

Trainees Meeting 2025

15 - 16 May

Horizon Leeds & Online (Hybrid meeting)

Five top tips for getting the most out of your meeting:

1. Record your attendance

Online: Record by clicking “Sign in for CPD today” on the event platform each day you attend.

In person: Attendance should be recorded by scanning in at the registration desk using the QR code on your joining email or providing your name. Each day you attend you will need to scan in.

You will receive a CPD certificate for the days you have joined ‘live’ online only. **Viewing the content post-event won’t be certified, but certificates are not required to claim CPD via the RCP diary.**

2. Give feedback

Please take the time to fill out the feedback form after each day. It is mandatory for CPD but also helps us improve our conference and provides invaluable information to our speakers about their presentation.

3. Visit our sponsors

Please review the symposia in this programme and consider watching. Challenge yourself to spend 5 minutes during the next 2 days to speak to a sponsor.

4. Join the discussion

All delegates are encouraged to ask questions for the speakers and panel discussions. If you are thinking it, someone else is too, so please use the ‘Ask’ function on the online platform or the microphone in the room. If you’re tweeting, tag us at [@GeriSoc](#) and use the hashtag [#BGSconf](#).

5. Get social

Chat with attendees, join a socialising event or interact in a group discussion.

With grateful thanks to our sponsors:

Our sponsors have provided a sponsorship grant towards this independent programme. They have had no editorial input into or control over the agenda, content development or choice of speakers, nor opportunity to influence, except for the sponsored symposia presentations. They have not had any input or influence as to the content of the programme. Sponsored symposia and Spotlight on sessions are not eligible for external CPD and are intended for a healthcare professional audience in the UK.

We are excited to welcome delegates back to in-person conferences and we can't wait to share the delights of Leeds with you. We hope this Trainees Meeting will offer you the opportunity to refresh, relax and refocus. Please take time during the conference to reflect, meet a new colleague or catch up with an old friend .

We have organised a number of social activities throughout the conference which we encourage you to take part in, as well as explore the delights tha Leeds has to offer. Please see the below timetable to help plan your time.

SOCIAL PROGRAMME *This social programme is self funded, independent from our sponsor's support.

Thursday

15 May

13.00 - 14.00 Lunch meetups

Join colleagues after the sessions. We will have meet up points for specific interests.

19.00 Social Dinner

Join colleagues after the sessions for drinks and food.
Attendees will pay for their own food and drinks
- We will supply the friendly atmosphere and conversation.

Friday

16 May

Early Morning - Conference Run

13.00 - 14.00 Lunch meetups

Join colleagues after the sessions. We will have meet up points for specific interests.



Those attending the meeting in person will notice some changes to our event delivery as part of our commitment to environmental sustainability.

- We are continuing with the use of **digital platforms** as a core part of our conference and meetings delivery and reducing material used at conferences through paperless conferences.
- The meeting recordings will be **accessible online** for you to watch on demand for 12 months, for all those attending in person.
- We encourage you to **walk, cycle or travel by public transport** to the conference venue where possible.
- Try and remember to bring a **reusable water bottle** with you to the venue. Water will be available from water coolers throughout the venue as well as some packaged water. Please recycle packaging by disposing of it at the correct recycling point.
- We are offering a greater choice of **sustainable, meat-free options** as part of our catering for the event.
- This is a **paperless** meeting and we are not printing hard copies of the programme. Please consult the programme online (www.bgs.org.uk/25Trainees) for session details and timings. This is accessible online via your devices before and during the conference. Large poster programmes will be displayed on boards around the venue for reference.
- CPD certificates will be emailed rather than printed. Remember to scan in each day you are attending at registration, or use the **'Sign in for CPD today'** button on the online platform.
- We will be displaying **paperless posters** in place of traditional physical posters at the meeting. Please look at the poster platform (<https://posters.bgs.org.uk>) in advance and use the onsite computers and screens at the venue to browse and comment.
- Bring your own pen and pad if you have them, however, the lanyards, pens and pads at our conference are all from recycled origins.



