

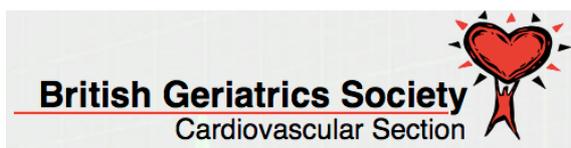


Geriatrics G4J for Juniors Manchester 2019

23rd November 2019

ETC venues Manchester
11 Portland Street
Manchester
M1 3HU

Proudly supported by:



Welcome to Geriatrics for Juniors 2019!

The Association for Elderly Medicine Education (AEME) is a non-profit organisation which exists to organise and support activities related to the continued professional development and education of healthcare professionals working with older patients. With 'G4J', we aim to deliver useful, interesting and relevant clinical teaching that leaves you with a combination of knowledge, insight and motivation to help you to provide better care for your older patients.

The first G4J conference was held in Newcastle Upon Tyne in November 2013, and hosted over one hundred junior doctors from throughout the UK. The feedback was overwhelmingly positive, and led to the development of an annual conference, leading us to be here in Manchester for the first time! With G4J19, the intention is not to merely repeat the programme from previous conferences. Instead, we are trying to build on the most successful and well-received aspects of previous G4J events and help the whole programme evolve into an event that is genuinely interesting and useful, tailored to meet the needs of the audience and, ultimately, their patients.

We would like to thank the British Geriatrics Society for their help with logistical and administrative support for G4J19. Together we have worked hard to make sure that this is the most successful G4J event yet!

We are hopeful that we might inspire some of you to become the next generation of Geriatricians. The programme is designed to reflect the variety of subspecialty options that exist, and we're sure that our speakers will showcase how rewarding a career in Geriatric Medicine can be.

Whether or not you intend to pursue a career in Geriatrics, we hope you find the day useful and relevant to your clinical practice. Please visit our website to find out about our other educational projects - G4J Connect (regional educational events), Mini-GEMs (short clinical video presentations), CotEcast (a regular 10 minute audio podcast), and our OPMentor scheme (for everyday advice and help with specialty applications when the time comes!).

Thank you for your support.

Peter Brock, Vicky Gibson, Nick Saxton, Emma Fiskin, Chris Taylor & Christina Page
The AEME Committee

aeme.org.uk

aeme@aeme.org.uk

[twitter @ElderlyMedEd](https://twitter.com/ElderlyMedEd)





PROGRAMME

0900 – 0925 *Registration & Coffee*

0925 – 0930 *Welcome & Introduction*

0930 – 1000 **Front door Geriatrics**

Lucinda Baldwin
Consultant Geriatrician
Liverpool

1000 – 1030 **What happens to the older person in ITU?**

Donald Milliken
Consultant Anaesthetist
London

1030 – 1100 **Parkinson's is not just a movement disorder**

Peter Brock
Specialty Trainee Geriatrics
Newcastle

1100 – 1120 *Coffee*

1120 – 1150 **Palliative care for people with dementia**

Dan Thomas
Specialty Trainee Geriatrics
Liverpool

1150 – 1235 **Life as a geriatric registrar**

Emma Fiskien, Christina Page, Chris Taylor
Specialty Trainees Geriatric Medicine
Newcastle

1235 - 1400 *Lunch*

including 'World Cafe' drop-in sessions, poster viewing, and the following optional sessions

- **Ask a registrar: Being the 'Med Reg'**
SpR Panel

- **Into Complexity and beyond**

Susan Wyatt, Advanced Nurse Practitioner

1400 - 1430 **Assessing capacity in the real world**

Lesley Young
Consultant Geriatrician
Sunderland

1430 – 1500 **A geriatrician's role in perioperative medicine**

Dr Vicky Gibson
ST6 Geriatric Medicine
Newcastle

1500– 1530 **TBC**

1530 – 1550 *Coffee*

1550 – 1600 **Poster Prize Presentation**

1600 – 1630 **Stroke - what I wish I'd known**

Louise Southern
Consultant Stroke Physician
Gateshead

1630 - 1700 **Decision making in Geriatrics**

Francis Collin
Consultant Geriatrician, Northumbria

1700 *Close*

WORLD CAFE

The 'World Cafe' will include stands representing sub-specialty areas and topics related to careers in Geriatric Medicine. Please come and have a chat and find out what makes us tick! We also have an interactive session, the 'ADL challenge' - come along and have a go!

Parkinson's Disease/Research and Academia

'ADL' challenge interactive stand

OPMentor, Careers and Application advice

Stroke Medicine

British Geriatrics Society

Old Age Psychiatry

Palliative Care

Please also spend time getting to know our attending sponsors!

SPEAKERS

Dr Peter Brock
peter@aeme.org.uk
[@PeteBrock7](https://twitter.com/PeteBrock7)



Dr Peter Brock is currently a ST7 in geriatrics working in the North East. He recently completed a two year stint as the first Editorial Fellow for Age and Ageing. He also is the current chairman of the Association for Elderly Medicine Education (AEME) who are the team of geriatrics trainees behind Geriatrics for Juniors, Mini-GEMs and the CotEcast podcasts.

