uk/globalassets/media/documents/policy/policy-publications/2023/how-many-people-need-palliative-care.pdf>
3. Phiri GG, Muge-Sugutt J, Porock D. Palliative and End-of-Life Care Access for Immigrants Living in High-income Countries: A Scoping Review. *Gerontol Geriatr Med.* 2023 Nov22;9:23337214231213172. doi: 10.1177/23337214231213172. PMID: 38026093; PMCID: PMC10666706.

Pain in Older People

Summary:

Pain is unfortunately very common in our ageing population, and this increases to 80% of nursing home residents. Pain has a disproportionate impact in older populations, combined with the increasing comorbidities of ageing pain can limit people's independence leading to disability and reduced quality of life. Policy makers have been slow at understanding and acknowledging the enormity of the problem for our older citizens. This presentation will identify some of the considerations affecting pain experience in our ageing UK population. Considering the person in person-centred care, it will address the heterogeneity and inequalities particular to this population and explore the way language can be used to improve our empathy with and understanding of their needs.

Learning Outcomes:

1. Describe the heterogeneity of pain experience in the ageing population
2. Understand some of the ways pain can lead to vulnerability and frailty
3. Consider the way language affects assessment and understanding of the needs of older people

Reading list:

1. WHO. Decade of healthy ageing: baseline report — summary. World Health Organization; 2021 Available at: <https://www.who.int/ageing/decade-of-healthy-ageing>
2. Guerriero F, Reid MC. Linking persistent pain and frailty in older adults. *Pain Medicine*. 2020Jan;21(1):61-6.
3. Schofield P. The assessment of pain in older people: UK national guidelines. *Age and Ageing*. 2018 Mar 1;47(suppl_1):i1-22.

Exhibitors

We'd like to thank our exhibitors who support our conference.

Kent Pharma UK

Derma UK

Viatrix

Royal Marsden School

Ethypharm

RCN Library

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Future RCN Events

Date	Event	Location
15 March	Covid Awareness Day Conference	RCN HQ, London / Online
13 – 14 March	RCN Joint Reps' Spring Conference	Bristol
22 March	RCN and NaTHNaC 8 th Joint Travel Health Conference	Online
29 March	RCN Critical Care and Flight Nursing Forum Conference	RCN HQ, London
31 March – 1 April	RCN Education Forum Conference	Glasgow
20 June	RCN Acute Care Symposium	RCN HQ, London
23 June	Children in Care Conference	Virtual
8 – 10 September	International Nursing Research Conference	Exeter
30 – 31 October	Joint Reps's Autumn Conference	Leeds
11 November	Student Ambassador Conference	RCN HQ, London