

# Autumn 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



ExCeL Platinum Suite, London  
14-16 November 2018

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## CPD Accreditation

**Wednesday 14 November** Code - 6 hours

**Thursday 15 November** Code - 6 hours

**Friday 16 November** Code - 6 hours

## BGS Meetings Secretariat

### Meeting Management

Ms Julie Gaudreau - Senior conferences and events organiser  
(registrations@bgs.org.uk)

### Sponsorship and Programme Management

Mr Geraint Collingridge (conferences@bgs.org.uk)

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

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Bial

Keeping life  
in mind.

# General information

## CPD Accreditation

The meeting has been accredited for CPD with the RCP London (see inside front cover for details). No physical copy of the certificate will be available at the conference. 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.

## Venue

The meeting is taking place at ExCel Platinum Suite, London. The registration desk can be contacted on 0203 7476940 during the hours of the conference.

## Exhibition

The exhibition is located in **Platinum Suite, Level 2-3.**

## Cloakroom

A free cloakroom, which can be accessed on **level 1**, is available and will be open during the following times:

|           |               |
|-----------|---------------|
| Wednesday | 08.00 – 19.30 |
| Thursday  | 07.30 – 19.00 |
| Friday    | 07.30 – 17.00 |

## 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 on Level 3. Breakfast will be available for delegates attending the morning sponsored symposia. A lunch bag will be available for delegates attending the Trainees' meeting and sponsored symposia on Friday.

## Wi-fi

1. To use the Wi-Fi you will need to connect to the SSID: `_ExCeL free Wi-Fi`
2. From there a landing page will automatically load
3. You can either login via social media or enter the requested information to register manually

## Insurance

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

## Notice

Delegates are kindly requested not to leave any items in the meeting rooms between sessions as we will be moving the room partitions throughout the conference. All items left behind will be removed.

# Programme overview

|                                  |   |  |
|----------------------------------|---|--|
| <b>Wednesday<br/>14 November</b> | <b>Community geriatric medicine</b> <ul style="list-style-type: none"><li>• The emergency services</li><li>• MDT working</li><li>• GeriGPs</li><li>• Case study: Tower Hamlets Together</li></ul> | <ul style="list-style-type: none"><li>• Anaemia</li><li>• Heart failure</li></ul>  |
| <b>Thursday<br/>15 November</b>  | <ul style="list-style-type: none"><li>• Bereavement</li><li>• Ethics: Dilemmas in clinically assisted nutrition and hydration</li><li>• Workshop Urodynamics</li></ul>                            | <ul style="list-style-type: none"><li>• Rheumatology</li><li>• Comprehensive geriatric assessment</li><li>• Trainees session</li></ul> |
| <b>Friday<br/>16 November</b>    | <ul style="list-style-type: none"><li>• Neurology</li><li>• Movement disorders</li><li>• Sarcopenia and Frailty</li></ul>   | <ul style="list-style-type: none"><li>• Vascular disease</li><li>• Perioperative Medicine</li><li>• Clinical effectiveness</li></ul>   |

# Ancillary meetings

| Wednesday, 14 November | Meeting               | Location      | Notes                                  |
|------------------------|-----------------------|---------------|--|
| 08.15-17.00            | Speakers preview      | Zinc Room     | Speakers and platforms presenters only |
| 08.30-08.45            | Volunteers' briefing* | BGS Stand     | Volunteers only                        |
| 08.30-9.00             | Chairs' briefing      | Titanium room | Chairs only                            |
| Thursday, 15 November  | Meeting               | Location      | Notes                                  |
| 08.15-17.00            | Speakers preview      | Zinc Room     | Speakers preview                       |
| 08.30-08.45            | Volunteers' briefing* | BGS Stand     | Volunteers only                        |
| 08.30-09.00            | Chairs' briefing      | Titanium room | Chairs only                            |
|                        | GeriGPs meeting       |               | By invitation only                     |
|                        | NIHR meeting          |               | By invitation only                     |
| Friday, 16 November    | Meeting               | Location      | Notes                                  |
| 08.15-16.00            | Speakers preview      | Zinc Room     | Speakers and platforms presenters only |
| 08.30-08.45            | Volunteers' briefing* | BGS Stand     | Volunteers only                        |
| 08.30-09.00            | Chairs' briefing      | Titanium room | Chairs only                            |
| 14.00-15.30            | BGS Meeting Committee | Titanium room | By invitation only                     |

\*The BGS encourage medical students to volunteer at our annual conferences. Volunteers get the opportunity to observe the sessions and meet with geriatricians which is invaluable when deciding whether to pursue geriatric medicine as a speciality. If you would like to volunteer at the meeting, please email [registrations@bgs.org.uk](mailto:registrations@bgs.org.uk) for more information.

# Sponsored symposia

## Wednesday, 17.00 - 18.00

### Ferring Pharmaceuticals

A Debate: Shifting the paradigm for managing Nocturia due to Nocturnal Polyuria - where should the focus be?

Venue: Room 5/6/7

## Thursday, 16.30 - 17.30

### Bial

Venue: Room 5/6/7

## Friday 08.00 - 09.00

### AbbVie

Panel discussion: Optimising patient outcomes in advanced Parkinson's disease. Why? When? How?