Flexible attendance options: In person or online

There is no difference in registration fees for in person and online meeting attendance. The registration fee provides access to the conference or online platform for the days you are registered. On demand viewing post event will be limited to the days for which you have registered and paid.

There is a flexible transfer from in person to online attendance as clinical service and life balance require. Please check our [FAQs](#) first for any queries you may have about attendance or on demand watching.

KEYNOTE: Thursday 15 May 09.30

Professor Andy Clegg
Professor of Geriatric Medicine

Andy is Professor of Geriatric Medicine at the University of Leeds, honorary consultant geriatrician at Bradford Royal Infirmary and Associate Director of Health Data Research UK North (HDRUK North). He leads a research theme focused on improving care for older people with frailty as part of the NIHR Applied Research Collaboration Yorkshire & Humber (NIHR ARC YH). Andy also leads a number of NIHR funded studies: a Programme Grant to optimise and evaluate personalised care planning for older people with frailty (PROSPER); the Home-based Extended Rehabilitation for Older People (HERO) trial, and the Community Ageing Research 75+ (CARE 75+) national cohort study.

Andy has considerable expertise in research using routine health data. He led the development, validation and national implementation of the award winning and NICE-recommended electronic frailty index (eFI), and is currently leading work to develop eFI2 as part of NIHR ARC YH. Andy is also leading the NIHR HTA-funded eFI+ project, building on the eFI to develop four integrated prognostic-decision models to better target interventions (community rehab, falls prevention, community CGA and advance care planning) for people with frailty.



In his role as Associate Director of HDRUK North, Andy is leading the development, validation and evaluation of an anticholinergic medication index using prognostic modelling methods.

KEYNOTE: Friday 16 May 09.30



Dr Tom Downes
National Clinical Director for Older People

Tom completed medical training at Guy's Hospital and has been Consultant Geriatrician in Sheffield Teaching Hospitals since 2003. In 2009, Tom undertook a Health Foundation QI Fellowship at the Institute for Healthcare Improvement, Boston, USA and returning to Sheffield developed the role of Clinical Lead for Quality Improvement. He completed his MPH at Harvard University in 2011. In 2013, Tom was appointed Honorary Professor at Sheffield Hallam University. His main interest is the translation of improvement science to achieve transformative redesign of complex healthcare and high quality levels of performance.

Tom has facilitated the redesign of acute geriatric care in Sheffield using methodology translated from Toyota. The geriatric medicine team have designed and launched a seven day multidisciplinary Frailty Assessment Unit achieving significant reductions in length of stay and mortality. Subsequently, Tom coached the transformative redesign of discharge of frail older patients with the 'Discharge to Assess' innovation delivering an improved patient experience while reducing hospitalization by thousands of bed days.

Tom is now National Clinical Director for Older People at NHS England. Twitter: @sheffielddoc



Accommodation in recent years has increased in costs and this year keeping costs low is important.

To secure the best accommodation within your budget we recommend you book as early as possible,

[Click here for accommodation at reduced rates](#)

[Useful information about Leeds](#)

Other sites and booking directly with the hotels may be cheaper - please do shop around.
BGS members can also access preferential rates at the Hilton chain using the details below.

HILTON

- Log on to www.hilton.com
- Put in the location and dates
- Click on advanced search
- Click on 'Add a special rate code'
- In the corporate account box, type in **113011292**

Use the table below to help plan how you will spend your first day at the conference. More detailed information about the sessions in each stream can be found on the following pages.

