



British Geriatrics Society  
Improving healthcare  
for older people

## SE Thames Regional British Geriatrics Society Meeting

Education Centre, York Road, Guy's and St Thomas' Hospital

Wednesday 29th May 2019

|                  |  |
|------------------|--|
| 12.30            | Registration   |
| 13:00            | Lunch  |
| 14.00            | Introduction and Welcome   |
| 14:10 –<br>15:00 | <u>Abstracts</u><br>14:10: Laura Mitchell<br>Correlation between frailty, sarcopenia and malnutrition based on commonly used scoring systems<br>14:22: Natalie Simon, Claire Steves<br>What factors explain the association of physical frailty and verbal fluency performance?<br>14:34: Karwai Tsang, Esther Lau, Ruth Eyres, Dharinee Hansjee, David Smithard<br>Back to Basics: A simple Swallow Screen<br>14:46: Felicity Woodward, Ambika Nedungadi, Jonathan Birns<br>The benefits for Specialist Registrars taking time out of programme (OOP) |
| 15.00 -15.15     | Research Update: Dr Nigel Beckett  |
| 15.15 – 15.30    | EuGMS Presidential Address: Professor Finbarr Martin   |
| 15.30-16.15      | “Target Blood Pressure Older Adults – higher or lower?”<br>Dr Nigel Beckett, Consultant Physician, Guy's and St Thomas' Hospital, London   |
| 16:15-16.30      | Regional Business Meeting and Discussion   |
| 16:30-16:45      | Tea  |
| 16.45-17.30      | “Dementia prevention – the link between the Cardiovascular system and the Brain”<br>Dr Ruth Peters, Conjoint Senior Lecturer University of New South Wales, Senior Research Scientist Neuroscience Research Australia, Honorary Research Fellow Imperial College London  |
| 17:30            | Best Abstract Prize-giving<br>Close of Meeting   |

**CPD Accreditation: This meeting has applied for 4 CPD credits**

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

Dermal Laboratories and Everpharma



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### **Professor Finbarr C Martin**

Emeritus Consultant Geriatrician at Guy's and St Thomas' NHS Trust in London and Professor of Medical Gerontology at King's College London, UK

Finbarr Martin trained in general and geriatric medicine in London, and has a postgraduate research degree in muscle wasting. As a geriatrician at Guy's & St Thomas' for 32 years, he worked in and developed a broad range of acute and community clinical services for older people. He led the national audit programme in falls and fragility fractures until 2018. He continues to lead ageing related service improvement work in the English NHS. His research publications (>140 peer-reviewed with current H Index of 39) concerns the geriatric syndromes and the application of CGA in medical and surgical areas and care homes. He was a non-executive director of NICE 2013-2016, president of the British Geriatrics Society 2010-12 and is currently president of the European Geriatric Medicine Society 2018-19.

### **Dr Ruth Peters**

BSc (Hons) MSc, PhD

Dr Peters began her interest in cognitive function and risk factors during her MSc and developed this further whilst completing her PhD at Imperial College London. During this time she published several influential systematic reviews which have been cited in guidelines, public advocacy and public policy documentation. She has led numerous studies and literature reviews looking at risk factors for dementia including the Hypertension in the Very Elderly Trial Cognitive function project (HYVET-COG) part of a multinational award winning guideline, policy and practice changing randomised controlled trial, the Hypertension in the Very Elderly Trial in which she also played a leading role (Beckett, Peters et al NEJM 2008, Peters et al Lancet Neurol 2008, Beckett, Peters et al BMJ 2012).



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HYVET was rated 'Trial of the year' 2009 (project ImpACT and the Society for Clinical Trials), as one of the two most important trials of 2009 (Medscape) and as one of the top advances in research (American Heart Association).

In 2016 she completed a UK NIHR fellowship and has recently finished leading an ongoing multi-country multi-study meta-analysis project looking at antihypertensives and cognitive outcomes. In 2017 she joined the leadership committee for the Australian led International Research Network on Dementia Prevention and following this moved to Sydney Australia to work with Professor Kaarin Anstey at Neuroscience Research Australia and University of New South Wales. She continues to have an interest in blood pressure, cognition and dementia prevention, in 2018 she was part of the team developing the WHO dementia risk reduction guidelines and has recently been awarded an Australian NHMRC project grant to continue her work in this area.