Venue: Room 5/6/7

## Friday 13.30 - 14.30

### Profile Pharmaceuticals

Venue: Room 5/6/7

# Conference programme

## Wednesday, 14 November 2018

08.15 **Registration**, Registration on ground floor and coffee on Platinum suite level 2 & 3

09.00 **Presidential address**, room 3

|                     |   |   |
|---------------------|---|---|
| 09.30<br>-<br>11.00 | <p>Community Geriatric Medicine</p> <p>The emergency services</p> <p>Venue: Room 3</p>  | <p>Anaemia</p> <p><b>Chair: Khai Lee Cheah</b></p> <p>Venue: Room 4</p>   |
|                     | <p><b>09:30 Fire Services – Hampshire</b><br/>Mr Rob Cole, Head of service: Community Safety, Hampshire Fire and Rescue Service</p> <p><b>10:00 Ambulance Service</b><br/>Prof Pip Logan, Professor of rehabilitation research, University of Nottingham</p> <p><b>10:30 Police Service</b><br/>Speaker Tbc</p> | <p><b>09:30 Anaemia in the Older Population – how big is the problem?</b><br/>Prof Dan Lasserson, Professor of ambulatory care, University of Birmingham</p> <p><b>10:00 Anaemia and GI Tract</b><br/>Dr Rupert Negus, Consultant Gastroenterologist, Royal Free Hospital</p> <p><b>10:30 Anaemia and Renal Disease</b><br/>Prof Edwina Brown, Professor of renal medicine, Imperial College London and consultant nephrologist, Hammersmith Hospital</p> |

11.00 **Refreshments break**, Exhibition area Platinum suite level 2 & 3

|                     |   |  |
|---------------------|---|--|
| 11.30<br>-<br>13.00 | <p>Community Geriatric Medicine</p> <p>MDT working</p> <p>Venue: Room 3</p>   | <p>Anaemia</p> <p><b>Chair: Pandora Wright</b></p> <p>Venue: Room 4</p>  |
|                     | <p><b>11.30 Achieving system wide change at the interface between health and social care – lessons from the PEACH study</b><br/>Dr Adam Gordon, Clinical Associate Professor in Medicine of Older People, University of Nottingham</p> <p><b>12.00 Professional carers- an invaluable resource in geriatric care</b><br/>Ms Karolina Gerlich, Founding director, National Association of Care &amp; Support Workers</p> <p><b>12.30 AGILE</b><br/>Speaker Tbc</p> | <p><b>11.30 Anaemia and Bone Marrow</b><br/>Dr Simona Deplano, Consultant haematologist, Imperial College Healthcare NHS Trust</p> <p><b>12.00 Patient Blood Management</b><br/>Prof Mike Murphy, Professor of Blood Transfusion Medicine, University of Oxford</p> <p><b>12.30 Q&amp;A</b></p> <p><b>12.45 SIG Business meeting</b></p> |

13.00 **Lunch**, Exhibition area Platinum suite level 2 & 3

# Conference programme

Wednesday, 14 November 2018

|                     |   |   |
|---------------------|---|---|
| 14.00<br>-<br>15.30 | Community Geriatric Medicine<br>GeriGPs<br><br>Venue: Room 3  | Heart Failure<br><br>Venue: Room 4  |
|                     | <p><b>14.00 Primary Care on the Frontline: Right Care Right Place. How multi-professional working improved staff and patient experience at the same time as preventing unnecessary ED attendances</b><br/>Dr Lynan Gross, General Practitioner, James Wigg Group Practice</p> <p><b>14.30 Why should GPs use data to identify frail older patients and what then?</b><br/>Dr Eva Kalmus, General Practitioner, New Epsom and Ewell Community Hospital</p> <p><b>15.00 A GPs approach to Quality End of Life Care in Care Homes</b><br/>Dr Maggie Keeble, General Practitioner wSI Older, PeopleWorcestershire Health and Care Trust</p> | <p><b>14.00 Interpretation of heart monitoring—who needs a pacemaker?</b><br/>Dr Derek Connelly, Consultant Cardiologist, Golden Jubilee National Hospital</p> <p><b>14.30 When is a fall not a fall? Multidisciplinary management of syncope</b><br/>Dr Lara Mitchell, Consultant Geriatrician, Queen Elizabeth University Hospital</p> <p><b>15.00 Acute Coronary Syndrome or troponinitis? A rational approach to management</b><br/>Dr Iqbal Malik, Consultant Cardiologist and Clinical Lead for Structural Heart Disease, Imperial College Healthcare NHS Trust</p> |

15.30 **Refreshments break**, Exhibition area Platinum suite level 2 & 3

|                     |  |  |
|---------------------|--|--|
| 16.00<br>-<br>17.00 | Community Geriatric Medicine<br><br>Venue: Room 3  | Heart Failure<br><br>Venue: Room 4   |
|                     | <p><b>16.00 Vanguard Case Study: Tower Hamlett Together</b><br/>Dr Claire Dow, Community geriatrician, Barts</p> | <p><b>16.00 How do you optimise heart failure therapy in older patients?</b><br/>Dr John Baxter, Consultant geriatrician, Sunderland Royal Hospital</p> <p><b>16.30 How do we train the heart failure team of tomorrow?</b><br/>Prof Theresa McDonagh, Professor of heart failure and consultant cardiologist, King's College London</p> |

|                     |  |  |   |
|---------------------|--|--|---|
| 17.00<br>-<br>18.00 | <p>Sponsored Symposium</p> <p><b>Ferring Pharmaceuticals</b></p> <p><b>A Debate: Shifting the paradigm for managing Nocturia due to Nocturnal Polyuria - where should the focus be?</b></p> <p>Chaired by Susie Orme. Speakers: Mr Dudley Robinson, Consultant Urogynaecologist, Kings College Hospital London; Dr Sanjay Suman Consultant Geriatrician, Medway Hospital NHS Foundation Trust; Dr Jonathan Rees, General Practitioner Nailsea, Bristol, and Chair of the Primary Care Urology Society; and Mr Nimalan Arumainayagam, Consultant Urologist, Ashford and St Peters Hospitals NHS Foundation Trust</p> <p>Venue: Room 5/6/7</p> |  |  |
|---------------------|--|--|---|

18.00 **Drinks Reception**  
Venue: ExCel Exhibition area Platinum suite level 3

Open to delegates who have indicated their attendance during registration

# Conference programme

Thursday, 15 November 2018

07.30 **Registration**, Registration on ground floor and coffee on Platinum suite level 2 & 3

