

BGS Trainees' Weekend 2019

2-3 February 2019

etc. venues Maple House, Birmingham

This annual 2 day weekend meeting is organised by geriatric medicine trainees, for geriatric medicine trainees, to identify and address key training and learning points within the speciality. Built around the current curriculum needs and experiences of junior doctors training for a career in geriatric medicine, it will see a mix of plenary presentations and workshops, a mock SCE exam, and practice consultant interviews.

Plenary Sessions on:

- Comprehensive Geriatric Assessment (CGA) in practice
- Inflammageing
- Movement disorders
- Surgical liaison
- and more...

Workshops on:

- Sensory disturbance
- Continence
- Research
- Leadership
- Musculoskeletal
- Falls and syncope
- SCE preparation
- New consultant posts
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Meeting aims:

- Understand more on the key areas and challenges faced in geriatric medicine
- Hear focused presentations on all main areas of the geriatrics curriculum, and the latest scientific research from experienced British Geriatrics Society members and elected officers
- Opportunity to sit a mock SCE exam or attend practice consultant interviews with experienced interviewers
- Small group sessions to target lesser covered curriculum areas
- Network and socialise with other trainees, consultants and other healthcare professionals over

Session 1: Comprehensive geriatric assessment (CGA) in practice

	09:00 Shape of training, curriculum updates Dr Rob Wears, Consultant geriatrician, University Hospitals of Birmingham NHS Foundation Trust
09.00 - 10.45	09:25 Acute community geriatrics Dr Stuart Hutchinson, Consultant geriatrician, The Royal Wolverhampton NHS Trust
	10:05 CGA at the front door Dr Andrew O'Neill, Consultant in elderly care and clinical lead for Frailty, Manor Hospital
10.45	Coffee and exhibition

Session 2: Inflammageing

	11:15 Biology of ageing update Prof Janet Lord, Director of the Institute of Inflammation, University of Birmingham
11.15 - 13.00	11:45 Frailty and immunosenescence Dr Daisy Wilson, Clinical lecturer and Specialist trainee in geriatric medicine, University of Birmingham
	12:15 Delirium update Dr Thomas Jackson, Consultant geriatrician, University of Birmingham
13.00	Lunch and exhibition

Session 3: Workshops

	Research	Continence	Sensory disturbance
14.00 - 15.30	Geriatric medicine research collaborative (GeMRC): update and research sandpit Dr Carly Welch, Clinical research fellow and ST6 geriatric medicine, University of Birmingham and Dr Lauren McCluskey, ACF ST6 geriatric medicine, Worcestershire Acute Hospitals Trust	Dr Claire Sutton, Consultant geriatrician and Ms Yvette Perston, Functional bowel clinical nurse specialist, Queen Elizabeth Hospital Birmingham; Dr Phil Tooz-Hobson, Consultant urogynaecologist and Mr Kal Perkins, Continence clinical nurse specialist; Birmingham Women's and Children's NHS Foundation Trust	14:00 Mouth care matters Dr Mili Doshi, Educational supervisor for dental core trainees, East Surrey Hospital and the Royal Hospital for Neurodisability 14:30 ENT for older adults Neil Giblett, ENT Registrar NHS England 15:00 Out of sight, out of mind: the effect of vision correction on cognitive function and quality of life in Alzheimer's disease patients with correctable sight loss Dr Doina Gherghel, Lecturer in ophthalmology, Aston University
15.30	Coffee and exhibition		

Session 4: Movement disorders

16.00 - 17.00	16:00 Parkinson's disease and beyond Dr Ben Wright, Consultant neurologist, Queen Elizabeth Hospital Birmingham
	16:30 Management of Parkinson's Disease Dr Sharon Muzerengi, Consultant neurologist, University Hospitals Birmingham NHS trust
17.00	End of day
19.00	Dinner

Consultants mock interviews *

* 45 minutes interview running in parallel of the morning sessions with experienced interviewers. Spaces are limited. Sign up for a practice interview during your registration.

