

Spring Meeting 2023

17-19 May

Edinburgh EICC & Online (Hybrid meeting)

Five top tips for getting the most out of your meeting:

1. Record your attendance

Online: Attendance should be recorded by clicking “Sign in for CPD today” on the event platform each day you attend.

In person: Attendance should be recorded by scanning in at the registration desk using the QR code on your joining email or providing your name.

You will receive a CPD certificate for the days you have joined ‘live’ online only. Viewing the content post-event won’t be certified, but certificates are not required to claim CPD via the RCP diary.

2. Give feedback

Please take the time to fill out the feedback form after each session. It is mandatory for CPD but also helps us improve our conference and provides invaluable information to our speakers about their presentation.

3. Visit our sponsors

Please review the symposia and spotlight sessions in this programme and consider watching. Challenge yourself to spend 5 minutes during the next 3 days to speak to a sponsor.

4. Join the discussion

All delegates are encouraged to ask questions for the speakers and panel discussions. If you are thinking it, someone else is too, so please use the ‘Ask’ function on the online platform or the microphone in the room. If you’re tweeting, tag us at @GeriSoc and use the hashtag #BGSConf.

5. Get social

Chat with attendees, join a socialising event or interact in a group discussion. See the programme for social activities including a Ceilidh, Whisky Tasting and a climb up Arthurs’ Seat.

With grateful thanks to our sponsors:

AstraZeneca, Advanz, Astellas, BlacBial, Daiichi Sankyo, Ethypharm, Kora Healthcare and University Hospitals of Morecambe Bay NHS Foundation Trust.

AstraZeneca have provided a sponsorship grant towards this independent Programme. AstraZeneca have had no editorial input into or control over the agenda, content development or choice of speakers, nor opportunity to influence, except for the AstraZeneca sponsored symposia presentations. They have not had any input or influence as to the content of the programme. Sponsored symposia and Spotlight on sessions are not eligible for external CPD and are intended for a healthcare professional audience in the UK.

We are excited to welcome delegates back to in-person conferences and we can't wait to share the delights of Edinburgh with you. We hope this Spring Meeting will offer you the opportunity to refresh, relax and refocus. Please take time during the conference to reflect, sit a while or catch up with colleagues.

We have organised a number of social activities throughout the conference which we encourage you to take part in, as well as explore the delights Edinburgh has to offer. Please see the below timetable to help plan your time.

| SOCIAL PROGRAMME | | |
|--|---|---|
| WEDNESDAY 17 May | THURSDAY 18 May | FRIDAY 19 May |
| <p>16.00 - 17.30 NAHP Communities of Practice Clinical Practice Harris Room</p> <p>A BGS communities of practice in person and online meeting - this meeting will focus on developing clinical skills for Nurse and Allied Health professionals</p> <p>Vittoria Romano, Specialist Nutrition Support Dietitian (Appropriate Prescribing Lead) Nutrition & Dietetics at the Central London Community Healthcare NHS Trust will be speaking evaluating nutrition in older people.</p> | <p>08.00 Policy breakfast Harris Room</p> <p>Join BGS Honorary Secretary Professor Anne Hendry and Policy Manager Sally Greenbrook for an interactive policy session. This will include an introduction to policy at BGS and a discussion of our BGS Blueprint and upcoming policy work. Suitable for all members, whether you are experienced in policy issues or a novice.</p> | <p>08.00 Nurse and AHP Breakfast Meetup Harris Room</p> <p>Join fellow Nurse and AHP attendees for a discussion of clinical, training, service and workforce topics led by Esther Clift, NAHP Council Chair.</p> <p>Share with the BGS your experiences and views to help direct our future efforts.</p> |
| <p>17.30 Arthur's seat: climb an extinct volcano in Edinburgh</p> <p>Arthur's Seat... a jagged, grassy prominence rising up from the urban sprawl of Edinburgh, offers one of the best views of the city. It's a short, slightly strenuous hike to the highest point, but absolutely worth it to look out over Edinburgh from this vantage point. Join fellow conference attendees in a guided walk to get up and go following a long sedentary day.</p> | <p>17.30 Walking Tour</p> <p>If you're visiting the Scottish capital for the first time, or want to get to know the city better you can join the walking tour. Edinburgh is teeming with genius and culture. On this 2 hour tour your expert guide will show you the most attractive spots of this seductive city.</p> | <p>13.30 Trainees Meetup Harris Room</p> <p>Join Sangam Malani, BGS Trainees' Council Chair and others from the BGS Trainees' Council to discuss issues and areas of interest for those in training positions.</p> |
| <p>17.30 Johnnie Walker Tasting tour</p> <p>If the urban sprawl of Edinburgh, and the culinary delights of Scotland is preferable over a glorious walk sign up for the Tasting tour. There will be a small charge to cover the consumables. Tickets £10.</p> | <p>19.00 Conference Dinner & Ceilidh Scotsman Hotel</p> <p>The conference dinner returns with a Ceilidh. Sign up for a ticket during registration. £35 per ticket.</p> | |
| <p>CURRENTLY AT CAPACITY</p> | <p>Speak to the registration desk team if you would like to book a ticket.</p> | |



