

With just one more month of early bird discount rates for **Congress 2019**, we ask five regular attendees and previous speakers their top tips to make the most of Congress.



01

Sarah May

Deputy Chief Executive, IBMS

The programme is purposely scheduled so that all sessions end and start at the same time, meaning you can pick and choose what you go to without missing the start or end of a talk. My tip would be that people do not just confine themselves to their own discipline – look at what is on offer and take advantage of the opportunity to learn something different.

02

Diane Anderson

National Technical Training Manager, Scottish National Blood Transfusion Service

Read through the programme, plan your timetable in advance and try to attend at least three different disciplines. The format is often different, but you will be amazed at how the subject matter links into your existing knowledge. Also, make a point of visiting the exhibition – not just for the goodies or cocktails – but to see what advances in technology and diagnostics are available.

03

Ian Sturdgess

Pathology Services Manager, West Hertfordshire Hospitals NHS Trust

Firstly, I'd say enjoy yourself. Congress is a total learning experience and it's important to get the most out of that. We have the lectures for all disciplines, which are great, but it's also really important to go to the trade show and talk to the company representatives about their products. It's only by getting out there and speaking to people that you can learn what is possible.

Also, networking – it's very useful to build up a network of colleagues who you can speak to in times of question or doubt. This won't happen overnight, but Congress is a great first place to start.

04

Wendy Leversuch

Head of Scientific Training, Health Services Laboratories

Be prepared! Congress is busy and fast paced, it is crucial to know what you want to see and, more importantly, where everything is. I'm often crossing different disciplines and need to move fast to catch the next lecture. Never miss the exhibition – keeping up to date with what suppliers offer and what developments are happening is an important reason to visit. Don't just hover, go up and talk to people on the stands.

05

Pav Jheeta

Associate Practitioner and Project Co-ordinator in Microbiology, Sandwell and West Birmingham Hospitals NHS Trust

It's a very important event and while not everyone can afford to go for all the days, I'd recommend people come along to whatever they can. With the way the NHS is changing and roles becoming more multidisciplinary, networking is vital to strengthen your knowledge, put yourself out there and learn about new advances and opportunities. My other tip is to be prepared in any lectures. It can be intimidating, but write down any questions you have during the talk and don't be scared to ask them at the end.

TOP FIVE... CONGRESS TIPS