

BGS Trainees' Weekend 2020

7-8 February 2020
the studio..., Glasgow

This annual 2 days meeting is organised by geriatric medicine trainees, for geriatric medicine trainees, to identify and address key training and learning points within the speciality. Built around the current curriculum needs and experiences of junior doctors training for a career in geriatric medicine, it will see a mix of plenary presentations and workshops, a mock SCE exam, and practice consultant interviews.

Plenary sessions on:

- Community geriatrics
- Hospital at home
- Falls and bone health
- Cognitive impairment
- Parkinson's disease

Workshops on:

- Cardiology
- Polypharmacy
- Continence
- Nutrition
- Research
- Post-stroke spasticity
- SCE preparation
- Consultant interview

Meeting aims:

- Understand more on the key areas and challenges faced in geriatric medicine
- Hear focused presentations on all main areas of the geriatrics curriculum, and the latest scientific research from experienced British Geriatrics Society members and elected officers
- Opportunity to sit a mock SCE exam or attend practice consultant interviews with experienced interviewers
- Small group sessions to target lesser covered curriculum areas
- Network and socialise with other trainees, consultants and other healthcare professionals over

Sponsors

The British Geriatrics Society acknowledges with grateful thanks, the support given through sponsorship from:



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Register online at www.bgs.org.uk/events

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Session 1: Community geriatrics

Room: Climb

- 09.30 - 11.00** **09.30 Community geriatrics in Dundee and Angus**
 Dr James Shaw, Consultant physician and MFE teaching lead, Whitehills Hospital and Dr Shazia Din, GP clinical lead, Dundee Enhanced Community Support
- 10.15 Hospital at home**
 Dr Patricia Cantley, Consultant physician, Midlothian Hospital at Home Team, NHS Lothian
- 11.00 Coffee and exhibition**

Session 2: Falls and bone health

Room: Climb

- 11.30 - 13.00** **11.30 Transient loss of consciousness in the older patient**
 Dr Lara Mitchell, Consultant geriatrician, Queen Elizabeth University Hospital, Glasgow
- 12.15 Osteoporosis: How a service runs, diagnosis and management**
 Prof Andrew Gallagher, Consultant physician and endocrinologist, Queen Elizabeth University Hospital
- 13.00 Lunch and exhibition**

Session 3: Workshops

Four interactive, audience participatory sessions of 45 minutes each. Participants will rotate to two out of four workshops

	Cardiology Room: Climb	Nutrition Room: Aspire
14.00 - 14.45	ECG and arrhythmias Dr Rachel Myles, Clinical senior lecturer and honorary consultant cardiologist, University of Glasgow	You are what you eat: the importance of nutrition in frail older adults Ms Elisabeth Waterhouse, Dietitian; Dr Anna Julian, Advanced practitioner dietetics; and Ms Denise Deas, Dietitian, NHS Greater Glasgow and Clyde
	Polypharmacy Room: Aspire	Continenence Room: Climb
14.45 - 15.30	Dr Martin Wilson, Consultant geriatrician, Raigmore Hospital	Female Urinary incontinence Dr Veenu Tyagi, Urogynaecology subspecialist consultant Queen Elizabeth University Hospital

- 15.30 Coffee and exhibition**

Session 4: Cognitive impairment

Room: Climb

- 16.00 - 17.00** **16.00 Trainees Update**
 Dr Carly Welch, ST6 Geriatric Medicine, University of Birmingham
- 16.15 Dementia**
 Dr Craig Patrick, ST6 old age psychiatry, NHS Lanarkshire
- 17.00 End of day**
- 19.00 Dinner, Wagamama Glasgow**

Session 1 Room: Climb

09.10 - 11.10	09.10 Assessment and management of delirium Prof Alastair MacLulich, Professor of geriatric medicine, University of Edinburgh
	09.40 Ageing research in the UK: Why you should get involved Prof Adam Gordon, Professor of the care of older people, University of Nottingham and vice president academic affairs, British Geriatrics Society
	10.25 Parkinson's disease Dr Conor Maguire, Consultant physician in the medicine of the older adult, Western General Hospital

