

British Geriatrics Society **East Anglia Spring Meeting 2020**
 Improving healthcare
 for older people

Quy Mill Hotel, Cambridge
 12 March 2020

Provisional programme

08.45	Registration
09.15 – 10.40	<p>09.15 Welcome</p> <p>09.20 Parkinson's disease - update on diagnosis and new treatments Dr Paul Worth, Consultant Neurologist, Addenbrooke's Hospital</p> <p>10.00 Neurodegenerative tauopathies - a clinical and research perspective Dr Tim Rittman, Consultant Neurologist, Cambridge Hospitals NHS Trust</p>
10.40 Refreshment break and networking	
11.10-12.30	<p>11.10 Autoimmune encephalitis Amanda Cox, Consultant Neurologist, Addenbrookes Hospital Cambridge</p> <p>11.50 Exercise interventions for older hospitalised adults Mr Peter Hartley, PhD Student, Cambridge University Hospital NHS Foundation Trust</p>
12.30 Lunch	
13.20-14.20	<p>13.20 Trainee presentation Matthew Gilbert (Case presentation)</p> <p>13.35 Trainee presentation Frank Wang (Case Presentation)</p> <p>13.50 Trainee Presentation Chris Osuafor (QI project)</p> <p>14.05 Trainee Presentation Ghalib Choudhury (Audit on bone health in P.D)</p>
14.20 Refreshment break and networking	
14.40 - 16.10	<p>14.40 Common neurosurgical conditions in older people Dr Tejal Mitchell, Consultant Neurologist, Clinical Lead for Epilepsy, Peterborough City Hospital</p> <p>15.20 Motor neurone disease Dirk Baumer</p> <p>16.00 End of educational meeting - best trainee presentation award</p>
16.10	Regional BGS meeting (members only)

CPD Accreditation: This meeting has applied for 5 CPD credits



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Speaker biographies

Dr Paul Worth

Paul is a consultant neurologist with a special interest in Movement Disorders and Parkinson's disease at Addenbrooke's Hospital in Cambridge.

Parkinson's disease - update on diagnosis and new treatments

In this presentation, Dr Worth will highlight some important clinical features in respect of the differential diagnosis of parkinsonism, and discuss some of the newer therapies for Parkinson's

Tim Rittman

Timothy Rittman is a Senior Clinical Research Associate at the University of Cambridge and an honorary Neurology Consultant in the Addenbrookes Memory Clinic, and the Disorders of Movement and Cognition clinic. His research aims to understand the progression of disease in neurodegeneration using computational models of multimodal imaging data, clinical tests and post-mortem data, particularly in tau associated diseases including Progressive Supranuclear Palsy, Corticobasal Degeneration and Frontotemporal Dementia. He also leads the QMIN-MC project to develop decision support tools for the diagnosis of dementia by translating computational neuroimaging methods coupled with artificial intelligence methods. He is active in public engagement activities, teaching on the Cambridge Dementia Course, and international issues in dementia through the World Young Leaders in Dementia.

Neurodegenerative tauopathies - a clinical and research perspective

The primary tauopathies are a group of neurodegenerative diseases causing motor and cognitive impairment. The onset of clinical symptoms in these disorders can be non-specific and subtle, making early diagnosis challenging. This talk will cover aspects of the clinical diagnosis and management of Progressive Supranuclear Palsy and Corticobasal Degeneration, before covering some recent advances in research. In particular, we will discuss how understanding the changes in brain structure and function using MRI and PET is helping to uncover potential mechanisms of disease.



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Dr Amanda Cox

I am a consultant neurologist at Addenbrookes Hospital in Cambridge where I am also the clinical lead for Neuro-immunology. Along with three other consultants, a registrar and specialist nurse I look after patients from around the region with autoimmune encephalitis, vasculitis, neuromyelitis optica, myasthenia gravis and other autoimmune disorders that affect the peripheral and central nervous system.

Autoimmune Encephalitis

Autoimmune encephalitis can affect patients of any age but, particularly in the elderly, can go unrecognised leading to delays in diagnosis and treatment which can impact on outcome. This talk will aim to revise the cardinal features in a patient's history and examination that might alert clinicians to the diagnosis. It will also cover how the condition should be investigated and managed. The main focus will be on NMDA receptor antibody, LGI1 and CASPR2 antibody mediated autoimmune encephalitis.

Mr Peter Hartley

Peter started his PhD in 2017 funded by a Dunhill Medical Trust Research Training Fellowship, and is a Physiotherapist at Cambridge University Hospital NHS Foundation Trust. Peter graduated from the University of East Anglia as a Physiotherapist in 2009, and worked for one year for Cambridge Community Services NHS Trust, before joining Cambridge University Hospital NHS Foundation Trust in 2010. He has worked clinically in a wide variety of specialities in secondary and tertiary care, and in 2015 was appointed the Team Lead Physiotherapist for the Department of Medicine for the Elderly. From 2011 to 2013 Peter combined his clinical work with studying for an MSc in Clinical Research Methodology at the University of Hertfordshire.

Exercise interventions for older hospitalised adults

This talk will cover the predictors of and barriers to physical activity and exercise in older hospitalised patients; the relationship between physical activity and both change in muscle strength and functional ability; and a systematic review of exercise interventions for older hospitalised patients.

Dr Tejal Mitchell

I am a Consultant Neurologist with additional expertise in the management of patients with seizure disorders and epilepsy. I completed my medical and neurological training in London, and have also gained specialist training in epilepsy and EEG in Australia. My PhD was at the Epilepsy Unit at the Institute of Neurology and National Hospital for Neurology and Neurosurgery in London, looking at different MRI techniques in brain development and epilepsy.

At Addenbrookes Hospital I see patients in the Epilepsy Clinic and inpatients on the videoEEG telemetry unit. I also work in the Neurophysiology Department looking at EEGs. I have a particular interest in brain surgery for epilepsy. I have clinics at Peterborough City Hospital for patients with epilepsy and other neurological conditions. I am currently the East of England Training Programme Director for Neurology and run an annual course on EEG for neurology trainee doctors.

Dr Dirk Baumer

I am a consultant neurologist with special interest in neuromuscular disease, and run general neurology, neuromuscular and motor neurone disease (MND) clinics in Peterborough and Addenbrooke's Hospital. Following my undergraduate degree at the University of Freiburg, Germany, I trained in neurology in Manchester and Oxford, and did a post-CCT Fellowship in Neuromuscular Neurology in Southampton. I completed a DPhil on the genetics of motor neurone Disease in Oxford, and spent one year as a post-doc working on the neuropathology of MND.

Motor Neurone Disease

I will provide a general overview of motor neurone disease, covering genetics, neuropathology, clinical features, diagnosis and management.



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