Session 1: Surgical liaison

	<p>09:00 POPS in practice Dr Philip Braude, Consultant, Guy's and St Thomas' Hospital</p>
09.00 11.00	<p>9:45 Neurosurgery for geriatricians Dr Ed White, Consultant neurologist, University Hospitals Birmingham</p>
	<p>10:30 Trainees update Dr Stephen Lim, Clinical research fellow, University of Southampton</p>
11.00	<p>Coffee and exhibition</p>

Session 2: Workshops

	Musculoskeletal	Falls prevention – what we know and what we don't	Leadership
11.30 13.00	<p>11:30 Rheumatology in older adults Dr Adrian Peall, Consultant rheumatologist, Hereford County Hospital</p> <p>12:15 Osteoporosis and sarcopenia Dr Zaki Hassan-Smith, Consultant endocrinologist, Queen Elizabeth Hospital Birmingham</p>	<p>11:30 Management and investigation of syncope Dr Rhys Beynon, Consultant cardiologist and electrophysiologist, University Hospital of the North Midlands</p> <p>12:15 Falls prevention – what we know and what we don't Dr Jonathan Treml, Consultant Geriatrician, Queen Elizabeth Hospital Birmingham</p>	<p>11:30 Leadership in geriatric medicine and setting up a service Dr Zoe Wyrko, Consultant Geriatrician, University Hospitals Birmingham NHS Foundation Trust</p> <p>12:30 Chief registrar role Dr Gary French</p>
13.00	<p>Lunch and exhibition</p>		

Session 3: Workshops

	SCE preparation	The new consultant	Debate
14.00 15.30	<p>Dr Helen Chamberlain, Consultant Geriatrician, University Hospitals Birmingham</p>	<p>Dr Lawrence Greensall, Consultant geriatrician, Sandwell and West Birmingham Hospitals NHS Trust</p>	<p>This house believes that acute physicians are better than geriatricians at running front door frailty services</p> <p>For the motion: Dr Nigel Page, Consultant, Sandwell and West Birmingham Hospitals NHS Trust</p> <p>Against the motion: Dr Philip Thomas, Consultant geriatrician, The Royal Wolverhampton NHS Trust</p>
15.30	<p>End of meeting</p>		

Spring Meeting

10 - 12 April 2019, RWCMD, Cardiff



British Geriatrics Society
Improving healthcare for older people

See the full programme and register tinyurl.com/BGSSPR19

SPEAKERS BIOGRAPHIES

Saturday

Dr Rob Wears

Trained in Manchester and graduated in 1986 before moving to the West Midlands. Consultant Geriatrician at Solihull Hospital since 1994. Currently BGS VP (training and education), deputy chair SAC (geriatric medicine), director of quality for WM school of medicine and TPD geriatric medicine (West Midlands). Clinical interests include dementia, Parkinson's disease and nutrition. Non clinical interests include puppy walking for the Guide Dogs for the Blind Association.

Speaker's abstract:

The presentation will deliver an update on the current state of the Shape of Training initiative, highlighting the changes to geriatric medicine and internal medicine training. There will be an update on the new geriatric medicine curriculum. There will be time to answer trainees questions and concerns raised on the day.

Dr Stuart Hutchinson

Stuart Hutchinson is a consultant in Care of the Elderly in Wolverhampton. He has spent time in various jobs, covering acute hospitals, acute medicine, and most recently the community, with a special interest in care homes and deprescribing. He is currently Clinical Lead for the Wolverhampton Rapid Intervention Teams, which consists of himself, twenty nurses and more backup staff. The service has been nationally recognised.

Speaker's abstract:

- Scope of acute geriatric services
- Problems, pitfalls and challenges of setting up a service
- The future of acute community services

Dr Elizabeth King

Liz is clinical director of Elderly Care at Royal Wolverhampton NHS Trust and leads on the Front door Frailty service and an ambulatory model of care for frail older people. Her other main interests are dementia and delirium.

Dr Daisy Wilson

Daisy Wilson graduated from the University of Birmingham medical school in 2008 and subsequently completed a number of junior posts around the West Midlands. She started her specialist training in geriatrics in 2013. From 2014 to 2017 she completed her PhD which primarily investigated immunosenescence in frail older adults but also focussed upon pragmatic diagnosis of sarcopenia and frailty. In summer 2018 she started a NIHR funded clinical lecture post with the University of Birmingham and now splits her time between academic commitments and completing her specialist geriatric training. Ongoing research interests include the temporal relationship between frailty and sarcopenia and the role of immunosenescence in the development and propagation of frailty and sarcopenia.

