

Spring Meeting 2026

23-24 April

RWCMD, Cardiff & Online (Hybrid meeting)

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

1. Record your attendance

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.

Online: You will receive a CPD certificate for the days you have watched online. Your viewing time will be tracked and you will need to give feedback to receive the certificate using the button "Feedback for CPD."

Viewing the content post-event will be certified, and certificates are available to download from your website account.

2. Give feedback

Please fill out the feedback form after each session. It is mandatory for CPD purposes 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.

5. Get social

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

Tag us on our socials:

- **Facebook @BGS1947**
- **LinkedIn @British Geriatrics Society**
- **Insta @BGSTrainees**
- **Bluesky**

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. They have not had any input or influence as to the content of the programme.

Sponsorship of exhibition stands: Abbott, Fresenius Kabi, iMediCare, Idorsia, Kora Healthcare, Pierre Fabre, Nutrinovo, Surrey & Sussex Healthcare NHS Trust, Viatrix, Zentiva

Guest Lecturer

What is the RCP doing to improve care for the biggest user group of healthcare, older people?

Professor Mumtaz Patel, RCP President, consultant nephrologist at Manchester University Hospitals NHS Foundation Trust and honorary professor at both the University of Liverpool and University of Manchester

Professor Mumtaz Patel was elected president of the RCP in 2025. She is a consultant nephrologist at Manchester University Hospitals NHS Foundation Trust and honorary professor at both the University of Liverpool and University of Manchester. Mumtaz is the first fellow of South Asian heritage to lead the RCP in its 500-year history. Mumtaz studied medicine at the University of Manchester, qualifying in 1996, and completed her PhD in the genetics of lupus nephritis in 2006. She became a consultant in 2007 and completed her master's in medical education in 2014. Since then she has developed a national reputation in postgraduate education, assessment and training.

Mumtaz has held a range of senior roles, including RCP senior censor and vice president for education and training (VPET), and RCP Global vice president. As VPET,

Guest Lecture 23 April 09.30



she led the development of a new education strategy, and during her tenure as Global VP, she expanded international engagement and launched the RCP Global Women Leaders Programme. She previously served as postgraduate associate dean for NHS England (Northwest) and is director for conduct and progress at the University of Liverpool's School of Medicine. Mumtaz acted as RCP president from mid-2024 before her formal election in 2025.

Guest Lecture 24 April 12.45

Marjory Warren Guest Lecturer

Navigating the challenges of Parkinson's disease - a personal perspective

Dr John Hindle, Retired Consultant Geriatrician, formerly Llandudno General Hospital

Dr John Hindle has been a pillar of geriatric medicine in Wales for over three decades and has made a huge contribution to patient care, education and training.



He originally trained in psychiatry at St Mary's, Kings College and The Maudsley Hospitals in London. He completed training in medical specialties in Hull and higher medical training in Geriatric Medicine at St Georges Hospital. He was made a fellow of both the Royal College of Physicians and the Royal College of Psychiatrists.

He has over 35 years of clinical, management, teaching and research experience in Parkinson's disease. He was a founder member of the BGS Parkinson's disease special interest group.

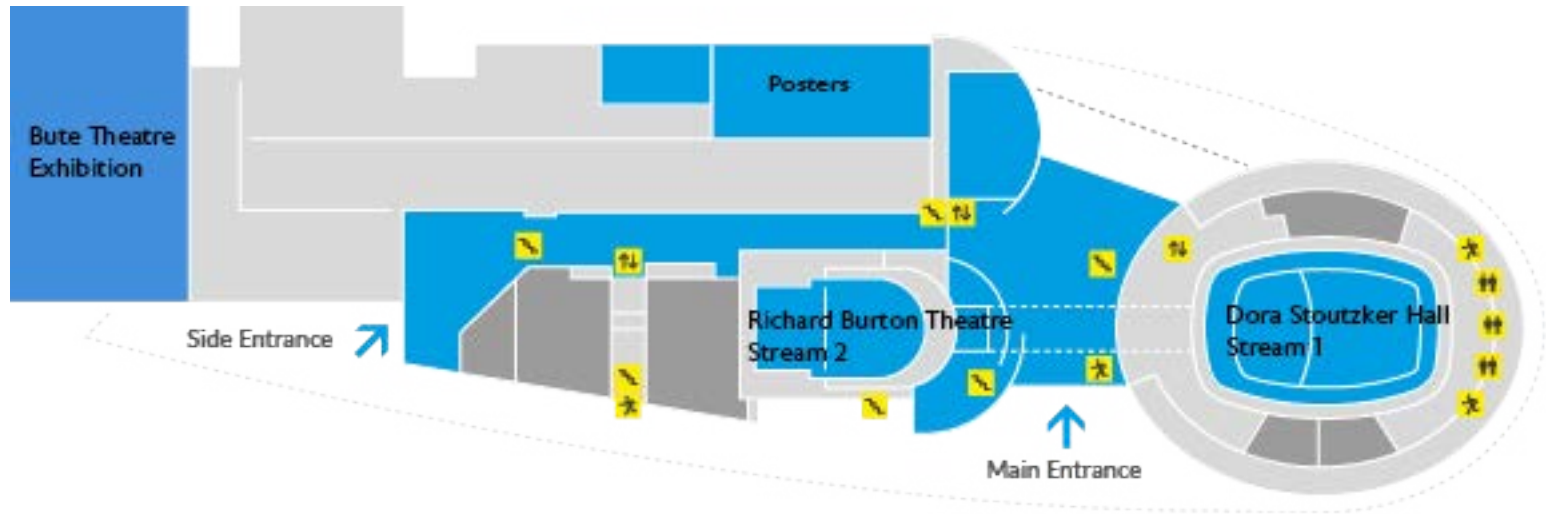
His research into and publications on cognitive impairment and dementia are recognised internationally. His clinical teaching and lectures have inspired many geriatricians to specialise in Parkinson's.

In 2018 he was awarded the Marjory Warren Lifetime Achievement Award. This award is given to BGS members who have made exceptional contributions to the welfare of older people over the course of their careers. He was awarded a Senior Doctorate (DSc) in 2019 for his work on the Neuropsychiatry of Parkinson's.