08.00 **Sponsored symposium**

| 09.00<br>-<br>10.30 | Session B<br>AAGM Symposium<br><br>Venue: Room 3  | Session C<br>Bereavement<br><br>Venue: Room 4   |
|---------------------|---|---|
|                     | <p><b>09.00 HoW-CGA – an overview</b></p> <p><b>09.05 Current care provision – a UK survey</b></p> <p><b>09.20 Identifying frailty in acute hospitals using routine data</b></p> <p><b>09.45 Formative evaluation of the HoW-CGA toolkit – taking CGA hospital wide?</b><br/>Prof Graham Martin, Director of research, THIS Institute, University of Cambridge and professor of health organisation and policy, University of Leicester</p> <p><b>10.10 HoW-CGA – next steps</b><br/>Prof Helen Roberts, Professor of Medicine for Older People, University of Southampton; and Prof Simon Conroy, Professor of geriatric medicine, University of Leicester</p> | <p><b>09.00 Bereavement in older age</b><br/>Dame Barbara Monroe, Trustee Marie Curie, Special Commissioner Royal Hospital, Chelsea and Trustee Compassion in Dying</p> <p><b>09.45 Information on counselling – how can HCP recognize and offer counselling</b><br/>Ms Letizia Perna-Forrest, Head of patient and family support, Royal Trinity Hospice and development lead, ABSCo</p> <p><b>10.05 Bereavement in older men: delivering practical and emotional support</b><br/>Ms Janet Morrison, Chief Executive, Independent Age</p> |

10.30 **Refreshments break and poster viewing**, Exhibition area Platinum suite level 2 & 3

10.30 **Presidential poster round**, Exhibition area Platinum suite level 3

| 12.00<br>-<br>13.00 | Session D<br>Comprehensive geriatric assessment<br><b>Chair:</b><br>Venue: Room 3   | Session E<br>Trainee's Session<br><b>Chair:</b><br>Venue: Room 4 |
|---------------------|---|--|
|                     | <p><b>12.00 How to undertake CGA in the community</b><br/>Dr Claire Dow, Community geriatrician, Barts</p> <p><b>12.30 CGA – What's so Comprehensive about Comprehensive Geriatric Assessment?</b><br/>Dr Naomi Fox, Consultant, Poole Hospital</p> |  |

13.00 **Lunch**, Exhibition area Platinum suite level 2 & 3

# Conference programme

Thursday, 15 November 2018

|                     |   |  |  |
|---------------------|---|--|--|
| 14.00<br>-<br>15.00 | <b>Session F</b><br>Rheumatology<br><b>Chair:</b><br>Venue: Room 3/4  | <b>Session G</b><br>Dilemmas in clinically assisted<br>nutrition and hydration<br><b>Chair:</b><br>Venue: Room 5/6 | <b>Workshop</b><br>Urodynamics<br><b>Facilitator:</b><br>Venue: Room 7   |
|                     | <b>14.00 Back pain in older people</b><br>Mr Julian Leong, Consultant<br>spinal surgeon and honorary<br>senior lecturer, Royal National<br>Orthopaedic Hospital<br><br><b>14.30 Biologics and inflammatory<br/>                 arthritis</b><br>Dr Christopher Holroyd,<br>Consultant rheumatologist,<br>University of Southampton | Speakers Tbc   | Ms Angela Rantell, Lead nurse<br>urogynaecology & nurse cystoscopy,<br>Kings College Hospital and Mr<br>Dudley Robinson, Kings College<br>Hospital |

15.00 **Refreshments break and poster viewing**, Exhibition area Platinum suite level 2 & 3

|                     |  |
|---------------------|--|
| 15.30<br>-<br>16.30 | <b>Guest Lecture</b><br>New thinking on the measurement and monitoring of healthy ageing<br><br><b>Chair:</b><br>Venue: Room 3/4<br><br><b>Dr John Beard</b> , Director Ageing and Life Course Department, World Health Organisation |
|---------------------|--|

|                     |  |   |
|---------------------|--|---|
| 16.30<br>-<br>17.30 | <b>Sponsored Symposium</b><br><b>Bial</b><br>Venue: Room 5/6/7 | <br>Keeping life<br>in mind. |
|---------------------|--|---|

18.30 **Conference evening reception**

-  
21.30 Venue: The Crystal

**Prepaid tickets will be required**

Please consult the message board for any tickets that delegates might wish to resell  
 Dress-code is smart casual

# Conference programme

Friday, 16 November 2018

07.30 **Registration** Registration on ground floor and breakfast on Platinum suite level 2 & 3

|                     |  |   |
|---------------------|--|---|
| 08.00<br>-<br>09.00 | <p>Sponsored Symposium</p> <p><b>AbbVie</b></p> <p><b>Panel discussion: Optimising patient outcomes in advanced Parkinson's disease. Why? When? How?</b><br/>AbbVie invite you to an interactive symposium where you will have the chance to ask your questions to leading specialists in the field of complex Parkinson's disease.</p> <p>Venue: Room 5/6/7</p> |  |
|---------------------|--|---|

| 09.00<br>-<br>10.30 | Session J<br>Neurology<br><b>Chair:</b><br>Venue: Room 3  | Session I<br>Sarcopenia and Frailty -<br>Research into Practice<br><b>Chair:</b><br>Venue: Room 4  | Clinical effectiveness<br>Platform presentations<br><b>Chair:</b><br>Venue: Room 5/6/7                  |
|---------------------|---|--|---|
|                     | <p><b>09.00 Multiple Sclerosis - making progress through trials</b><br/>Dr Jeremy Chataway</p> <p><b>09.45 Platform presentations</b></p> | <p><b>09.00 New developments in sarcopenia: findings from the second European Working Group on Sarcopenia in Older People (EWGSOP)</b><br/>Dr Alfonso Cruz-Jentoft, Head of geriatric department, Hospital Universitario Ramón y Cajal</p> <p><b>09.30 A life course approach to sarcopenia: informing future interventions</b><br/>Dr Richard Dodds, Intermediate clinical fellow, Newcastle University and honorary consultant, Newcastle upon Tyne Hospitals NHS Foundation Trust</p> <p><b>09.45 Short frailty talk/ Platform Presentation</b></p> <p><b>10.00 Results of the SIG sarcopenia and frailty survey + next steps for the SIG</b><br/>Dr Miles D. Witham, Professor of Trials for Older People, Newcastle University</p> <p><b>10.20 SIG Annual General Meeting</b><br/>Dr Miles D. Witham, Professor of Trials for Older People, Newcastle University and Prof Avan Sayer, Professor of Geriatric Medicine, Newcastle University</p> | <p><b>09.00 Rising star presentation</b><br/>Dr Ruth Law</p> <p><b>09.20 Platform presentations</b></p> |

