

Spring meeting

An international multi-disciplinary conference covering a wide range of topics of interest to geriatricians and healthcare professionals concerned with the care of older people



Royal Welsh College of Music and Drama, Cardiff
10-12 April 2019

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Special thanks to the local organising committee and the SIG and Section officers who contributed to the programme content planning:

Local organising committee

Chair: Dr Jonathan Hewitt
Committee: Dr Nicky Leopold, Dr Sadip Raha, Dr Sam Abraham, Dr Inderpal Singh, Dr Biju Mohamed, Dr Phil Jones, and Dr Chris Thomas

Dementia section

Prof Emma Reynish and Dr Claire Copeland

Frailty and Sarcopenia SIG

Prof Miles Witham and Prof Avan Sayer

Telecare and telehealth

Dr Yoganathan Suthahar and Dr Frank Miskelly

Clinical quality

Dr Jugdeep Dhese and Dr Tom Bartlett

Sli.do - Audience participation

To use Sli.do to ask questions to speakers and participate in the live polls, go to www.slido.com and enter the code #BGSSpr19

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General information

CPD Accreditation

The meeting has been accredited for CPD with the RCP London. No physical copy of the CPD certificate will be available at the conference. CPD certificate will also be accessible via the BGS website. They will be emailed following the meeting. There is no paper attendance register. Delegates will be required to have their badges scanned each day they are attending as evidence of their attendance.

Please note that sponsored symposia will only receive CPD accreditation if applied for by the sponsor. In accordance with the rules of the Federation of Royal Colleges, a maximum of 6 CPD points a day may be claimed. Please sign in at the symposia to receive these

CPD Codes

Wednesday 10 April Code 124807 - 6 hours

Thursday 11 April Code 124810 - 6 hours

Friday 12 April Code 124811 - 6 hours

Venue

The meeting is taking place at **Royal Welsh College of Music & Drama**.

Cloakroom

A free cloakroom, located on the ground floor by the **Dora Stoutzker Hall**, is available and will be open during the following times:

Wednesday	08.00 – 18.00
Thursday	08.00 – 18.00
Friday	08.00 – 17.00

Exhibition

The exhibition is located in the **foyer, refectory and Bute theatre**

Social Programme

Wednesday 10 April

17.45 Walking tour, Ground floor foyer

Enjoy a relaxing and informative walk around Cardiff. The tour will depart from the RWCMD and last around 90 minutes.

Limited spaces. Delegates who've indicated their interest to attend should meet the tour guides at 17.45 in front of the entrance doors of the RWCMD.

Thursday 11 April

07.30 Social run, RWCMD main entrance

Give your mind and your body a challenge and join likeminded colleagues for this 5k run around Cardiff. There will also be a competition for the best photo tweeted during the run using the hashtag #BGSconf.

Indicate your interest to participate on your registration or by emailing conferences@bgs.org.uk if you have already registered for the meeting

18.30 Spring 2019 conference dinner, Grand Hall, 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. The three-course meal dinner will be followed with a Twmpath band 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 for the educational session and wish to join the dinner, email conferences@bgs.org.uk to purchase your ticket(s).

Security/ Badges

Name badges must be worn at all times as these serve as the admission pass to the exhibition and presentations areas.

Lunch and Refreshments

For those with special dietary requirements please inform a member of the catering staff. The catering team will direct you to a specific catering point located in the refectory.

Wi-fi

Option 1. The Cloud (powered by Sky)

- Check your wifi is on.
- Select 'The Cloud' from the available network list.
- Open browser and follow on-screen instructions to register or log on.
- Once you have registered, you will seamlessly connect to 'The Cloud' without needing to re-enter your username and password.

The Cloud is available to anyone who has a 'The Cloud' account. If you do not have one, you can create an account, free of charge, as described above.

Option 2. Eduroam

If your employer runs an 'eduroam' network you can connect to the eduroam WiFi network here at the Royal Welsh College of Music and Drama using your employee email address and password. Simply select 'eduroam' from the list of available networks and sign in with your credentials.

Insurance

The organisers are unable to accept any responsibility for damage or loss of personal property during the conference.

Ancillary meetings

Wednesday, 10 April	Meeting	Location	Notes
08.15-16.30	Speakers preview	Foyle Room	Speakers and platforms presenters only
08.30-08.45	Volunteers' briefing*	BGS Stand	Volunteers only
08.30-9.00	Chairs' briefing	Gibson studio	Chairs only
Thursday, 11 April	Meeting	Location	Notes
08.15-17.00	Speakers preview	Foyle Room	Speakers and platforms presenters only
08.30-08.45	Volunteers' briefing*	BGS Stand	Volunteers only
08.30-09.00	Chairs' briefing	Gibson studio	Chairs only
Friday, 12 April	Meeting	Location	Notes
08.15-16.00	Speakers preview	Foyle Room	Speakers and platforms presenters only
08.30-08.45	Volunteers' briefing*	BGS Stand	Volunteers only
08.30-09.00	Chairs' briefing	Gibson studio	Chairs only
09.00-12.30	Stroke research group	Gibson studio	By invitation only
11.00-12.30	Quality Improvement workshop	Bute Theatre	All welcome
14.00-15.30	BGS meeting committee	Gibson studio	By invitation only

* Volunteering opportunities:

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, 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 professional and a certificate of contribution for CV/portfolio. Interested candidates should visit www.bgs.org.uk for more details and list of events. Reasonable travel costs will be reimburse & subsistence at the event is offered.

Sponsored symposia

Wednesday, 16.30-17.30

Vifor Pharma

The challenges of treating Iron Deficiency Anaemia in the older patient

Venue: Richard Burton theatre



Thursday, 16.30 - 17.30

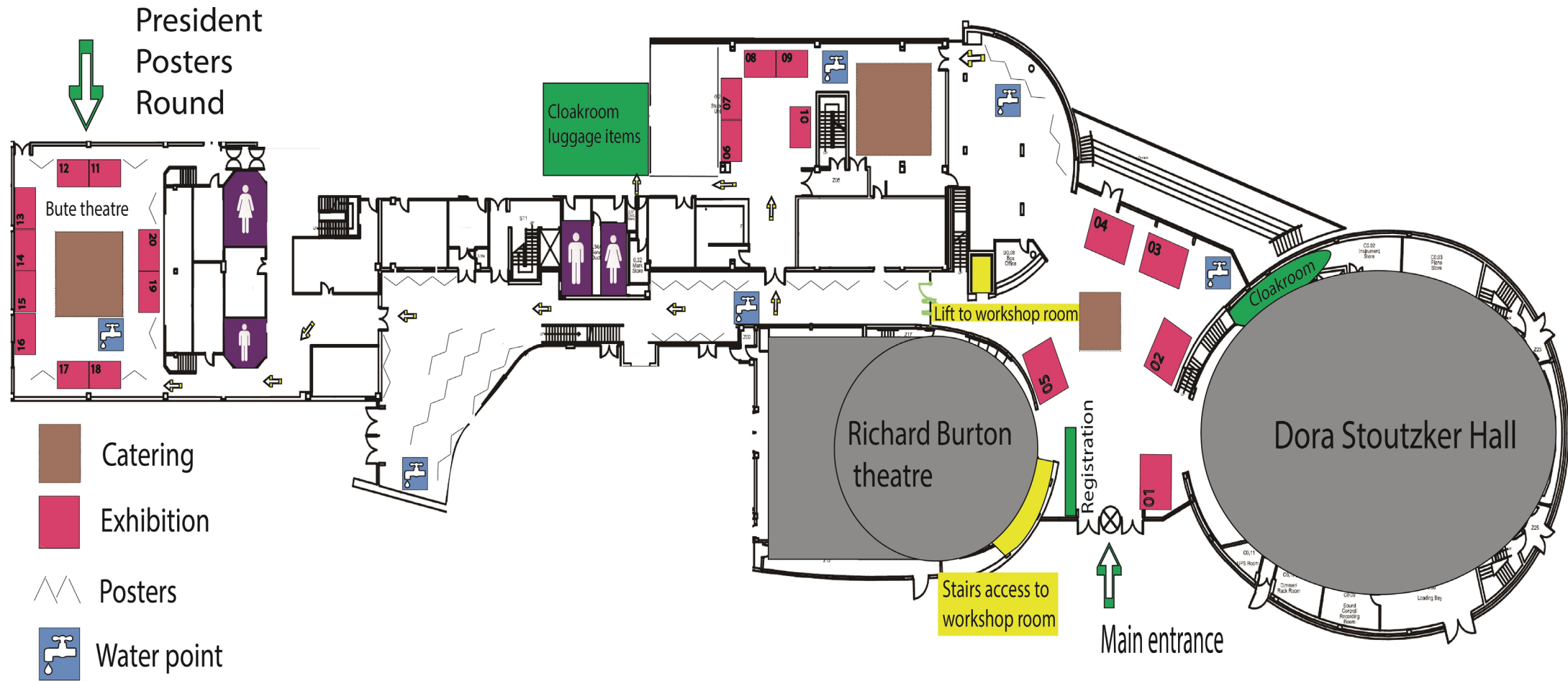
Abbott Laboratories Ltd.