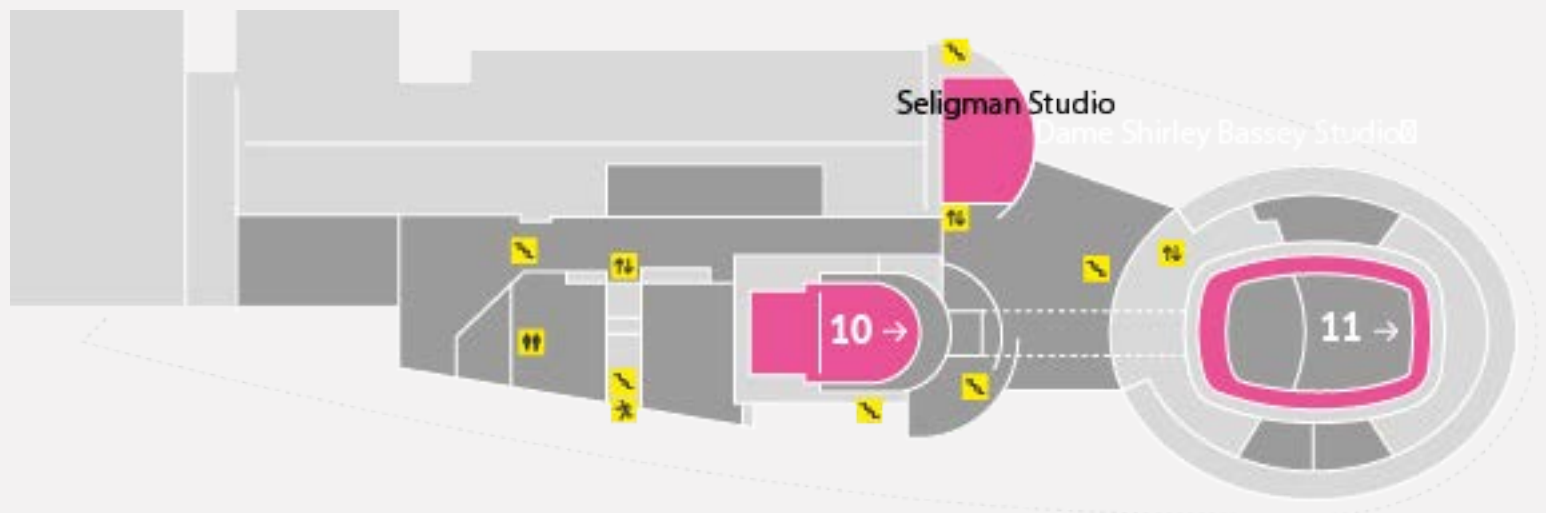
In retirement he continues to act as a reviewer for research and project grants. He spends the summers sailing his classic yacht with his wife in the Hebrides and is enjoying being a grandfather. John is living with a diagnosis of Parkinson's.

Ground Floor

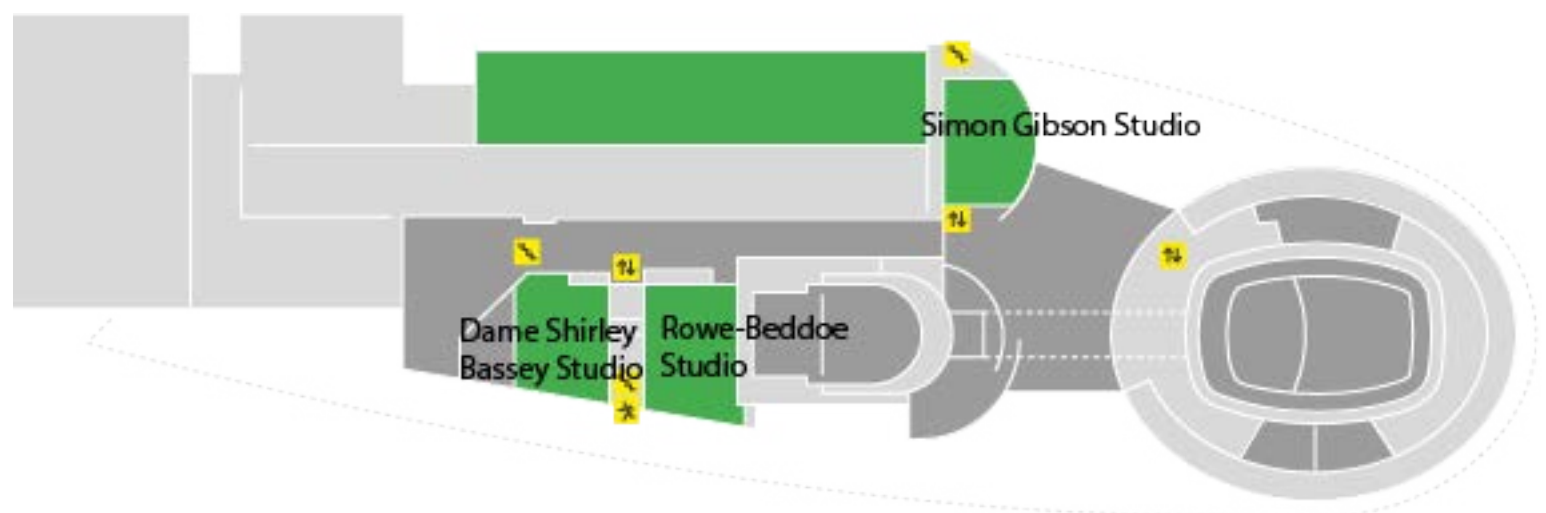
Venue Map



Level One



Level Two



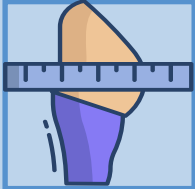
This day is free to attend for those in training roles. Resident doctors, nurses and AHPs in training or at the start of their career are invited to join us for free. Capacity is limited to 100 places and registration is required.

This day of the conference won't be streamed or recorded. Four workshops will run through the day and groups will rotate through them

Continence Core Competencies				
8.30	Registration			
9.15	Welcome and groupings Introductory talk Continence Assessment and Management <i>Dora Stoutzker</i>			
10.00 - 11.00	Group 1	Group 2	Group 3	Group 4
	Pelvic Floor <i>Rowe-Beddoe</i>	Bladder scanning workshops <i>Simon Gibson</i>	Functional Issues <i>Dame Shirley Bassey</i>	Real Cases and putting it together <i>Seligman</i>
11.00	Free time			
11.15 - 12.15	Group 1	Group 2	Group 3	Group 4
	Bladder scanning workshops <i>Simon Gibson</i>	Functional Issues <i>Dame Shirley Bassey</i>	Real Cases and putting it together <i>Seligman</i>	Pelvic Floor <i>Rowe-Beddoe</i>
12.15	Lunch			
13.15 - 14.15	Group 1	Group 2	Group 3	Group 4
	Functional Issues <i>Dame Shirley Bassey</i>	Real Cases and putting it together <i>Seligman</i>	Pelvic Floor <i>Rowe-Beddoe</i>	Bladder scanning workshops <i>Simon Gibson</i>
14.15	Free time			
14.30- 15.30	Group 1	Group 2	Group 3	Group 4
	Real Cases and putting it together <i>Seligman</i>	Pelvic Floor <i>Rowe-Beddoe</i>	Bladder scanning workshops <i>Simon Gibson</i>	Functional Issues <i>Dame Shirley Bassey</i>
15.30	Groups reconvene for recap <i>Dora Stoutzker</i>			
16.30	Wales Council Committee Meeting Seligman Studio Level 1 All BGS members in Wales welcome to attend Online and inperson			