Dr Lucinda Baldwin

Having graduated from the University of Liverpool in 2006 I have spent my career so far in the Mersey Deanery. I have been Consultant Geriatrician at Aintree University Hospital since May 2017 and have a specialist interest in frailty and cognitive impairment. I am Clinical Lead for Frailty and Joint Trust lead for Delirium and Dementia.

Dr Francis Collin

Francis has been a Consultant Geriatrician in the North East for four years having trained in the South West and London. He works in an acute trust across the medical and surgical directorates and in community based settings. He has a Masters in Medical Education from Cardiff University. Outside of work he is an avid Frisbee player (winner of the Scottish Beach Championships (CUBE) 2018).

Dr Donald Milliken

As a consultant anaesthetist with an interest in prehabilitation, risk assessment and anaesthesia for major complex surgery, I am focused on achieving better outcomes for our increasingly frail, high-risk surgical patients. Specific interests include risk modelling, frailty and sarcopenia, remotely monitored prehabilitation and cardiopulmonary exercise testing.

Abstract: Age is not a barrier to intensive care but sharing decisions with older patients about intensive care admission and advanced organ support requires an understanding of the risks and an awareness of the outcomes. For older patients who are burdened by frailty and multi-morbidity, critical care may not offer a realistic chance of satisfactory outcomes. As we work to improve access to critical care for all patients who are likely to benefit, we must also work with patients to develop a shared understanding of the goals of critical care, as well as the adverse consequences and likely outcomes.

Dr Louise Southern

Louise trained as a geriatrician in the north-east of England and was recently appointed as a Stroke Consultant jointly across Newcastle-upon-Tyne and Gateshead. She leads the 'Clinical Research with Older People' module as part of Newcastle University's Clinical Sciences Online Masters programme, and also teaches undergraduates on topics including Medical Ethics and Shared Decision Making. Outside of work she parents, bakes and plays saxophone with varying degrees of enthusiasm and inexperience.

Abstract: This talk will discuss:

- stroke: what the medical registrar needs to know at 3am
- PEGs and polypharmacy: cerebrovascular disease treatment tailored to the frail elderly patient;
- cognitive effects of stroke: ethics and practicalities

Dr Vicky Gibson
vicky@aeme.org.uk
@vickymgibson



Vicky is a geriatric registrar in the North East and a member of the AEME team. She graduated from Newcastle medical school in 2006 and spent 6 months working in Namibia, Africa before starting GP training, completing 2 years of this and then decided to change back to CMT. Upon completing CMT she worked in Sydney, Australia before commencing Geriatric medicine training in 2013. Vicky is now working LTFT with a year or so left of training. She can be found outside of work playing netball, cycling, but mostly chasing around after a very active toddler!

Dr Dan Thomas

SpR (Trainee Geriatrician) Arrowe Park
BGS Deputy media editor
BGS Clinical quality group trainee rep

Interests:

Rational prescribing and avoidance of overly burdensome tests and treatments

End of life care in Frailty and Dementia

SpR BCUHB North Wales

SpR in Geriatric Medicine.

Abstract: I have done an Out Of Programme year in Stroke Medicine while in training with the aim of obtaining CCT in stroke medicine in addition to GIM and Geriatric Medicine"
OOP year in Stroke Medicine

Dr Chris Taylor
chris@aeme.org.uk
@Toongerisdoc



Chris graduated from Newcastle University in 2011, and after Foundation training in the North East he relocated to South West London to undertake CMT before completing a teaching fellowship at Bart's Health Trust. He is now an ST6 Geriatric medicine registrar in the North East pursuing a career in stroke medicine.

Dr Lesley Young

Consultant Geriatrician Sunderland Royal Hospital Lesley qualified in Medicine from Newcastle University in 1989 and completed training in geriatric medicine in the northern region. She undertook a 2-year period of research on delirium, culminating in the publication by the Royal College of Physicians of the first national guidelines on the diagnosis and management of delirium. She was appointed as a consultant in Sunderland in 1999, being part time since 2002. Lesley is clinical lead for dementia and Mental Capacity at Sunderland and has developed an innovative delirium and dementia outreach team which identifies and advise on cognitive problems throughout the hospital.



NOTES

NOTES



Association for Elderly Medicine Education



Geriatrics for Juniors

Conferences and seminars for junior doctors, aimed at improving standards of care for older patients

Mini-GEMs

A library of concise, focused, clinically-orientated online video presentations relating to practical areas within Geriatric Medicine

Mini



Geriatrics E-learning Module



CotEcast

A podcast for informal and entertaining debate, discussion and analysis of issues related to Geriatric

OPMentor

An informal mentoring scheme for trainees interested in a career in Geriatric Medicine

OPMentor



aeme.org.uk

aeme@aeme.org.uk

 @elderlymeded