Muscle Matters: Preventing Muscle Loss – A Number One Priority for Improving Outcomes in the Elderly

Venue: Richard Burton theatre



BGS Spring Meeting 2019 - RWCMD floor plan



Conference programme

Wednesday, 10 April 2019

08.15 **Registration**, Ground floor foyer

09.00 **Presidential address**, Dora Stoutzker Hall

09.30 - 11.00	Dementia End of life care dementia and delirium Chair: Prof Louise Allan Venue: Dora Stoutzker hall	Frailty and Sarcopenia Frailty across primary and secondary care Chair: Dr Oliver Todd Venue: Richard Burton theatre
	<p>09:30 End of life care in dementia Prof Rowan Harwood, Professor of palliative and end of life care and 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, West Surrey Locality Hubs service, CSH Surrey</p> <p>10.30 Outcomes of frailty in rural Tanzania Dr 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</p>

11.00 **Refreshments break**, Exhibition area: foyer, refectory and Bute theatre

11.30 - 13.00	Dementia Management in care homes Chair: Prof Rowan Harwood Venue: Dora Stoutzker hall	Frailty and Sarcopenia Frailty across primary and secondary care Chair: Prof Avan Sayer Venue: Richard Burton theatre
	<p>11.30 Living through an episode of delirium Mr Phillip Hall, Senior nurse for dementia, University Hospitals Birmingham NHS Foundation Trust</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 The politics of frailty Prof Martin J Vernon, National clinical director for older people, NHS England</p> <p>12.00 Moving from frailty to resilience Prof John Gladman, Professor of medicine of older people and honorary consultant in health care of older people, University of Nottingham and Nottingham University Hospitals NHS Trust</p> <p>12.30 Reduced baseline inflammation may be associated with greater acute declines in muscle mass following elective colorectal surgery Dr Carly Welch</p> <p>12.45 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, NIHR Newcastle Biomedical Research Centre</p>

13.00 **Lunch**, Exhibition area: foyer, refectory and Bute theatre


Conference programme

Wednesday, 10 April 2019

14.00 – 15.00	Dementia Research abstracts Chair: Dr Mark Taylor Venue: Dora Stoutzker hall	Frailty and Sarcopenia Sarcopenia across primary and secondary care Chair: Ms Mel Chawner Venue: Richard Burton theatre	Wales council business meeting Seligman studio
	<p>14.00 Profile of fragility fracture in acute dementia patients in the hospital setting Dr Inderpal Singh</p> <p>14.15 "Sit down Mrs Jones!" Stories of (im)mobility from people affected by dementia on an acute medical unit Ms 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? Ms 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, NIHR Newcastle Biomedical Research Centre</p> <p>14.30 Nutritional interventions for sarcopenia – what's the evidence? Prof Siân Robinson, Professor of Lifecourse and Lifestyle, AGE Research Group, NIHR Newcastle Biomedical Research Centre</p>	

15.00 **Refreshments break**, Exhibition area: foyer, refectory and Bute theatre

15.30 – 16.30	Dementia Dementia and delirium training Chair: Prof Emma Reynish Venue: Dora Stoutzker hall	Frailty and Sarcopenia Sarcopenia across primary and secondary care Chair: Dr Andy Clegg Venue: Richard Burton theatre	Wales council business meeting Seligman studio
	<p>15.30 Delirium simulation Dr Julie Mardon, Consultant emergency medicine clinical lead simulation, University Hospital Crosshouse</p> <p>16.00 Current dementia and delirium curriculum Dr Robert Wears, University Hospitals of Birmingham NHS Foundation Trust and Dr Claire Copeland, Clinical director ageing & health, NHS Forth Valley</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 Ms Melody Chawner, Consultant physiotherapist for frailty, Petersfield Community Hospital and Prof Miles Witham, Professor of Trials for Older People, NIHR Newcastle Biomedical Research Centre</p>	

16.30 – 17.30	<p>Sponsored Symposium Vifor Pharma</p> <p>The challenges of treating Iron Deficiency Anaemia in the older patient Speaker: Dr Kiran Desai, Consultant gastroenterologist, Wolverhampton and Dr Dora Pereira, Medial advisor, Vifor Pharma</p> <p>Venue: Richard Burton theatre</p>		
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Conference programme

Thursday, 11 April 2019

08.30 **Registration**, Ground floor foyer

09.00 - 10.30	Session A AAGM symposium: the potential of big data in geriatric medicine Chairs: Dr Terry Quinn and Dr Richard Dodds Venue: Richard Burton theatre	Session B Diabetes and endocrinology Chair: Dr Suzy Hope Venue: Dora Stoutzker hall
	<p>09.00 The potential of big data research to geriatric medicine Prof Ronan Lyons, 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? 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: foyer, refectory and Bute theatre

10.30 **Presidential poster round**, Exhibition area: Bute theatre

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>Chair: Dr Prem Fade and Dr Caroline Nicholson Venue: Dora Stoutzker hall</p>	<p>Session D</p> <p>Research platforms</p> <p>Chair: Dr Jonathan Hewitt Venue: Richard Burton theatre</p>
	<p>12.00 How can acute based healthcare learn from palliative care, and vice versa? Dr Aoife Gleeson, Consultant in palliative medicine, Aneurin Bevan University Health Board and Honorary and senior lecturer, Cardiff University</p> <p>12.20 How can palliative care learn from acute based healthcare? Prof Rowan Harwood, Professor of palliative and end of life care and 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? Jonathan Bobbett and Muhamad Mohd</p> <p>12.24 Peri-operative Enhanced Recovery hip Fracture Care of patients with Dementia (PERFECTED)-Cluster Randomised Control Trial. Prof Chris Fox</p> <p>12.36 Profile and clinical outcomes of patients admitted to an emergency frailty unit. Dr Shridhar Aithal</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 Dr Claire Heppenstall</p>

13.00 **Lunch**, Exhibition area: foyer, refectory and Bute theatre

14.00 – 15.00	<p>Session E</p> <p>Quality end of life care for older people living with frailty</p> <p>Chair: Dr Prem Fade Venue: Dora Stoutzker hall</p>	<p>Session F</p> <p>Surgery in older people</p> <p>Chair: Dr David Shipway Venue: Richard Burton theatre</p>	<p>Workshop 1</p> <p>How to prepare for an interview</p> <p>Venue: Seligman studio</p>	Trainees
	<p>14.00 End of life care for older people living with frailty Dr Maggie Keeble, Co-chair GeriGP group, care home GP and clinical lead, ICOPE Worcestershire</p> <p>14.20 Age attuned palliative care-lessons from the community Dr Caroline Nicholson, Senior clinical lecturer, St Christopher's Hospice and 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 Miss 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 Dr Kathryn McCarthy, Consultant colorectal surgeon North Bristol NHS Trust</p> <p>14.40 How I set up my service; Reflections from Salford Dr Arturo Vilches-Moraga, Consultant geriatrician, Salford Royal NHS Foundation Trust</p>	<p>Dr Siobhan Lewis, Consultant Geriatrician, University Hospital of Wales; Dr Robert Wears, Consultant geriatrician, University Hospitals of Birmingham NHS Foundation Trust; and Dr Stephen Lim, Clinical lecturer, University of Southampton</p>	

