

Spring meeting overview

10 - 12 April 2019

Royal Welsh College of Music and Drama, Cardiff

The BGS Spring meeting will cover the latest scientific research and the best clinical practice in care of older people. Our ageing population is stimulating extensive NHS service redesign to deal with the challenge of caring for larger numbers of older people both in and out of hospitals. This conference will cover core areas of interest to all specialists responsible for the health care of older people in the United Kingdom and internationally.

The Stroke session on Friday 12 April 2019 is endorsed by the British Association of Stroke Physicians



This programme has been submitted for **CPD credits** to the Royal College of Physicians.

Who should attend

- Consultants and Professors of Geriatric Medicine
- Specialist Doctors
- Specialist Registrars (StRs) in Geriatric Medicine and related specialties
- Nurse Consultants, Nurse Specialists and Advanced Nurse Practitioners
- GPs, GPswSI in older people and GP Trainees
- Physiotherapists, Occupational Therapists and Allied Health Professionals
- Researchers into ageing and age-related conditions
- Core Medical Trainees and Foundation Year Doctors
- Medical Students

Meeting aims

- Further attendees' overall knowledge and understanding of current research and practice in healthcare of older people in core and difficult areas
- Improve attendees' skills in the treatment and healthcare of older people
- Inspire attendees to achieve personal excellence in healthcare of older people
- Take away new activities and ideas to progress their workplace's services

Register online at <http://tinyurl.com/BGSSPR19>

Follow us on  @GeriSoc #BGSCConf

Conference programme

Wednesday, 10 April 2019

08.15 **Registration**

09.00 **Presidential address**

09.30 - 11.00	Dementia End of life care dementia and delirium	Frailty and Sarcopenia Frailty across primary and secondary care
	<p>09.30 End of life care in dementia Prof Rowan Harwood, Professor of Palliative and End of Life Care, honorary Consultant Geriatrician, University of Nottingham</p> <p>10.00 Applying the evidence for better delirium care at the end of life Prof Meera Agar, Professor of Palliative Medicine, IMPACCT, University of Technology Sydney and President, Australian and New Zealand Society of Palliative Medicine</p> <p>10.30 SEEDs and MOOCs - supporting family carers of people with advanced dementia towards end of life Dr Marie Poole, Research associate, Newcastle University</p>	<p>09.30 Welcome</p> <p>09.35 Frailty and cognitive impairment – interventions to interrupt the vicious cycle Dr Thomas Jackson, Consultant Geriatrician, University of Birmingham</p> <p>10.00 Frailty in primary care - interventions and models in primary care Dr Liz Lawn, Clinical Director, Locality Hubs, CSH Surrey</p> <p>10.30 Platform presentation: Outcomes of Frailty in Rural Tanzania Emma Grace Lewis</p> <p>10.45 Effect of oral vitamin K2 supplementation on postural sway and physical function in older people with a history of falls: A pilot randomised controlled trial Dr Miles Witham</p>

11.00 **Refreshments break**, Exhibition area

11.30 - 13.00	Dementia and Delirium Management in care homes	Frailty and Sarcopenia Frailty across primary and secondary care
	<p>11.30 Living through an episode of delirium</p> <p>12.00 Developing Nursing practice in care homes Mr Derek Barron, Director of care, Erskine</p> <p>12.30 CHARMS: promoting movement and activity in care homes Dr Alison Dawson, Research Fellow, University of Stirling</p>	<p>11.30 National Frailty Policy: where is NHS England Headed? Martin Vernon, Consultant Geriatrician, Manchester Royal Infirmary and National Clinical Director for Older People NHS England</p> <p>12.00 Moving from frailty to resilience Prof John Gladman, Professor of the Medicine of Older People, Nottingham University Hospitals NHS Trust</p> <p>12.30 Platform presentation: Reduced baseline inflammation may be associated with greater acute declines in muscle mass following elective colorectal surgery Carly Welch</p> <p>12.45 Platform presentation; Effect of allopurinol on skeletal muscle phosphocreatine recovery rate and physical function in older people with impaired physical function - a randomised controlled trial Prof Miles Witham, Professor of Trials for Older People, Newcastle University</p>