10.30 **Refreshments break**, Exhibition area Platinum suite level 2 & 3

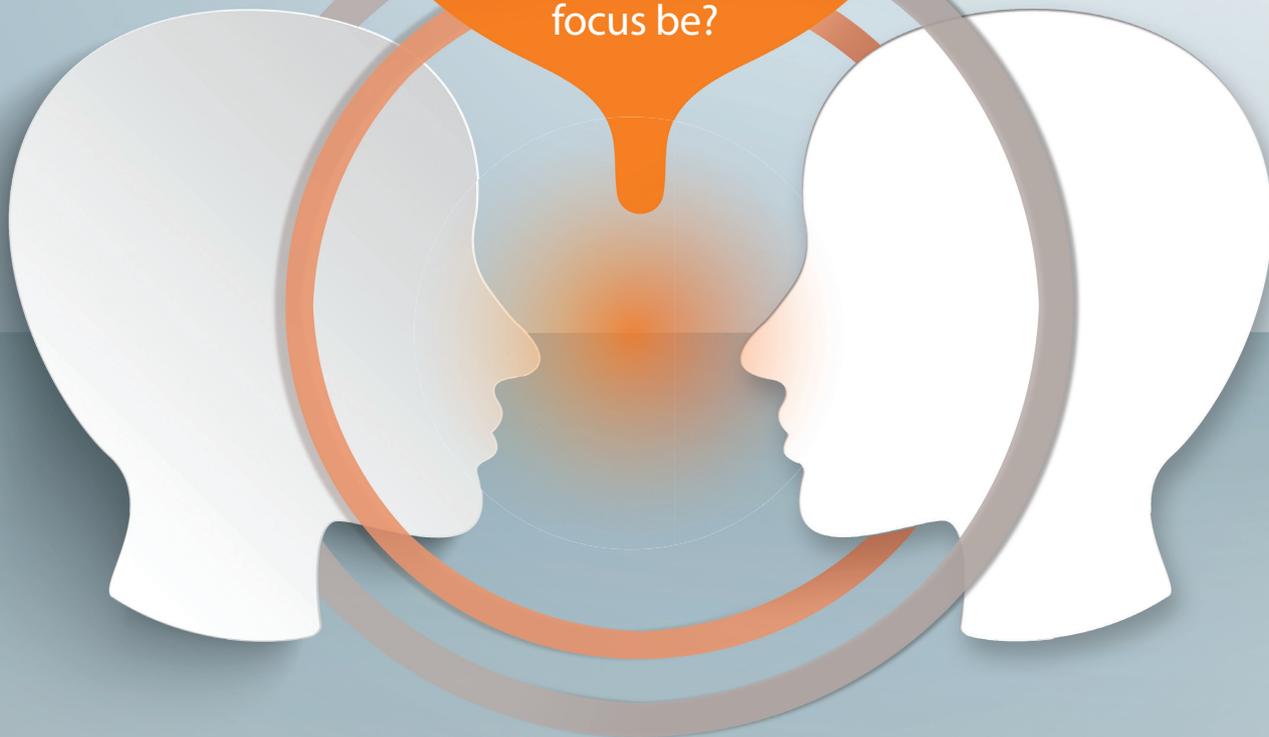
# Conference programme

Friday, 16 November 2018

|                     |   |  |  |
|---------------------|---|--|--|
| 11.00<br>-<br>12.30 | <b>Session L</b><br>Research platforms<br><b>Chair:</b><br>Venue: Room 5/6  | <b>Session M</b><br>Perioperative Medicine<br><b>Chair:</b><br>Venue: Room 3/4   | Workshop<br>Vascular disease<br>Venue: Room 7  |
|                     | <b>11.00 Platform presentations</b>   | <b>11.00 POPS OOPE, developing the future workforce</b><br>Dr Magda Sbai and Dr Cathryn Mainwaring, POPS clinical fellows, GSTT<br><br><b>11.30 Perioperative management of diabetes</b><br>Dr Tess O'Halloran<br><br><b>11.50 Can POPS work at a district general hospital?</b><br>Dr Catherine Meliak, POPS Consultant, Darent Valley Hospital<br><br><b>12.20 Platform presentation</b> | <b>Aortic Disease in Older People</b><br>Ms Meryl Davis, Consultant vascular surgeon, Royal Free London NHS Foundation Trust |
| 12.30<br>-<br>13.15 | <b>Trevor Howell Guest Lecture</b><br><b>Chair:</b><br>Venue: Room 3/4<br><br><b>Prof David Stott</b> , Professor - David Cargill Chair of Geriatric Medicine, Institute of Cardiovascular and Medical Science, University of Glasgow   |  |  |
| 13.15               | <b>BGS AGM</b> , Room 3/4, Open to all BGS members  |  |  |
| 13.30<br>-<br>14.30 | Sponsored Symposium<br><b>Profile Pharmaceuticals</b><br>Venue: Room 5/6<br>Lunch will be provided in the room for the symposium's attendees  |  |   |
| 13.30               | <b>Lunch</b> , Exhibition area Platinum suite level 2 & 3   |  |  |
| 14.30<br>-<br>16.00 | <b>Session N</b><br>Movement disorders<br><b>Chair:</b><br>Venue: Room 3/4  |  |  |
|                     | <b>14.30 Using vision to understand dementia in Parkinson's disease</b><br>Ms Rimona Weil, Wellcome Clinical Research Career Development Fellow, UCL<br><br><b>15:00 Driving with Parkinson's Disease</b><br>Ms Helen Mann, Occupational Therapist, Driving and Mobility<br><br><b>15.30 Palliative Care in PD</b><br>Dr Ed Richfield, Consultant geriatrician, North Bristol NHS Trust |  |  |
| 16.00               | <b>Close of meeting</b>   |  |  |

## A Debate:

Shifting the paradigm for managing Nocturia due to Nocturnal Polyuria - where should the focus be?