Conference programme

Thursday, 11 April 2019

15.00 **Refreshments break and poster viewing**, Exhibition area: foyer, refectory and Bute theatre

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”

Chair: Dr Jennifer Burns

Venue: Dora Stoutzker hall

Prof Scott Brakenridge, Assistant professor of surgery and anesthesiology, University of Florida

16.30 Sponsored Symposium

17.30 **Abbott Nutrition**



Muscle Matters: Preventing Muscle Loss – A Number One Priority for Improving Outcomes in the Elderly

Chaired by Dr David G Smithard

Speakers: Dr Adrian Slee and Dr Sanjay Suman

Venue: Richard Burton theatre

18.30 **BGS Spring Meeting Dinner**

23.00 Venue: Grand Hall, National Museum Cardiff

Prepaid tickets will be required

Dress-code is smart casual

BGS Spring Meeting Dinner

National Museum Cardiff, Cathays Park, Cardiff, CF10 3NP

11 April 2019

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. The three-course meal dinner will be followed with a Twmpath band 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).

Limited places available

Book soon to avoid disappointment

You are invited to attend Abbott's symposium

'MUSCLE MATTERS: PREVENTING MUSCLE LOSS – A NUMBER ONE PRIORITY FOR IMPROVING OUTCOMES IN THE ELDERLY'

Thursday 11th April 2019

16:30 – 17:30

Richard Burton Theatre,
Royal Welsh College of Music and Drama, Cardiff

Chaired by:



Dr David G Smithard

BSc MB MD FRCP FRCSLT (Hon)

Consultant in Elderly and Stroke Medicine
Queen Elizabeth Hospital
Lewisham and Greenwich NHS
Foundation Trust
Research Fellow, University of Greenwich

Key Note Speakers:



'THE SCIENCE BEHIND MUSCLE LOSS IN CHRONIC DISEASE AND ACUTE TRAUMA'

Dr Adrian Slee

Senior Teaching Fellow in Nutrition
and Registered Nutritionist
UCL, London



'UNDERSTANDING THE IMPACT OF SARCOPENIA IN FRAILTY – GOING FROM STRENGTH TO STRENGTH'

Dr Sanjay Suman MD FRCP

Consultant Geriatrician
and Clinical Co-Director
Therapists and Older People Program
Medway NHS Foundation Trust

Conference programme

Friday, 12 April 2019

08.30 **Registration**, Ground floor foyer

09.00 – 10.30	<p>Session G</p> <p>Movement disorders</p> <p>Chair: Dr Biju Mohammed Venue: Dora Stoutzker hall</p>	<p>Session H</p> <p>Clinical quality in practice</p> <p>Chair: Dr Amit Arora Venue: Richard Burton theatre</p>	<p>Workshop 2</p> <p>Technology and loneliness in older people</p> <p>Chair: Prof Tahir Masud Venue: Seligman studio</p>
	<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 Ghrelin, neurodegenerative disease and dementia Dr Alwena Morgan, Biochemistry lecturer, Swansea University School of Medicine</p> <p>09.50 Neuroimaging in Parkinsons Dr Stefan Schwarz, Consultant neuroradiologist, Cardiff and Vale University Health Board</p> <p>10.10 The Parkinson's clinic – a 20 year journey Dr Chris Thomas, Consultant geriatrician and physician, 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 Mrs 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 The past, present and future of Quality Improvement Dr John Dean, Clinical Director for Quality Improvement and Patient Safety and Consultant Physician RCP and East Lancashire Hospitals NHS Trust</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>09.00 The potential of technology to help alleviate loneliness in older people Dr Eiman Kanjo, Associate professor, mobile sensing and data science, Nottingham Trent University</p> <p>09.30 What is a companion? Dr Jordan Abdi, Foundation doctor, Imperial College London</p> <p>10.00 Discussion</p>

10.30 **Refreshments break**, Exhibition area: foyer, refectory and Bute theatre

11.00 **Quality Improvement workshop**, Bute theatre

11.00 – 12.30	<p>Session I</p> <p>Falls and postural stability</p> <p>Chair: Prof Anthony Johansen and Prof Inder Singh Venue: Dora Stoutzker hall</p>	<p>Session J</p> <p>Education</p> <p>Chair: Dr John Butler Venue: Richard Burton theatre</p>	Trainers	<p>Trainees session</p> <p>Venue: Seligman studio</p>	Trainees
	<p>11.00 The National Audit of Inpatient Falls (NAIF) Dr Julie Whitney, Consultant practitioner in gerontology, King's College Hospital</p>	<p>11.00 Shape of Training – impact for the trainers Dr John Butler, Training programme director, South Wales and Dr Rhian Morse, Consultant physician geriatric and general internal medicine, University Hospital Wales and associate head of school medicine, HEIW</p>		<p>11:00 How to get involved in research as a trainee Dr Richard Dodds, Intermediate clinical fellow and honorary consultant, NIHR Newcastle Biomedical Research Centre</p>	

Conference programme

Friday, 12 April 2019

11.00 – 12.30	<p>Session I (continued)</p> <p>Falls and postural stability</p> <p>Chair: Prof Anthony Johansen and Dr Inder Singh</p> <p>Venue: Dora Stoutzker hall</p>	<p>Session J (continued)</p> <p>Education</p> <p>Chair: Dr John Butler</p> <p>Venue: Richard Burton theatre</p>	<p>Trainees session (continued)</p> <p>Venue: Seligman studio</p>
	<p>11.30 Inpatient falls, clinical outcomes and quality initiatives to minimise the risk</p> <p>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</p> <p>Prof Martin Underwood, Professor of Primary Care Research, Warwick CTU</p>	<p>11.30 Advanced clinical practice (ACP) framework</p> <p>Dr Gwyn Grout, Independent consultant nurse</p> <p>11.50 Stroke curriculum update</p> <p>Dr Tom Hughes, Consultant neurologist and stroke physician, University Hospital of Wales</p> <p>12.10 Discussion</p>	<p>11:30 Peri-operative medicine for older people</p> <p>Dr Philip Braude, Consultant geriatrician, Guy's and St Thomas' Hospital</p> <p>12:00 Trainees update</p> <p>Dr Stephen Lim, Clinical lecturer, University of Southampton</p>
12.30 – 13.30	<p>Guest Lecture</p> <p>Why spend more on the NHS? (and when to stop)</p> <p>Chair: Prof Tahir Masud</p> <p>Venue: Dora Stoutzker hall</p> <p>Mr John Appleby, Director of research and chief economist, Nuffield Trust and visiting professor, City University and Imperial College, London</p>		
13.30	<p>Lunch, Exhibition area: foyer, refectory and Bute theatre</p>		
14.30 – 16.30	<p>Session K</p> <p>Stroke</p> <p>Chair: Dr Phil Jones</p> <p>Venue: Dora Stoutzker hall</p>	<p>The Stoke session is endorsed by BASP</p>	
	<p>14.30 The Neuroanatomy of Cerebrovascular Disease</p> <p>Dr Tom Hughes, Consultant neurologist and stroke physician, University Hospital of Wales</p> <p>15.00 Blood Pressure and May Measurement Month</p> <p>Dr Barry McDonnell, Reader in cardiovascular physiology, Cardiff Metropolitan University</p> <p>15.30 Update on Ischaemic Stroke</p> <p>Dr Yaqoob Bhat, Consultant stroke physician, Royal Gwent Hospital</p> <p>16.00 Update on Haemorrhagic Stroke</p> <p>Dr Bella Richard, Consultant COTE/Stroke, Nevill Hall hospital</p>		
16.30	<p>Close of meeting</p>		

About the speakers

Wednesday

Prof Rowan Harwood

Professor of palliative and end-of-life care in the University of Nottingham, and honorary consultant geriatrician. He has wide clinical and research interests including delirium, dementia, stroke, continence, rehabilitation, end of life care, falls and clinical ethics. He spent 10 years as a stroke physician. Since 2009 has worked to develop and evaluate better ways to manage cognitively impaired older people in general hospitals, and other dementia-related research. Currently working to establish an appropriate and acceptable paradigm for end-of-life care amongst older people with frailty or dementia. Has written 4 books on stroke and dementia, and 100 academic papers.