THURSDAY

Frailty and Sarcopenia



All day
 Dora Stoutzker Concert Hall
 Stream 1
 Especially for those practicing for the SCE
 Specialty CiP 1 + 2

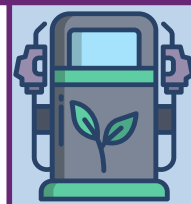
Continence

All day
 Richard Burton Theatre
 Stream 2
 Specialty CiP2



Sustainability

10.30 - 11.30
 Rowe Beddoe
 Stream 4
 Especially for those nearing CCT and
 thinking about service development
 Generic CiP 1 + 4



FRIDAY

Digital Health

EF12
 Dora Stoutzker Concert Hall
 Stream 1
 Relevant to the NHS 10 year plan
 Specialty CiP 3 + 7



Prison

Healthcare in Prisons
 Richard Burton Theatre
 Stream 2
 Specialty CiP 5




Sexual Health

Sexual Health 11.30 -12.30
 Dame Shirley Bassey
 Stream 3
 Specialty CiP 1



TRAINEES SOCIAL PROGRAMME

 Social programme



All breaks: Group Meet-Ups Points
 Look out for the theme flags
 Thursday 13.15: NAHP Meet-Up + Trainees
 Meet-Up
 Thursday 18.00: Networking in the Foyer



Trainee Council conference games
 Take part in our conference bingo!
 The Welsh Geriatricians' Dictionary Quiz
 Guess the meds

Guess the meds

Guess how many pills your patient is on and win the prescription!*

Enter now at the BGS stand in the exhibition hall



1

MEDICINE REVIEW

Review your patients' medicine. Unfortunately, they use one bottle to store all their medications... How many pills are in the jar?

2

DOCUMENT YOUR RESULTS

Leave your estimated total at the BGS stand with your name, job role/position, email and membership status.

*The closest guess wins the jar of pills (sweets) and free registration to a BGS conference. Results will be announced at the end of the conference on Friday at 15.30.




Our accommodation partner: Zanna events

Accommodation in recent years has increased in costs and this year keeping costs low is important. BGS have arranged some accommodation options via Zanna Events.

Other hotel options and booking sites, are available and booking directly with the hotels may be cheaper - please do shop around.

We are excited to welcome delegates back to Cardiff and we can't wait to share the delights of this city with you. We hope this Spring Meeting will offer you the opportunity to refresh, relax and refocus. Please take time during the conference to reflect, sit a while or catch up with colleagues.

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 that the Welsh capital has to offer. Please sign up to these sessions during registration. Please see the below timetable to help plan your time.

SOCIAL PROGRAMME <small>*This social programme is self funded, independent from our sponsors' support.</small>		
WEDNESDAY 22 April (Trainees Day)	THURSDAY 23 April	FRIDAY 24 April
<p>Everyone in Training roles with an interest in continence</p> <p>Join the Welsh Registrars in Geriatric Medicine as experts deliver 4 interactive workshops looking at core bladder and bowel health topics.</p> <p>This is limited to 100 places only, and is only available to inperson attendees.</p> <p>Those not in training roles, and outside of the UK will not be eligible to attend.</p> <p>This day will not be streamed live or recorded for ondemand viewing.</p> <p> Not streamed</p>	<p>Every Break and Lunch: Networking meetups</p> <p>Join colleagues after the sessions. We will have meet up points for specific interests. Please look out for the flags.</p> <p>13.15 NAHP Meetup and Trainees Meetup</p> <p>18.00 Social programme: Networking in the Foyer accompanied by Pianist</p> <p>Join colleagues and peers for networking and socialising after the conference sessions finish. Our President will make a short speech with updates and announcements. Please indicate your attendance during registration.</p>	<p>Every Break and Lunch: Networking meetups</p> <p>Join colleagues after the sessions. We will have meet up points for specific interests. Please look out for the flags</p>

NETWORKING POINTS: Look for the flags!

One of the most valuable aspects of attending a conference is the opportunity to meet others and grow your professional network. To help make this easy, we've created Networking Points in the exhibition area, marked by flags featuring a shared theme or professional interest. During breaks, head to one of these flags to meet colleagues working in similar areas, exchange ideas, experiences, and best practice, and build connections that can support your work beyond the event.

The themes of the Networking points are:

- Trainees
- SAS grade
- Nurses and AHPs
- Healthcare in the Community
- Workforce
- Scientific Research
- Quality Improvement
- Education
- Leadership and Management
- Sustainability



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.

	STREAM 1 Dora Stoutzker Concert Hall	STREAM 2 Richard Burton Theatre	STREAM 3 Dame Shirley Bassey	✗ Not streamed STREAM 4 Rowe-Beddoe
KEYNOTE				
09.15	Guest Lecture What is the RCP doing to improve care for the biggest user group of healthcare, older people? <i>Professor Mumtaz Patel, RCP President</i>			
10.15	Transfer to other rooms			
10.30	Frailty and Sarcopenia Improving skeletal muscle health is core business for sarcopenia and frailty research	Continence Training and Development	Bone Health Pelvic fractures	Sustainability Real world case studies
11.30	Free time			
12.00 - 13.00	Frailty and Sarcopenia Interventions to improve skeletal muscle health in later life	Continence Case studies	Research Association of Academic Geriatric Medicine (AAGM) symposium	Workforce Moral Injury Schwarz Round
13.00	Lunch and dedicated poster viewing time			
13.15	NAHP Meetup Seligman Studio Trainees Meetup Simon Gibson Studio			
14.00 - 15.00	Frailty and Sarcopenia How to get resistance exercise into clinical practice for older people	Continence Faecal Incontinence and Vulval Disorders	Research Applying clinical research in clinical practice	Coroners Court Workshop
15.00	Free time			
15.30 - 16.30	Frailty and Sarcopenia Panel discussion	Nutrition Dietary impact	Leadership NAHP COP	Workforce The definition of Frailty
16.30	Head to Dora Stoutzker Hall for the Presidents Round at 16.45			
16.45	President's Round			
18.00	Social programme: Networking in the Foyer accompanied by Pianist All welcome			Social programme

STREAM 1: Dora Stouzker Concert Hall

KEYNOTE **President's Opening address**

09.15 **Opening words from BGS President, Professor Jugdeep Dhesi**

Guest Lecture

What is the RCP doing to improve care for the biggest user group of healthcare, older people?