11.10 **Coffee and exhibition**

Session 2: Workshops

Four interactive, audience participatory sessions of 45 minutes each. Participants will rotate to two out of four workshops

11.30 - 12.15	Post-stroke spasticity and botulinum toxin Room: Aspire	Dizziness and vertigo Room: Climb
	Spasticity after stroke - what everyone needs to know Dr Fiona Brodie, Consultant Geriatrician and Dr Caroline McInnes, Consultant in geriatric and stroke medicine, NHS Lanarkshire	Dr Jenny Harrison, Consultant geriatrician
12.15 - 13.00	Mouthcare Room: Climb	Research Room: Aspire
	Mr John Blair, Senior dental officer and specialist in special care dentistry, Dental Department, Ayrshire Central Hospital and Ms Gillian Ward, Dental officer, Kilmarnock Teach and Treat centre and Public Dental Service, Ayrshire and Arran Health Board	Dr Carly Welch, ST6 Geriatric Medicine, University of Birmingham; Dr Sarah Richardson, ST4 Geriatric Medicine, Newcastle Hospitals; and Prof Adam Gordon, Professor of the care of older people, University of Nottingham

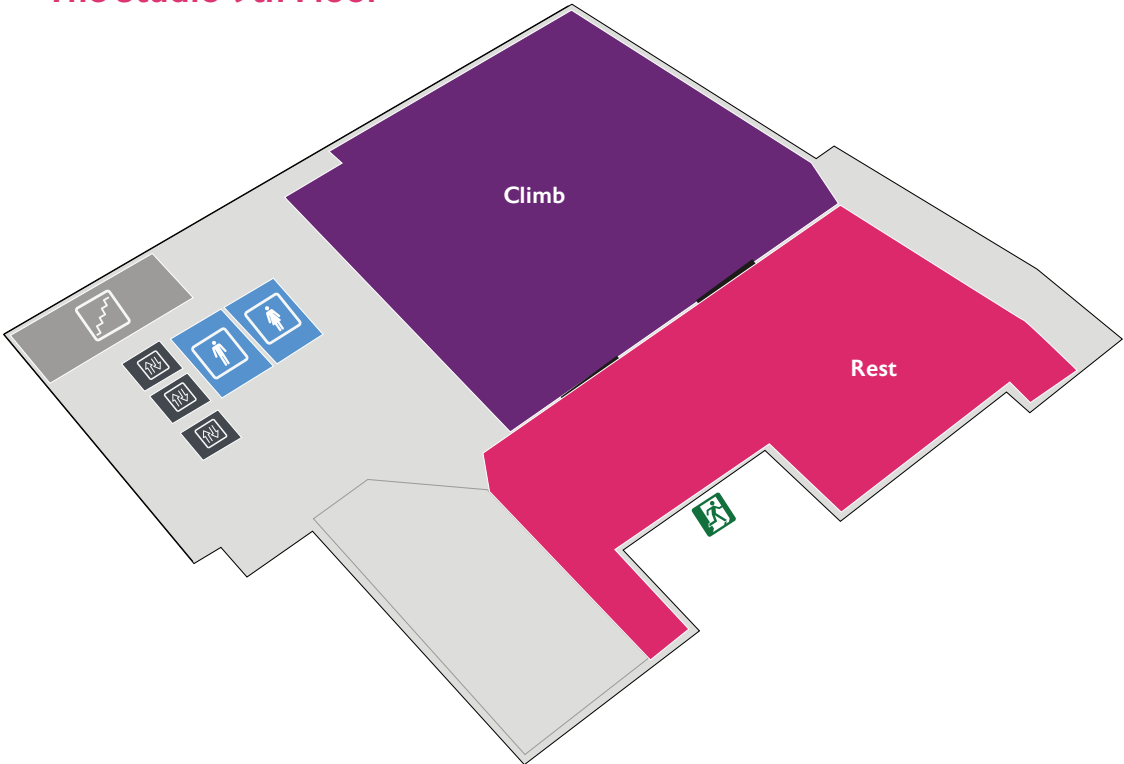
13.00 **Lunch and exhibition**

Session 3: Workshops

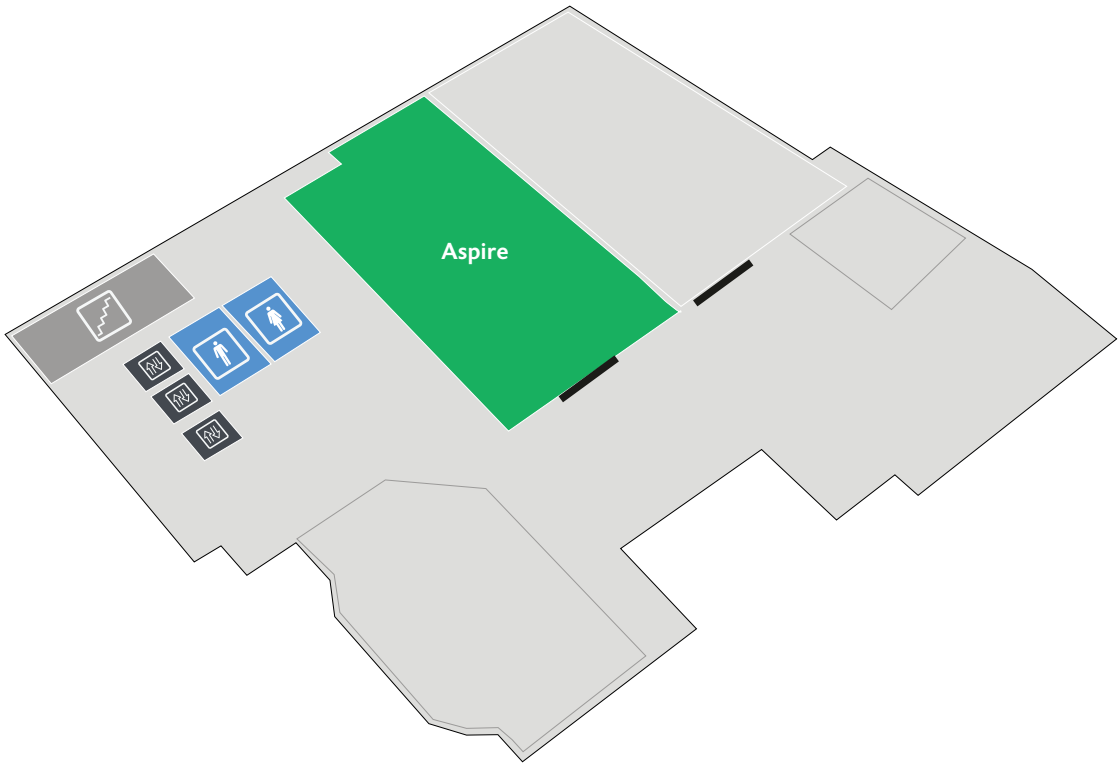
14.00 - 15.30	SCE preparation Room: Climb	Consultant interviews Room: Aspire
	The SCE in geriatric medicine <ul style="list-style-type: none"> • Intro to the exam • Some practice • How to approach the questions Dr Brian MacInnes, Consultant COTE, NHS Lanarkshire	<ul style="list-style-type: none"> • How to prepare and tips • Mock interview - role-play Dr Jennifer Burns, Consultant physician, Glasgow Royal Infirmary and president-elect, British Geriatrics Society