Dr Thomas Jackson

Dr Jackson currently works as a clinical academic geriatrician in the Institute of Inflammation and Ageing at the University of Birmingham. His research interests include the immune-inflammatory basis of delirium, and how this impacts on the development of longer term cognitive outcomes, as well as work understanding how our ageing immune system may drive frailty and sarcopenia. His PhD was on pragmatic methods to identify dementia in older people with delirium and the affects of clinical subtypes and inflammatory profiles of delirium on outcomes. He is lead for Geriatric Medicine teaching across disciplines at the Medical and Dental School. Clinically he works as a consultant orthogeriatrician at the Queen Elizabeth Hospital, Birmingham. He also regularly contributes to the unselected general medicine admissions take. He tweets using @delirious_dr and is a believer in the potential for social media to increase research impacts. He sits on the board of the European Delirium Association and was recently awarded the British Geriatrics Society Rising Star award.

Dr Lauren McCluskey and Dr Carly Welch

Carly and Lauren co-founded the Geriatric Medicine Research

Collaborative (GeMRC) in August 2017. They were both academic clinical fellows at the University of Birmingham at the time, although Carly is now out of programme (trying) to undertake a PhD! GeMRC is now a fully national trainee-led collaborative. They have already successfully published papers, conference abstracts, and presentations given at national and international meetings.

Speaker's abstract:

In this session, we will give an overview of what the GeMRC is, what we've accomplished so far, and explain what you can do to get involved! Importantly, we want to get you all involved in the process of developing ideas for our future projects. This session will be very 'hands-on' and we encourage you to come along!

Dr Claire Sutton

Claire is a consultant geriatrician with an interest in stroke and continence. She has been interested in improving continence care in older adults living with frailty since being a geriatric medicine registrar and has established a continence action group at the Queen Elizabeth Hospital Birmingham where she works. Through this group she has been able to improve standards of assessment and management of all aspects of continence throughout the trust and given the trust a central focus for improvement. She runs a joint continence clinic at Birmingham Womens hospital with Mr Tooz-Hobson.

Dr Phil Tooz-Hobson

Phil is a frustrated physician who works as a Urogynaecologist at BWCH. He studied predominantly in London before taking up his Consultants job in 2000. He is research active and is an honorary Reader at UoB. His areas of interest include diagnostics and treatment outcome measures. In conjunction with Claire Sutton he has run a joint CoE continence clinic for the last 4 years. Their aims are to reduce medication and optimise response to treatment.

Ms Yvette Perston

Yvette Perston trained in Cardiff qualifying in 1983. She became a surgical ward sister in 1985 in Swansea, on a gastrointestinal and vascular ward. In 1989 she became a stoma care nurse covering 3 DGHs and the county of West Glamorgan with a colleague. In 1994 she moved back to Cardiff to set up a colorectal department at Llandough University Hospital. During 18 years in Cardiff she established a Colorectal Nursing department which provided inpatient, outpatient and community care for patients with colorectal problems. She has been the Functional Bowel CNS at the Queen Elizabeth Hospital Birmingham for the last 6 years.

Dr Mili Doshi

Mili Doshi is a Consultant in Special Care Dentistry at East Surrey Hospital and the Royal Hospital for Neurodisability in Putney. Mili has always been very committed to improving oral health services for adults with special care needs and integrating oral health into general health. Mili is the current president for the British Society of Gerodontology. Mili is leading on the Health Education England initiative working to improve oral health for vulnerable adults called 'Mouth Care Matters'. After a pilot at East Surrey Hospital this initiative is being rolled out in nearly 50 trusts in England

Speaker's abstract:

- The links between oral health and general health
- The demographics of oral disease in the older population
- Practical tips on how to manage common oral conditions
- Why Mouth Care really does Matters ?

Neil Giblett

Neil Giblett graduated from the University of Birmingham and has exclusively trained in the West Midlands. He is now in his final year of Ear Nose and Throat higher surgical training at Birmingham Children's Hospital having completed his FRCS ORL-HNS and sits as the higher surgical training representative regionally. Teaching has always been a side project and he has undertaken a clinical teaching fellowship at City Hospital, Birmingham as well as completing a Masters in medical education with distinction at the University of Nottingham. His next venture is a post CCT otolaryngology fellowship in Perth, Western Australia which he will

SPEAKERS BIOGRAPHIES

begin in August of this year.

Speaker abstract:

This talk aims to address the sensory related requirements of the JRCPTB specialty training curriculum from an ENT perspective.

Primary focus will therefore be:

- Impaired hearing in the older adult
- Dizziness

In addition any ENT related queries would be welcomed in the Q&A.

Dr Doina Gherghel

Dr Doina Gherghel is an ophthalmologist, with primary speciality in vascular medicine and glaucoma. However, she has also developed an interest in vascular risk factors in AD and, in addition, is also looking into the effect of vision correction on cognitive prognosis. She is a member of the UK Dementia and Sight Loss Special Interest group. At Aston, she is leading a new module on Geriatric Optometry, a first in the UK.

