

Mersey BGS newsletter

5th edition
June 2019

INSIDE THIS ISSUE

- 1 Welcome
- 1 New positions
- 2 Research News
- 2 Trainee News
- 2 Resources
- 3 News from around the region
- 4 News from around the region
- 5 Agenda for the next BGS meeting.

Welcome!

Welcome to the 5th edition of the Mersey BGS newsletter. The purpose of this newsletter is to share news from within the region.

A reminder of your contacts:

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New positions:

There will be a change in positions held within the BGS following the recent **Mersey BGS Elections** held on the 27 March 2019. Newly elected officers will take office immediately after the 25 September 2019 meeting and will hold that office for 3 years.

It is expected that the deputy secretary will assume the role of secretary after 3 years.

English Council Representative:

Dr Ryan Mason Consultant Geriatrician

Deputy Secretary:

Dr Aude Gatignol Consultant Geriatrician

Secretary:

Dr William Wareing Consultant Geriatrician

Chair:

Dr Asan Akpan Consultant Geriatrician

The present officers Vinod, Asan and Steve will step down from their present offices on the 25 September 2019. We would like to thank them for their time and effort over recent years.

Research news:

An ageing research community of practice was launched on the 27 March 2019 with about 90 clinicians and university researchers interested or involved in ageing research signed up to receive regular updates from the Ageing NIHR CRN NWC including invitations to training and meetings. Anyone who wishes to be part of this can email asan.akpan@nihr.ac.uk

Asan Akpan via his role as ageing research lead at the NIHR CRN NWC is consulting with clinicians in older people's medicine and university researchers in ageing on developing a bespoke flexible including online training platform via the ageing research community of practice to facilitate gaining knowledge and skills in research and opportunities for carrying out research. He is interested in receiving comments and suggestions about this and he can be contacted at asan.akpan@nihr.ac.uk.

The Northwest Ageing Research Network that has been set up will be creating a website which will have some useful signposting to various resources and information for anyone interested in ageing research. The weblink will be made available soon.

Trainee News:

Dr Kiri West, in her role as National LTFT trainee rep for the BGS has conducted a national survey of LTFT geriatric trainees; looking at their experiences of LTFT. The results are going to be published in the June National BGS newsletter. As a result they are putting together a group of LTFT trainees and consultants to make a series of recommendations on "gold standard" LTFT training and working within geriatrics to be presented to, and hopefully then ratified by the BGS. Watch this space!

We were oversubscribed for our recruitment this year. We will have 5 new STRs starting in Autumn.

Resources:

Many trainees take a period of absence from training for a number of reasons. This can include parental leave, OOP and sickness. Returning to training after a period of absence can be a daunting and difficult time for trainees. Time out of clinical practice can impact on a clinician's confidence and skills whatever stage of training they may be at.

To help support trainees the School of Medicine have developed the following 'return to training' guidance for trainees and trainers in the North West. Anyone who is a clinical/educational supervisor role should be familiar with it.

<https://www.nwpgmd.nhs.uk/sites/default/files/Return%20to%20Training%20in%20the%20School%20of%20Medicine%20.pdf>

<https://www.nwpgmd.nhs.uk/supported-return-to-training>

News from around the region

Using the dedicated SPR representatives from each of the hospitals here is a taster of what is going on around the region.



Southport:

One of the SPRs is currently completing a QIP to review the way referrals are made to medicine (Currently the medical spr on-call is receiving a call on average once every 15 minutes for the duration of a 9-21:30 shift which limits what work can actually be done!). This work will also include a review of GP referrals including what is considered appropriate; with the hope to make better use of EAU and to stop using ED for Stable GP referrals.

Chester:

The Care of the Elderly Department at the Countess of Chester Hospital is ever expanding. Next month sees the first year anniversary of the setting up of the Emergency Multidisciplinary Unit. Since its establishment, EMU has helped increase admission avoidance for the older population and is working well. Over the coming months there are plans to expand this to a seven day service.

We have also been working with local GPs to improve and streamline the referral process for the Care of the Elderly Clinics, with a view to this improving access to our specialist services, as well as developing a preformat in preparation for the Countess' switching to the Cerner system next year.

Aintree:

A pilot has been taking place on the rehab ward looking at whether the patients transferred to the rehab ward are more appropriate when they are screened by the rehab therapists in conjunction with the medical team. The results of this pilot will be reviewed in the coming months to look at whether the process needs to change.

Dementia Action Week is being recognised by all the DME wards carrying out activities and experiences to enhance the patient journey.