15.30 **End of meeting**








The Studio 9th Floor



The Studio 8th Floor



Floorplan Key

-  Climb - Main Conference Room
-  Rest - Exhibition and refreshments area
-  Workshop room
-  Toilets
-  Fire escape
-  Lifts
-  Stairs

SPEAKERS BIOGRAPHIES

Mr John Ashley Blair

I graduated from Glasgow Dental Hospital in 1990 taking over the family general dental practice as principle and running it for over a decade before following my heart into the Community Dental Service in Lanarkshire. Here I honed my skills treating a diversity of medically compromised and elderly patients in a wide variety of settings from home domiciliary, care homes, health centres through to hospital in patients. I am currently a Senior Dental Officer with Ayrshire and Arran Health Board during which time I successfully obtained my Specialist registration in Special Care Dentistry.

Dr Jennifer Burns

Dr Jennifer Burns was appointed as Consultant Geriatrician at Glasgow Royal Infirmary in 1995. She has a special interest in Movement Disorder. Throughout her career, she has had a keen interest in undergraduate and postgraduate education and served as the Lead Training Programme Director for Scotland. She also has a role as Appraisal Lead within Greater Glasgow and Clyde Health Board and values the impact of appraisal on supporting professional development.

Dr Patricia Cantley

Dr Patricia Cantley has been a Consultant in Medicine of the Elderly since 1997, currently working with Midlothian Health and Social Care Partnership, just south of Edinburgh.

Since 2014, her principle role has been to develop and work in the Hospital at Home Team in Midlothian. Dr Cantley also works in the rehabilitation ward of the Community Hospital there and is part of the Frailty team in the Royal Infirmary of Edinburgh undertaking regular ward rounds in the Acute Medical Admissions Unit there. She was previously Clinical Director for Medicine of the Elderly services in Lothian.

From a medical perspective, particular interests include the developing Hospital at Home services around the country and also the provision of end of life care in non specialised settings. She serves on the Board of Governors at the nearby St Columba's Hospice.

Outside medicine, Dr Cantley enjoys a variety of sports, travel, theatre and concerts alongside family life, also playing the flute in the local community concert band. She is a passionate enthusiast for social media, and can be found on Twitter as Trisha_the_doc, sharing pictures of cats and home baking as well as articles of interest on medicine, public health and social inequalities.

Speaker abstract

Hospital at Home Services have been developing around the world over the last few years. This talk will review some of the background to this evolving branch of medicine and describe some of our experiences in Midlothian, a semi rural area just to the south of Edinburgh.

Ms Denise Deas

Denise Deas is a registered Dietitian working within NHSGGC, with 19 years clinical and project experience in a variety of areas including secondment to board wide practice development project for Food fluid and Nutrition (FFN). Her clinical area of speciality is older adult rehabilitation, specifically dementia care and frailty. She is a NES Dementia Champion and is a member of NHSGGC Acute Dementia Care steering group. Denise job shares clinical and Practice Development (PD) roles, with a focus on professional development and mentorship of Dietitians.

Dr Shazia Din

I currently co-lead the DECS-A service which was set up in January 2018. The service was set up due to an increasing demand in the number of frail elderly patients being admitted who may benefit from staying at home. My role involves developing the service as we are in our infancy and updating and reviewing our protocols. I am responsible for the mentoring of junior doctors and our nursing staff who are at varying levels of training to become ANP's. In addition I am co-responsible for the managerial responsibilities that come when managing a team but also reviewing any new referrals we receive on our case load.

Prior to becoming involved in DECS-A, I was a Clinical Lead Salaried GP and the Lead Trainer for GP trainees at a Practice in Edinburgh and have an interest in MFE, Co-morbidity, AF and CCF. I was involved in the Headroom Scottish Government funded project in Edinburgh looking at life wrecking factors that could affect access to healthcare and social prescribing. I have completed both MRCGP and MRCP

Speaker abstract

I will discuss Community geriatrics with my colleague Dr Shaw and the challenges faced in setting up the service in both Angus and Dundee.

