

OncoGeriatrics meeting 2019

27 - 28 February 2019

etc. venues Farringdon - The Hatton, London

A joint BGS, Macmillan Expert Reference Group and Royal College of Radiologists Meeting

This event is intended for clinicians and healthcare professionals working with older people with cancer. The two days will include keynote presentations from experts in the field and plenary sessions demonstrating best practice approaches. We hope you will make contacts and start collaborations which will continue on from this meeting.

The British Geriatrics Society acknowledges with grateful thanks the support given from its meeting's partners:

**MACMILLAN
CANCER SUPPORT**



**Clinical
Oncology**

The Royal College of Radiologists

Who should attend

- Consultants and trainee doctors in geriatric medicine, oncology, haemoncology, acute/general medicine, palliative care
- Nurses and allied health care professionals in oncology, geriatric medicine, palliative care, general medicine
- GPs and GP trainees
- Doctors training in related specialties
- Core medical trainees considering a career in oncology, geriatric medicine, palliative care
- Researchers in oncology, geriatric medicine, palliative care

Meeting aims

- To bring three organisations together (BGS, Macmillan and RCR) with a unified approach to developing workforce skills around cancer for older people.
- To provide training and education for healthcare professionals to improve comprehensive clinical care for older people with cancer
- To facilitate joint understanding between groups of HCPs with different areas of expertise to improve knowledge and multidisciplinary working

This programme has been submitted for **CPD credits** to the Royal College of Physicians.

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Register online at <https://tinyurl.com/BGSONco2019>

PROGRAMME

Wednesday, 27 February 2019

09.00 **Registration**

09.25 **Introduction and welcome**

Session 1

Chairs: Dr Tania Kalsi and Prof Jane Maher

09.30 Why do we need comprehensive geriatric assessment in cancer care?
Dr Siri Rostoft, Senior consultant and assistant professor, University Hospital Oslo

10.00 Managing diabetes in people with cancer
Prof Tahseen A. Chowdhury, Consultant in diabetes, The Royal London Hospital

10.30 Discussion

10.45 **Refreshments break and posters**

Session 2

Chairs: Dr Jeanette Dickson and Dr Rob Morris

11.15 Cardiovascular assessment and care with cancer treatment
Dr Alexander Lyon, Senior lecturer and honorary consultant cardiologist, Imperial College London and Royal Brompton Hospital

11.45 The acutely unwell older person with cancer
Prof Jane Maher, Consultant oncologist and chief medical officer, Macmillan Cancer Support

12.20 Complex case mini-MDT (2 cases per session)
Dr Shane O'Hanlon, Consultant geriatrician, St. Vincent's University Hospital, Dr Cressida Lorimer, and Robin Portner

13.00 **Lunch and posters**

Session 3

Chairs: Dr Jackie Bridges and Ms Alison Doyle

14.00 Prehabilitation in non-surgical cancer treatments
Ms June Davis, Allied health professional adviser, Macmillan Cancer Support

14.30 Mental capacity assessment and consent in cancer care
Dr Tim Bullock, Consultant psychiatrist, West London Mental Health NHS Trust and Dr Alex Orchard, Macmillan clinical psychologist, Imperial Healthcare NHS Foundation Trust

15.00 Falls and bone health in cancer patients
Dr Rob Morris, Consultant geriatrician, Nottingham University Hospitals NHS Trust

15.30 **Refreshments break and posters**

Session 4

Chairs: Dr Richard Simcock and Dr June Davis

16.00 Older patient's experiences of living with multimorbidity in cancer survivorship
Dr Teresa Corbett, Research fellow, NIHR CLAHRC Wessex, University of Southampton and Dr Hilary Boddington, General practitioner, Macmillan Cancer Support

16.30 Debate: We need geriatric assessment not scores
For the motion: Dr Siri Rostoft, Senior consultant and assistant professor, University Hospital Oslo and Dr Lucy Dumas, Clinical research fellow, Royal Marsden NHS Foundation Trust
Against the motion: Prof Kieran Horgan, Consultant breast surgeon and associate clinical professor, St James's University Hospital Leeds and Dr Richard Simcock, Consultant in clinical oncology, Brighton and Sussex Universities NHS Trust