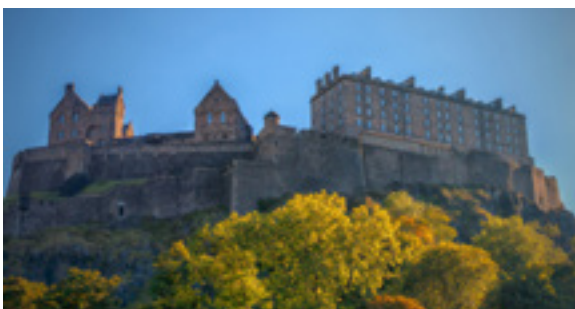
Accommodation in Edinburgh is always at a premium, and this year keeping costs low is important. BGS have secured some good value rates at hotels with access to EICC and Edinburgh's centre.

Please visit <https://zannaevents.vbookings.co.uk/b/bgs> for available options and rates

Other sites and booking directly with the hotels may be cheaper - please do shop around. BGS members can also access preferential rates at the Hilton chain and Yotel chains using the details below.

| HILTON | YOTEL |
|---|---|
| <ul style="list-style-type: none"> • Log on to www.hilton.com • Put in the location and dates • Click on advanced search • Click on 'Add a special rate code' • In the corporate account box, type in 113011292 | <p>To book, you will need to use this link. The code is embedded for you, so just dates need to be selected. If for any reason you need to enter the code, please use BGS001.</p> |

If you're planning on staying longer or want to make the most of what the city of Edinburgh has to offer, why not visit some of the area's other attractions? Some popular highlights include:



- **Edinburgh Castle**
- **Edinburgh Zoo**
- **Dynamic Earth**

Partners





Those attending the meeting in person will notice some changes to our event delivery as part of our commitment to environmental sustainability.

- We are continuing with the use of **digital platforms** as a core part of our conference and meetings delivery and reducing material used at conferences through paperless conferences.
- The meeting recordings will be **accessible online** for you to watch on demand for 12 months, for all those attending in person.
- We encourage you to **walk, cycle or travel by public transport** to the conference venue where possible.
- Try and remember to bring a **reusable water bottle** with you to the venue. Water will be available from water coolers throughout the venue as well as some packaged water. Please recycle packaging by disposing of it at the correct recycling point.
- We are offering a greater choice of **sustainable, meat-free options** as part of our catering for the event.
- This is a **paperless** meeting and we are not printing hard copies of the programme. Please consult the programme online (www.bgs.org.uk/Spring23) for session details and timings. This is accessible online via your devices before and during the conference. Large poster programmes will be displayed on boards around the venue for reference.
- CPD certificates will be emailed rather than printed. Remember to scan in each day you are attending at registration, or use the **'Sign in for CPD today'** button on the online platform.
- We will be displaying **paperless posters** in place of traditional physical posters at the meeting. Please look at the poster platform (<https://posters.bgs.org.uk/event/2023-spring-meeting>) in advance and use the onsite computers and screens at the venue to browse and comment.
- Bring your own pen and pad if you have them, however, the lanyards, pens and pads at our conference are all from recycled origins.



Flexible attendance options: In person or online

Registering for in-person attendance provides access to the online platform as well as the on-demand recordings from the whole event. Registering to watch online is a flat fee, meaning you are able to access the whole meeting live as well as watch back on demand. There is a flexible transfer from in-person to online attendance as clinical service and life balance require.