I will also describe DECS-A which is the acute arm of the Dundee Enhanced community support service and the role it has in prevention of admission in the over 65.

Prof Andrew Gallagher

Consultant of too many years standing with a major interest in Metabolic Bone Disease. The QEUH service, which I run with my colleague Stephen Gallacher, is a tertiary referral centre with close links to paediatrics too for transition patients.

Speaker abstract

- The Glasgow Osteoporosis Service Model.
- Identification of at risk patients.
- Diagnosis and Management.

Prof Adam Gordon

I am Professor of the Care of Older People at the University of Nottingham. I am currently Vice President for Academic Affairs for the British Geriatrics Society. My research interest is in care homes, how healthcare is delivered in care homes, and how residents can be supported to achieve the best outcomes. I lead a surgical liaison service for older people at the Royal Derby Hospital.

"Since graduating from the University of Nottingham in 2008, Anna has spent the majority of her career working in acute dietetics. In her current role as an advanced practitioner in NHS Greater Glasgow and Clyde, she supports research and development within the team in addition to holding a clinical caseload.

Speaker abstract

The best thing I ever did was get involved in clinical research in geriatric medicine. It has transformed my life and enabled me to influence policy and practice in a way that I never thought possible. I think more geriatricians need to realise the potential of research to transform care for our patients.

This talk will describe the range of ageing research currently taking place in the UK, with the aim of convincing you that:

- Ageing research is a broad church.
- Whatever your personal belief system, there's something in it for you.
- And if you get involved, you stand a strong chance of making a difference"

Dr Anna Julian

Anna completed her PhD earlier this year examining malnutrition at the hospital-community interface, measuring function and exploring quality of life in older adults at risk of undernutrition. Anna lectures at Glasgow Caledonian University and is part of the #RDJC team promoting critical appraisal with a bi-monthly online journal club.

Speaker abstract

You are what you eat: the importance of nutrition in frail older adults. This interactive presentation aims to discuss the principles of nutrition within the older adult. It will examine changes in body composition with ageing, the role of nutrition within successful ageing, and the challenges and complications associated with treating under nutrition in a sick population.

SPEAKERS BIOGRAPHIES

Dr Brian MacInnes

Qualified 1989 St.Georges, London. Registrar Training London and Glasgow.

Consultant 2001 -2004 Inverclyde Royal , 2004 - Hairmyres Hospital, East Kilbride. Clinical Activities Acute Geriatrics, Hospital@Home & Stroke .

Deputy CD

SCE question writer 2007 - , Standard setting Group 2018 - , DGM 2019

Speaker abstract

- To try and de-mystify the SCE
- Appreciate the process of question-writing
- Understand how best to approach revision for the exam
- Get a feel for the 'house style' with some sample question

Prof Alastair MacLulich

Alastair MacLulich trained in medicine and psychology at the University of Edinburgh. He took up the post of Professor of Geriatric Medicine in 2009.

He is active in delirium research, clinical practice and education and works clinically in acute orthogeriatrics and acute geriatric medicine. He co-founded the European Delirium Association. Alastair co-chaired the SIGN Guidelines on delirium, published in 2019. He is also a member of the Scottish Hip Fracture Steering Group. He has been an invited speaker at multiple national and international conferences.

Alastair has developed clinical and research tools for delirium such as the 4AT, and is also involved in research into the neuropsychology of delirium as well as CSF and neuroimaging biomarkers.

Speaker abstract

Delirium affects more than 20% of older people in the acute hospital. It has multiple adverse outcomes including increased length of stay, loss of independence, and increased mortality. The importance of distress in delirium, affecting both patients and carers, has emerged as a core issue in the care of patients with delirium. Additionally, recent research has shown that delirium is associated with a higher risk of new onset dementia as well as acceleration of existing dementia.

In this lecture current diagnostic criteria for delirium will be described along with an overview of methods of detection and diagnosis. Commonly-used scales for use in general and specialist care will be reviewed.

