



British Geriatrics Society  
Improving healthcare  
for older people

## South East/South West Joint Regional

### British Geriatrics Society Meeting

Education Centre, York Road, Guy's and St Thomas' Hospital

Wednesday 31<sup>st</sup> October 2018

09.30	Registration
10.00	Introduction & Welcome Dr Natalie Broomhead, Chair, South West Region BGS Aza Abdulla, Acting Chair, South East Region BGS
10.15	KEYNOTE LECTURE 1: <u>Technology and Innovation in Education</u> Dr Iain Wilkinson SW TPD: The MDTea Podcast Dr Jonathan Birns SE TPD: Multiprofessional Education Initiatives in Stroke
11.00 - 12.00	Trainee Abstracts 1
	11:00: M Ni Lochlainn, RCE Bowyer, CJ Steve. Dietary Protein and Muscle in Ageing People: The Potential Role of the Gut biome and its Metabolome 11:15: A Bushell, R Parrott, A Lane. Staying Steady Education and Exercise Programme (STEEP): A Pilot Programme for the Prevention of Falls 11:30: D Berenson, C Lee: Combatting Loneliness in the Elderly 11:45: D Shenker: The 'Red Bag' Hospital Transfer Pathway – Improving Communication Between Older Adult Care Homes and Acute Trusts for Unplanned Care
12.00 - 12.30	<u>SE and SW Regional Research News:</u> Dr Nigel Becket, Consultant in Ageing and Health, Guy's and St Thomas' Hospital, South London CRN Research Co-ordinator Dr Khalid Ali, Senior Lecturer in Geriatrics, Brighton and Sussex Medical School
12:30	Lunch
13.00- 13.45	Trainee Abstracts 2
	13:00: J Murphy, A Aburrow, A Guestini, K Wallis, E Parsons. Concurrent validity of the modified Patients Association Nutrition Checklist (PANC) against the 'Malnutrition Universal Screening Tool' ('MUST') to identify risk of malnutrition in older people living in the community. 13:15: M Ni Lochlainn, J Frewen, C Bryant. Delirium in a Large Urban London Hospital:



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	Highly Prevalent, Inadequately Screened For, Underdiagnosed, and Associated with Significant Mortality 13:30: A Lingeswaran, L Ferrigan. Care Closer to Home: Evaluation of a Community Geriatrics Domiciliary Visiting Service
13.45 - 14.15	<u>BGS Update and Future Developments</u> Mr Colin Nee, Chief Executive Officer, British Geriatrics Society
14.15 - 14.45	Regional Business Meeting and Discussion
14.45- 15.30	KEYNOTE LECTURE 2: <u>Physician Associates in Geriatric Medicine: The story so far</u> Dr Natalie King, Consultant in Acute and Geriatric Medicine and Sarah Vigor, Lead Physician Associate, Surrey and Sussex Healthcare NHS Trust
15:30	Tea
15.45- 16.30	KEYNOTE LECTURE 3: <u>POPS: Proactive care Of People going to have Surgery: Translating the GSST POPS model to the District General Hospital</u> Chair: Judith Partridge, Consultant Geriatrician, Guy's and St Thomas' Hospital Speaker: Catherine Meilak, Consultant in Perioperative Medicine for Older People undergoing Surgery, Darent Valley Hospital
16:30	Best Abstract Prize-giving Close of Meeting

**CPD Accreditation: This meeting has applied for 6 CPD credits**

The British Geriatrics Society acknowledges with grateful thanks, the support given through sponsorship from EU Medica, Kyowa Kirin, Pfizer and Vifor Pharma



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## Venue Information

**Education Centre, York Road,**

**Guys and St Thomas' Hospital**

Click [here](#) to register online

### Speakers' biographies

#### **Dr Natalie King MBBS BSc MSc FRCP**

Dr King has worked with Physician Associates since the original pilot of the St George's University PA course and has championed the role of PAs at her Trust and regionally since 2011. She is the Clinical Tutor for 15 PAs working at Surrey and Sussex Healthcare Trust and oversees the supervision of PA students from both St George's and the University of Surrey PA programmes on placement at her Trust. Natalie was awarded National PA Supervisor of the Year in 2015 and is the physician representative on the board of the Faculty of Physician Associates at the Royal College of Physicians (FPARCP). Dr King is also Head of the Kent, Surrey and Sussex School of PAs.

#### **Dr Catherine Meilak**

Dr Catherine Meilak is a POPS (Perioperative Medicine for Older People undergoing Surgery) consultant at Darent Valley Hospital (DGT) with an honorary contract at Guy's and St Thomas' (GSTT). Her current roles include: Joint clinical lead for POPS service at Darent Valley hospital and part of the End of Life trust steering group. She has specialist interests in perioperative medicine and delirium and having achieved a distinction in an MSc in Gerontology from the University of Southampton, she has developed further research interests in delirium and mild cognitive impairment.

#### **Dr Iain Wilkinson**



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Dr Iain Wilkinson is a consultant orthogeriatrician working in Surrey and Sussex Healthcare NHS Trust and an honorary senior lecturer in the Brighton and Sussex Medical School. He has a long standing interest in medical education and has conducted research into the so called Threshold Concepts in geriatric medicine. Dr Wilkinson is a training programme director for Geriatric Medicine in Kent, Surrey and Sussex and is the founder and co-presenter of the MDTea podcast

#### **Ms Sarah Vigor**

Sarah Vigor graduated as a Physician Associate from St Georges University of London in 2010 following an undergraduate degree in Animal Science and then a six year career in medical capital equipment sales. After two and a half years working in Trauma and Orthopaedics at St Georges Hospital she moved to Acute Medicine East Surrey Hospital where she has been for the last five years. In February 2018 Sarah became Lead PA for Surrey and Sussex Healthcare Trust, line managing the PAs within medicine and supporting PAs and their employers trust-wide. Sarah is also on the council for the Society of Acute Medicine as PA representative.

#### **Mr Jonathan Birns**

Jonathan Birns BSc MBBS PhD FRCP is a Consultant in Stroke Medicine, Geriatrics and General Medicine, Guy's and St Thomas' Hospital, Honorary Senior Lecturer, King's College London, South East London Geriatrics Training Programme Director and Deputy Head of the London School of Medicine, Health Education England.

#### **Dr Jude Partridge**

Jude Partridge works as a consultant geriatrician with the Perioperative care of Older People undergoing Surgery (POPS) team at Guy's and St Thomas' NHS Foundation Trust, London, UK where she leads on the POPS-vascular service. She is an honorary senior lecturer at King's College London with research interests in health services research, delirium and frailty in the perioperative setting.

#### **Mr Colin Nee**

Colin has led the development of a number of award winning national and international charities as chief executive. He has been a trustee of a number of organisations including the Terrence Higgins Trust, the New Economics Foundation, the Directory of Social Change and Rich Mix, East London's independent arts centre, and the Karen Woo Foundation. Since becoming Chief Executive in 2013, Colin has led the first ever large



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scale review of BGS's member services and communications, driven growth in membership, and continued modernising BGS's governance. He has expanded the staff team to upgrade communications, policy influencing and member support, led the re-branding of the BGS and the development of its new website, and encouraged greater multi-disciplinary involvement within the Society.