13.00 **Lunch**, Exhibition area

Conference programme

Wednesday, 10 April 2019

<p>14.00 – 15.00</p>	<p>Dementia Research abstracts</p>	<p>Frailty and Sarcopenia Sarcopenia across primary and secondary care</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Wales council business meeting</p>
	<p>14.00 Profile of fragility fracture in acute dementia patients in the hospital setting Inderpal Singh</p> <p>14.15 "Sit down Mrs Jones!" Stories of (im)mobility from people affected by dementia on an acute medical unit Pippa Collins</p> <p>14.30 What are the factors that cause dehydration among those over the age of 65 years in bed-based care settings? Merin Thomas</p> <p>14.45 Delirium is prevalent in older adults admitted to UK hospitals and is associated with adverse outcomes: results of a national study on World Delirium Assessment Day GeM Research UK</p>	<p>14.00 Prescribing, polypharmacy and muscle function – tipping the balance Prof Miles Witham, Professor of Trials for Older People, Newcastle University & Honorary Professor, School of Public Health, University of the Witwatersrand, Johannesburg</p> <p>14.30 Nutritional interventions for sarcopenia – what's the evidence? Sian Robinson, AGE Research Group Newcastle University</p>	
<p>15.00 Refreshments break, Exhibition area</p>			
<p>15.30 – 16.30</p>	<p>Dementia Dementia curriculum</p>	<p>Frailty and Sarcopenia Sarcopenia across primary and secondary care</p>	<p style="writing-mode: vertical-rl; transform: rotate(180deg);">Wales council business meeting</p>
	<p>15.30 Update on Delirium Curriculum Dr Claire L Copeland, Clinical Director Ageing and Health, Forth Valley Royal Hospital & VP Workforce, BGS</p> <p>16.00 Current Dementia Curriculum Dr Robert Wears, Consultant Geriatrician, University Hospitals of Birmingham NHS Foundation Trust and VP Education, BGS</p>	<p>15.30 Exercise interventions – what's the evidence? Dr Carolyn Greig, Reader in Musculoskeletal Ageing and Health, University of Birmingham</p> <p>16.00 Treating sarcopenia with resistance exercise – towards scalable, successful interventions in the clinic and the community Mel Chawner, Consultant Physiotherapist for Frailty, Petersfield Community Hospital, Southern Health NHS Foundation Trust; and Prof Miles Witham, Professor of Trials for Older People, Newcastle University & Honorary Professor, School of Public Health, University of the Witwatersrand, Johannesburg</p>	
<p>16.30 – 17.30</p>	<p>Sponsored Symposium Vifor Pharma</p>		

Conference programme

Thursday, 11 April 2019

08.00 - 09.00	Registration	
09.00 - 10.30	Session A AAGM symposium: the potential of big data in geriatric medicine	Session B Diabetes and endocrinology
	<p>09.00 The potential of big data research to geriatric medicine Prof Ronan Lyon, Health Data Research UK research director, Swansea University</p> <p>09.15 What is the effectiveness of home modifications on reducing falls? Dr Joe Hollinghurst, Data scientist and research officer, Swansea University</p> <p>09.25 What is the optimal blood pressure in older people with frailty? Dr Oly Todd, Doctoral research fellow, University of Leeds</p> <p>09.35 Atrial fibrillation and clinical outcomes in frailty Dr Chris Wilkinson, MD student, University of Leeds</p> <p>09.45 Predicting care home admission after hospitalisation: challenges and opportunities Dr Jenni Burton, SCREDS clinical lecturer and ST3 in geriatric medicine, Glasgow Royal Infirmary, University of Glasgow</p> <p>09.55 What is the socio-economic profile of people approaching end of life? Iain Atherton and Dr Anna Schneider, Research fellow, Edinburgh Napier University and Administrative Data Research Centre Scotland</p> <p>10.05 What are the roles of cohort vs. routine data in geriatric medicine? Dr Richard Dodds, Intermediate clinical fellow and honorary consultant geriatrician, NIHR Newcastle Biomedical Research Centre</p> <p>10.15 Panel Discussion</p>	<p>09.00 Hyponatraemia - the ignored geriatric giant?</p> <p>09.30 CPR for Feet Mr Duncan Stang, National diabetes foot co-ordinator, NHS Lanarkshire</p> <p>10.00 Managing diabetes nearer the end of life Dr Kenneth McHardy, Retired consultant diabetologist, NHS Grampian</p>

