

British Geriatrics Society North Thames Section Newsletter Winter 2023

December 2023: Issue 5



Welcome to the British Geriatrics Society North Thames Regional Committee newsletter!

We are in the midst of another busy NHS winter. We are all working extremely hard at a time when services are extremely stretched, so well done to all of you for continuing to provide excellent care in the most difficult conditions!

In the coming months, the BGS North Thames and South Thames regions will be merging to form a pan-London region. We look forward to bringing you lots more events and updates when we have fully merged.

National News: *How can BGS support you?*

Did you know that you can be a member of BGS for FREE?

Free membership is open to all undergraduate medical students, student nurses and AHP students at a UK medical school. It is also open to Foundation Year 1 – 2 and Academic Foundation Year 1 – 2 Doctors as well as Nurses and AHPs in their Preceptorship year.

Follow this link to sign up! <https://www.bgs.org.uk/about-bgs/become-a-member-of-the-bgs>

Regional News: Event for Medical Students - Introduction to Geriatric Medicine

Hosted by BGS North Thames Regional Committee

When: Wednesday 24th January 2024, 6pm - 7:40pm

Where: Hybrid - attend virtually or in-person: New Hunts House, Great Maze Pond, London, SE1 9RT (Guys Campus, King's College London)

Who: Medical students (any year) who want to hear more about Geriatric Medicine as a specialty

What to expect:

- Multiple short interactive talks from doctors, ranging from foundation to registrar level

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- Topics will include introduction to Internal Medicine Training (IMT), CV planning for the future FY1, Wellbeing in Medicine, Debunking myths about Geriatric Medicine
 - Lots of opportunities to ask questions and meet other medical students from across London

Register here if interested:

<https://docs.google.com/forms/d/e/1FAIpQLSfC5LNTq0Y24uUP-7dp5s4H8ajxfMfaMS0WXv2580KTtpkzoA/viewform>

Regional News: BGS London Regional Meeting Winter 2023

Unfortunately, our Autumn Regional Meeting was postponed due to unforeseen circumstances. We had planned for lots of exciting and informative talks and are currently in the process of rearranging this event for February 2024. Please keep your eyes peeled for the new date and details of how to register for the event - we will be in touch soon!

Regional Hospital in Focus: *Turning the spotlight on our local services*

North Middlesex University Hospital Trust

North Middlesex Hospital is a large, busy district general hospital located in the London Borough of Enfield, serving an extremely diverse population of a wide range of backgrounds. It celebrated its centenary year in 2021. It has a large Care of the Elderly Department with 5 specialist wards as well as an acute frailty unit (Amber Ward).

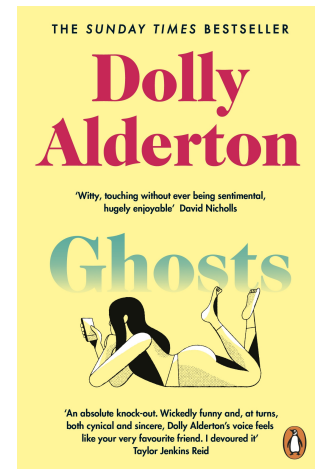
What's happening at North Middlesex Hospital?

- **GEMS:** The Geriatric Emergency Medicine Service consists of geriatricians and specialist nurse practitioners who assess patients presenting to A&E who are deemed to have a clinical frailty score of 6 or above. They aim to provide early comprehensive geriatric assessment, avoid hospital admission where possible and put holistic plans into place for patients requiring admission
- **Medical Day Hospital:** This is a service designed to bridge the gap between primary and secondary care. Frail patients with complex needs can be booked in for follow up appointments following hospital admission if there are outstanding investigations to be

carried out or complex decisions/discussions to be had outside of an acute admission. This allows patients who are suitable to be discharged from hospital more quickly with the knowledge that they can be safely followed up by a specialist geriatric service.

Book Review: Ghosts, Dolly Alderton

Dolly Alderton's debut novel is a funny and light-hearted tale primarily of the dating ups and downs of protagonist, 32 year old Nina Dean. However, an important storyline throughout the novel is Nina's father showing progressive signs of dementia. The contrasting reactions of Nina and her mother to the increasing forgetfulness and change in personality of her father will likely resonate with many. Nina finds herself grappling with the reality of needing to make difficult choices in order to safeguard her father and put into place plans for the future. I truly felt Nina's struggles and the portrayal of her relationship with her Dad was both heart-warming and heart-breaking. I would highly recommend checking it out!



Please forward this email to anyone who may also be interested and contact us to get added to our mailing list.

This newsletter was brought to you by Dr Sarah John, FY2 at Royal Free Hospital

With best wishes,

Waki, Tilna, Sophie, Will, Su Ling, Anmol, Katie, Sarah
British Geriatric Society North Thames Committee

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