17.15 **Close of day**

Thursday, 28 February 2019

08.30 **Registration**

Session 1

Chairs: Dr Shane O'Hanlon and Dr Tom Roques

9.00 Can we improve frailty in older cancer patients?

Prof Finbarr Martin, Emeritus consultant geriatrician and professor of medical gerontology, King's College London and Guy's and St Thomas' NHS Foundation Trust

09.00 - 10.45 9.30 Modifying chemotherapy for the older patient

Dr Nicolò Battisti, Medical oncologist and clinical research fellow, The Royal Marsden NHS Foundation Trust

10.10 Modifying radiotherapy for the older patient

Dr Charles Kelly, Consultant clinical oncologist, Northern Centre for Cancer Care, Newcastle upon Tyne Hospitals Foundation Trust

10.45 **Refreshments break and posters**

Session 2

Chairs: Dr Juliet Wright and Dr Nicolò Battisti

11.15 Endocrine complications of cancer treatments

Dr Claire Higham, Consultant endocrinologist, Christie Hospital NHS Foundation Trust

11.45 De-prescribing in older cancer patients

Prof Nina Barnett, Consultant pharmacist older people, North West University Healthcare NHS Trust and NHS Specialist Pharmacy Service; Ms Kavita Kantilal, Senior specialist pharmacist haematology and cancer services, Northwick Park Hospital; and Ms Kumud Kantilal, Postgraduate researcher, University of East Anglia

11.15 - 13.00

12.20 Complex case mini-MDT (2 cases per session)

Prof Juliet Wright, Director of undergraduate teaching and learning, Brighton and Sussex Medical School, Dr Anthea Cree, Clinical research fellow in clinical oncology, The Christie NHS Foundation Trust, Dr Mark White, ST3 medical oncology, Beatson West of Scotland Cancer Centre and Dr Lucy Dumas, Clinical research fellow, Royal Marsden NHS Foundation Trust

13.00 **Lunch and posters**

Session 3

Chairs: Dr Anthea Cree and Dr Danielle Harari

14.00 Cancer treatment decision-making in dementia

Dr Lorna McWilliams, Research associate, Manchester Centre for Health Psychology, University of Manchester

14.00 - 15.30 14.30 Rehabilitation for cancer-related cognitive changes

Ms Jennifer Cameron, Specialist occupational therapist, Beatson West of Scotland Cancer Centre

15.00 Management of bladder and bowel during and after cancer treatments

Dr Naomi Farrington, Advanced nurse practitioner in chemotherapy and NIHR/HEE clinical lecturer, University Hospital Southampton NHS Foundation Trust and University of Southampton

15.30 **Refreshments break and posters**

15.55 **SIG Business Meeting**

Session 4

Chairs: Dr David Plume and Dr Danielle Harari

16.00 Multimorbidity in cancer care

Prof Margot Gosney, Consultant in elderly care medicine, Royal Berkshire NHS Foundation Trust

16.00 - 17.00

16.30 Cancer trials for older people

Dr Richard Simcock, Consultant in clinical oncology, Sussex Cancer Centre, Brighton and Sussex Universities NHS Trust

17.00 **Close of meeting**

SPEAKERS BIOGRAPHIES

Wednesday

Dr Siri Rostoft

Siri Rostoft is a medical doctor at Oslo University Hospital, Norway, specialized in internal medicine and geriatric medicine. She completed her PhD about geriatric assessment in older surgical cancer patients in 2011, and works as an assistant professor at the University of Oslo. Her main research interests in geriatric oncology are the clinical importance of geriatric assessment and interventions and frailty. She is a deputy editor for Journal of Geriatric Oncology.

Prof Tahseen A. Chowhury

Tahseen Chowdhury is a Clinician in the Department of Diabetes and Metabolism at the Royal London Hospital, in the East End of London. He runs a large specialist Diabetes and Metabolism unit, dealing with diabetes particularly amongst the Bangladeshi community of Tower Hamlets. He has a research / clinical interest in diabetes in South Asians and diabetic kidney disease, and has authored over 200 publications, including books entitled "Diabetes in South Asian people: Explained", "Fatty Liver" and "Diabetes Management in Clinical Practice". He also runs the metabolism programme for medical students at Barts and the London School of Medicine and Dentistry, London. He qualified from the University of Birmingham and trained in Birmingham and Manchester, before becoming a Consultant Physician in 2000.