Guest Lecturer

Samantha Riley

Director of Making Data Count, National Team for Intensive Support, Chief Operating Officer Directorate, NHS England

Samantha has worked for the NHS for over 20 years holding a variety of improvement-focused roles in different areas of the health sector including leading a system-wide improvement program in West London, undertaking a national improvement role with the Modernisation Agency, leading the national roll out of the Friends and Family Test and establishing the South East Coast Quality Observatory.

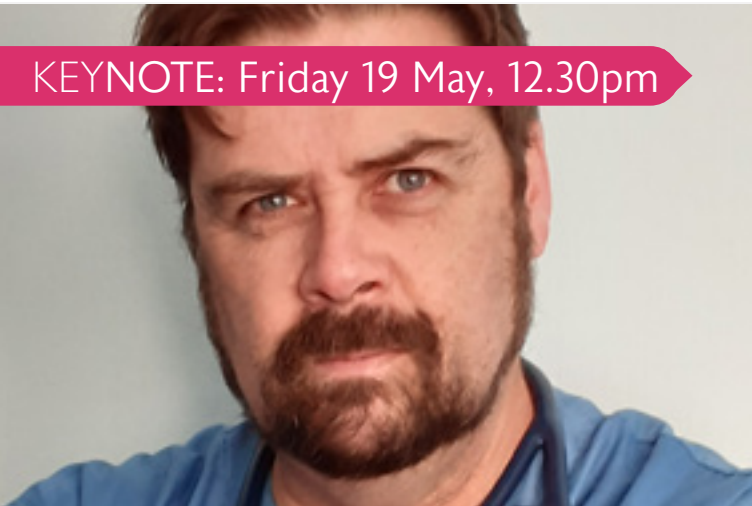
Samantha is passionate about the utilisation of data and information to support improvements in patient care and is a self-confessed 'information junkie'. In particular, Samantha is a proponent of using Statistical Process Control (SPC) to look at data rather than two point comparisons and Red Amber Green (RAG). Samantha is the author of the highly successful guides Making Data Count and over the past three years has undertaken a considerable amount of work with Trust boards to help them understand how to use data to better effect. As a result of this work, 100% of boards have made the decision to move away from RAG reporting and adopted SPC as their preferred approach.

Samantha has a large collection of techie SPC books, sunglasses and an impressive shoe collection.

KEYNOTE: Thursday 18 May, 2pm



KEYNOTE: Friday 19 May, 12.30pm



Marjory Warren Guest Lecturer

Professor David Oliver

**Consultant Geriatrician and General Physician
Royal Berkshire NHS Foundation Trust**

Professor David Oliver is a Consultant in Geriatrics and General Internal Medicine, former clinical vice president of the Royal College of Physicians (RCP) and a Past President of the British Geriatrics Society having also been its Honorary Secretary.

In 2022, he became President Elect of the RCP and would have been the first geriatrician to take up this post. As a result of illness,

he no longer felt able to take up the post and is back to his first love of being a jobbing doctor on the wards and on the acute medical unit

David is a visiting fellow at the King's Fund, alongside his clinical job as an NHS consultant in geriatrics and general internal medicine at the Royal Berkshire NHS Foundation Trust, where he was also lead clinician and clinical director.

A hospital doctor since 1989, David was a consultant and clinical director at South London NHS Trust from 1998 to 2004 and was the Department of Health national clinical director for older people from 2009 to 2013. He has just finished 3 years as specialist clinical adviser for the NHS Emergency Care Improvement Partnership, visiting and working with over 30 acute hospitals and healthcare systems.

David has written a weekly freelance column, 'Acute perspective' in the BMJ, which has been shortlisted for the 2017 PPA columnist of the year award. He has written for several other professional and general publications. Although he is now longer an active academic researcher, he has published numerous academic research papers, reviews, book chapters, abstracts and editorials. In addition to his medical qualifications and research doctorate, David has master's degrees in health leadership, healthcare ethics and law, and postgraduate diplomas in health service management and medical education. He has been named in the Health Service Journal's top 100 clinical leaders lists.