### AGENDA + FACULTY

- 17:00 – 17:05 CHAIR'S WELCOME AND INTRODUCTION**  
Dr Susie Orme
- 17:05 – 17:15 I AM THE BEST: THE UROGYNAECOLOGIST'S PERSPECTIVE**
- 17:15 – 17:25 I AM THE BEST: THE UROLOGIST'S PERSPECTIVE**
- 17:25 – 17:35 I AM THE BEST: THE GERIATRICIAN'S PERSPECTIVE**
- 17:35 – 17:45 I AM THE BEST: THE GP'S PERSPECTIVE**
- 17:45 – 17:55 QUESTIONS FROM THE FLOOR**
- 17:55 – 18:00 CASTING VOTE AND CLOSING COMMENTS**



**Dr Susie Orme (Chair)**  
Consultant in Elderly Medicine  
Barnsley Hospital



**Mr Dudley Robinson**  
Consultant Urogynaecologist  
Kings College Hospital  
London



**Dr Sanjay Suman**  
Consultant Geriatrician  
Medway Hospital NHS  
Foundation Trust



**Dr Jonathan Rees**  
General Practitioner  
Nailsea, Bristol, and Chair of  
the Primary Care Urology Society



**Mr Nimalan Arumainayagam**  
Consultant Urologist, Ashford  
and St Peters Hospitals NHS  
Foundation Trust

Prescribing information is available at the meeting

This symposium is organised and funded by Ferring Pharmaceuticals  
NOQ/727/2018/UKa Date of preparation: May 2018



# About the speakers

## Wednesday

### Mr Rob Cole

Rob Cole is a Group Manager for Hampshire Fire and Rescue Service (HFRS). Overall he is responsible for delivering the Medical Response including Clinical Governance and Fire as a Health Asset prevention work.

### Prof Pip Logan

Professor Logan is a NIHR Senior Fellow clinical academic occupational therapist whose research is very much focused on falls prevention and stroke patient participation. Much of her work tries to find ways to prevent falls in older people, those with dementia, those living in care homes and those with stroke. She is interested in which muscle strength and balance training interventions are the most effective for these groups, how we can get the best outcomes from limited NHS therapy time and how to encourage patients to continue with exercises after rehabilitation ceases. She is working with the centre to understand and measure physiological changes in people who undertake falls prevention exercises. She maintains a close link to clinical and public health services.

### Dr Rupert Negus

Dr Rupert Negus is a consultant physician and gastroenterologist at the Royal Free Hospital, Hampstead. He is the clinical director for acute medicine and health services for elder people and has had a long term interest in the management of bleeding from the gastrointestinal tract both from the point of view of the specialist and the generalist. He is currently supervising an audit of the management of non-variceal GI tract bleeding on the Royal Free site and would hope to use these contemporaneous data to inform a discussion of the problems and pitfalls of this condition in older people.

#### *Speaker abstract:*

This session will try to cover the major gastrointestinal causes of anaemia in the older population and will aim to cover the important causes of blood loss, their investigation and management and other causes of anaemia related to the GI tract.

### Prof Edwina Brown

Professor Edwina Brown's main research interests are peritoneal dialysis, dialysis outcomes in the elderly and renal palliative care. She is the principal investigator for FEPOD (Frail Elderly Patient Outcomes on Dialysis) comparing outcomes on assisted PD and haemodialysis with conservative care. She is currently working on a project integrating renal and elderly care. She organises an annual meeting on Renal Supportive Care (now in its 15th year), and co-organises the UK PD Academy. She has published extensively on peritoneal dialysis and dialysis in the elderly and is the author/editor of several books.

### Dr Adam Gordon

Dr Adam Gordon is Clinical Associate Professor in Medicine of Older People at the University of Nottingham and Derby Teaching Hospitals NHS Foundation Trust. He has been conducting research in Care Homes since 2008 including the following studies: Care Home Outcome Study, Staff Interviews in Care Homes, the Optimal study, Proactive Healthcare in Care Homes (PEACH) study and the LPZ and UK Care Homes (LAUNCH) Study. He was a co-investigator on the Falls in Care

Homes (FiCH) feasibility RCT and now the multicentre cluster randomized controlled trial of a Guide to Action for Falls in Care Homes (FiNCH) study. He leads the Enabling Research in Care Homes (EnRICH) network for Nottingham and Derbyshire and is a collaborator on the international WE-THRIVE project to establish agreed core data elements for long-term care research internationally.

#### *Speaker abstract:*

- Implementing change in long-term care homes is notoriously difficult because of the multiple stakeholders involved.
- This talk will discuss lessons from the Proactive Healthcare in Older People Living in Care Homes (PEACH) study which investigated quality improvement collaboratives as a means of implementing Comprehensive Geriatric Assessment in care homes across South Nottinghamshire.
- Case studies from the individual collaboratives will be provided as well as overarching lessons about how to achieve quality improvement at the boundary between health and social care.

### Ms Karolina Gerlich

Karolina is one of the founding directors of the National Association of Care & Support Workers. She has worked in the care industry for the last eight years mainly as a home carer. She is a psychology student and she has also finished BTEC HND in Health and Social Care. In her work she is focused on care delivery with respect and dignity and empowering clients to live their life to the full. Her work with the association focuses on promoting better training for care workers, professional registration and better working conditions. The best care can be delivered only if we treat care workers with the respect and dignity that we expect them to guide their work.

#### *Speaker abstract:*

Professional carers- an invaluable resource in geriatric care.