Prof Meera Agar

Meera Agar MBBS FRACP FACHPM MPC PhD is Professor of Palliative Medicine, IMPACCT (Improving palliative, aged and chronic care through clinical research and translation) University of Technology Sydney. She is a practicing Palliative Medicine Specialist in South West Sydney in a large university teaching hospital. Her interest is in supportive care for people experiencing brain impacts of advanced illness, including delirium, dementia and brain tumours; and she has conducted several clinical trials in this area. She is the President of the Australian New Zealand Society of Palliative Medicine, Board member of the European Delirium Association and member of the management committee of the Australasian Delirium Association.

Speaker abstract:

Delirium is highly prevalent in people with advanced life limiting illness(es), and current evidence can inform how we provide best delirium care in this setting. While strategies to prevent and reverse delirium are the cornerstones of optimal care, the care for delirious patients who are approaching the end of life and their families pose specific challenges particularly if delirium is refractory or a flag for grave prognosis. These include addressing additional supportive care needs, clinical decision-making about the degree of investigation and intervention, minimizing distress from the symptoms of delirium itself and addressing other symptoms such as pain whilst minimizing psychoactive medication load, and need for information and communication about prognosis and goals of care. Witnessing a delirium episode in a loved one in close proximity to death requires consideration of the needs of the family into bereavement care. The problem with the use of terminology such as “terminal restlessness” and terminal agitation” will be highlighted.

Dr Marie Poole

Dr Marie Poole is a Research Associate at the Institute of Health and Society, Newcastle University. Her research interests support improving services and care for people with dementia, their families and healthcare professionals. This includes services such as respite, primary and secondary care and includes all stages of dementia – from diagnosis to end of life care. She has a special interest in the involvement of people with dementia in decision making and promotes approaches to dementia and dementia care which recognise the rights, values, wishes and abilities of people with dementia; including the involvement of people with dementia in research.

Speaker abstract:

- Translating findings from research on improving end of life dementia care into an accessible, online course for family carers.
- The aim of the MOOC is to prepare and empower family carers of people with advanced stage dementia to be involved in ensuring high quality care and feel better supported

Mr Phillip Hall

Phillip Hall is an RMN working at the University Hospitals Birmingham NHS Foundation Trust. He set up and leads the Dementia and Delirium Outreach Team, a service focused on improving the care of people with dementia who are patients within the Trust. Phillip has a 25 year career working with people with dementia, the last 8 of which have been within the acute hospital setting. He has a particular interest in dementia as a disability and an enabling model of care and the prevention and treatment of delirium.

Speaker abstract:

- ‘I thought killing myself was the only way out’- a first person perspective on the experience of delirium
- The experience and outcomes of delirium, extreme distress and never going home

Mr Derek Barron

Prior to joining Erskine in June 2016, Derek worked in NHS Greater Glasgow & Clyde, NHS Orkney and NHS Ayrshire & Arran. Latterly he was Lead Nurse/ Associate Nurse Director in North Ayrshire Health and Social Care Partnership. Derek is also a Visiting Senior Lecturer, University of Abertay, on the Nursing and Midwifery Council Professional Strategic Advisory Group and on the Editorial Board of the British Journal of Mental Health Nursing.

Dr Alison Dawson

Dr Alison Dawson is an applied sociologist, Research Fellow in the University of Stirling's Faculty of Social Sciences, and deputy chair of its Dementia and Ageing Research Group. Her research focuses on examining and evaluating policies and practices and developing novel interventions aimed at supporting and/or improving the wellbeing of vulnerable older people in different contexts. Current research interests include the role of technology in providing support for older people, time use in unpaid care/ support, promoting movement and activity in care homes, and the role of building design in supporting people with dementia.

Speaker abstract:

- This session will:
 - Provide attendees with a brief overview of recent research evidence on the benefits of physical activity for older people with dementia or cognitive impairment
- Use a recent study by the University of Stirling to illustrate and discuss key issues in conducting research in care homes
- Introduce CHARMS (Care Homes Achieving Realistic Movement Strategies), an evidence-based approach that can be used by care homes to increase opportunities for and promote movement and activity for residents

About the speakers

Dr Julie Mardon

Dr Julie Mardon is a consultant in Emergency Medicine based in University Hospital Crosshouse Ayrshire and Arran Scotland. She is lead for simulation training in Glasgow medical school and Ayrshire and Arran and has a special interest in older adults presenting to the emergency department. She is also a patient Safety Fellow having completed the Scottish Quality and Safety Fellowship.

Speaker abstract:

The session will cover the use of an in situ simulation programme to improve patient care in patients presenting to the Emergency department with Delirium.

Dr Claire Copeland

Dr Copeland is a Consultant Physician in Ageing and Health in Forth Valley Royal Hospital, Larbert. She is a Fellow of the Royal College of Physicians and Surgeons Glasgow (RCPSG) and an Associate Fellow of the Higher Education Academy. Her sub speciality interests are stroke, delirium and medical education. Dr Copeland is the education lead for the Scottish Delirium Association and is faculty for the RCPSG 'Managing Stroke' and 'Geriatrics for Juniors Connect' symposiums in Glasgow. She is also Clinical Faculty for RCPSG Certificate of Clinical Education course. She delivers both delirium and stroke simulation training. Dr Copeland has presented work on social media and its use in delivering delirium education. She has also presented work on developing an undergraduate curriculum for delirium. She is a big supporter of social media and its use in healthcare. She established the Scottish Delirium Association Facebook page. You can also follow her on @Sparklystar55

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.

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 Liz Lawn

Dr Liz Lawn is Clinical Director, Locality Hubs at CSH Surrey. Liz has been a GP for thirty-five years and was a part-time GP partner in a practice in Chertsey, Surrey for twenty-two years until November 2016. She was involved in clinical commissioning in Surrey for eighteen years and was Clinical Chair of North West Surrey CCG until April 2016. For the last three years she has been working in the North West Surrey Locality Hubs service, a community-based integrated health and care service for older people living with frailty run by CSH Surrey, Surrey's largest and longest established NHS community services provider

Speaker abstract:

- Brief summary of frailty interventions in primary care at GP practice, neighbourhood, place and ICS level
- Description of the North West Surrey Locality Hubs service, a community-based integrated health and care service for older people living with frailty
- Personal learning from leading the development and implementation of a new service

Learning points:

- Understanding of the range of frailty interventions in primary care and the links to national policy
- A model for a community-based integrated health and care service for older people living with frailty
- Tips on developing and implementing a new service

Prof Martin Vernon

Martin qualified in 1988 in Manchester. Following training in the North West he moved to East London to train in Geriatric Medicine where he also acquired an MA in Medical Ethics and Law from King's College. He returned to Manchester in 1999 to take up post as Consultant Geriatrician building community geriatrics services in South Manchester. Martin was Associate Medical Director for Manchester Primary Care Trust in 2010 and subsequently Clinical Champion for frail older people and integrated care in Greater Manchester. He was the British Geriatrics Society Champion for End of Life Care for 5 years and was a standing member of the NICE Indicators Committee.

