



British Geriatrics Society
Improving healthcare
for older people

BGS Scotland & NRS Ageing Specialty Group

Spring Meeting 2019

26th April 2019

South Hall Complex, Edinburgh First

- 0900 – 0920 Registration**
- 0920 – 0930 Welcome and opening remarks – Dr Trisha Cantley, Chair BGS Scotland**
- Session 1 Chair – Dr Latana Munang, Consultant Geriatrician, St John’s Hospital, Livingston**
- 0930 – 1000 Update from Healthy Ageing in Scotland (HAGIS) study – HAGIS team
- 1000 – 1030 What’s the Scoop on SCoOP? Update on Scottish Care of Older People (SCoOP) project – Prof Phyto Myint, Professor of Medicine of Old Age, University of Aberdeen, Dr Alison Donaldson, Specialist Registrar in Geriatric Medicine and Clinical Lecturer, NHS Grampian and Dr Christine McAlpine, Consultant in stroke and geriatric medicine, Glasgow Royal Infirmary
- 1030 – 1100 Optimising frail people for surgery – Dr Irwin Foo, Consultant Anaesthetist, Western General Hospital, Edinburgh
- 1100 – 1105 Introducing “The Ideas Cafe” – Dr Sarah Keir, Consultant Geriatrician and Stroke Physician, Western General Hospital, Edinburgh
- 1105 – 1130 Tea/coffee, Ideas Cafe, Poster Viewing**
Specialty Doctors’ Meeting
- Session 2 Chair – Dr John Mair, Consultant Geriatrician, Western General Hospital**
- 1130 – 1145 Raised 4AT score and risk of institutionalisation - Miriam Veenhuizen - 5th Year Medical Student – University of Edinburgh
- 1145 – 1200 To op or not to op - Changing decisions in frail surgical patients – Dr Helen Jones – Medicine of the Elderly StR - Edinburgh
- 1200 - 1215 Baseline anticholinergic burden predicts poorer baseline and long-term health-related quality of life – Prof Phyto Myint, Professor of Medicine of Old Age, University of Aberdeen
- 1215 – 1230 Heart failure: improving the older person's inpatient journey – Dr Rachel Devlin –

Medicine of the Elderly StR - Forth Valley

1230 – 1315 Lunch/Ideas Cafe/Poster Viewing

1315 – 1330 BGS Scotland AGM

Session 3 The NHS Research Scotland Ageing Specialty Group Session

**Chair – Dr Susan Shenkin, Senior Clinical Lecturer, University of Edinburgh;
Honorary Consultant Geriatrician, NHS Lothian; NRS Ageing Specialty Lead**

1330 – 1340 Introduction to the NRS and how to become involved – Dr Susan Shenkin

1340 – 1400 How to get your work published - advice for intending authors – Professor David Stott, David Cargill Professor of Geriatric Medicine, Institute of Cardiovascular and Medical Sciences, University of Glasgow

1400 – 1415 Barriers to self-management and the role of Health Literacy - Dr Nicola Roberts.

1415 - 1430 Thinking about treatment burden in stroke survivors – Dr Katie Gallacher, Stroke Association Senior Clinical Lecturer and GP Partner Grantley Medical Practice

1430 – 1500 Tea/coffee

Trainees Meeting

Session 4 Chair – Dr Andrew Coull, Consultant Geriatrician, Royal Infirmary of Edinburgh

1500 – 1545 Update on diabetes management in the Elderly – Dr Stuart Ritchie, Consultant Endocrinologist, Western General Hospital, Edinburgh

1545 – 1630 Outcomes on anti-dementia medication – Prof Emma Reynish, Consultant Geriatrician, Royal Infirmary of Edinburgh and Professor of Dementia Research, University of Stirling

1630 – 1645 Prizes and Closing Remarks – Dr Trisha Cantley, Chair BGS Scotland

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

Abbott Nutrition, Bristol Myers Squibb, Daiichi Sankyo, Astellas, Internis and GE Healthcare

CPD Accreditation: This meeting has applied for 6 CPD credits

Prof David J Stott

David is the David Cargill Professor of Geriatric Medicine in the Institute of Cardiovascular and Medical Sciences at the University of Glasgow, a post he has held since 1993. He has held the post of Editor-in-Chief of Age and Ageing (the Journal of the British Geriatrics Society) from 2014 to January 2019, acted as Chair of the Association of Academics in Geriatric Medicine UK from 2013 to 2018, Lead of the Cochrane Healthcare of Older People Field from 2006 to 2016, and Chair of the Health Services and Population Research Committee at the CSO Scottish Executive from 2007 to 2012. There are two major strands to his research, firstly addressing the biology of late-life disease, disability and cognitive decline, and secondly health services research which aims to improve the assessment and care of frail and vulnerable older people. He has held major grants including from the MRC, NIHR, Wellcome Trust and European Union. His research has contributed substantially to the evidence-base for practice of geriatric medicine and health care of older people with over 300 publications (H-index 67). He is an enthusiastic supporter of both undergraduate and postgraduate education and has taught geriatric medicine to medical students at Glasgow University for over 30 years.

Dr Katie Gallacher

Dr Katie Gallacher is a GP partner in Grantley Medical Practice and a Stroke Association Senior Clinical Lecturer at the University of Glasgow. She has a special interest in research that promotes person-centred healthcare for people with long-term conditions, in particular stroke survivors. She is



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currently undertaking a programme of work that aims to explore and measure the workload of healthcare for people with stroke and to develop and test interventions that minimize this workload and maximize capacity to manage health problems.