- Close relationship between carers and patients means they have a lot of helpful information that can help manage patients in the hospital, including discharge appointments.
- Carers know patients homes and can help negotiate with patients about getting what is needed for the to go home sooner.
- Carers can help patients with physiotherapist and specialist post-discharge diets or medication at home.
- Carers can help facilitate negotiating more difficult issues with patients as they already have their trust.

### Dr Simona Deplano

Dr Deplano works as consultant haematologist at Hammersmith Hospital. She has a special interest in geriatric haematology. She runs a dedicated clinic for patients aged 75 or older with haematological disorders.

Dr Deplano completed her specialist training in Italy in 2006. She moved to the UK in 2007 to carry on laboratory research at Imperial College which led to the award of a PhD. Her research interests are: anaemia and bone marrow changes in the elderly, effects of age on chemo-related toxicity and how to prevent it.

#### *Speaker abstract*

- Age-related changes in the bone marrow
- Myelodysplastic syndromes and anaemia of chronic disease
- Anaemia in the frail and management options
- Our experience at Hammersmith Hospital

# About the speakers

## Prof Michael F. Murphy

Mike Murphy is Professor of Transfusion Medicine at the University of Oxford and Consultant Haematologist for NHS Blood & Transplant and Oxford University Hospitals. He is a recipient of the British Blood Transfusion Society's Kenneth Goldsmith Award, and co-founded the NHSBT Clinical Studies Unit, its Systematic Reviews Initiative for transfusion medicine and the Transfusion Evidence Library ([www.transfusionevidencelibrary.com](http://www.transfusionevidencelibrary.com)). Professor Murphy chaired the UK National Institute for Health and Care Excellence (NICE) guideline on transfusion published in November 2015. He is current Chair of the international BEST Research Collaborative and President-elect of the AABB.

### *Speaker abstract:*

- Understand the progress made in improving transfusion practice in England in the last 15 years.
- Consider the opportunities and challenges to delivering further improvements for improving transfusion practice with a focus on geriatrics.

## Dr Lyann Gross

Lyann qualified from UCL in 2003 with distinction and gained her MRCP in 2012. After CCT she joined the James Wigg Practice in North London, a large teaching practice where she has been for the past 6 years. Concurrently, she has been leading on a project with London Ambulance Service since January 2017 aiming to develop the ambulance clinician workforce and improve multi-professional working. Lyann is passionate about bringing primary care to the ambulance clinician and looking at ways of integrating urgent & emergency care.

### *Speaker abstract:*

- Have a deeper understanding of the workings of ambulance services and the interface between primary and secondary care.
- Understand the impact that shared understanding and mutual respect between frontline staff in different parts of the healthcare system can have on patient care, quality, cost and efficiency. Be able to appreciate how multi-professional working can enhance care delivery
- Be able to take away some top tips about how to develop your personal or organisational interactions with the ambulance service to improve staff satisfaction as well as patient safety and experience and quality of care delivery.

## Dr Lara Mitchell

Consultant in Medicine for the Elderly at QEUH. Set up syncope service at Southern now QEUH. Runs weekly clinic with MDT including cardiology and neurology. Clinical lead at QEUH for acute site and set up Frailty service. Vice President cardiovascular SIG BGS.

### *Speaker abstract:*

- Learn about guidelines for managing TLoC (transient loss of consciousness)
- Key ingredients to a multidisciplinary syncope service

## Dr John Baxter

Dr John Baxter is a consultant geriatrician at Sunderland Royal Hospital. He is clinical lead for heart failure in older persons. He has been a member of the British Geriatrics Society for 22 years. He is past treasurer for the Cardiovascular Section of the British

Geriatrics Society. He is a board member of the British Society for Heart Failure. He has provided clinical advice to NICE, the Department of Health and Hospice UK on the management of heart failure in older persons and also has given evidence to the All Party Parliamentary Group on heart failure management. He has an active research portfolio in heart failure in older persons.

### *Speaker abstract:*

- How to establish an accurate diagnosis, which is essential in guiding optimum heart failure therapy in older persons.
- Approach to diuretic therapy in fluid overloaded treatment resistant heart failure patients.
- How to establish an elderly patient with heart failure due to left ventricular systolic dysfunction on optimum cardiac medication.

# Thursday

## Dr Helen Roberts

Dr Helen Roberts is Associate Professor in Geriatric Medicine at the University of Southampton and national lead for the NIHR Comprehensive Research Network Ageing Speciality Group. Her research interests include the translation of research evidence on the assessment and management of sarcopenia and frailty in older people into clinical practice.

## Prof Simon Conroy

Professor Conroy is an academic geriatrician based in Leicester, and has a clinical and research on urgent care for older people. He developed vertically integrated urgent care pathways for frail older people in Leicester – Interface Geriatrics.

### *Speaker abstract:*

- Aim: to identify the processes, outcomes and costs of CGA in existing hospital settings in the UK
- Methods: A Trust survey asked about provision of acute care and was sent to each Chief Executive Officer. The response to this indicated who should be contacted to complete the on-line Service survey about care delivery. Completion was encouraged through emails, phone calls, and the NIHR Ageing Research Network.
- Results: 58/175 (34%) trusts returned a Trust survey, and provided 121 service descriptions. CGA provision across inpatient settings varied, with some areas (e.g. orthopaedics, older people's medicine and stroke) more completely provided with multidisciplinary teams than others (surgical and oncology). Most services (108/121, (89%)) relied on clinical assessment processes to identify patients; 26% used a standardised method to identify frailty. Around 90% of services assessed cognition, activities of daily living, mobility, falls risk, medications, nutrition, continence and skin integrity routinely.
- Conclusions: Current service provision is patchy, poorly standardised, and in surgical and oncology settings, does not usually involve teams specialised in older persons care.

