



# Geriatrics **G4J** for Juniors London 2018

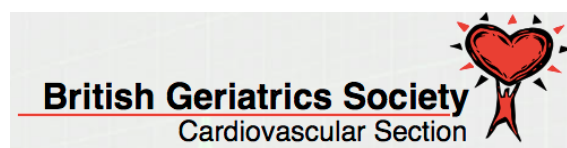
Saturday 24th November 2018

Etc venues, Victoria

London

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**PARKINSON'S<sup>UK</sup>**



Welcome to Geriatrics for Juniors 2018!

The Association for Elderly Medicine Education (AEME) is a non-profit organisation which exists to organise and support activities related to the continued professional development and education of healthcare professionals working with older patients. With 'G4J', we aim to deliver useful, interesting and relevant clinical teaching that leaves you with a combination of knowledge, insight and motivation to help you to provide better care for your older patients.

The first G4J conference was held in Newcastle Upon Tyne in November 2013, and hosted over one hundred junior doctors from throughout the UK. The feedback was overwhelmingly positive, and led to the development of an annual conference, leading us to be here in London for the first time! With G4J18, the intention is not to merely repeat the programme from previous conferences. Instead, we are trying to build on the most successful and well-received aspects of previous G4J events and help the whole programme evolve into an event that is genuinely interesting and useful, tailored to meet the needs of the audience and, ultimately, their patients.

We would like to thank the British Geriatrics Society for their help with logistical and administrative support for G4J18. Together we have worked hard to make sure that this is the most successful G4J event yet!

We are hopeful that we might inspire some of you to become the next generation of Geriatricians. The programme is designed to reflect the variety of subspecialty options that exist, and we're sure that our speakers will showcase how rewarding a career in Geriatric Medicine can be.

Whether or not you intend to pursue a career in Geriatrics, we hope you find the day useful and relevant to your clinical practice. Please visit our website to find out about our other educational projects - G4J Connect (regional educational events), Mini-GEMs (short clinical video presentations), CotEcast (a regular 10 minute audio podcast), and our OPMentor scheme (for everyday advice and help with specialty applications when the time comes!).

Thank you for your support.

**Peter Brock, Vicky Gibson, Nick Saxton, Emma Fiskin, Chris Taylor & Christina Page**  
**The AEME Committee**

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## PROGRAMME

0900 – 0925 *Registration & Coffee*

0925 – 0930 *Welcome & Introduction*

0930 – 1000 **CGA - Confusing Giraffe Animations? Crazy Geometric Algebra?**

Dr Peter Brock  
ST6 Geriatric Medicine  
Newcastle

1000 – 1030 **What I wish I knew about Parkinson's Disease as a junior doctor**

Dr Claire McDonald  
Consultant Geriatrician and Senior Clinical Lecturer  
Gateshead

1030 – 1100 **What research in geriatrics has to offer**

Dr Sarah Richardson, Alzheimer's Society Clinical Research Fellow  
Dr Claire McDonald, Consultant Geriatrician and Senior Clinical Lecturer  
Newcastle

1100 – 1120 *Coffee*

1120 – 1150 **Top tips for when suspected stroke enters the ED**

Dr Nick Evans  
Specialty Trainee Geriatrics  
Cambridge

1150 – 1220 **The med reg night shift survival kit**

Dr Nick Saxton  
ST6 Geriatric Medicine  
Northumbria

1220 - 1400 *Lunch*

*including 'World Cafe' drop-in sessions, poster viewing, and the following optional sessions*

- **Ask a registrar: Being the 'Med Reg'**  
SpR Panel: Chris Taylor, Stephen Keddie

- **Ask a registrar: Life as a Geriatrics Trainee**  
SpR Panel: Emma Fisken, Nick Saxton
- **Nurse Practitioner Forum (1300-1330)**

1400 - 1415 **Living well with frailty**

Tom Gentry  
AGEUK

1415 – 1445 **“My patient won’t eat” - Approaches to nutrition in the older person**

Dr Vicky Gibson  
ST6 Geriatric Medicine  
Newcastle

1445– 1515 **Dizziness - which way do I turn?**

Dr Nigel Stout  
Consultant Geriatrician  
Sunderland

1515 – 1545 **“I’ve got power of attorney” - legal and ethical challenges in geriatrics**

Dr Chris Taylor  
Specialty Trainee Geriatric Medicine  
Newcastle

1545 – 1605 *Coffee*

1605 – 1615 **Poster Prize Presentation**

1615 – 1645 **Delirium? - Meh!**

Dr Thomas Jackson  
Consultant Geriatrician and Clinical Scientist in Geriatric Medicine  
Birmingham

1645 - 1715 **Polypharmacy - the musical!**

Dr James Fisher  
Consultant Geriatrician and Senior Clinical Lecturer  
Northumbria

1715 *Close*

## **WORLD CAFE**

The 'World Cafe' will include stands representing sub-specialty areas and topics related to careers in Geriatric Medicine. Please come and have a chat and find out what makes us tick! We also have an interactive session, the 'ADL challenge' - come along and have a go!

