FRMSc
Experts in Fatigue Research

Northumbria University
NEWCASTLE

Healthcare Fatigue Forum 2026

The annual Healthcare Fatigue Forum is being held on 5th November 2026 in Newcastle-upon-Tyne.

The theme for 2026 is

"Implementing system change for patient safety"

The event is being hosted by Northumbria University and sponsored by FRMSc.

Building on the previous forum events, the theme will explore regulatory and governance approaches, drawing on the experiences of the aviation industry. We will discuss the impact of fatigue on patient safety and staff wellbeing and performance, before highlighting inspiring system change and implementation in practice.

The event will be a mix of formal presentations, posters, workshops, and small group discussions to allow for networking and shared learning.

Attendees are invited who are employees and healthcare professionals of health and social care organisations and academia.

Learning outcomes:

1. Develop an understanding of the impact of fatigue
2. Gain an awareness of actionable mitigations
3. Recognise how small positive changes can form a fatigue risk management strategy
4. Be inspired to take local action.

CPD points: 5

Thursday 5th November

09:00 – 17:00

Lunch & refreshments provided

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Followed by a drinks & networking reception

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Scan to register:

Location:

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Northumbria University
Great Hall
Sutherland building
Northumberland Road
Newcastle upon Tyne
NE1 8ST

HEALTHCARE FATIGUE FORUM

Conference Programme

FRMSc
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09:10	**Welcome** *Douglas Mellor & Alison Steven*
IMPACT OF FATIGUE ON PATIENT SAFETY AND STAFF WELLBEING/PERFORMANCE	
09:20	Patient safety: What patients should expect *Helen Hughes*
10:00	Campaigning for patient safety — learning lessons / sharing experiences for fatigue risk management *Dawn Benson*
10:30	How fatigue impacts healthcare professionals' delivery of care *Ceri Sutherland*
10:50	**Questions and panel discussion** *Helen Hughes, Dawn Benson, Ceri Sutherland*
11:10	***Tea/Coffee & Poster viewing***
REGULATORY / GOVERNANCE APPROACHES	
	Fatigue risk management and regulation
11:30	In Healthcare: HSSIB Report — one year on *Saskia Fursland*
12:00	In Aviation: The practicalities of regulation and its oversight *Kathryn Jones*
12:30	**Questions and panel discussion** *Saskia Fursland, Kathryn Jones, Clare Land*
A HISTORICAL PERSPECTIVE	
13:00	The night duty debate: Workplace cultures of fatigue — a historical perspective *Kristin Hussey*
13:30	***Lunch and poster viewing***
INSPIRING SYSTEM CHANGE AND IMPLEMENTATION IN PRACTICE	
14:30	Exploring approaches to fatigue management in NHS nursing *Stephanie Fox*
14:45	FRAMEwork: Piloting a fatigue risk management approach for healthcare — Bristol NHS Group *Laura Pickup & Emma Dodd*
15:00	REFRESH: Co-designing FRMS, NIHR Workforce Voices partnership *Alison Steven & Matt Lievesly*
15:15	RVI Case Study: Data, working relationships and influences *Suzi Jackson & Nancy Redfern*
15:30	**Workshop with tea/coffee: *Doing fatigue risk management***
16:15	**The European perspective:** Encouraging change in different cultures *Mirka Chekkilova*
16:45	**Wrap up:** What's happened in the last year and what can we do next *Nancy Redfern & Emma Plunkett*
17:00	***Close***