## Prof Graham Martin

Graham Martin is Professor of Health Organisation and Policy in the Social Science Applied to Healthcare Improvement Research

# About the speakers

(SAPPHIRE) Group, and Head of the Department of Health Sciences at the University of Leicester. His research focuses on social, organisational and professional issues in healthcare system change, with a particular focus on quality improvement work and policy initiatives to address quality, safety and risk in the NHS. He can be found on Twitter at @graham\_p\_martin

## *Speaker abstracts:*

This session will discuss findings from a recent formative qualitative evaluation of the use of a toolkit designed to assist in the implementing the principles of Comprehensive Geriatric Assessment in areas of the acute hospital not specialised in the care of older people. While the toolkit was well received, the evaluation found that several challenges—including misaligned perceptions of the role of CGA, the challenges of fitting further processes into tightly specified and time-limited pathways, and divergent views on the proper role of the specialist geriatrician—presented constraints on the toolkit's potential.

## **Dame Barbara Monroe**

Barbara was a social worker for over 40 years. She joined St Christopher's Hospice, London in 1987 and was CEO there between 2000 and 2014. She has lectured on numerous national and international programmes and written extensively about psychological and social aspects of palliative care. Barbara was Vice Chair of the Commission on the Future of Hospice Care which reported in 2013 and has sat on a variety of national committees supporting the development of end of life care.

## *Speaker abstract:*

This session will provide an overview of recent developments in our understanding of grief and bereavement and consider features specific to older age. It will examine research on risk factors for complicated grief and the efficacy of interventions.

## **Mr Julian Leong**

Julian Leong is a Consultant Spinal Surgeon and the Surgical Tutor at the Royal National Orthopaedic Hospital in Stanmore, his practice involves all aspects of spinal problems with children and adults. He is an Honorary Clinical Senior Lecturer at UCL, and his research interest is in Surgical Technology and Surgical Skills Training and Assessment. He completed his PhD thesis in 'Hand-eye coordination in Surgery' at Imperial College London. (Supervisors: Prof Ara Darzi, Prof Guang-Zhong Yang, and Prof Roger Emery). His specialist orthopaedic training was based at the UCLH/Middlesex rotation, which included Spinal Surgery training at Great Ormond Street Hospital, Whipps Cross University Hospital and the Royal National Orthopaedic Hospital at Stanmore. He completed fellowships at Great Ormond Street Hospital, Royal Devon & Exeter Hospital (Norman Capener Fellowship), and Hokkaido University (Sapporo, Japan).

## *Speaker abstract:*

- Causes of back pain in older people
- Imaging modalities for back pain
- Treatment options

## **Ms Angela Rantell**

Angie gained a BSc (Hons) in Nursing Studies from King's College London in 2003. She started working in the field of women's health. Since 2007, she has been working in the Urogynaecology

Department at King's College Hospital and is currently the lead nurse / nurse cystoscopist. She is actively involved in research and is finalising a PhD investigating sexual function in women with overactive bladder. To date she has published 30 articles in peer reviewed journals and has written book chapters and contributed to National guidelines. As well as her clinical and research activities she provides advice to governmental bodies including NHS England and CCG's throughout the UK.

## *Speaker abstract:*

The aim of this session is to gain an understanding of basic assessment and investigation techniques for lower urinary tract symptoms. It will also discuss more complex investigation that may be performed in specialist services, how these may be adapted to meet the health and functional needs of older adults and what additional information they may provide prior to offering treatment.

## **Ms Janet Morrison**

Janet Morrison is Chief Executive of Independent Age, a dynamic national older people's charity which is a thought leader on ageing and provides information, advice and friendship support to older people, their families and carers. She is a founder member of the Campaign to End Loneliness - a coalition of over 10,000 organisations which raises awareness of loneliness in old age and what works to address it. Janet is also Chair of the Baring Foundation, an independent grant making trust which funds strengthening the voluntary sector, arts and older people and international development. She is also a Director of Reconnections, a pilot social finance initiative (SIB) to tackle loneliness amongst older people, and a member of Big Society Capital Advisory Board. Janet was previously Deputy Chief Executive of NESTA - the National Endowment for Science Technology which promotes creativity and innovation in the UK. Prior to NESTA, Janet was senior adviser on UK Policy at the BBC and before that was Director of Policy and Research at NCVO.

## **Dr John Beard**

John Beard, M.B.B.S., Ph.D., is Director of the Department of Ageing and Life Course with the World Health Organization in Geneva. He was a lead editor and writer for the first World report on ageing and health released in 2015. The political mandate for this action is provided by the Global Strategy and Action Plan on Ageing and Health which was developed by Dr Beard's team and adopted by WHO's 194 Member States in 2016. Dr Beard's team is responsible for a number of major global initiatives. In 2012, he established the WHO Global Network of Age-friendly Cities and Communities. Other ongoing work includes the Integrated Care for Older People (ICOPE) programme that is developing innovative and country-specific strategies to deliver integrated health and social care for older people.

Dr Beard has held a range of senior public health and academic roles in Australia and the USA. He works closely with the World Economic Forum and is past chair of their Global Agenda Council on Ageing and a current member of their Council on the Future of Human Enhancement. He was a co-editor of the 2014 Lancet series on Ageing, and of special issues of the Bulletin of the World Health Organization on "Women Beyond 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

# About the speakers

health.

## Friday

### Dr. Alfonso J. Cruz-Jentoft

Dr. Cruz Jentoft is the head of the Geriatric Department at the Hospital Universitario Ramón y Cajal in Madrid (Spain). He chairs the Spanish Board of Geriatric Medicine. He is past president of the European Geriatric Medicine Society and belongs to the Academic Board of this organization. He chairs the European Working Group on Sarcopenia in Older People (EWGSOP).

*Speaker abstract:*

- This session will be focused on the presentation of the updated 2018 EWGSOP definition on sarcopenia. The former 2010 version of this consensus is the most widely used definition of this condition worldwide.
- Participants will understand the major advances made in the new definition and the reasons that prompted the update.
- They will also have an overview of the most relevant open research areas in this field.

### 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 fellowship on the epidemiology of changes in muscle strength across the life course. He is interested in the clinical assessment of sarcopenia and the biological mechanisms that underpin the age-related loss of muscle mass and strength.