**Parkinson's Disease/Research and Academia** (*Claire McDonald*)

**'ADL' challenge interactive stand** (*Hannah Bashir*)

**OPMentor, Careers and Application advice** (*Vicky Gibson*)

**Stroke Medicine** (*Nick Evans*)

**Community Geriatrics** (*Amy Heskit*)

**British Geriatrics Society** (*BGS reps*)

**Old Age Psychiatry** (*David Codling*)

**Mouth care matters** (*Mili Doshi*)

**Falls and Syncope** (*Nigel Stout*)

**Palliative Care** (*Dan Furmedge*)

**Please also spend time getting to know our attending sponsors!**

**Parkinson's UK** (*Clare Worrall-Hill*)

- Useful information about Parkinson's and what's out there for your patients

**AGE UK** (*Tom Gentry*)

- Find out how the community and voluntary sector can help you and your patients

**BGS Cardiovascular section**

- Resources and meetings on cardiovascular disease pertaining to the elderly

## SPEAKERS

### Dr Peter Brock

[peter@aeme.org.uk](mailto:peter@aeme.org.uk)

[@PeteBrock7](https://twitter.com/PeteBrock7)



Pete is in his penultimate year of geriatrics training having taken a year out of programme as a research fellow in the Northumbria Parkinson's disease department. He is the current chairman of AEME, having started out sat in the audience of the first G4J in 2013. He is currently an editorial fellow with Age and Ageing, and is completing his Masters in Medical Education at Newcastle University.

### Dr Claire McDonald

[claire.mcdonald@newcastle.ac.uk](mailto:claire.mcdonald@newcastle.ac.uk)



Claire is a geriatrician and clinical lecturer with an interest in Parkinson's Disease and autonomic dysfunction. In 2006 she completed her undergraduate medical studies at Newcastle University. She has trained clinically throughout the North East of England and in 2011 took time out of clinical training to undertake a PhD examining the prevalence and associations of neurocardiovascular instability in older adults. In 2015 Claire was awarded a post as a NIHR Academic Clinical Lecturer, and in 2018 became a consultant in geriatric medicine.

### Dr Sarah Richardson

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[@DrSRichardson1](https://twitter.com/DrSRichardson1)



Sarah is currently an Alzheimer's Society Clinical Research Fellow completing a PhD at Newcastle University exploring the impact of delirium on cognitive trajectories. She completed her undergraduate studies at Newcastle University including an intercalated Res in Medical and Molecular Biosciences. Sarah became an NIHR Academic Fellow in 2012 during which she completed a Masters in Clinical Research. She started her specialist training in Geriatric Medicine in the North East in 2015 before taking 3 years out of programme to complete her PhD.

### Dr Nick Evans

[nicholas.evans@doctors.org.uk](mailto:nicholas.evans@doctors.org.uk)



Nick is a Clinical Lecturer in Stroke Medicine at the University of Cambridge, and an Honorary Specialist Registrar in Geriatric Medicine at Addenbrooke's Hospital. His primary research focus is on imaging atherosclerosis using PET and MRI. In particular, considering how inflammation within atherosclerosis of the carotid arteries affects atherosclerotic plaque stability to cause a stroke, as well as how this inflammation affects the brain. Nick's clinical training has included rotations within hospitals across the east of England, and he has undertaken postgraduate training at the University of Dundee and Harvard Medical School. His PhD was supported by a Research Training Fellowship from the Dunhill Medical Trust. His work has been awarded the Harvey Prize for Vascular Medicine, Binks Young Investigator Award, and a Quincentennial Lectureship, as well as awards from the BGS, Wellcome Trust, and British Heart Foundation.

