



The 11th Palliative Care Congress  
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## Speaker Biography

# Dr Sara Booth

I trained in anaesthetics (an invaluable grounding in pain relief, intensive care and applied pharmacology) and did six months psychiatry at Oxford before entering palliative medicine. I was a registrar at St Christopher's Hospice (as palliative medicine became a speciality) and then the first senior registrar at Sir Michael Sobell House (Oxford) before moving to Addenbrookes hospital Cambridge in 1998.

I set up the palliative care department there. I became interested in breathlessness at St Christopher's (where my research career started), carrying out one of the first clinical trials in palliative medicine of oxygen versus air in breathlessness. I have been committed to improving the care of breathless patients ever since.

I continued research with an NHS R&D training fellowship, then combined research with clinical practice, setting up the Cambridge Breathlessness Intervention Service (CBIS). I initiated and ran a programme of breathlessness research. Since retirement from my NHS post (2012) I continue to participate in breathlessness research. I am now combining my research interest in breathlessness with improving wellbeing and resilience for those with chronic illness. I have co-authored and co-edited books, original papers, scientific papers and review on breathlessness, palliative care and wellbeing and resilience in chronic illness.