Overview			
8.30	Registration		
9.45	Opening Address		
10.00	Guest Lecture - Geriatric medicine in the new world KEYNOTE		
10.45	Subspecialty talks		
11.30	Free time		
12.00	OOPE		
13.00	Lunch and posters		
13.00	Group Meetups Join colleagues over lunch to catch up Look out for the signs indicating where to meetup.		
14.00	Workshops BPPV Dix-Hallpike test and the Epley maneuver	Continance PV Examinations	Tissue Viability
15.30	Free time		
16.00	New Consultant Panel	SCE Preparatory Session	
19.00	Social programme: Dinner and Drinks		

Registration from 08.45

Opening address

09.45 Opening words from BGS President, Professor Jugdeep Dhesi

Guest Lecture

KEYNOTE

10.00 **Geriatric medicine in the new world**
 Professor Andrew Clegg, Professor of Geriatric Medicine, Head of Academic Unit for Ageing & Stroke Research Theme Lead, NIHR Applied Research Collaboration Yorkshire & Humber Co-Director, Health Data Research UK North, University of Leeds & Bradford Teaching Hospitals NHS Foundation Trust

Innovation in Geriatric Medicine from Yorkshire

10.45 **Implementing delirium assessment and prevention**
 Dr Sean Ninan, Consultant Geriatrician, Leeds Hospitals NHS Teaching Trust

11.05 **Vascular services for those living with frailty**
 Dr Rebecca Anthony, Consultant in Elderly Medicine with an interest in Perioperative Medicine, Leeds teaching Hospitals NHS Trust

11.30 **Poster viewing time**
 Visit the sponsored stands and poster viewing time: Authors will be able to take questions and provide more detail to questions submitted via the [BGS website](#)

Out of Programme

Panel

12.00 - 13.00 **Parkinson's Fellowship** Dr Eliana Shekarchi-Khanghahi, Homerton University Hospital
PhD Dr Jonny Bunn, Geriatric Medicine Registrar, Northern Deanery
FMLM Dr Trisha Jeyabalasingham, Workforce Transformation and Service Improvement Fellow, North Middlesex University Hospital

13.00 - 14.00 **Lunch**
 Visit the sponsored stands and poster viewing time: Authors will be able to take questions and provide more detail to questions submitted via the [BGS website](#)

13.00 **Group Meetups**
 Join colleagues over lunch to catch up. Look out for the signs indicating where to meetup.

**Carousel 25 min per station, participants rotate around
These will not be streamed**

<p>14.00 - 15.30</p>	<p>BPPV Dix-Hallpike test and the Epley manoeuvres</p> <p>Dean Metz, ACPIVR Regional Coordinator , Falls & Vestibular Specialist Physiotherapist, South Tyneside and Sunderland NHS Foundation Trust</p> <p>Dr Boon Loo, Consultant Physician and Geriatrician, Sheffield Teaching Hospitals NHS Trust</p>	<p>Continence Devices and Examinations</p> <p>Dr Victoria Suter-Jones, Consultant Geriatrician, University Hospital of Wales Co-chair CAV Antimicrobial Management Group Honorary Lecturer Cardiff University and Mr Sami Shower, Consultant Urogynaecologist South Tees Hospitals NHS Foundation Trust</p>	<p>Tissue Viability - Pressure Ulcers and Skin Tears</p> <p>Clare Greenwood and Donna Button, Tissue Viability Clinical Specialist Nurse, Leeds Teaching Hospitals NHS Trust</p>
<p>15.30</p>	<p>Poster viewing time Visit the sponsored stands and poster viewing time: Authors will be able to take questions and provide more detail to questions submitted via the BGS website</p>		
<p>Breakout sessions Career Development</p>			
<p>16.00 - 17.00</p>	<p>New consultant panel</p> <p>Dr Laura Hopkins, Consultant Geriatrician - Acute Frailty and GIM, St. Mary's Hospital, Imperial College Healthcare NHS Trust and Dr Kate Guthree, Consultant Geriatrician, Mid Yorkshire NHS Trust</p>	<p>SCE preparatory session</p> <p>Dr Divya Tiwari, Consultant Geriatrician, Royal Bournemouth Hospital Foundation Trust, BGS Deputy Honorary Treasurer and SCE Board Chair and Dr Sandy Thomson, Consultant Geriatrician, Salford Royal Hospital, SCE Exam Question Writer Chair</p>	
<p>19.00</p>	<p>Networking Dinner and Drinks</p>		

Use the table below to help plan how you will spend your first day at the conference. More detailed information about the sessions in each stream can be found on the following pages.