Moderator: Jugdeep Dhesi

9.30 - 10.15

Professor Mumtaz Patel, RCP President, consultant nephrologist at Manchester University Hospitals NHS Foundation Trust and honorary professor at both the University of Liverpool and University of Manchester

Professor Mumtaz Patel was elected president of the RCP in 2025. She is a consultant nephrologist at Manchester University Hospitals NHS Foundation Trust and honorary professor at both the University of Liverpool and University of Manchester. Mumtaz is the first fellow of South Asian heritage to lead the RCP in its 500-year history. Mumtaz studied medicine at the University of Manchester, qualifying in 1996, and completed her PhD in the genetics of lupus nephritis in 2006. She became a consultant in 2007 and completed her master's in medical education in 2014. Since then she has developed a national reputation in postgraduate education, assessment and training. Mumtaz has held a range of senior roles, including RCP senior censor and vice president for education and training (VPET), and RCP Global vice president. As VPET, she led the development of a new education strategy, and during her tenure as Global VP, she expanded international engagement and launched the RCP Global Women Leaders Programme. She previously served as postgraduate associate dean for NHS England (Northwest) and is director for conduct and progress at the University of Liverpool's School of Medicine. Mumtaz acted as RCP president from mid-2024 before her formal election in 2025.

10.15 **Move to other sessions**

STREAM 1: Dora Stouzker Concert Hall

Frailty and Sarcopenia

Understanding skeletal muscle and ageing

Moderators: Steve Lim and Kate Taylor

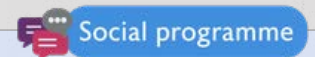
10.30 - 11.30	<p>10.30 Maximising the value of population-based studies to advance our understanding of muscle ageing Professor Rachel Cooper, Professor of Translational Epidemiology, Newcastle University, NIHR Newcastle Biomedical Research Centre</p> <p>11.00 Understanding of the biology of muscle health in later life Dr. Colleen Deane, Lecturer in Muscle Cell Biology Human Development & Health, Faculty of Medicine, University of Southampton and Institute of Developmental Sciences Southampton General Hospital</p>
11.30	Poster viewing time and coffee break

Frailty and Sarcopenia

Interventions to improve skeletal muscle health in later life

Moderators: Steve Lim and Kate Taylor

12.00 - 13.00	<p>12.00 Resistance exercise training: the gold standard Christopher Hurst, Senior Research Associate University of Newcastle</p> <p>12.20 Nutrition interventions for healthy muscle ageing and sarcopenia: from single nutrients, whole foods to whole diets Dr Antoneta Granic, Newcastle University Principal Research Associate (<i>Remote</i>)</p> <p>12.40 Drug trials for older people: the importance of inclusive research Professor Miles Witham, Professor of Trials for Older People, Newcastle University; BGS VP Research and Academic Affairs, NIHR Newcastle Biomedical Research Centre</p>
13.00	<p>Lunch Visit the sponsored stands and view our submitted posters: Authors will be able to take questions and provide more detail to questions submitted via the BGS website.</p>
13.00	<p>Networking Meetups SAS Grade, Trainees, Nurses and AHPs, Researchers, Workforce Look for the flags around the venue</p>



STREAM 1: Dora Stouzker Concert Hall

Frailty and Sarcopenia

Implementing exercise and nutrition interventions in clinical practice

Moderator: Chris Hurst

<p>14.00 - 15.00</p>	<p>14.00 Benchmarking Exercise Programmes for Older People (BEPOP) Beth Carey, Highly Specialist Physiotherapist, Geriatric Medicine, Nottingham University Hospitals NHS Trust</p> <p>14.20 Innovative interventions to engage older adults in physical activity interventions Dr Stephen Lim, Consultant Geriatrician, University of Southampton</p> <p>14.40 Nutrition interventions in acute sarcopenia: identifying early muscle decline Professor Theocharis Ispoglou, Professor of Exercise and Nutrition Sciences, Leeds Beckett University</p>
<p>15.00</p>	<p>Poster viewing time and coffee break</p>

Frailty and Sarcopenia

The future of Sarcopenia

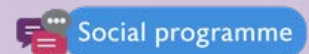
Moderator: Chris Hurst

<p>15.30 - 16.30</p>	<p>15.30 Panel discussion: Preventing and treating sarcopenia at scale - how can we build on current initiatives to improve muscle health for all older people?</p> <ul style="list-style-type: none"> • Professor Theocharis Ispoglou, Professor of Exercise and Nutrition Sciences, Leeds Beckett University • Beth Carey, Highly Specialist Physiotherapist, Geriatric Medicine, Nottingham University Hospitals NHS Trust • Dr Antoneta Granic, Newcastle University Principal Research Associate • Dr Stephen Lim, Consultant Geriatrician, University of Southampton
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President's Round

Moderators: Jugdeep Dhesi and Miles Witham

<p>16.45</p>	<p>These are the top submitted scientific research abstracts identified from submissions via adjudication. Each presenter will be given 3 minutes to present a summary of their work. There will then be 2 minutes of questions from the President and VP Research and Academic Affairs for each abstract.</p>
<p>18.00</p>	<p>Networking in the Foyer accompanied by pianist All welcome</p>



STREAM 1: Dora Stouzker Concert Hall

President's Round

Moderators: Jugdeep Dhesi and Miles Witham

These are the top submitted scientific research abstracts identified from submissions via adjudication. Each presenter will be given 3 minutes to present a summary of their work. There will then be questions from the President and VP Research and Academic Affairs. These will be published following adjudication.