Speaker's abstract:

It is estimated that of the 850,000 people living with dementia in the UK over 123,000 suffer from serious sight loss at a level that makes their day to day life very difficult due to the inability to perform basic orientation and recognition needs. This session will cover the main ocular pathology that patients living with AD might present with, how these can be diagnosed and how early ocular intervention might result in a better disease prognosis.

Dr Ben Wright

Graduated from University College London. Postgraduate training in Cambridge and Birmingham. Specialist interest in dystonia, Parkinson's disease and other movement disorders. Clinical lead of the national adult Wolfram service. Principal Investigator to several clinical trials. Co-organiser of the Birmingham movement disorders course.

- Do you know how to tell apart people with Parkinson's from people with atypical Parkinson's syndromes?
- Can you name five different types of hyperkinetic movement disorders, and how to tell them apart?
- If you answered "no" – then this talk is for you.
- ...and if you answered "yes" – then come along anyway and test your knowledge!

Dr Sharon Muzerengi

Dr Sharon Muzerengi is a Consultant Neurologist at the University Hospitals Birmingham NHS trust. She graduated from University of Zimbabwe, then did her postgraduate training in London and the West Midlands. Completed Neurology training in the West Midlands in 2016. She has a clinical interest in movement disorders particularly Parkinson's disease. She runs movement disorders clinics at Solihull and Queen Elizabeth hospitals. She has conducted clinical and laboratory-based research in Parkinson's disease and obtained a research MD from the University of Birmingham in 2018. The focus of her MD research was on the subject of hospitalisation in Parkinson's disease and development of an MRI based probe for use as a diagnostic tool in Parkinson's. Her publications including several articles and book chapters on Parkinson's disease and Restless legs syndrome.

Speaker's abstract:

The talk will focus on management of motor symptoms, learning outcomes for delegates include the following:

- Early disease treatment options and side effects
- When to start treatment?
- Advanced disease options

Sunday

Dr Philip Braude

Dr Philip Braude is a consultant geriatrician working at Guy's and St Thomas' Hospital in the Perioperative medicine for Older People undergoing Surgery team. He is researching functional outcomes post coronary artery bypass surgery and matching this with a new POPS service in the cardiac pathway.

Speaker's abstract:

Perioperative medicine for older people undergoing surgery

- Demographics and political landscape relevant to the older surgical patient
- Models and pathways of care for older surgical patients
- Risk assessment of perioperative morbidity and mortality
- Modification of risk including the use of organ specific national and international guidelines (e.g. European Society Cardiology)
- Use of inter-disciplinary and cross-speciality interventions to improve postoperative outcome (e.g. therapy delivered pre-habilitation)

Dr Ed White

He is a consultant neurosurgeon at Queen Elizabeth Hospital, Birmingham. He has subspecialty interests in neurovascular, neuro-oncology, skull-base and CSF disorders. He is the departmental neurovascular lead and is on the NHS England committee for developing pathways for the management of subarachnoid haemorrhage. He has previously completed a PhD developing technologies for the direct intracranial delivery of drugs and viral vectors to the brain.

Speaker's abstract:

The aim of the talk is to discuss the role of neurosurgery in the management of common problems within the geriatric population. Specific areas of discussion will be haemorrhagic stroke, normal pressure hydrocephalus and chronic subdural haematomas.

Dr Adrian Peall

Dr Adrian Peall completed undergraduate training in Southampton and then pursued general medical training both in the UK and New Zealand. He has been a consultant rheumatologist in Hereford since 2011. He is the clinical lead for the department and has a subspecialty interest in musculoskeletal ultrasound. He is also a question writer for the rheumatology specialty exam and recently appointed a member of the standard setting group.

Speaker's abstract:

The aims of this talk are to:

- Improve knowledge of common rheumatology conditions in older people
- Provide a open forum to ask questions on diagnosis and management of rheumatological conditions
- Develop delegates interest in managing patients alongside their rheumatology colleagues

Dr Rhys Beynon

Dr Rhys Beynon is a Consultant Cardiologist and Electrophysiologist with a special interest in Inherited Cardiac Conditions. Trained in Edinburgh, London, Manchester and Liverpool. Dr Beynon led a team of specialist nurses that won the BMJ Cardiology Team of the Year in 2017 for their work providing 24 hour acute Cardiology cover to the Emergency Department. Dr Beynon has undertaken postgraduate studies in Health Economics and has a passion for the Getting it Right First Time (GIRFT) project.