Overview			
8.30	Registration		
09.30	Guest Lecture - Neighbourhood health and the 3 shifts		KEYNOTE
10.15	Subspecialty talks		
11.00	Free time		
Workshops			
11.30	Service development Developing a business plan to commission or develop a service	Responding to complaints	Coroner's Court
13.00	Lunch and posters		
13.00	Group Meetups Join colleagues over lunch to catch up Look out for the signs indicating where to meetup.		
Masterclasses			
14.00	Policy Masterclass	QIP Masterclass	
15.00	Patient Safety, Risk and Governance	Research Journal Club	

Social Run

08.00 - 09.00 Meet for coffee and a run around Leeds

Registration 08.45

Guest Lecture

KEYNOTE

9.30 - 10.15 09.30 **Neighbourhood health and the 3 shifts**
Dr Tom Downes, Consultant Geriatrician, Sheffield Teaching Hospitals NHS Trust and National Clinical Director for Older People NHS England

10.15 - 11.00 10.15 **Life after Stroke**
Dr Shyam Kelavkar, Speciality Trainee Registrar Year 7 in Geriatric Medicine and General Internal Medicine, Cambridge University Hospitals NHS Foundation Trust

10.35 **Rehabilitation of the older patient**
Sam Olden, Consultant Physiotherapist (Rehabilitation and Frailty), CRG

11.00 **Poster viewing time**
Visit the sponsored stands and poster viewing time: Authors will be able to take questions and provide more detail to questions submitted via the [BGS website](#)

Workshops

11.30 - 13.00 **Service development**
Developing a business plan to commission or develop a service

Responding to complaints

Dr Ipshita Scarrott, Clinical Lead, and Emma Oxtoby, QAL lead, Harrogate Hospital

The session should enable attendees to:

- Understand the process of what happens once a formal complaint has been made
- Learn who responds to the complaint and what support is available
- Cover the principles of how to respond to a complaint

13.00 **Lunch**
Visit the sponsored stands and poster viewing time: Authors will be able to take questions and provide more detail to questions submitted via the [BGS website](#)

13.00 **Group Meetups**
Join colleagues over lunch to catch up.
Look out for the signs indicating where to meetup.

Masterclasses		
<p>14.00 - 15.00</p>	<p>Policy Masterclass Moderators: Dr Megan Knight, ST4 Geriatric Medicine, Whittington Hospital and Dr Diana Newman, ST4 Geriatric Medicine, Frimley Park Hospital</p> <p>Dr Ruth Law, Honorary Secretary, BGS and Consultant in care of older people and clinical lead, Integrated Community Ageing Team (ICAT), Whittington Health NHS Trust</p> <p>Sally Greenrook, Policy Manager, BGS</p> <p>Lucy Aldridge, Policy Co-Ordinator BGS</p>	<p>QIP Masterclass Dr Tom Downes, Consultant Geriatrician, Sheffield Teaching Hospitals NHS Trust and National Clinical Director for Older People NHS England</p> <p>Dr Sean Ninan, Consultant Geriatrician, Leeds Hospitals NHS Teaching Trust</p> <p>Dr Tom Bartlett, Consultant Geriatrician, University Hospitals Dorset and VP Clinical Quality, BGS (<i>remote</i>)</p>
<p>15.00 - 16.00</p>	<p>Patient Safety, Risk and Governance Dr Georgina Meredith, Consultant Physician - General, Geriatric and Stroke Medicine, King's College London NHS Foundation Trust</p>	<p>Research Journal Club Dr Oly Todd, Associate Professor, University of Leeds and Dr Katherine Chin, Internal Medicine Trainee, Royal Surrey County Hospital</p>
<p>16.00</p>	<p>Conference Close</p>	



British Geriatrics Society
Improving healthcare
for older people

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