16.45 Abstract 4451 **Prevalence and outcomes of physical frailty by cognitive status in older people with emergency hospitalisation in ORCHARD-EPR**
El Boucher, S Shepperd, **Sarah Pendlebury**

16.50 Abstract 4442 **Increasing number of deaths attributed to frailty of old age over the last 7 years**
Prithvijit Chatterjee, V Adhiyaman

16.55 Abstract 4332 **The role of the STUMBL score as a tool for predictors of adverse outcomes in patients aged >65 who have sustained rib fractures**
Allan Bui (*remote*); Katherine Gregorevic; Kwang Lim

17.05 Abstract 4419 **Artificial Intelligence? Informed Exercise Prescription: Perspectives from People with Long-Term Conditions, Carers and Staff**
Jacob Keast ; L Smith; H Dambha-Miller

16.45 -
17.45

17.10 Abstract 4203 **Does the drive to a net-zero NHS affect general practice access for our vulnerable patients? The effects of telehealth**
S Hussain, **Georgia Paddington**

17.15 Abstract 4396 **Systematic review of the effectiveness of social prescribing for older adults living with frailty or multimorbidity**
Nicola Bracewell, J K Taylor, K G E Kala, A Weatherburn

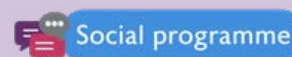
17.20 Abstract 4412 **Should the Clinical Frailty Score (CFS) be used to guide decision-making among Intensive Care Unit (ICU) inpatients?**
Hannah-Mair James, Professor A Johansen; Dr B Jones

17.25 Abstract 4088 **Music based interventions to reduce agitation in nursing home residents diagnosed with dementia- a systematic review**
Helen Clay (*remote*)

17.30 Abstract 4390 **Delirium in Older Adults Admitted With Acute Stroke: Prevalence, Risk Factors, and In-Hospital Outcomes**
Chathura Madhushan Angulugaha Angulugaha Gamage (*remote*) F H D Shehan Silva, Rajaratnam K

18.00

Networking in the Foyer accompanied by pianist
All welcome



STREAM 2: Richard Burton Theatre

Improving continence in older people

Training and Development

Moderators: Aine McGovern and Lauren Dunlop

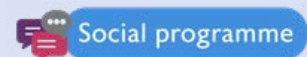
<p>10.30 - 11.30</p>	<p>10.30 Improving Continence in Older People Dr Aine McGovern, Consultant in Medicine for the Elderly, NHS Greater Glasgow and Clyde</p> <p>10.40 The bladder and bowel health curriculum - how do we improve registrar training to provide better services for older people? Dr Rhian Morse, Consultant Geriatrician, Lead for Gerontology Continence Service Cardiff & Vale University Health Board</p>
<p>11.30</p>	<p>Poster viewing time and coffee break</p>

Improving continence in older people

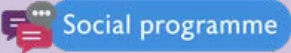
Continence Care in Practice - Case Presentations

Moderators: Rhian Morse and Aine McGovern

<p>12.00 - 13.00</p>	<p>12.00 Continence Management in Practice – Case Study session</p> <ul style="list-style-type: none"> • The patient at the Front Door • The patient who has had a Stroke • The patient in the community <p>Dr Victoria Suter-Jones, Consultant Geriatrician, University Hospital of Wales and Dr Jennifer Clark, Consultant Geriatrician, University Hospital of Wales</p>
<p>13.00</p>	<p>Lunch Visit the sponsored stands and view our submitted posters: Authors will be able to take questions and provide more detail to questions submitted via the BGS website.</p>
<p>13.00</p>	<p>Networking Meetups SAS Grade, Trainees, Nurses and AHPs, Researchers, Workforce Look for the flags around the venue</p>

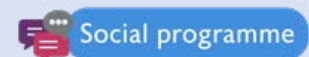


STREAM 2: Richard Burton Theatre

13.00	<p>Lunch Visit the sponsored stands and view our submitted posters: Authors will be able to take questions and provide more detail to questions submitted via the BGS website.</p>
13.00	<p>Networking Meetups SAS Grade, Trainees, Nurses and AHPs, Researchers, Workforce Look for the flags around the venue</p> 
<p>Improving continence in older people Faecal Incontinence and Vulval Disorders Moderators: Rhian Morse and Aine McGovern</p>	
14.00 - 15.00	<p>14:00 Practical approaches to the management of faecal incontinence Professor Julie Cornish, Professor (Hon) of Surgery, Colorectal consultant, Cardiff and Vale University Health Board</p> <p>14:30 Common vulval and vaginal conditions in the older woman Dr Ru Katugampola, Consultant Dermatologist Cardiff and Vale University Health Board</p>
15.00	<p>Poster viewing time and coffee break</p>
<p>Nutrition in older people The impact of personalised dietary changes towards healthy ageing Moderators: Victoria Suter Jones and Victoria O'Brien</p>	
15.30 - 16.30	<p>15.30 The Gut Health Revolution Professor Tim Spector, Professor of Genetic Epidemiology and Honorary Consultant Physician KCL and Guy's and St Thomas' NHS Foundation Trust (<i>Remote</i>)</p>
16.45	<p>President's Round in Dora Stoutzker Concert Hall</p>
18.00	<p>Networking in the Foyer accompanied by Pianist All welcome</p> 

STREAM 3: Dame Shirley Bassey

<p>Bone Health Pelvic Fractures Moderators: Anthony Johansen and Jonny Bunn</p>	
<p>10.30 - 11.30</p>	<p>10.30 Bone Health and pelvic fracture outcomes in Wales Dr Inderpal Singh, Consultant Physician & Geriatrician with interest in Falls and Bone Health, Honorary Senior Lecturer, School of Medicine, CU, and National Clinical Lead, Bone Health, Wales</p> <p>11.00 Platform presentations</p> <p>11.00 Abstract 4476 Hypotension, Physical Activity, and Risk of Falls in the UK Biobank J C Rothery; M Mansoubi, H Dawes, S T J McDonagh, J Masoli</p> <p>11.15 Abstract 4337 Association Between Frailty and Incident Urinary Incontinence in Older Adults: An Updated Systematic Review and Meta-Analysis AW Islam, HS Wilkhoo</p>
<p>11.30</p>	<p>Poster viewing time and coffee break</p>
<p>Association of Academic Geriatric Medicine (AAGM) Multiple long term conditions (MLTC) Moderators: Rowan Harwood and Liam Jones</p>	
<p>12.00 - 13.00</p>	<p>12.00 GEMINI: Genetic Evaluation of Multimorbidity towards Individualisation of Interventions Dr Jane Masoli, NIHR Senior Clinical Research Fellow and Consultant in Geriatric Medicine, Royal Devon and Exeter NHS Trust</p> <p>12.30 Models of Care workstream of the NIHR MLTC CNC Professor Andy Clegg, Professor of Geriatric Medicine, University of Leeds & Bradford Royal Infirmary</p>
<p>13.00</p>	<p>Lunch Visit the sponsored stands and view our submitted posters: Authors will be able to take questions and provide more detail to questions submitted via the BGS website.</p>
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STREAM 3: Dame Shirley Bassey