Lucinda Baldwin and Aideen Cronin have recently been appointed as Trust Leads for Delirium and Dementia. They are looking to create a diverse education programme to improve the understanding of these conditions supported by a consultant specialist nurse.

Warrington:

An audit is underway on MET calls in the final two weeks of life and looking at whether there was any recognition of the deterioration/likely outcome and whether inappropriate investigations were carried out.

Leighton:

We have recently had a new substantive geriatric consultant appointed (Dr Salau) who is covering general geriatrics on ward 4.

Dr Kidd fronts the frailty team which is working really well based in ED with the help of several ANPs turning patients around at the front door.

The relationship with the stroke team in Royal Stoke remains strong with one of their consultants coming over to Leighton on Fridays to help with the ASU round in the morning and stroke clinic in the afternoon, with plans to increase their input in future. Geriatric teaching continues regularly on Thursday afternoons providing a good opportunity for case based discussions and teaching observations, this is done by all team members including consultants and juniors and other MDT members and other specialty trainees

Whiston:

Whiston have recently appointed Dr Aude Gatignol as a consultant physician, due to start in Sept 2019.

There is lots of news from the stroke world;

1) They are now the hyper-acute provider for Mid-Mersey - so all strokes regardless of onset time are transferred to Whiston for their initial stroke care. If the patients require rehabilitation once the hyper-acute phase is complete then they are admitted to the ASU at Whiston (5D) or Warrington (B14) for continuation of their care.

2) Innovation-wise, they have set up the use of telemedicine to support stroke six month reviews: patients can have their 6 month stroke review in person at the clinic or if they have a phone with a camera, tablet with a camera, PC with a webcam, or have a relative who owns and can support them with any of the above. This has been very well-received by patients and relatives and we won a local innovation award for the work.

3) They've also introduced a stroke prevention nurse role. Although the role encompasses addressing stroke prevention across patients, the primary target of this work is to look at patients who have known atrial fibrillation but who are not anticoagulated (or on inappropriate doses of anticoagulation). AF strokes are the largest events (causing death in 1/3 of cases versus 12% all-aetiology stroke mortality; and significant disability in survivors); and are the most immediately preventable events. So far they have identified and optimised the management of 60 patients (equivalent to preventing two strokes per year) in the five months that this has been going for).

Next Mersey BGS

Meeting:

Wednesday 25th September 2019
09:00-16:30 at the Village hotel,
Warrington.

Registration is now open:

<https://www.bgs.org.uk/events/mersey-region-autumn-meeting-2019>

If you wish to bring children to the event then please contact Aude Gatignol for detailed information about what the venue can provide.
(aude.gatignol@nhs.net)

Mersey BGS meeting 25 September 2019	
With a special invitation to our colleagues in old age psychiatry in Cheshire & Merseyside Venue: Inspiration Suite, Village Hotel, 110 Centre Park Square, Warrington WA1 1QA	
08.45	Arrival, registration, Tea / Coffee & viewing sponsor stands
0900 – 1045	<p>0900 Welcome and introduction to the day Vinod Gowda, Chair Mersey BGS</p> <p>0915 Keynote Lecture: Dementia Professor Alistair Burns National Clinical Director for Dementia & Older People's Mental health</p> <p>1000 Dementia a carer's perspective Thomas Whitelaw UK Project Lead, Dementia Carer Voices</p>
10.45 Tea / Coffee, viewing sponsor stands & networking	
11.15-12.30	<p>1115 Delirium after stroke Dr Amanda Barugh, Stroke consultant, NHS Lothian</p> <p>1200 Mersey BGS Business Meeting & handover to officers Elect: Chair, Secretary & English Council representative (BGS members only)</p>
12.30 Lunch, viewing sponsor stands & networking	
13.30- 14.45	Specialist Trainees project presentations chaired by Dr Stephen Allsup
14.45 Tea / Coffee break, viewing sponsor stands & networking	
15.15-16.30	<p>1515 Depression in Older People Dr Sudip Sidkar Consultant in Old Age Psychiatry</p> <p>1600 Best presentation prize award</p> <p>1615 Closing summary and thanks Dr Vinod Gowda, Chair Mersey BGS</p>
16.30 close of meeting	

Future Meetings:

We are always on the lookout for interesting speakers for our BGS meetings. If you have any suggestions for topics and speakers for the 25 March 2020 Mersey BGS meeting. Please email William(william.wareing@nhs.net) and Aude (aude.gatignol@nhs.net) with your suggestions.