Speaker Abstract:

Management and Investigation of Transient Loss of Consciousness

- The changing nature of TLOC across the age ranges
- TLOC in the ED and the Outpatient Clinic
- TLOC and DVLA

Dr Jonathan Treml

Jonathan Treml trained in Geriatric Medicine in London and the South East before taking up a consultant post in Birmingham in 2003. He is currently a consultant in Geriatric Medicine at Queen Elizabeth Hospital, Birmingham. His interests include orthogeriatrics, prevention and management of falls and fractures, end of life care, and delirium. He has been Co-Chair of the British Geriatrics Society Falls and Bone Health Section, and clinical lead of the National Audit of Falls and Bone Health.

Speaker abstract:

- I will summarise the evidence for falls and fracture prevention
- I will look at a couple of the most recent large studies of falls prevention
- We will explore the recent Cochrane reviews on falls prevention
- We will discuss the main gaps in the evidence and research opportunities

Dr Zoe Wyrko

Dr Wyrko graduated from the University of Birmingham in 2000, was appointed as Consultant Geriatrician at the Queen Elizabeth Hospital Birmingham in 2009, and is Associate Medical Director for Quality Development at University Hospitals Birmingham NHS Foundation Trust. She is Special Advisor in Older People to the Birmingham and Solihull STP. She has a track record of developing and implementing system based services to improve the care of older people. These include a specialised ward for looking after older people with 'delayed transfers of care' which featured as an exemplar in the RCP Future Hospitals report. She developed the OPAL services at QEHB and Solihull Hospitals to promote early CGA, and is supporting the development and alignment of front-door older people's services across the four acute hospitals in the Trust. She is now working with system partners to develop an integrated care and health model across Birmingham and Solihull, serving a 1.25 million population. She tweets @geri_baby

Dr Zaki Hassan-Smith

Zaki is a Consultant Endocrinologist at University Hospitals Birmingham NHS Foundation Trust and Visiting Professor at the Faculty of Health and Life Sciences, Coventry University. His clinical interests are in endocrinology and metabolic bone disease. He is an Editorial Advisor to the BMJ. He completed Clinical Training in London and Birmingham. His previous academic posts include NIHR-funded Academic Clinical Fellow, European Research Council Clinical Research Fellow and Clinical Lecturer posts. He

completed his PhD on the role of Glucocorticoid Metabolism in ageing. His research interests centre around improving outcomes in metabolic bone conditions and Investigating steroid and vitamin D metabolism in frailty and sarcopenia.

Dr Helen Chamberlain

Dr Helen Chamberlain trained in London, and has been a Consultant Geriatrician in Birmingham since 2001. From 2016 she has been working at Queen Elizabeth Hospital in Orthogeriatrics, with a special interest in Major Trauma. She is actively involved in teaching and training in Geriatric Medicine, speaking at the national Geriatrics for Juniors meeting in 2014, and organising two G4J Connect meetings in the West Midlands region as well. She was previously Specialty Lead for Geriatric Medicine at Birmingham University Medical School. She has been a member of the Question Writing Group for the Specialty Certificate in Geriatric Medicine since 2015. She is also a PACES examiner, as well as a keen teacher using Simulation Based Training.

Speaker's abstract:

The SCE is probably the last exam you have to do in your training. Most UK trainees actually pass it without difficulty, so it's really not something to get too worried about. That said, preparation is vital! In this session Helen will take you through the background of the exam, the anatomy of the best-of-five MCQ and the RCP house style. There will also be some sample questions, and opportunity for you to write some yourself in a workshop setting.

Dr Nigel Page

Consultant Geriatrician at Sandwell and West Birmingham hospital since 2000. Worked in most aspects of old age medicine. Currently in front door frailty within acute medicine. Held various clinical managerial posts in the trust. Deputy chair of the STC for geriatric medicine in the West Midlands. WMBGS secretary previously and current WMBGS chair. Previous BGS meetings secretary. Medical Examiner.

Dr Philip Thomas

Consultant Geriatrician at Royal Wolverhampton NHS Trust since October 2018 with a special interest in movement disorders. Currently providing a Front door Frailty Service. Graduated from Birmingham University in 2009 and undertook my postgraduate training in the West Midlands. Former trainee representative on the BGS Research and Academic Development Committee.

Spring Meeting

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Registration and programme at <http://tinyurl.com/BGSSPR18>

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