Research Translating research into practice

ADMISSION

Moderators: Miles Witham and Rachel Cooper

14.00 - 15.00	<p>14.00 Transforming understanding of multiple long-term conditions in people admitted to hospital: findings from the ADMISSION Research Collaborative</p> <p>Professor Rachel Cooper, Professor of Translational Epidemiology, Newcastle University, NIHR Newcastle Biomedical Research Centre</p> <p>Dr Jonathan Bunn, ST5, South Tyneside and Sunderland Foundation Trust Hospital</p> <p>Dr Sue Bellass, Senior Research Associate in Qualitative Research, NIHR Newcastle Biomedical Research Centre</p> <p>Professor Miles Witham, Professor of Trials for Older People, Newcastle University; BGS VP Research and Academic Affairs, NIHR Newcastle Biomedical Research Centre</p> <p>Dr Sara Pretorius, Methodologist, HealthTech Research Centre in Diagnostic and Technology Evaluation</p>
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15.00	Poster viewing time and coffee break
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Nurse and AHP Community of Practice

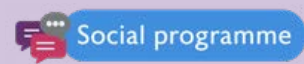
How we maintain our identity when navigating different career pathways

Moderators: Lyndsey Dunn and Angeline Price

15.30 - 16.30	<p>Career Progression and development across the 4 Nations – Challenges and Achievements.</p> <p>Improving leadership skills and developing staff</p> <p>Fiona Green, Lead Advanced Clinical Practitioner - Frailty, Somerset NHS Foundation Trust</p> <p>Mr Adam Cook-Young, Senior Advanced Clinical Practitioner, Royal Glamorgan Hospital (<i>Remote</i>)</p> <p>Orla Mathews, Dementia Service Improvement Lead, Northern Health and Social Care Trust</p> <p>Claire Roux, AHP Therapy Manager for Community Services across Forth Valley</p>
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16.45	President’s Round in Dora Stoutzker Concert Hall
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18.00	<p>Networking in the Foyer accompanied by pianist</p>
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STREAM 4: Rowe-Beddoe

<p>Sustainability</p> <p>Real world cases</p> <p>Moderator: Florence Wedmore</p>		
<p>10.30 - 11.30</p>	<p>This workshop is for those senior healthcare professionals looking to concentrate on sustainable healthcare, and to help promote actions such as sustainable quality improvement projects. It will look at projects already implemented in the workplace.</p> <p>This session is only available to inperson attendees.</p> <p>10.30 Sustainability and Deprescribing Professor Anthony Avery, GP and National Clinical Director for Prescribing, and Professor of Primary Health Care, NHS England, and University of Nottingham</p> <p>10.50 Sustainable quality improvement in action - let's do fewer blood tests Dr Ruth Austin, St4 Geriatric Medicine, Hull University Hospital</p> <p>11.00 Where do we start? Sustainability in clinical practice Professor Rowan Harwood, Professor of Palliative and End of Life Care, honorary Consultant Geriatrician, University of Nottingham, Nottingham University Hospitals</p> <p>11.10 Facilitated discussion</p>	
<p>11.30</p>	<p>Poster viewing time and coffee break</p>	
<p>Workforce</p> <p>A Schwartz Round[®] exploring the experience of moral injury for health professionals working in the care of older people.</p> <p>Moderators: Iain Wilkinson and Claire Copeland</p>		
<p>12.00 - 13.00</p>	<p>Schwartz Rounds[®] provide an evidence-based, confidential, structured, reflective space to explore the emotional and ethical challenges of our work in healthcare. Through shared storytelling and facilitated discussion, participants reflect on feelings that may arise when caring for vulnerable older adults including: privileged; fulfilled; frustrated; conflicted and distressed. The Round aims to foster compassion, reduce isolation, and support staff wellbeing by normalising these experiences and strengthening a sense of shared understanding across multidisciplinary teams. Qualitative research shows that Rounds create a psychologically safe space for processing difficult emotions, helping staff reconnect with their sense of purpose and shared humanity in care.</p> <p>This session is only available to inperson attendees.</p> <p>Dr Rebecca Myers, Associate, Point of Care Foundation</p> <p>Dr Ben Mearns, Consultant Physician DOME, Associate Medical Director – Legal Governance Named Doctor for Adult Safeguarding, Clinical Lead Schwartz Rounds, Surrey & Sussex Healthcare NHS Trust</p>	

STREAM 4: Rowe-Beddoe

13.00	<p>Lunch Visit the sponsored stands and view our submitted posters: Authors will be able to take questions and provide more detail to questions submitted via the BGS website.</p>	 Social programme
13.00	<p>Networking Meetups SAS Grade, Trainees, Nurses and AHPs, Researchers, Workforce Look for the flags around the venue</p>	 Social programme
<p>Workforce Coroner’s Court Workshop Moderators: Karl Davis</p>		 Not streamed
14.00 - 15.00	<p>This workshop is for those who wish to learn more about preparing for the Coroner's court, covering effective ways to prepare yourself and colleagues to attend Coroner's court. De-mystifying the Coroner’s Inquest Rachel Knight, Assistant Coroner, South Wales This session is only available to inperson attendees</p>	
15.00	<p>Poster viewing time and coffee break</p>	
<p>Workforce Contributing to the MSF for frailty and dementia Moderators: Sarah Mistry and Deb Gompertz</p>		 Not streamed
15.30 - 16.30	<p>Ahead of Friday’s debate on frailty, join this workshop to hear about national developments on frailty and the latest resources available to healthcare professionals. You’ll have a chance to learn about the Modern Service Framework on Frailty and Dementia and to feed in your priorities for influencing care for older people. Purpose:</p> <ul style="list-style-type: none"> • To give an update on the national picture of older people’s care across the UK, with information on latest developments from government and the NHS. • To share the latest frailty outputs (definition, now agreed by NHSE; BGS frailty key messages, to come imminently!; Jugdeep’s Venn diagram about the prevalence of LTCs/ frailty/dementia; Core20+5 and Pragmatic prescribing) and reinforce messages about existing BGS resources • To inform participants of what we know so far about the MSF for frailty and dementia, and to offer them the chance to feed in their priorities/concerns <p>This session is only available to inperson attendees.</p>	
16.45	<p>President’s Round in Dora Stoutzker Concert Hall</p>	
18.00	<p>Networking in the Foyer accompanied by Pianist</p>	 Social programme