The treatment of delirium will be reviewed, drawing from the conclusions of the 2019 Scottish Intercollegiate Guidelines Network (SIGN) guidelines on delirium. The following aspects will be summarised: (1) initial check for acute, life-threatening causes, (2) identifying and treating causes; and optimising conditions for recovery, (3) detecting and treating distress and agitation, (4) preventing complications, (5) communicating the diagnosis (patient, carers), (6) monitoring for recovery, (7) rehabilitation during delirium, (7) considering dementia, and planning follow-up. Evidence and practice on risk reduction of delirium will also be covered.

Dr Conor Maguire

Dr Conor Maguire works as a Consultant Physician in Medicine for the Older Adult at the Western General Hospital, Edinburgh and is Honorary Senior Lecturer in Geriatric Medicine at the University of Edinburgh.

Conor obtained his medical qualification from University College Dublin and did his initial postgraduate training and research in Dublin, with a subspecialty and research interest in Parkinson's disease and cognitive dysfunction. He was awarded an MD from Trinity College Dublin for a thesis on Neurobiological Markers of Dementia including Parkinson's Disease Dementia and Lewy Body Dementia. After spending three years at the University of Bristol as Lecturer in Care of the Elderly, he moved to Edinburgh in 2001 to take up his present post.

Since his appointment, he has developed a Service for People with Parkinson's in Edinburgh. He established, and is the Chairman of the NHS Lothian Parkinson's Service Advisory Group, the local Stakeholder Group. He is the Regional Lead (South & East Scotland) for the Parkinson's UK Excellence

Network. He is the Vice President (International) at the Royal College of Physicians of Edinburgh, and was Director of Education there from 2015 to 2019.

Dr Caroline McInnes

I work in Univeristy Hospital Monklands, and my clinical interests include frailty , stroke and spasticity management in Stroke patients. I also have an interest in patient safety and quality improvement and am a Scottish Quality and Safety fellow.

Speaker abstract

- Pathophysiology of spasticity post stroke
- Evidence for treatment including botulinum toxin
- What the generalist needs to know about spasticity
- Clinical assessment of spasticity

Dr Lara Mitchell

Dr Lara Mitchell is a Consultant Geriatrician at Queen Elizabeth University Hospital (QEUH), Glasgow. She is clinical lead for acute and has developed a frailty service. She set up a syncope clinic when she was appointed and runs a weekly Rapid Access Syncope Service (RASCL) along with her Medicine for the Elderly colleague. She has a joint MDT monthly with cardiology, neurology and cardiac physiologists. Her syncope pathway and RASCL service is in press British Journal of Cardiology. She is currently cohort 12 of Scottish quality and safety fellowship and is committed to improving systems of care for the older adult. She is current chair of Cardiovascular BGS.

Speaker abstract

Syncope is a symptom and not a diagnosis. We can mostly make the diagnosis with a cornerstone assessment (history, postural BP and 12 ECG). For a proportion, the diagnosis will remain more elusive and their care is best under a specialist service, with experts who can streamline the investigations in order to expedite an early, accurate diagnosis

Dr Rachel Myles

Dr Rachel Myles is a Wellcome Trust Intermediate Fellow and Clinical Senior Lecturer at the University of Glasgow and Honorary Consultant Cardiologist at the Royal Infirmary and Golden Jubilee National Hospital in Glasgow. Rachel trained in Medicine at the University of Oxford and Kings College London. She completed a PhD in cardiac electrophysiology at the University of Glasgow in 2009 and a post-doctoral scholarship at UC Davis in 2011. On her return to Glasgow Rachel was awarded a Wellcome Trust Intermediate Fellowship and started her own independent research group, becoming a Consultant in 2016. Rachel divides her time between her clinical practice in electrophysiology and translational research into the mechanisms of ventricular arrhythmias.