Speaker abstract:

Diabetes is common amongst patients with cancer, and the co-occurrence of diabetes and cancer may lead to poorer prognosis and higher rates of complications in patients undergoing cancer therapy. There is no randomised trial evidence that treating hyperglycaemia in patients with cancer improves outcomes, and therefore a pragmatic approach to managing hyperglycaemia in such patients is required, with the avoidance of extremes of hypo and hyperglycaemia. In addition, a collaborative approach to management with cancer specialists and palliative care specialists is required. In this talk, I will discuss the management of hyperglycaemia in relation to cancer chemotherapy, glucocorticoids, enteral feeding and end of life care. I will illustrate my talk with real life case studies to highlight important issues.

Dr Alexander Lyon

Dr Alexander Lyon is a Senior Lecturer in Cardiology at Imperial College London and a Consultant Cardiologist at the Royal Brompton Hospital. His clinical interests are in the field of heart failure, cardiology including chemotherapy cardiomyopathy and the cardiovascular complications of modern cancer therapies, Takotsubo syndrome and the effects of major stresses of the heart, and the development of novel therapeutics including gene therapy for chronic heart failure. Alex has published 111 scientific papers in peer-reviewed journals, several book chapters in cardiology textbooks and is an associate editor of the European Journal of Heart Failure, and his H-index is 30.

Alex is the clinical lead for the Cardio-Oncology service at the Royal Brompton Hospital since 2011, specialising in surveillance and cardioprotection from modern cancer drugs, risk stratification and treatment of all cardiac complications of cancer treatment. Alex is the current president of the British Cardio-Oncology Society, a member of a new European Society of Cardiology (ESC) Council of Cardio-Oncology and he is the cardiology advisor to the charity Macmillan Cancer.

Alex is on the board of the Heart Failure Association of the ESC, and he is the chair of the Heart Failure Association Cardio-Oncology Study Group. He is a co-author of the ESC Position Statement on Cardio-Oncology and the ESC Cardio-Oncology Council article on the setting up and delivery of Cardio-Oncology services. He is a member of the International Cardio-Oncology Society and Alex was co-chair of the 2017 Global Cardio-Oncology Summit which hosted 325 specialists from 33 countries at the Royal College of Physicians in London in September 2017.

Prof Jane Maher

Jane has played a key role in Macmillan for nearly 20 years. As well as being Joint Chief Medical Officer at the charity, she is a world-renowned consultant clinical oncologist having presented her research and been a key note speaker at conferences in Europe, North America and Australia.

She has also written more than 100 published articles and has held roles as Chair of the National Consequences of Cancer Treatment Working Group.

Jane has acted as Clinical Adviser for Aftercare and Survivorship for NHS Improvement as well as in Europe and Canada. She holds honorary academic roles at University College London and at the University of Hertfordshire. In addition to working at Macmillan, Jane is a consultant oncologist at Mount Vernon Cancer Centre in Northwood."

Dr Shane O'Hanlon is a Consultant Physician in Geriatric Medicine at St. Vincent's University Hospital, Dublin. He previously worked with the Macmillan funded project Comprehensive Care for Older People with Cancer at the Royal Berkshire Hospital, Reading. He is a faculty member of the Irish Geriatric Oncology meeting and teaches regularly on geriatric oncology for multidisciplinary staff. He has been an invited speaker at geriatric oncology meetings in several countries. He was Honorary Secretary of the British Geriatrics Society from 2016-18.

Ms June Davis

June Davis has 22 years' experience working in the NHS as a Dietitian, service and professional lead in AHP services and cancer alliances and general manager. June is a Director of Allied Health Solutions, Allied Health Professions Advisor (part time) for Macmillan Cancer Support and a professional advisor to the Care Quality Commission.