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

	STREAM 1 Dora Stoutzker Concert Hall	STREAM 2 Richard Burton Theatre	STREAM 3 Dame Shirley Bassey	 Not streamed STREAM 4 Rowe-Beddoe
9.30 - 11.00	Education Digital advances	Demographic trends Healthcare of older people in prisons	Patient input PREMS and PROMs	QI Learning from excellence
11.00	Free time			
11.30 - 12.30	Updates in... Dermatology	Rehabilitation	Sexual Health	Education Intersection of the older patient and LGBTQI+
12.30	Transfer time for all delegates to move to Conference Theatre for Guest Lecture.			
12.35-13.30	<div style="background-color: #c00040; color: white; padding: 5px; display: inline-block; border-radius: 15px;">KEYNOTE</div> Navigating the challenges of Parkinson's disease- a personal perspective Dr John Hindle, Retired Consultant Geriatrician, formerly Llandudno General Hospital			
13.30	Lunch			
14.30 - 15.30	Digital Health Frailty indexes		Platform presentations Clinical Quality	Leadership Compassionate leadership
15.45	The Frailty Concept Debate			
16.45	CONFERENCE CLOSE Closing entertainment			Social programme

STREAM 1: Dora Stoutzker Concert Hall**Education****Digital Advances****Moderators:** Jo Preston and Sarah True

9.30 - 11.00	<p>09.30 Virtual reality teaching Professor Marcus Coffey, Professor of Medical Education and Dr Athanasios Hassoulas, Director and Founder of the HIVE (Hybrid and Immersive Virtual Environments) Digital Education and Teaching Innovation Unit, Cardiff University (<i>remote</i>)</p> <p>10.15 Geriatric Medicine Simulation Training Dr Megan Stross, ST6 Geriatric Medicine; Dr Emma Bray, Consultant Geriatrician and Dr Angela Nelmes, Consultant Geriatric and Stroke Medicine, Cardiff & Vale University Health Board</p> <p>10.45 Abstract 4211 Evolving Engagement: A Longitudinal Qualitative Study of Physical Activity and Social Connectedness in Older Adults R Tadrous; VJ Palmer; M Wang; BP Rigby; M Thomson; JR Olsen; M Anderson; R Lewis; K Mitchell; E Long; K Skivington; SA Simpson</p>
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11.00 **Poster viewing time and coffee break****Updates in..****Dermatology****Moderators:** Amy Ferris and Beatrix Nagyova

11.30 - 12.30	<p>11.30 Plastic Surgery considerations for pressure ulcer treatment Susan Flavin, Clinical Nurse Specialist PUPIS, Pressure Ulcer Prevention & Intervention Service, Swansea Bay UHB</p> <p>12.00 Larval and Vacuum Therapy Christina Harris, Tissue Viability Lead, University Hospital Wales</p>
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12.30 **Transfer time for all delegates to move to Guest Lecture****KEYNOTE****Marjory Warren Guest Lecture****Moderator:** Amit Arora

12.45- 13.30	<p>Navigating the challenges of Parkinson's disease- a personal perspective Dr John Hindle, Retired Consultant Geriatrician, formerly Llandudno General Hospital</p>
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STREAM 1: Dora Stoutzker Concert Hall

Digital Session

Frailty Indexes

Moderators: Angeline Price and Deb Gompertz

<p>14.30 - 15.30</p>	<p>14.30 EFI2 Development and Validity Professor Andy Clegg, Professor of Geriatric Medicine, University of Leeds & Bradford Royal Infirmary (<i>remote</i>)</p> <p>14.50 Practical applications in clinical settings Dr Danielle Nimmons, Academic GP, UCL (<i>remote</i>)</p> <p>15.20 Abstract 4460 Predicting 90-day mortality in older hospital patients: validation of the CRiSTAL score and a streamlined e-CRiSTAL score Sarah Pendlebury; D Gratsias; M Miller</p>
<p>15.30</p>	<p>Transfer time for all delegates to move from other sessions into the Debate in Dora Stoutzker Concert Hall</p>

The Great Debate

Frailty

Moderators: Angeline Price and Deb Gompertz

<p>15.45</p>	<p>This house believes that all older people should have a 'CFS' on admission to hospital</p> <p>For the motion: Dr Siobhan Lewis, Consultant in Geriatric and General Medicine, Cardiff and Vale University Health Board</p> <p>Against the motion: Professor Antony Johansen, Orthogeriatrician, University Hospital of Wales</p>
<p>16.30</p>	<p>Close of conference</p>

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STREAM 2: Richard Burton Theatre**Demographic Trends**

Healthcare of older people in prisons

Moderators: Kirsty Bowen and Karl Davis

	09.30 Improving healthcare for older people in Prison Dr Phillipa Wilson, Consultant Geriatrician, NW London
9.30 - 11.00	10.00 Managing Frailty and providing palliative care in Prisons Dr Jack Kildare, Prison GP, NHS Forth Valley Prisons
	10.30 Ageing & the Prison Population Emma Nicholson, Head of Healthcare, Health in Justice, HMP The Verne
11.00	Poster viewing time and coffee break

Rehabilitation

Prehab and deconditioning

Moderators: Angeline Price and Lyndsey Dunn

	11:00 Prehabilitation of the older patient undergoing surgery Jack Murphy, Prehab4Cancer Programme Manager, GM Active
11.30 - 12.30	11.30 Preventing hospital acquired deconditioning Dr Siobhan Lewis, Consultant in Geriatric and General Medicine, Cardiff and Vale University Health Board; Dr Elinor MacFarlane, Senior Evaluation Scientist, CEDAR (Centre for Healthcare Evaluation, Device Assessment and Research), Cardiff and Vale University Health Board and Rachel Taylor, Assistant Director of Transformation, NHS Wales
12.30	Transfer time for all delegates to move from other sessions into the Guest Lecture in Dora Stoutzker Concert Hall
13.15	Lunch & Poster viewing time
13.15	Networking Meetups SAS Grade, Trainees, Nurses and AHPs, Researchers, Workforce Look for the flags around the venue



Social programme

Platform presentations

Clinical Quality

Moderators: Natalie Offord and James Van Oppen

14.30 - 15.30	Platform presentations from the best submitted clinical quality abstracts See next page for details
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STREAM 2: Richard Burton Theatre**Platform presentations****Moderators:** Natalie Offord and James Van Oppen

These are the top submitted clinical quality abstracts identified from submissions via adjudication. They will have 7 minutes to present their work and 3 minutes for questions

14.30 Abstract 4355 **Reducing the use of incontinence pads: a behaviour change and quality improvement approach**

Alison Cracknell, Alice Wheeler, Alison Bravington, Eleni Loukou, Padgett V.