Mr Craig Patrick

I am a west of Scotland trainee in old age psychiatry working with patients who suffer from functional and organic psychiatric illnesses in both community and inpatient settings. I am also involved in research for Huntington's Disease.

Speaker abstract

The presentation will cover features of dementia with specific reference to individual subtypes. I will cover investigations, diagnosis and management. I will discuss behavioural and psychological symptoms of dementia and the suggested management of this. I will also discuss community care for patients diagnosed with dementia.

Dr Veenu Tyagi

Urogynaecology subspecialist consultant working in tertiary centre managing women with primary and recurrent pelvic organ prolapse and UI. Also part of mesh complication services. I work as part of MDT with colorectal

SPEAKERS BIOGRAPHIES

surgeon, urologist, pain management team, radiologist, continence nurse advisors and physiotherapist.

I am deputy programme director for urogynaecology subspecialty training, urogyn ATSM preceptor for WoS, Lead for laparoscopic urogynaecology training for WoS, urogynaecology audit lead for GGC. I am member of various national and international society and committee member on UKCS and BSUG. I have special interest in pelvic floor dysfunction and laparoscopic surgery and am the course organiser of various nationally run urogynaecology laparoscopic courses.

Speaker abstract

The 45 min workshop would cover presentation, investigation and management of female urinary incontinence

Ms Elisabeth Waterhouse

Elisabeth has worked as a registered Dietitian for over 14 years across a variety of clinical and project areas, including secondments to NHS GGC Nursing Practice Development. She specialises in Care of the Older adult, with an interest in Dementia care and nutrition, and is a NES Dementia Champion. Elisabeth currently job shares clinical and Practice Development roles, focussing on the mentorship and development of new graduate Dietitians, having recently completed a Post Graduate Certificate in Coaching and Mentoring.

Speaker abstract

This interactive presentation aims to discuss the principles of nutrition within the older adult. It will examine changes in body composition with ageing, the role of nutrition within successful ageing, and the challenges and complications associated with treating under nutrition in a sick population.

Dr Carly Welch

I am a geriatric medicine trainee in the West Midlands and passionate about all things geriatrics! I was lucky enough to be given an NIHR ACF post when I started my ST3 and am now passionately pursuing my own research into acute sarcopenia (despite a few hurdles)! I am very keen to broaden access to research opportunities for trainees; in 2017, I co-founded the Geriatric Medicine Research Collaborative (GeMRC).

Dr Martin Wilson

Graduated Glasgow 1996 trained Glasgow, Inverness, Aberdeen. One year as a consultant in Stornoway and consultant Raigmore Hospital Geriatrics and General Medicine since 2006. I work in Highland and cover a large remote area and work with primary care to try and develop ways of providing specialist support outside main population centres. I retain an interest in the legal and ethical aspects of medicine and received MPhil Medical Law and ethics from Glasgow in 2005. I have a specific interest in prescribing in adults complex due to frailty or multimorbidity and am involved in development of Polypharmacy Guidelines locally and nationally. In 2016 I was appointed as a commissioner on the Committee of Human Medicines for Medicines and Healthcare Products Regulatory Agency.

Speaker abstract

Outline of the core concepts in management of polypharmacy including differing approaches followed by facilitated case discussion. Aim to focus on polypharmacy in 3 main settings (Frail adults with multimorbidity; Frail adults without multimorbidity; Multimorbid adults who are not frail)

British Geriatrics Society
Improving healthcare for older people

Spring Meeting 2020

1-3 April, Manchester

The **BGS Spring Meeting 2020** will be coming to **Manchester on 1-3 April**, covering the latest scientific research and the best clinical practice in care of older people, with relevant content including:

Streams on

- Dementia and related disorders
- GI and nutrition

Sessions on

- Falls and syncope
- Digital health
- Ageing well with good oral health
- Peer review and research sessions
- Assessing fitness to drive

...and much more!

To view programme and register visit www.bgs.org.uk/events