10.30 **Refreshments break and poster viewing**, Exhibition area

10.30 **Presidential poster round**, Exhibition area

Conference programme

Thursday, 11 April 2019

12.00 – 13.00	<p>Session C</p> <p>Quality end of life care for older people living with frailty</p>	<p>Session D</p> <p>Research platforms</p>
	<p>12.00 How can acute based healthcare learn from palliative care, and vice versa? Dr Aoife Gleeson, Palliative Care Consultant, ABUHB</p> <p>12.20 How can palliative care learn from acute based healthcare? Rowan Harwood, Professor of Palliative and End of Life Care, honorary Consultant Geriatrician, University of Nottingham</p> <p>12.40 Discussion</p>	<p>12.00 Community Screening for Frailty in Older Adults: A Comparison of 3 Frailty Instruments Ying Jun Lim</p> <p>12.12 Does frailty affect the association between falls and independence? Oliver Todd</p> <p>12.24 Peri-operative Enhanced Recovery hip Fracture Care of patients with Dementia (PERFECTED)-Cluster Randomised Control Trial. Professor Chris Fox</p> <p>12.36 Profile and clinical outcomes of patients admitted to an emergency frailty unit. Inderpal Singh</p> <p>12.48 The Canterbury Community Rehabilitation, Enablement and Support Team (CREST) service: A novel service to support wellbeing and independence in the community. Claire Heppenstall</p>

13.00 **Lunch**, Exhibition area

14.00 – 15.00	<p>Session E</p> <p>Quality end of life care for older people living with frailty</p>	<p>Session F</p> <p>Surgery in older people</p>	<p>Workshop 1: Trainees</p> <p>How to prepare for an interview</p>
	<p>14.00 End of life care for older people living with frailty Dr Maggie Keeble, Care home general practitioner and clinical lead for ICOPE Worcestershire, Co-Chair GeriGP group</p> <p>14.20 Age attuned palliative care-lessons from the community Caroline Nicholson, Senior Clinical lecturer, St Christopher's Hospice/ King's College London</p> <p>14.40 Approaches and Evidence Base (Amber Care Bundle) Dr Adrian Hopper, Consultant geriatrician, Guy's and St Thomas' NHS Foundation Trust</p>	<p>14.00 The Elf Study Dr Susan Moug, Consultant surgeon and honorary clinical associate professor, Royal Alexandra Hospital</p> <p>14.20 Surgical innovation in the Older Person, what I do differently in the older frail surgical procedure Kathryn McCarthy, Colorectal surgeon, North Bristol Trust</p> <p>14.40 How I set up my service; Reflections from Salford Dr Arturo Vilches Moraga, Consultant Geriatrician and Physician, Salford Royal NHS Foundation Trust</p>	<p>14.00 Workshop with:</p> <p>Dr Siobhan Lewis, Consultant Geriatrician, University Hospital of Wales</p> <p>Dr Robert Wears, Consultant Geriatrician, University Hospitals of Birmingham NHS Foundation Trust and VP Education, BGS</p> <p>Dr Stephen Lim, Clinical research fellow, University of Southampton</p>

Conference programme

Thursday, 11 April 2019

15.00 Refreshments break and poster viewing, Exhibition area

15.30 Marjory Warren Guest Lecture

16.30 The persistent inflammation, immunosuppression and catabolism syndrome: The Journey from sepsis to chronic critical illness and “induced frailty”

Prof Scott Brakenridge, Assistant Professor of Surgery and Anesthesiology, University of Florida

16.30 - 17.30 Sponsored Symposium - Abbott Nutrition



18.30 Conference evening reception

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21.30 Venue: National Museum Cardiff

Prepaid tickets will be required. (Dress code: smart casual).



LIMITED PLACES AVAILABLE!

BOOK SOON TO AVOID DISAPPOINTMENT

BGS Spring Meeting Dinner 11 April 2019

National Museum Cardiff

Cathays Park, Cardiff, CF10 3NP

A major part of the BGS Spring Meeting, the dinner will allow delegates to network, relax and enjoy visiting a spectacular, unique historic location in Cardiff – The National Museum Cardiff.

This year's conference dinner has something for everyone - conference delegates as well as their friends and partners alike! The evening will commence at 18.30 with a short drinks reception and welcome speeches from the President and local hosts. It will be followed by a three-course meal, musical entertainment, and dancing for the adventurous. Local hosts will be seated at each table to help facilitate the evening's networking and socialising.

Prepaid tickets are required.

Tickets are £35 and include 2 drinks per person and a three-course meal. Purchase ticket during your registration. If you are already registered, email conferences@bgs.org.uk to purchase your ticket(s).