*Speaker abstract:*

Simple tests of muscle function such as grip strength reach a peak in mid-life and then have a period of broad maintenance prior to decline. An improved understanding of these age-related changes, including those occurring in skeletal muscle tissue, has the potential to improve the prevention and treatment of sarcopenia.

### Dr Miles Witham

Professor Miles Witham is Professor of Trials for Older People, based at the NIHR Newcastle Biomedical Research Centre, Newcastle University, and is a consultant Geriatrician with Newcastle upon Tyne Hospitals Trust. He is a clinical trialist aiming to improve physical function for older people via interventions including nutrition, drugs and exercise, with a particular focus on sarcopenia. He is the co-chair of the BGS sarcopenia and frailty research special interest group.

*Speaker abstract:*

This session will cover results from our recent survey of practice with a focus on frailty and sarcopenia assessment and diagnosis, focussing particularly on:

- How many respondent organisations look for sarcopenia or frailty across a range of care environments?
- - What tools do organisations use to find cases and make the diagnosis?
- - What treatments are offered to those with frailty or

sarcopenia?

- And where should we go next in terms of research and practice?

### Prof Avan Sayer

Professor Avan Sayer is Director of the NIHR Newcastle Biomedical Centre and Professor of Geriatric Medicine at Newcastle University. She leads an internationally recognised research programme on sarcopenia and frailty with particular focus on the translation of understanding of mechanisms into advances in diagnosis, treatment and prevention across the life course.

### Dr Magda Sbai

Dr Magda Sbai is a clinical fellow with the POPS (proactive care of older people undergoing surgery) team at Guys and St Thomas's hospital.

*Speaker abstract:*

This talk focuses on the use of out of programme fellowship posts to upskill future specialists as well as discussing the benefits an OOPE post can yield to a department in terms of audit, quality improvement and research.

### 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.

*Speaker abstract:*

- Our journey developing a POPS service at a District general hospital - translating from a tertiary centre
  - Early outcome data
- Key lessons in our journey

### Ms Meryl Davis

Meryl Davis is a Consultant Vascular Surgeon at the Royal Free London NHS Foundation Trust and holds an honorary contract for Great Ormond Street Hospital. She has an interest in the management of aortic disease both in adults and children. She also is the Clinical Lead for North London Abdominal Aortic Aneurysm Screening Programme which offers screening to men aged 65 years plus. In addition she is the Chair of the Advisory Board for the National Abdominal Aortic Aneurysm Screening programme.

*Speaker abstract:*

- How to choose well
- How to cut well
- How to get well
- How to stay well before and after surgery

### Dr Cathryn Mainwaring

Dr Cathryn Mainwaring is a clinical fellow with the POPS (proactive care of older people undergoing surgery) team at Guys

# About the speakers

and St Thomas's hospital

## *Speaker abstract:*

This talk focuses on the use of out of programme fellowship posts to upskill future specialists as well as discussing the benefits an OOPE post can yield to a department in terms of audit, quality improvement and research.

## **Prof David Stott**

David is the David Cargill Professor of Geriatric Medicine in the Institute of Cardiovascular and Medical Sciences at the University of Glasgow. He was appointed Editor-in-Chief of Age and Ageing, the Journal of the British Geriatrics Society in February 2014 and Chair of the Association of Professors of Geriatric Medicine UK in 2013. His research has contributed substantially to the understanding of cognitive decline and disability in later life and to the evidence-base for practice of geriatric medicine and health care of older people and he has over 180 publications in this area. His high quality research has been recognised with major grants from the MRC, Wellcome Trust and European Union.

## **Ms Helen Mann**

Helen Mann is a qualified Occupational Therapist with over 18 years' experience. She currently works at 'Driving and Mobility Centre (West of England)' an assessment centre that performs adaptation and fitness to drive assessments for those with disability and/or a medical condition. These include assessments on behalf of the DVLA. Since starting at the centre Helen has completed a postgraduate certificate in Driving Assessment and Outdoor Mobility. Prior to her current role, Helen was the Neurosciences OT team leader at the John Radcliffe Hospital in Oxford and subsequently part of the palliative care team at the Bristol Royal Infirmary.

## *Speaker abstract:*

- The role of driving assessment centres
- Referring drivers with Parkinson's when, why and how
- The assessment process
- Outcomes for drivers



# Partners

**abbvie**

**Abbvie Stand tbc**

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 Vanwall Business Park  
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 SL6 4UB  
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**For further information please visit their stand or consult the SPC.**

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medicines to the market in the next years, strengthening its international presence based in its own innovative medicines and accomplishing the company's purpose of "Caring for your Health."

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infections. In 2016 Profile Pharma entered the CNS market with a drug for patients with Parkinson's Disease and relaunched an established antimicrobial for the treatment of uncomplicated UTI in women.

[sarah.goodwin@zambongroup.com](mailto:sarah.goodwin@zambongroup.com)

# Exhibitors



## **BGS Stand**

The British Geriatrics Society (BGS) is the professional association of doctors practising geriatric medicine, nurses, therapists, researchers, GPs, old age psychiatrists and others engaged in the specialist care of older people and in promoting better health in old age. It has over 3,000 members and is the only society in the UK offering specialist medical expertise in the wide range of health care needs of older people. At the stand you will also find information and support for reading, reviewing and submitting articles to *Age and Ageing* journal.  
[www.bgs.org.uk](http://www.bgs.org.uk)



## **Vifor Pharma UK**

### **Stand**

Vifor Pharma UK, affiliated to Vifor Pharma: a world leader in the discovery, development, manufacturing and marketing of pharmaceutical products for the treatment of ion imbalances such as iron deficiency and elevated potassium, is based in Bagshot, Surrey. Established in 2010, Vifor Pharma UK has grown in size, commands a market leading position in the intravenous (IV) iron therapy market and has recently introduced a medicine for the treatment of hyperkalaemia, which has a key role in the optimisation of RAASi therapy in heart failure. Vifor Pharma UK is committed to investing in the education of health care professionals and in responsible public awareness initiatives.

[www.viforpharma.co.uk](http://www.viforpharma.co.uk)



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### **Stand**

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