**Highland Self Management Forum**

**10th December 2020**

**Microsoft Teams**

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| **AGENDA** | | |
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| 1400 - 1405 | Introductions & Scene Setting | Sodi Kakouris  LGOWIT eLearning Development Officer |
| 1405 - 1410 | Alliance Update | Rhona Miller  Network Development Officer, Self-Management Programme Health and Social Care Alliance Scotland (The Alliance) |
| 1410 – 1440 | Discover Digital | Carmen Paputa-Dutu  Digital Health and Care National Lead Health and Social Care Alliance Scotland (The Alliance) |
| 1440 – 1445 | Coffee Break |  |
| 1445 – 1455 | Near Me: Effective Virtual Patient Consultations.  (Pre-recorded) | Michelle Duffy  NHSH, Specialist Respiratory Nurse |
| 1455 – 1510 | Animations: Helping to reinforce the message | Sodi Kakouris |
| 1510- 1520 | UHI Update | Adam Giangreco  Director of Health and Life Sciences Innovation, Institute of Health Research and Innovation UHI |
| 1520 – 1550 | Digital Health: Selling the Story of Self Management | Mark Grindle  Senior Lecturer in Digital Health, Division of Rural Health and Wellbeing |
| 1550 – 1600 | Q & A session & Close | Sodi Kakouris  LGOWIT eLearning Development Officer |