In 2015 Martin moved to Central Manchester where he is a Consultant Geriatrician. He also holds an Honorary Academic Post at Salford University and was appointed as Visiting Professor at the University of Chester in 2016. In 2016 Martin was appointed National Clinical Director for Older People and Person Centred Integrated Care at NHS England. In 2017 he became Chair of the NHS England Hospital to Home Programme Board and is currently leading national work on Integrated Personalised Care for Older People.

Speaker abstract:

The NHS Long Term Plan was published in January 2019. It sets out historic 5 and 10-year ambitions focused on an improved health care offer to older people in their communities delivered through primary care networks as part of the new funding commitments to primary and community services. Included in this are new approaches to targeted population health focused on Ageing Well for people with moderate frailty, urgent community response to reduce the need for unwarranted hospital admission or stays, and a new guaranteed offer of advanced health care support to residents in care homes.

About the speakers

Prof John Gladman

John Gladman is a professor in the medicine of older people in Nottingham and has wide experience both as a geriatrician in many different parts of clinical services, and as an academic using a wide range of methods and addressing a wide range of topics across translational, applied and implementation research.

Speaker abstract:

Frailty is a useful but still under-developed concept, which we should use carefully and continue to develop theoretically. One important development is to switch the focus from the negative concept of frailty to a positive one such as resilience. Doing so might help us work more constructively with our patients

Prof Miles Witham

Miles Witham is Professor of Trials for Older People in the NIHR Newcastle Biomedical Research Centre, Newcastle University. He also works as a consultant Geriatrician working in both primary and secondary care. His research aims to improve physical function and quality of life for older people, using a wide range of interventions, including pharmacological agents, nutrition, exercise and strategies of care. He is also co-founder on the British Geriatrics Society Sarcopenia and Frailty Research Group, which aims to both support research and ensure that the results influence clinical practice. He tweets at @OlderTrialsProf

Speaker abstract:

Medication use may have beneficial or harmful effects on physical function and physical activity, and interacts with multimorbidity in complex ways. This talk will review the current state of knowledge about the effect of common medications on physical function and physical activity, and will give practice advice on how we can incorporate this knowledge into our appropriate prescribing endeavours.

Prof Siân Robinson

Siân Robinson is a nutritional epidemiologist whose research addresses the role of nutrition and lifestyle across the lifecourse as determinants of inequalities in adult health and disease – with a particular interest on early life influences on growth and development, and subsequent effects on sarcopenia and ageing. She is Deputy Editor of Nutrition Journal and a member of the UK Scientific Advisory Committee on Nutrition (SACN) and the SACN Older Adults Working Group.

Speaker abstract:

As a wealth of observational evidence links differences in diet to muscle mass, strength and function – should dietary change be used to prevent and treat sarcopenia? This session focuses on the latest evidence from nutritional interventions, and considers the implications for future prevention and treatment strategies.

Dr Carolyn Greig

Dr Carolyn Greig PhD FPhysiol is a Reader in Musculoskeletal Ageing and Health at the University of Birmingham, based in the School of Sport, Exercise and Rehabilitation Sciences. She co-leads the interventions theme for the MRC-Arthritis Research UK Centre for Musculoskeletal Ageing Research (CMAR). In addition she is a member of the UK physical activity guidelines older adults working group. Carolyn is a translational scientist with a long-standing research interest in the design and conduct of studies to maximise the responsiveness of older muscle to physical activity, exercise training and nutritional supplementation, either as single

or combined intervention regimens. Her research countering age related loss of muscle mass and function (sarcopenia) and frailty includes diverse groups of older adults, from healthy independent living to frail patient groups.

Speaker abstract:

- Does increasing physical activity via exercise combat sarcopenia?
- Can we influence sarcopenia by reducing physical inactivity (through sitting less)?
- What's the latest on the evidence base for combining resistance exercise with nutritional supplementation, in terms of countering sarcopenia and frailty?"

Thursday

Prof Ronan Lyons

Ronan Lyons, FFPH, MD, FLSW is Professor of Public Health at Swansea University, Director of the National Centre for Population Health and Wellbeing Research and Director of the Wales and Northern Ireland site for HDRUK UK. He pioneered the development of privacy-protecting whole of population electronic cohorts. His wide-ranging research interests include the influences of wider determinants on health and wellbeing through the life-course, the role of the build environment and the evaluation of natural experiments. He also leads the analysis platform for the MRC Dementias Platform UK (DPUK) initiative, providing global remote access to more than 30 cohorts.

Speaker abstract:

This session will focus on:

- developments in data linkage and availability of data across the UK
- opportunities for the evaluation of cross-sectoral interventions
- new approaches to data analysis

Dr Joe Hollinghurst

Dr Joe Hollinghurst is a data scientist at Swansea University. Joe specialises in data linkage and statistical methods using big-data. His current work focuses on quantifying the effect of home modifications on adverse outcomes for older people.

Speaker abstract:

The SAIL databank contains longitudinal data at the individual level for over half a million older people. This talk will explore how to use big-data, and data linkage, to investigate the effectiveness of home modifications in relation to adverse health outcomes for older people.

Dr Oly Todd

Dr Oly Todd is a registrar at Bradford Teaching Hospitals NHS Foundation Trust. He is currently undertaking a PhD research study at the University of Leeds, funded for by the Dunhill Medical Trust investigating the association of blood pressure in older people with frailty.

Speaker abstract:

- Uncertainty exists regarding the target blood pressure for older

About the speakers

- adults living with frailty.
- Blood pressure, frailty and a range of outcomes are all routinely recorded in UK primary care data.
- Oly will explore how to represent blood pressure from this data in way that is useful for GPs and patients.

Dr Chris Wilkinson

Chris is a cardiology registrar. He put his clinical training 'on pause' to pursue a Master's in Public Health, and is currently working towards an MD in cardiovascular epidemiology. He is interested in using observational data to improve patient outcomes through identifying unwarranted variation in care. He is currently investigating the impact of frailty on clinical outcomes for older people with atrial fibrillation. Chris is a clinical lecturer in cardiology at York Hospital, and an MD student at the University of Leeds.

Speaker abstract:

Atrial fibrillation is common in older people, who frequently have co-existing frailty. However, there is surprisingly little evidence to guide clinical decision making, particularly with regard to anti-coagulation. This session will include a brief summary of the current evidence to guide anticoagulation decisions in this vulnerable population, followed by a discussion of some of the challenges and opportunities in using large observational datasets to research this.

Dr Jenni Burton

Dr Jenni Burton is a clinical lecturer and ST3 trainee in Geriatric Medicine at the University of Glasgow. She recently completed her mixed-methods PhD on care home admissions from hospital, including initiation of a data linkage project utilising Scottish national care home data for its first research use.

Speaker abstract:

To explore the methodological issues around identifying care home residency in health data; present brief findings from national social care data and discuss next steps and potential applications.

Dr Anna Schneider

Dr Anna Schneider is a research fellow at Edinburgh Napier University. She works on the Care at the End of Life project which utilises linked population data from Census, NHS and death records to explore differences in end of life care availability and needs among population groups.

Speaker abstract:

The session will address the following questions:

- What is the age and sex profile of the population that is in their last year of life?
- What are their living circumstances, e.g. in terms of tenure and neighbourhood deprivation
- How do these affect the availability of informal end of life care?

Dr Richard Dodds

Richard Dodds is an intermediate clinical fellow at Newcastle University and an honorary consultant at Newcastle upon Tyne Hospitals NHS Foundation Trust. He previously undertook a Wellcome Trust PhD fellowship on the epidemiology of changes in muscle strength across the life course and continues to use data from several different cohorts to investigate this area.