### Dr Nick Saxton

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[@saxton1986](https://twitter.com/saxton1986)



Nick joined the AEME committee as treasurer in 2016. He graduated from Newcastle University in 2009 and completed foundation training in Northumbria. He spent 2 years working in NZ and Australia where he got a taste for geriatric and acute medicine, before returning to the North East for CMT. He is currently ST6 in geriatric medicine in the Northern Deanery and has an interest in acute medicine and front door geriatrics. He loves sport, especially rugby, tennis and skiing. He ran the Great North Run in 2017 with Pete, raising money for Parkinson's UK.

### Tom Gentry

[Tom.Gentry@ageuk.org.uk](mailto:Tom.Gentry@ageuk.org.uk)

[@TomoGentry](https://twitter.com/TomoGentry)

Tom Gentry is the senior manager for health and care policy at AGEUK and has been with the charity since 2009. Tom leads Age UK's policy work on health, wellbeing, the NHS and social care, developing and promoting service approaches that reflect the needs and aspirations of older people. These include ongoing programmes of work on health inequalities, the impact of living with frailty and multimorbidity in later life, integrating health and social care services, and mental health. Before joining AGE UK, Tom was the policy and campaigns manager for a national health charity focused on people with arthritis. Prior to this he was a civil servant, previously working in the Houses of Parliament supporting senior MPs, and has further experience in local government and the NHS in research and analysis.

**Dr Vicky Gibson**  
**vicky@aeme.org.uk**  
**@vickymgibson**



Vicky is a geriatric registrar in the North East and a member of the AEME team. She graduated from Newcastle medical school in 2006 and spent 6 months working in Namibia, Africa before starting GP training, completing 2 years of this and then decided to change back to CMT. Upon completing CMT she worked in Sydney, Australia before commencing Geriatric medicine training in 2013. Vicky is now working LTFT with a year or so left of training. She can be found outside of work playing netball, cycling, but mostly chasing around after a very active toddler!

**Dr Nigel Stout**  
**nigel.stout@chsft.nhs.uk**  
**@Tlocdoc**



Dr Stout graduated in Medicine from Newcastle University in 1992 and trained as a junior doctor in the North East of England, and Sydney, Australia. He studied for a PhD with Professors Rose Anne Kenny and Peter Baylis, graduating in 2002. He held consultant posts in geriatric medicine in Northumberland, Middlesborough and Sydney, and has been a Consultant in General and Geriatric Medicine at Sunderland Royal Hospital since 2007, specialising in Falls and Syncope. He considers himself a Yorkshireman by 3 days and you should ask him if you want to know the reason why.

**Dr Chris Taylor**  
**chris@aeme.org.uk**  
**@Toongerisdoc**



Chris joined the AEME committee in 2017 and is responsible for the social media, technology and G4J connect sections. He graduated from Newcastle University in 2011, and after Foundation training in the North East he relocated to South West London to undertake CMT before completing a teaching fellowship at Bart's Health Trust. He is now an ST5 Geriatric medicine registrar in the North East pursuing a career in stroke medicine. Outside work you can usually find him on a golf course, although a new born baby is currently occupying his attention!



**Dr Thomas Jackson**

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**@delirious\_dr**

Dr Jackson is a geriatrician and clinical scientist. He investigates cognitive disorders in general hospital settings (delirium and dementia) and how these affect both long term cognitive outcomes and the link with the ageing immune system. He works in the Immunity and Ageing (Immunosenescence) research group within the Institute of Inflammation and Ageing

**Dr James Fisher**

**drjamesfisher@hotmail.com**

**@DrJimboFish**



James was a founding member of AEME. He graduated from Newcastle University in 2006, and has worked in the North East ever since. He is a Consultant Geriatrician in Northumbria Healthcare NHS Trust. During his training he completed a Certificate of Clinical Education and gained an MD studying the use of accelerometers in patients with Parkinson's Disease. He has also developed a simulation-based training programme related to the assessment of older patients.



**British Geriatrics Society**  
Improving healthcare  
for older people

## NOTES

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# Association for Elderly Medicine Education

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## Geriatrics for Juniors

Conferences and seminars for junior doctors, aimed at improving standards of care for older patients

## Mini-GEMs

A library of concise, focused, clinically-orientated online video presentations relating to practical areas within Geriatric Medicine

## Mini



Geriatrics E-learning Module



## CotEcast

A podcast for informal and entertaining debate, discussion and analysis of issues related to Geriatric

## OPMentor

An informal mentoring scheme for trainees interested in a career in Geriatric Medicine

## OPMentor



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