Conference programme

Friday, 12 April 2019

08.00 – 09.00	Registration		
09.00 – 10.30	Session G Movement disorders	Session H Clinical effectiveness	Workshop 2: Technology and loneliness in older people
	<p>09.00 Current therapeutics of PD Prof Carl Clarke, Professor of clinical neurology and honorary consultant neurologist, University of Birmingham and Sandwell and West Birmingham Hospitals NHS Trust</p> <p>09.30 The role of Ghrelin in Parkinson's Dr Alwena Morgan, Biochemistry Lecturer, Swansea University School of Medicine</p> <p>09.50 Neuroimaging in Parkinsons Stefan Schwarz Consultant Neuroradiologist Cardiff University Hospitals</p> <p>10.10 The Parkinson's clinic – a 20 year journey Dr Chris Thomas, Consultant Geriatrician, Cardiff and Vale University Health Board</p> <p>10.20 Role of complex Parkinson's clinic Dr Sandip Raha, Movement disorder specialist, Princess of Wales Hospital</p>	<p>09.00 Experience of a QI Project Ms Lucy Lewis, Consultant practitioner trainee frailty and older people, Health Education England South and Mr Carl Adams, Clinical specialist neuro physiotherapist and Engagement lead for Academy of Research and Improvement, Solent NHS Trust</p> <p>09.30 QI methods and approaches Dr John Dean, Clinical director for quality improvement and patient safety, Royal College of Physicians</p> <p>10.00 MDTea Trolley: A Multidisciplinary teaching to improve knowledge and confidence in recognising and managing delirium Jonathan Downing</p> <p>10.15 Falls Response Service: A Novel Multidisciplinary Approach Improving Patient-centred Care Following an Acute Fall Ryan McGavock</p>	<p>9.00 Workshop with:</p> <p>Dr Eiman Kanjo, Associate professor, mobile sensing and data science, Nottingham Trent University</p> <p>Dr Jordan Abdi, Foundation doctor, Imperial College London</p>
10.30	Refreshments break, Exhibition area		
11.00 – 12.30	Session I Falls and postural stability	Session J Education	Trainees session
	<p>11.00 The National Audit of Inpatient Falls (NAIF) Julie Whitney, Physiotherapist, KCL</p> <p>11.30 Inpatient falls, clinical outcomes and quality initiatives to minimise the risk Dr Inderpal Singh, Consultant geriatrician and honorary senior lecturer, Cardiff University and Aneurin Bevan University Health Board</p> <p>12.00 Preventing falls in the community - results of the Pre-FIT study Prof Sallie Lamb, Professor of Rehabilitation, University of Warwick</p>	<p>11.00 Shape of Training – impact for the trainers Dr John Butler, Training Programme Director South Wales</p> <p>12.00 Advanced Clinical Practice (ACP) Framework Dr Gwyn Grout, Independent consultant nurse</p>	

Conference programme

Friday, 12 April 2019

12.30 - 13.15 Trevor Howell Guest Lecture

Mr John Appleby, Director of research and chief economist, visiting professor City University and Imperial College, London

13.15 **BGS AGM**, Open to all BGS members

13.30 - 14.30 Lunch

13.30 **Lunch**, Exhibition area

14.30 - 16.00 Session K
Stroke

14.30 The Neuroanatomy of Cerebrovascular Disease

Dr Tom Hughes, Consultant neurologist and stroke physician, University Hospital of Wales

15.00 Blood Pressure and May Measurement Month

Barry McDonnell, Reader in Cardiovascular Physiology, Cardiff Metropolitan University.

15.30 Update on Ischaemic Stroke

Yaqoob Bhat, Clinical Director, Stroke Medicine, ABUHB

16.00 Update on Haemorrhagic Stroke

Dr Bella Richard, Consultant COTE/Stroke, Nevill Hall Hospital

The Stroke session is endorsed by BASP



16.30 **Close of meeting**

Volunteering opportunities for medical students

We are looking for volunteer medical students who are interested in or considering a career in geriatric medicine to assist in the daily running of our annual meetings. Responsibilities includes assisting with registration, greeting and directing attendees to key points and providing microphone support during Q&A sessions in presentations. The opportunity to observe the sessions and meet with geriatricians is invaluable when deciding whether to pursue geriatric medicine as a specialty. Benefits also includes contact with current Geriatric healthcare professionals and a certificate of contribution for CV/portfolio.

Interested candidates should email registrations@bgs.org.uk with their interest as soon as possible. Reasonable travel costs will be reimbursed and subsistence at the event is offered.

Register now at <http://tinyurl.com/BGSSPR19>