Speaker abstract:

This session will consider the advantages and disadvantages of using (i) data from cohorts and (ii) routinely collected data to address questions related to the health and healthcare of older people

Mr Duncan Stang

Duncan qualified as a podiatrist in 1980 and has worked in diabetes foot care for the past 30 years. He has been involved in many aspects of diabetes foot care, from screening to the running of multidisciplinary clinics in acute care. Duncan serves as an Executive Committee Member (Scottish Representative) of the Foot in Diabetes UK (FDUK). In May 2018 he retired clinically but continues to work 2 days per week with the Scottish Government as National Diabetes Foot Coordinator for Scotland. Duncan formed the Scottish Diabetes Foot Action Group (SDFAG) with the remit of improving services and outcomes for people with diabetes across Scotland. The SDFAG are involved with various work streams such as the development of the Traffic Light System, inpatient campaigns such as CPR for Feet and the development of on line ulcer management systems and screening tools.

Speaker abstract:

- How to Check Feet
- How to Protect feet
- How to Refer patient
- How to standardise pressure relief to save valuable budgets

Dr Kenneth McHardy

Dr Ken McHardy is from Aberdeen where he worked as a Consultant Diabetologist and Associate Postgraduate Dean until his retirement in 2015. He has had a long interest in developing and delivering education for health care teams involved in patient-centred management and support of people living with diabetes.

Speaker abstract:

Our ageing population means ever greater numbers of people living with declining physical and emotional resources and resilience. It also sees a rising prevalence of diabetes with its potentially complex treatment and monitoring strategies. This talk will consider when quality of life should be accorded priority over strict glycaemic control.

Dr Aoife Gleeson

Dr Aoife Gleeson completed specialist training in Palliative Medicine in Ireland in 2009 and has been working as a Consultant in Palliative Medicine in Aneurin Bevan University Health Board (ABUHB) since 2011. She is the Clinical lead for Advance Care Planning in ABUHB, the Welsh representative on the Executive Committee for the Association for Palliative Medicine for Great Britain and Ireland, and is also an Honorary Senior Lecturer, Cardiff University. Her research interests include advance care planning, sexuality in healthcare, and infection control issues in palliative care. She completed an MSc in Palliative Medicine in 2008 (Cardiff University) and an MD in 2014 (Trinity College Dublin).

About the speakers

Prof Rowan Harwood

Professor of palliative and end-of-life care in the University of Nottingham, and honorary consultant geriatrician. He has wide clinical and research interests including delirium, dementia, stroke, continence, rehabilitation, end of life care, falls and clinical ethics. He spent 10 years as a stroke physician. Since 2009 has worked to develop and evaluate better ways to manage cognitively impaired older people in general hospitals, and other dementia-related research. Currently working to establish an appropriate and acceptable paradigm for end-of-life care amongst older people with frailty or dementia. Has written 4 books on stroke and dementia, and 100 academic papers.

Dr Maggie Keeble

Dr Maggie Keeble works two days a week as a Care Home GP looking after 160 residents in five different homes. She has always had an interest in End of Life and Palliative Care and having done a Diploma in Palliative Care in 2012 decided to leave her GP practice to focus on the Care of Older People and in particular the area of Palliative and End of Life Care in Frailty. In addition she is Strategic Clinical Lead for Integrated Care for Older People in Worcestershire working to ensure collaboration between Older People and their supporters, Health, Social Care, Voluntary Care Sector, Housing and the leisure industry in the county.

Speaker Abstract:

- The presentation will cover:
 - The Similarities and Differences between End of Life and Palliative Care in Cancer vs Frailty
- How to recognise when adopting a Palliative approach would be appropriate
- How to start conversations with patients and family members Mental Capacity Act and End of Life Care
- Symptom Control and Anticipatory Prescribing for End of Life Care in Frailty
- Last days of Life Care in Frailty
- Death Certification following a Frailty Related Death

Dr Caroline Nicholson

Dr Caroline Nicholson is a Senior Clinical Lecturer working across the Florence Nightingale Faculty of Nursing and Midwifery, King's College London and St Christopher's Hospice. She has worked in the NHS for over 30 years, both directly as a Clinical Nurse Specialist in Palliative Care, and more recently as a nurse academic. Dr Nicholson's research programme focuses on the intersection between gerontological and end of life care, as well as the capacities and frailties of people living in late old age.

Speaker Abstract:

This session presents learnings from a novel home care palliative care co-ordination service for older people with frailty. Using patient outcome and service data the implications for community service delivery are discussed. A cross sector framework for frail elders in the last phase of life is proposed.

Dr Adrian Hopper

Dr Adrian Hopper is a Geriatrician at Guy's and St Thomas' NHS Foundation Trust. He has been Safety and Quality medical lead for GSTT and the local AHSN where he had applied decision support to a range of clinical processes of which AMBERcarebundle is an example

Speaker Abstract:

- Introduce AMBERcarebundle a checklist to improve reliability of clinical processes in patients with uncertain recovery
- AMBERcarebundle as an example of complex large scale change
- How to implement the AMBERcarebundle
 - Impact and evaluation

Miss Susan Moug

Miss Susan Moug is a consultant colorectal surgeon with a research interest in surgical technology and peri-operative care, including prehabilitation and frailty.

Speaker Abstract:

- Definition of emergency surgery and characterisation of this high-risk cohort
- Older patient outcomes in both short and long-terms, after emergency surgery
- The influence of frailty
- Potential strategies for surgical management of the older adult

Ms Kathryn McCarthy

Kathryn is currently working as a colorectal surgeon at Southmead Hospital, North Bristol. Her surgical special interests include pelvic floor surgery and surgery for older people. She co-founded OPSOC, the Older Persons Surgical Outcomes Collaborative, which is an international collaboration focussing on older patients undergoing both emergency and planned surgery. Collectively they have conducted several multicentre studies investigating the impact of frailty in surgical patients. In addition she is the NIHR lead for surgical research, West of England.

Speaker Abstract:

Colorectal surgery is currently experiencing a period of rapid innovative new technology. This talk will focus on how this innovation can be harnessed specifically for the benefit of the older patient requiring surgery. Issues such as patient choice, expectation and outcomes from surgery will be discussed.

Dr Arturo Vilches-Moraga

Dr Vilches-Moraga is a consultant at Salford Royal NHS Foundation Trust. Arturo is a working geriatrician with an interest in POPS-GS (proactive care of older people admitted to general surgery)

Speaker Abstract:

Advanced age, frailty, polypharmacy and multimorbidity are the norm in older patients admitted to General Surgery. We will discuss how to provide Comprehensive Geriatric Assessment, patient centred targeted multidisciplinary interventions and timely discharge planning.

Dr Siobhan Lewis

Siobhan Lewis has been working as a consultant geriatrician at the University Hospital of Wales, Cardiff since 2016. She works at the hospital interface, splitting her time between working in the frail older person's assessment and liaison (FOPAL) team, who bring geriatric assessment to the front door of the hospital with a focus on rapid discharge and admission avoidance, the newly opened Acute Frailty Unit, and the Elderly Care Assessment Service (ECAS) who provide rapid access community CGA.

About the speakers

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.

Dr Stephen Lim

Stephen Lim is a Clinical Research Fellow and a Specialist Registrar in Geriatric Medicine in Academic Geriatric Medicine at the University of Southampton. His research interest is in physical activity and deconditioning in hospital.

Prof Scott Brakenridge

Scott Brakenridge, MD, MSCS, FACS, is an Assistant Professor of Surgery & Anesthesiology at the University of Florida (Gainesville, FL, USA). Dr Brakenridge's clinical interests include trauma surgery, acute care surgery and surgical critical care. This includes the comprehensive surgical care of severely injured trauma patients and patients with surgical sepsis, including their initial evaluation in the emergency department, the operative management of acute surgical issues and their subsequent supportive care in the intensive care unit. Dr Brakenridge is a primary investigator and core leader of the UF Sepsis and Critical Illness Research Center. His research focuses on clinical, translational and outcomes approaches to investigate chronic critical illness (CCI), and the persistent inflammation, immunosuppression and catabolism syndrome (PICS) after surgical sepsis or severe traumatic injury, which represent a rapidly growing phenotype of long-term morbidity and mortality among early survivors of critical illness, especially the "aged reproduction" and "healthy ageing". He remains actively involved in several large international research projects, with a particular interest in the influence of the physical, social and economic environments on health.