Prof Emma Reynish

Emma Reynish is a consultant physician in Geriatric Medicine in NHS Lothian, and Professor of Dementia Research, at the University of Stirling where she leads the dementia and ageing research group.

She returned to clinical medicine in the UK in 2007 after training in Geriatric Medicine in the Department of Geriatrics and Gerontology, University of Toulouse, France where she developed a subspecialty interest in the management of cognitive disorders and dementia. During this time she co-ordinated the European Alzheimer's Disease Consortium, set up and co-ordinated the ICTUS project and lead the prevalence group of the EuroCoDe project. Her current research focuses on improving outcomes for people with dementia in the acute hospital. Her role in clinical improvement over the last 10 years resulted in the development of a standardised Older Persons Routine Acute Assessment (OPRAA). This routine clinical dataset is now used in her research to understand the complexity of the outcomes experienced by people with dementia within the general hospital. Alongside this work she is collaborating with ICHOM on the development of a standard set of global outcome measures for people with dementia, and has interests in the management of pain and the benefit of music for people with dementia.

Prof Phyo K Myint: Clinical Chair in Medicine of Old Age, University of Aberdeen

As a clinical academic, he is also a jobbing Geriatrician. He devotes 50% of time looking after older people in acute emergency setting and during acute and subacute rehabilitation. This involves working alongside multidisciplinary team members as well as liaising with general practitioners. He has held many National Level Roles in the past including Executive Committee Member of the British Association of Stroke Physicians. He currently sits on the Scottish Intercollegiate Guidelines Network (SIGN) Council as the Royal College of Physicians London Representative and is also a member of the National Institute of Health Research (NIHR) Dementias Clinical Studies Portfolio



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Development Group. Professor Myint is the Lead Academic for the Clinical Academic Training & Development in North of Scotland. In this role, he oversees various schemes of the Aberdeen Clinical Academic Training (ACAT) Scheme. He is a founding member of the Scottish Care of Older People Audit Programme, a joint initiative set up in late 2016 by three key partners: Healthcare Improvement Scotland, the British Geriatrics Society Scotland Council, and the University of Aberdeen as the lead Academic Institution with representatives from other Scottish Universities with Clinical Academic Departments in Geriatric Medicine. He currently serves as a co-Chair of the SCoOP steering group.

Dr Alison Donaldson, Specialist Registrar in Geriatric Medicine and Clinical Lecturer, NHS Grampian

Alison is a clinical lecturer on the 'Scottish Clinical Research Excellence Development Scheme' (SCREDS) based at Aberdeen University. She has a keen interest in the role of nutrition in ageing and is currently working with the Rowett Institute of Nutrition on a study of the gut microbiota in Alzheimer's disease. Alison also has an interest in improving services for older adults and is closely involved with the SCoOP Audit Programme as Secretary and for audit development.

Dr Christine McAlpine, Consultant in stroke and geriatric medicine, Glasgow Royal Infirmary

Christine is an NHS consultant and has an active interest in research and service development. She was a member of the Healthcare Improvement Scotland Older People in Acute Care Programme Board and is now on the HIS Acute Care Portfolio Delivery Group. She chaired the development of the national acute hospital care standards in 2015 and currently chairs the rehabilitation subgroup of the Scottish Stroke Care audit. While chair of the BGS Scotland Council she became involved in the SCoOP audit programme as a member of the steering group.

Dr. Irwin Foo MB BChair MD MRCP(UK) FRCA FFPMRCA

Consultant Anaesthetist, Western General Hospital, Edinburgh and Honorary Clinical Senior Lecturer, University of Edinburgh



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Irwin Foo qualified from Cambridge University and trained in general medicine in London (including Acute Geriatrics) before embarking on anaesthesia training in Edinburgh. He was appointed Consultant Anaesthetist and Honorary Clinical Senior Lecturer in 1998 to the Western General Hospital, Edinburgh. He is the departmental lead for elderly anaesthesia issues and has collaborated with Medicine of the Elderly department on perioperative projects e.g. establishment of a frailty preoperative clinic, improving the care pathway for elderly patients undergoing elective/emergency surgery and postoperative delirium. He is the past President of the Age Anaesthesia Association, was guest editor of the Anaesthesia journal supplement on perioperative elderly care (January 2014) and was on the working party for the guidelines for the perioperative management of the patient with dementia. He is also a final examiner for the Royal College of Anaesthetists.

Dr Stuart Ritchie

Stuart Ritchie graduated MBChB with commendation, from Glasgow University in 2000, having intercalated in Molecular Biology in 1997 (first class honours). He was awarded MRCP (UK) in 2003, and spent 3 years as a Medical Research Council Clinical Development Fellow from 2004-2007 in the Departments of Medicine and IBLS in the University of Glasgow. He was awarded a PhD in 2009 for a thesis exploring the vascular effects of adipocytokines in insulin resistance. Specialist training was completed in the South East Scotland deanery, and in 2011 he was appointed as a consultant in Diabetes and Endocrinology in the Metabolic Unit, Western General Hospital Edinburgh, and is an Honorary Clinical Senior lecturer at Edinburgh University. He is Clinical Lead for the Metabolic Unit, Western General Hospital.

His clinical interests include inpatient diabetes, antenatal diabetes, pituitary disease and endocrine oncology. His research and service developments have focused on inpatient diabetes care, and was a key developer of the Diabetes, Think, Check Act programme. He is lead clinician for inpatient diabetes care in Scotland, and sits on the Scottish Diabetes Group. He is the coordinator for the South East Scotland region Pituitary MDT.