Speaker abstract:

The session will cover:

- Defining prehabilitation in oncology
- Describe the interventions that constitute prehabilitation
- Illustrating the impact and outcomes of prehabilitation for patients and the healthcare system
- Providing an overview of the national prehabilitation work

Dr Rob Morris

Rob Morris is a Consultant Geriatrician and Associate Medical Director (Learning from Deaths) at Nottingham University Hospitals NHS Trust. He has clinical interests in falls, syncope, movement disorders and the care of frail elders undergoing cancer treatment. Rob continues to lead efforts to reduce the harm resulting from inpatient falls and received a Regional Leadership Academy "Innovator and Clinical Champion" award in 2013 and "Inspirational Leader of the Year" in 2015. He is the Co-organiser of the Annual International Conference on Falls and Postural Stability and Medical Director for the IMPACT and Advanced Life Support courses in Nottingham. Family members describe him as an enthusiastic yet unaccomplished Do-It-Yourself hobbyist with a very expensive Hi-Fi habit.

Dr Teresa Corbett

Dr Teresa Corbett is a Research Fellow with NIHR CLAHRC Wessex, based at the University of Southampton. Her research focuses on psycho-oncology and multimorbidity in cancer survivorship

Dr Hilary Boddington

Dr Hilary Boddington is a Macmillan GP covering Wessex and working alongside Wessex Cancer Alliance. She leads in Cancer in the Older person, Patient Satisfaction and End of Life. She has worked for 27 years as a full time GP in Southampton

Speaker abstract:

In this session, we will discuss the findings of a qualitative review that aimed to identify what helps/hinders self-management of cancer and multimorbidity in older adults, in order to develop a targeted self-management intervention that focuses on those aspects that are amenable to change. In particular, we will discuss how the context of being an older adult with multimorbidities can impact the experience of being a cancer survivor. Patients are often unsure if symptoms are driven by cancer, their co-existing chronic condition(s), their age, or if it is the convergence of multiple factors. Their understanding and prioritisation of symptoms can impact the way in which they engage with health services, undertake health-related work and embed self-management strategies into their routine. Finally, we will lead discussion on the clinical implications of the findings, especially the role that healthcare professionals can play in supporting the self-management of cancer and multimorbidity in older adults.

SPEAKERS BIOGRAPHIES

Prof Kieran Horgan

Kieran Horgan is a surgeon at St James's University Hospital and Associate Professor at the University of Leeds in the UK. He has considerable experience in the management of all aspects of breast surgery and breast cancer care with more than a 100 peer reviewed publications. He was the initiator of the UK Breast Oncoplastic Training Fellowship in 2002, and has career-long commitments to training and clinical trials. He is the recent past President of The Association of Breast Surgery (ABS) and is Chair of the National Cancer Intelligence Network (NCIN) Breast Group. He is the Clinical Steering Group Lead for the HQIP sponsored National Audit of Breast Cancer in Older Patients.

Thursday

Prof Finbarr Martin

Finbarr Martin was consultant geriatrician at Guy's & St Thomas' NHS Foundation Trust (London) until 2016, working in and developing a broad range of acute and community clinical services. He was awarded a personal chair in Medical Gerontology at King's College London in 2011 and remains active in academic and policy work, with particular interest in the clinical management and improving the health service provision related to geriatric syndromes of falls, frailty and delirium. He was president of the British Geriatrics Society 2010-12, a non-executive director of NICE 2013-2016, and is currently president of the European Geriatric Medicine Society.

Speaker abstract:

- Frailty is common and associated with more toxicity and poorer clinical outcomes
- Identifying frailty is insufficient information to justify abandoning optimal oncological therapies
- Identifying frailty could be used to trigger a comprehensive geriatric assessment (CGA)
- CGA with optimisation can impact clinical outcomes, but may not change the frailty status, depending upon the definition adopted.

Dr Nicolò Matteo Luca Battisti

Dr Nicolò Matteo Luca Battisti is a medical oncologist and Clinical Research Fellow in the Breast Unit of The Royal Marsden NHS Foundation Trust, London, UK. He spent the last year of his specialist training with Dr Martine Extermann at the Senior Adult Oncology Program of the Moffitt Cancer Centre of Tampa, FL, USA. His geriatric oncology research focuses on breast cancer, chemotherapy toxicity prediction and the validity of evidence. He authored two book chapters in the field of geriatric oncology. He is Chair of the Young Interest Group of the International Society of Geriatric Oncology (SIOG).