Speaker Abstract:

The burden of poor outcomes after sepsis has now shifted from early deaths from refractory MOF, to a new phenotype of chronic critical illness (CCI) with persistent low-grade organ dysfunction, progressive sarcopenia, disposition to long-term acute care and skilled nursing facilities, and dismal long-term outcomes. In many instances, previously functional individuals develop a new state of cognitive, physiologic and functional morbidities consistent with the frailty syndrome of the elderly. We describe this emerging phenotype of an acute, persistent, decline in health status after critical illness as 'induced frailty'.

Friday

Prof Carl Clarke

Professor of Clinical Neurology and Honorary Consultant Neurologist

Speaker Abstract:

Prof Clarke will provide an overview of the current management of Parkinson's disease with an emphasis on the motor features.

Dr Stefan Schwarz

Dr Stefan Schwarz was appointed as a Consultant Neuroradiologist at Cardiff & Vale University Health Board in 2016. He holds honorary research posts at Cardiff University and the University of Nottingham. His main research interests are advanced imaging techniques in Movement Disorders and other Neurodegenerative Diseases. He has authored over 30 peer reviewed articles and book chapters.

Speaker Abstract:

Different Magnetic Resonance and Computer Tomography imaging aspects of parkinsonian disorders like PD, PSP and MSA will be demonstrated and discussed.

Dr Chris Thomas

Chris Thomas is a Consultant Physician and Geriatrician in the Cardiff and Vale UHB and Honorary Lecturer for Cardiff University. He is the co-lead of the Parkinson's team as well as the lead for the Elderly Care Assessment Service for half of the trust area. He also provides input into the Cardiff Memory Team. Dr Thomas is interested in teaching at undergraduate and post-graduate levels. He has spoken at a number of national educational meetings as well the Welsh National Assembly. He has published in a variety of peer-reviewed journals and has presented on Parkinson's in a range of international conferences.

Speaker Abstract:

- Service delivery – innovations and novelties in care
- Adopting technology into routine care
- Enhancing cross-specialty working

Dr Sandip Raha

Sandip Raha is a care of elderly physician and movement disorder specialist for last 20 years in Bridgend. He conceptualised and developed Movement disorder and Parkinson's service in Bridgend and has been lead clinician in Wales in advising, improving, planning of Parkinson's service in South Wales over last 15 yrs. He in early 2000 initiated a special interest group in PD with local Neurologists and Geriatricians and this group has since amalgamated with PD excellence Network in South Wales and BGS Wales PD interest. Dr Raha's special interest in PD relates to Complex PD management, advance therapy and PD dementia. He has audited DBS referrals in South Wales and patient satisfaction in 2015.

Speaker Abstract:

- Role of complex clinic in PD service will be discussed
- How does combined consultation helps
- How the decision making is facilitated
- Educational role of clinic

Mrs Lucy Lewis

Lucy Lewis is a Health Education England (South) Consultant Practitioner Trainee specialising in Frailty and Older People. Lucy's clinical interests include improving pathways for older people into, out of and within the acute hospital setting. Her Quality Improvement projects have included; Comprehensive Geriatric Assessment: From Acute to Community Setting, Delirium and the

About the speakers

Intermediate Care Team and Think Frailty Following a Fall. Her PhD research focuses on the involvement of older people living with cancer in decision making regarding treatment and support. Lucy represents the BGS Nurse and Allied Health Professional Council on the Policy and Communications Committee.

Speaker Abstract:

Carl Adams and Lucy Lewis will share their experiences and learning from their Quality Improvement work. This session will include the highs, lows, challenges and opportunities of leading Quality Improvement projects which will provide an insight into Quality Improvement from the perspective of an Allied Health professional and nurse.

Mr Carl Adams

Carl Adams has a split role as a clinician working with patients with neurological conditions, where he specialises in supporting patients to be active in managing their condition. In his other role he prompts and supports services across the Trust involving patients/ people in improving healthcare. Carl's Quality Improvement projects have included positioning the stroke arm, demand verses capacity, coproduction for patient reported outcomes, clinical pathways and supporting patients in being fully involved in improvement activity. A key thread throughout the projects having been involving patients and/or communities which enriches improvement activity and outcomes.

Speaker Abstract:

Carl Adams and Lucy Lewis will share their experiences and learning from their Quality Improvement work. This session will include the highs, lows, challenges and opportunities of leading Quality Improvement projects which will provide an insight into Quality Improvement from the perspective of an Allied Health professional and nurse.

Dr John Dean

John is Deputy Medical Director (Transformation) at East Lancashire Hospitals NHS Trust, working across the health economy leading service improvement. He spent 12 months at the Institute for Healthcare Improvement (IHI) and Harvard University, and has worked in QI initiatives across the Department of Health, Royal Colleges, NHS NW, IHI and the Health Foundation. He played a major role in the development of AQuA as clinical lead, faculty and non-executive board member. John was appointed Clinical Lead for QI and Patient Safety at the Royal College of Physicians in 2017. He is a Health Foundation/IHI fellow and Q fellow.

Speaker Abstract:

- Background of quality improvement
- Examples of current day practice from small projects to large scale system changes.
- Future direction of Quality Improvement, making it part of professional practice. East Lancashire Hospitals NHS Trust

Dr Eiman Kanjo

Dr Eiman Kanjo is an Associate Professor in Mobile Sensing & Pervasive Computing at Nottingham Trent University. She is a technologist, developer and an active researcher in the area of mobile sensing, smart cities, spatial analysis, and data analytics, who worked previously at the University of Cambridge, Mixed Reality Laboratory and the University of Nottingham as well as the International Centre for Computer Games and Virtual

Entertainment, Dundee. She has authored some of the earliest papers in the research area of Mobile Sensing and currently carries out work in the area of Digital Phototyping Smart cities, technologies for Mental Health and the Internet of Things for Behaviour Change in collaboration with many industrial partners and end-user organizations. The growing ubiquity of smartphones and Internet of Things (IoT) integrated into personal and social life, facilitated by expansive communication networks globally, has the potential to transform health. I will discuss the role of pervasive sensing technologies and AI in understanding behaviour and tackle loneliness behaviour by increasing positive sociability in both the virtual and physical worlds.

Dr Jordan Abdi

Dr Jordan Abdi is a foundation trainee at the Kings College Hospital Trust in London. He has been working with a team of researchers in the burgeoning field of socially assistive robots, and how the technology can be used to in clinical settings. Jordan has also worked with London City Hall, the European Commission, the G7 and the G20 global summits to help develop the future policy directions on issues including the rise of the robots and their impact on workers.

Speaker Abstract:

This talk will take a look at the technology being developed in elderly healthcare, and what the future has in store

Ms Julie Whitney

As well as being clinical lead for the National Audit of Inpatient Falls, Julie is a lecturer in the Academic Department of Physiotherapy at King's College London and a consultant practitioner at King's College Hospital. Clinically, she is involved in assessment of older people presenting to the emergency department as part of the "frailty pathway". Her research interests include fall risk assessment, the effects of ageing and associated conditions on mobility as well as evaluating physical activity and exercise interventions. She teaches on the BSc and MSc physiotherapy courses at King's College London.

Speaker Abstract:

This session will provide an update on the recent changes to the National Inpatient Falls Audit, which is part of the Falls and Fragility Fracture Audit programme. In January 2019, the audit changed from a snapshot to continuous design and now focusses on the management of inpatients who sustain a hip fracture.