14.40 Abstract 161 **Evaluation of Heidi AI Scribing Technology in Improving Efficiency and Documentation Quality in Frailty Services**

C Buckley¹; J Hanlon¹; R Macdonald¹; B Hyde¹; A Ward²; A Noble³; D Harman³; A Folwell³; M Choudhury³

14.30 -
15.30

14.50 Abstract 4374 **Quality improvement initiatives to identify fragility fractures: Let the first fragility fracture be the last!**

Inder Singh¹, Sophie Shah², Amara Williams², Rachel Trask³, Daniel Jones⁴, Non Pugh⁵

15.00 Abstract 4360 **Older persons same day emergency care clinic (OPS SDEC) significantly improves outcomes for older people in an acute hospital**

K Ebbrell; C Slinger

15.10 Abstract 4366 **Advanced care plans for fast-track discharge patients ? Are we ensuring continuity of care?**

K Fisher-Billington; B Thomas; K West; S Safder

15.20 Abstract 4471 **Living "Well" with Osteoporosis: A quality improvement approach to develop Education Programmes for Patient (EPP), Cymru.**

Jules Godden, Christine Roach, Helen Griffiths, Amanda Scarfe, Inder Singh

STREAM 3: Dame Shirley Bassey**Patient input**

PREMS and PROMs

Moderators: Angeline Price and Ennan Mwendwa

	09.30 Capacity assessments and Consent in older people Emma Sutton, KC, Serjeants Inn
9.30 - 11.00	10.00 Using person-reported data to measure and improve acute frailty care Dr James van Oppen, NIHR Clinical Lecturer in Emergency Medicine, University of Sheffield & Sheffield Teaching Hospitals NHS Trust
	10.00 Platform Presentations
11.00	Poster viewing time Visit the sponsored stands and view our submitted posters: Authors will be able to take questions and provide more detail to questions submitted via the BGS website .

Update on...

Sexual Health in older adults and Dementia

Moderators: Jane Masoli and Miles Witham

	11.30 Sexual activity in older age Professor Olwen Williams, Consultant Physician in Genitourinary/HIV and Appraiser, Betsi Cadwaladr University Health Board
	12.00 Platform Presentations
11.30 - 12.30	12.00 Abstract 4315 Delirium is associated with incident dementia across the multimorbidity spectrum: a population-based cohort study Rose Penfold (<i>Remote</i>), C MacRae, EL Sampson, DHJ Davis, A Anand, EW Ely, B Guthrie, AMJ MacLulich
	12.15 Abstract 4480 Immune Signatures of Cognitive Decline in Chronic Kidney Disease: A Longitudinal Analysis of the Health and Retirement Study L Soraci, L Biscetti, T Casoli, ME Gambuzza, C Chinigò, E Villalta Savedra, F Olivieri, A Corsonello, F Lattanzio, Guido Gembillo, Domenico Santoro
12.30	Transfer time for all delegates to move from other sessions into the Guest Lecture in Dora Stoutzker Concert Hall
13.15	Lunch & Poster viewing time
12.30	Stream Closed

STREAM 4: Rowe-Beddoe

QI

Learning from Excellence

Moderators: Iain Wilkinson

 Not streamed

9.30 - 11.00	<p>09.30 Learning from Excellence: Applications in Geriatric Medicine</p> <p>This session is only available to inperson attendees.</p> <p>Dr Adrian Plunkett, Consultant Paediatric Intensivist: Birmingham Women's and Children's Hospital President: Paediatric Critical Care Society PCCS Founder: Learning from Excellence Home, Learning from Excellence</p>
11.00	<p>Poster viewing time</p> <p>Visit the sponsored stands and view our submitted posters: Authors will be able to take questions and provide more detail to questions submitted via the BGS website.</p>

Education

Intersection of the older patient and LGBTQI+

Moderators: Laura Pugh and Ruw Abeyratne

 Not streamed

11.30 - 12.30	<p>This workshop is aimed at an experienced healthcare professional audience who work at a senior level of clinical work.</p> <p>It will look at the intersection between LGBTQ+ communities and older age. LGBTQ+ older adults often face distinct challenges in aging, including higher rates of living alone, smaller support networks, and increased risk of social isolation and poverty compared to their heterosexual peers. Fear of discrimination may result in hesitancy to access healthcare services. Equally, LGBTQ+ healthcare professionals can experience discrimination from older patients, and families, due to generational differences, historical prejudices, and associated medical conditions.</p> <p>This session is only available to inperson attendees.</p> <p>Dr Laura Pugh, Consultant Geriatrician & Orthogeriatrics Service Lead Sherwood Forest Hospitals NHS Foundation Trust</p> <p>Dr Ruw Abeyratne, Consultant Geriatrician and Director of Inclusion Health, Leicester</p> <p>Tina Wathern, Head of Education, LGBT Foundation</p>
12.30	<p>Transfer time for all delegates to move from other sessions into the Guest Lecture in Dora Stoutzker Concert Hall</p>
13.15	<p>Lunch & Poster viewing time</p>

STREAM 4: Rowe-Beddoe

Leadership

Compassionate Leadership

Moderator: Karl Davis

 Not streamed

<p>14.30 - 15.30</p>	<p>Compassionate Leadership This session is only available to inperson attendees. Professor Olwen Williams, Consultant Physician in Genitourinary/HIV and Appraiser, Betsi Cadwaladr University Health Board</p>
<p>12.30</p>	<p>Transfer time for all delegates to move from other sessions into the Great Debate in Dora Stoutzker Concert Hall</p>

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

	STREAM 1 Dora Stoutzker Concert Hall			Not streamed
09.15	Guest Lecture KEYNOTE	STREAM 2 Richard Burton Theatre	STREAM 3 Dame Shirley Bassey	STREAM 4 Rowe-Beddoe
10.15	Transfer to other rooms			
10.30	Frailty and Sarcopenia Improving skeletal muscle health is core business for sarcopenia and frailty research	Continenence Training and Development	Bone Health Pelvic fractures	Sustainability Real world case studies
11.30	Free time			
12.00 - 13.00	Frailty and Sarcopenia Interventions to improve skeletal muscle health in later life	Continenence Case studies	Research Association of Academic Geriatric Medicine (AAGM) symposium	Workforce Moral Injury
13.00	Lunch and dedicated poster viewing time			
13.15	NAHP Meetup Seligman Studio Trainees Meetup Simon Gibson Studio			
14.00 - 15.00	Frailty and Sarcopenia Implementing exercise and nutrition interventions in clinical practice	Continenence Faecal Incontinence and Vulval Disorders	Research Applying clinical research in clinical practice	Coroners Court Workshop
15.00	Free time			
15.30 - 16.30	Frailty and Sarcopenia Panel discussion	Nutrition Dietary impact	Leadership NAHP COP	Workforce The definition of Frailty
16.30	Head to Dora Stoutzker Hall for the Presidents Round at 16.45 Presentation of Awards			
16.45	President's Round			
18.00	Social programme: Networking in the Foyer accompanied by Harpist All welcome: Tickets to be booked during registration			