Dr Charles Kelly

Dr Charles Kelly is a Clinical Oncologist in Newcastle specialising in head and neck/thyroid cancer, melanoma and skin cancer and interested in Geriatric Oncology and is a member of the local Frailty Group. After MRCP, including time in Nottingham working for Tom Arie and Graham Mulley, he trained in Clinical Oncology in Scotland. He was NCCC Head of Radiotherapy until 2017, and he set up and has been Degree Program Director for the Newcastle University online Masters in Oncology and Palliative Care which have been running successfully for the last 15 years. Invited speaker at the last two SIOG meetings, he has been President of the European Association for Cancer Education, and is Director of Education for the British Association for Head and Neck Oncology.

Speaker abstract:

- Modifying Radiotherapy for the older patient
- What is a radiotherapy "prescription"
- Spectrum of radiotherapy dose and delivery
- Site matters
- Physiological reserve in the older patient
- What do we mean by "palliative" radiotherapy
- Supportive care during and after radiotherapy in older patients

Dr Claire Higham

Doctor Claire Higham undertook a physiology degree and DPhil at Merton College, Oxford followed by completion of her medical training

at Royal Free/University College London. Her junior doctor training was in London followed by higher specialist training in Manchester including a 3 year clinical research fellowship at Christie Hospital. Claire became an Endocrine consultant at the Christie in 2012.

Speaker abstract:

Endocrine complications of cancer treatments in the older population will cover

- Glucocorticoids – what to watch out for
- Immunotherapies and emerging endocrinopathies
- What to do with sodium"

Prof Nina Barnett

Nina Barnett is a Consultant Pharmacist with a proven track record in both strategic and operational development relating to clinical pharmacy and clinical leadership in the area of older people. Nina has developed and delivered MSc modules in care of older people at various London Universities and designed and delivered health coaching training to clinicians to support person-centred care. She has pioneered the use of coaching in pharmacy and, with colleagues, designed a patient centred process for managing polypharmacy and deprescribing. She is a national leader in use of person-centred approaches to medicines-related patient care, publishing internationally in a variety of specialities.

- Deprescribing in older people – background, prevalence, policy and strategy
- Deprescribing in older cancer patients – prevalence, added complexity and issues, tools used to support deprescribing in the cancer setting
- Examples of deprescribing in older cancer patients – mini cases to illustrate what can be deprescribed and how to monitor
- Suggestions for future research in this area?

Ms Kavitha Kantilal

Kavitha is a senior pharmacist at Northwick Park Hospital responsible for the leadership and operational development of the clinical pharmacy service to optimise medicines for people with cancer. She received a Bachelor of Science (Pharmacy) degree from the University of Natal, South Africa. She also obtained a Postgraduate Award in Clinical Oncology from the University of Warwick. Kavitha has a special interest in enhancing care for older people with cancer. After successfully completing the multidisciplinary Older Person's Fellowship at King's College London, Kavitha was recently awarded a Postgraduate Certificate in Advanced Practice.

Ms Kumud Kantilal

Kumud Kantilal registered as a pharmacist in the UK in 1999. She has a keen interest in cancer education and training and developing oncology pharmacy services. She has worked at Mount Vernon Cancer Centre (1999 – 2007), Guy's and St Thomas' NHS Foundation Trust (2007 – 2016) and Health Education England (2016 – 2017). Kumud has taught on various under- and postgraduate courses at University College London and King's College London. She is currently undertaking a PhD at the University of East Anglia to develop an intervention to support older people living with and beyond cancer to manage the consequences of systemic anticancer therapy.

Prof Juliet Wright

Professor Juliet Wright is Director of Undergraduate Teaching and Learning at Brighton and Sussex Medical School and an Honorary Consultant in Elderly Medicine, Brighton and Sussex University Hospital Trust. Her current research studies focus on the assessment of frailty in the elderly HIV population, and the barriers and facilitators to testing for HIV in older patients. Alongside the HIV team at BSUH she developed the Silver clinic for older patients living with HIV. Together with Professor Malcolm Reed, Consultant Breast Surgeon she has also developed a joint medical and surgical clinic for the comprehensive assessment of older breast cancer patients.