Dr Inderpal Singh

Dr Inderpal Singh is a consultant geriatrician at Aneurin Bevan University Health Board, Wales and Honorary Senior Lecturer, Cardiff University. He is a TPD (IM Training) and working collaboratively with HEIW to enhance the educational experience of trainee doctors and implement Shape of Training. His research focuses on education, inpatient falls, osteoporosis and dementia. He has authored over 25 research papers, reviews and book chapters. He has been awarded with ABUHB "Leadership award" in 2014; ABUHB "Research for patient benefit award" in 2015; "NHS Wales award" in 2017 and "Excellence in Teaching award" by Cardiff University School of Medicine in 2019.

Speaker Abstract:

- Hospitals pose a particular challenge for the supervision of frail older people, particularly those with dementia
- Quality improvement work and involvement of the wider

About the speakers

- teams to avoid the 'First Fall'.
- Are there any benefits in terms of length of stay, new care home placements, inpatient hip fracture and mortality after the intervention.
- How might I redesign ward care to avoid inpatient falls and fractures?

Prof Martin Underwood

Prof Underwood's background is as a general practitioner. He has worked as a GP in Lusaka, Manchester, Tower Hamlets and Coventry. He has a long standing interest in community based randomised controlled trials of complex interventions. His portfolio includes RCTs on low back pain, depression in care home residents, self-management for chronic musculoskeletal pain, self-management for chronic headache disorders, supported opioid withdrawal, and falls prevention.

Speaker Abstract:

Prof Underwood will present the main results of the PreFIT trial. This large trial has recruited over 9000 people from 63 general practices across England to a study to test two interventions for falls prevention; an intensive exercise programmes and a multi factorial fall prevention intervention. This trial, for the first time, is adequately powered to show the effect of these interventions on fractures as well as falls

Dr Gwyn Grout

Dr Gwyn Grout is an Independent Consultant. The major focus of her current work is on professional educational development for the nurse and AHP workforce; advanced and consultant level of practice. She is involved in both curriculum design and delivery for Older Adult and for Mental Health focused practitioners. Gwyn is a long time member of the BGS Nurse and AHP Council and represents the Council on the Educational and Training Committee. In NHS clinical background Gwyn is a Mental Health Nurse specialising in Mental Health Liaison.

Speaker Abstract:

The 2017 work plan of the BGS Education and Training Committee targeted progress in achieving greater standardisation in the development of Advanced Clinical Practice within the speciality. This presentation informs delegates of curriculum development progress and facilitates ongoing exploration of potential impact and challenge in practice.

Dr John Butler

Dr Butler graduated from NUIG, Galway, Ireland in 1996. He undertook specialty training in Wales and was appointed as a Consultant Geriatrician based at University Hospital Wales, Cardiff in 2005. He became the Training Programme Director for Geriatric Medicine in South Wales in 2007 and Associate Head of School of Medicine for the Wales Deanery in 2017. He has a particular interest in professionalising Educational and Clinical Supervision and supporting STCs with the delivery of Shape of Training changes. His Clinical interests are in developing and delivering Intermediate Care Services for older people alongside Managing Acute Frailty Syndromes in the Acute Hospital setting.

Dr Richard Dodds

Richard Dodds is an intermediate clinical fellow at Newcastle University and an honorary consultant at Newcastle upon Tyne Hospitals NHS Foundation Trust. He previously undertook a

Wellcome Trust PhD fellowship on the epidemiology of changes in muscle strength across the life course and continues to use data from several different cohorts to investigate this area.

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:

- 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 Stephen Lim

Stephen Lim is a Clinical Research Fellow and a Specialist Registrar in Geriatric Medicine in Academic Geriatric Medicine at the University of Southampton. His research interest is in physical activity and deconditioning in hospital.

Mr John Appleby

John Appleby joined the Nuffield Trust as Director of Research and Chief Economist in 2016 following his position at the King's Fund as Chief Economist, and senior lectureships in health economics at the Universities of East Anglia and Birmingham. After his masters in health economics at the University of York in 1980, he worked in the NHS for seven years in Birmingham and London. John has published widely on a range of health care finance and economic issues in books, academic journals, reports, magazines and newspapers. He is a regular columnist for the British Medical Journal. As well as his post at the Nuffield Trust, John is a Visiting Professor at the Department of Economics, City University, London, and at the Institute of Global Innovations at Imperial College London.

Speaker Abstract:

Thirteen (caveated) reasons to spend more on the NHS Including the economist's answer as to when enough is enough.

Dr Tom Hughes

Dr Hughes trained in Neurology in Cardiff and London and completed a stroke fellowship in Edinburgh. Since March 2017 he has worked on the acute stroke unit in the University Hospital of Wales. He is the PI for the SOSTART study and in the past has been the PI for the PDMED, IST3 and RESTART trials. He completed an MD based on research in swallowing in patients with Motor Neurone Disease.

Speaker Abstract:

Although the presenting features of cerebrovascular disease are usually easy to recognise, in some patients the constellation of deficits may not appear, on first inspection, to respect a known arterial supply, particularly if the posterior circulation is involved or

About the speakers

if a single lesion produces bilateral signs. Clinical practice in stroke, which is now driven by a door-to-needle mentality, is further complicated by patients who are incorrectly labelled at an early stage as having a stroke, some of whom have diseases requiring a similarly urgent but quite different approach. In this lecture the relevance of clinical neuroanatomy to the accurate diagnosis of acute cerebrovascular disease will be illustrated with some clinical cases from the acute stroke ward.

Dr Barry McDonnell

Dr McDonnell is a Reader in Cardiovascular Physiology. His work focusses on Hypertension, arterial ageing and microvascular damage. He is currently PI on a number of clinical and population based longitudinal trials. He has honorary appointments in both Columbia University Medical Center, New York, USA and MacQuarie University, Sydney, Australia. For the past 3 years he has led the Wales national lead for the global blood pressure screening campaign, May Measurement Month. A presentation bringing to life UK and Republic of Ireland data from the global blood pressure screening campaign (May Measurement Month). In addition, the presentation will provide an understanding of the mechanisms linking large artery stiffness and elevations in blood pressure in the elderly.

Speaker's abstract:

A presentation bringing to life UK and Republic of Ireland data from the global blood pressure screening campaign (May Measurement Month). In addition, the presentation will provide an understanding of the mechanisms linking large artery stiffness and elevations in blood pressure in the elderly.

Dr Yaqoob Bhat

I am Clinical Director of stroke service at ABUHB. I have extensive clinical experience in all aspects of Stroke and Elderly care. I have been actively involved in developing the stroke service last 10 years.

Some of my achievements are

- The new Stroke Service Redesign Programme(SSRP) which help ABUHB to become one of the best performing stroke services in Wales.
- I have developed a cost neutral 24/7 thrombolysis service in ABUHB.
- Developed and implemented a telestroke service at ABUHB by working with other health boards and DSU.
- Developed the hot slot TIA clinics to review urgent TIA patients, at RGH
- Moved the Stroke Ward from B Block to C block, which is closer to MAU and later, made a successful bid for new furnished and well equipped new ward.
- Working in End of life care programme in stroke patients and nominated clinical lead for EOLC for stroke patients in Wales.

Speaker Abstract:

I will be discussing about the Hyper Acute management of stroke. I will be covering the thrombolysis, thrombectomy and medical management of stroke . I will be also discussing the benefits of craniotomy and anti coagulation.

Dr Bella Richard

Dr Richard is a geriatrician and stroke consultant working in ABUHB since 1994. She has an interest in Stroke research and in stroke rehabilitation

Speaker Abstract:

This session will cover practical pointers in managing haemorrhagic strokes including

- Causes of haemorrhagic strokes and salient features in history and examination
- Radiological investigations
- Blood pressure management in acute haemorrhagic strokes
- Emerging research.



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