Speaker abstract:

- Management and Investigation of Transient Loss of Consciousness
- The changing nature of TLOC across the age ranges
- TLOC in the ED and the Outpatient Clinic
- TLOC and DVLA

SPEAKERS BIOGRAPHIES

Dr Anthea Cree

Dr Anthea Cree is a Clinical Research Fellow in Clinical Oncology at the Christie NHS foundation Trust in Manchester. She is currently undertaking a PhD in Advanced Radiotherapy. She developed an interest in improving outcomes for older patients during her training and therefore co-founded a multi-disciplinary group within the hospital, the Christie Oncology in Later Life Group (COLLG.) This group has worked hard to raise awareness of the issues faced by older patients with cancer within the hospital and also arranged a national study day. The group is also working towards collecting data about patients within the hospital, with a view to developing a specific team to support older or frail patients.

Dr Lorna McWilliams

Dr Lorna McWilliams is a postdoctoral Research Associate within the School of Health Sciences at University of Manchester. She is based in the Manchester Centre for Health Psychology and collaborates with the Christie Patient Centred Research (CPCR) group at The Christie NHS Foundation Trust. Her research focuses on cancer prevention, early detection and the impact of co-morbidities on cancer treatment decision making.

Speaker abstract:

Using exploratory research completed at a tertiary cancer treatment centre as a foundation, the session will discuss: importance of detailed information at initial oncology MDTs for people with a diagnosis of dementia; impact of cancer treatment decisions on people with dementia and caregiver/family member considerations during capacity to consent assessments

Ms Jennifer Cameron

Jennifer Cameron is a Specialist Occupational Therapist at the Beatson West of Scotland Cancer Centre in Glasgow. Professional interests include chemotherapy induced peripheral neuropathy, fatigue management and cognitive rehabilitation. Jennifer developed the first AHP (Allied Health Professional) led out-patient clinic within the Beatson West of Scotland Cancer Centre. She is also a member of the Specialist Section (OPC - Oncology and Palliative Care) within the Royal College of Occupational Therapists.

Speaker Abstract:

- Background of cancer-related cognitive changes (CRCC)
- How healthcare professionals can support people experiencing CRCC
- Cognitive Rehabilitation strategies used with service users and their relatives/carers

Dr Naomi Farrington

Dr Naomi Farrington is an Advanced Nurse Practitioner in Chemotherapy (Trainee) at University Hospital Southampton NHSFT, and an NIHR/HEE Clinical Lecturer at the University of Southampton. Her previous research has focused on continence management in people with cancer, and current projects include multimorbidity in older cancer survivors and investigating cancer services for people with dementia.

Speaker abstract:

This session will discuss the management of bladder and bowel problems caused by cancer and treatment. Particular attention will be paid to:

- Use of the urinary catheter
- Bladder and bowel management in palliative care
- Continence management resources for healthcare professionals.

Prof Margot Gosney

Professor Margot Gosney is a Consultant In Elderly Care Medicine at the Royal Berkshire NHS Foundation Trust and a Professor at the University of Reading. Her research focuses on poor nutrition in older people and strategies to improve food quality and nutritional intake.

Dr Richard Simcock

Dr Richard Simcock has been a Consultant Clinical Oncologist at the Sussex Cancer Centre since 2004. He is a Consultant Medical Advisor for Macmillan Cancer Support and is the Chair of the Expert Reference Group for Cancer in the Older Person. He is a member of the NCRI Psychosocial Oncology Subgroup and was recently part of the James Lind Alliance Priority Setting Partnership for Research Priorities for People Living with and Beyond Cancer. He tweets @BreastDocUK and in this role coordinates an international bimonthly radiation oncology journal club

British Geriatrics Society

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Everyone specialising in the healthcare of older people is welcome to join the BGS: doctors, nurses, therapists, AHPs, general practitioners, researchers, scientists, managers, trainees and student membership is free for medical students and foundation year doctors or nurses and AHPs doing a preceptor year.

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