Use the table below to help plan how you will spend your first day at the conference. More detailed information about the sessions in each stream can be found on the following pages.

| | STREAM 1 PENTLAND | STREAM 2 FINTRY | STREAM 3 CARRICK |
|---------------|---|---|---|
| 8.30 | Registration | | |
| 9.00 | KEYNOTE President's Opening Address | | |
| 9.30 - 11.00 | Cardiovascular Health Harnessing the MDT | Frailty and Sarcopenia Overprescribing & Frailty | Workforce Recruitment |
| 11.00 | Free time | | |
| 11.30 - 13.00 | Cardiovascular Health Going Virtual | Frailty and Sarcopenia MDT Medicine Optimisation: Challenges and Opportunities for Prescribing | Workforce Engagement, Development and Retention |
| 13.00 | Lunch and posters | | |
| 13.30 | Sponsored symposium - Fintry Simplifying the management of heart failure across the range of ejection fraction Dr Alan Japp, Consultant Cardiologist, Edinburgh This is a promotional symposium sponsored and organised by AstraZeneca | | |
| 14.00 - 15.00 | Cardiovascular Health Cutting edge | Frailty and Sarcopenia Interventions in the management of sarcopenia and frailty | Workforce Retirement: Getting it right |
| 15.00 | Free time | | |
| 15.30- 16.30 | Cardiovascular Health Pragmatism in practice | Frailty and Sarcopenia Where will the research journey take us? | Quality Improvement (QI) Workshop |
| 16.30 | Sponsored symposium - Fintry Overcoming hyperkalaemia in the management of cardio-renal patients Dr Iain Keith, Consultant Physician, Glasgow This is a promotional symposium sponsored and organised by AstraZeneca | | |

STREAM 1: PENTLAND

KEYNOTE

Opening address

| | |
|--|---|
| 09.00 | Opening words from BGS President, Professor Adam Gordon |
| <p>Cardiovascular Health Back to the future - in with the old and in with the new Moderator: Lara Mitchell</p> | |
| 9.30 - 11.00 | <p>09.30 CGA better than smarties? Professor Simon Conroy, Professor of Geriatric Medicine, UCL (<i>Remote</i>)</p> <p>10.00 Heart failure MDT working Professor Jackie Taylor, Consultant Geriatrician, Glasgow Royal Infirmary</p> <p>10.30 The Power of the syncope MDT Dr Lesley Anderton, Consultant, Queen Elizabeth University Hospital</p> |
| 11.00 | Free time |
| <p>Going virtual Moderators: Shuli Levy & Carys Barton</p> | |
| 11.30 - 13.00 | <p>11.30 Managing acute care closer to home Professor Nick Linker, National Clinical Director for Heart Disease Cardiac Services Clinical Reference Group, and Consultant Cardiologist, NHS England and James Cook University Hospital, Middlesbrough</p> <p>12.15 @home is where the heart is Dr Rebekah Schiff, Consultant Geriatrician, Guys and St Thomas' NHS Foundation Trust (<i>Remote</i>)</p> |
| 13.00 | Lunch |

STREAM 2: FINTRY

Frailty and Sarcopenia

Overprescribing and frailty

Moderators: Esther Clift and Adrian Blundell

| | |
|---------------------|---|
| 9.30 - 11.00 | <p>09.30 Patient representation in prescribing decisions Graham Prestwick, Patient and Public Involvement Lead Yorkshire and Humber Academic Health Science Network, 'Me and My Medicines</p> <p>10.00 Patient empowerment in Overprescribing Professor Phyo Myint, Professor of Medicine of Old Age, University of Aberdeen/NHS Grampian</p> <p>10.20 The role of Primary Care Pharmacists in appropriate prescribing in older adults with frailty Steve Williams, Senior Clinical Pharmacist, Poole Bay and Bournemouth PCN</p> <p>10.40 Falls-risk increasing drugs (FRIDs) Professor Tahir Masud, Consultant Geriatrician and Honorary Professor, Nottingham University Hospitals NHS Trust</p> |
| 11.00 | Free time |

MDT medicine optimisation: Challenges and opportunities for prescribing

Moderators: Esther Clift and Adrian Blundell

| | |
|----------------------|--|
| 11.30 - 13.00 | <p>11.30 Identifying Anticholinergic Burden Through Pharmacy Technician Led Triage and Review – The Impact for Patients Jane Shanahan and Alison Marshall, Senior Medicines Optimisation Care Home Pharmacy Technicians, East Lancashire Hospitals NHS Trust</p> <p>11.50 Multi-disciplinary team work for medicines optimisation Dula Alicehajic-Becic, Consultant Pharmacist Frailty, Wrightington, Wigan and Leigh NHS Foundation Trust</p> <p>12.10 Food, glorious food and frailty Heather Nunn, ICB Lead Prescribing Support Dietitian, Hertfordshire and West Essex ICB</p> <p>12.30 Panel discussion</p> |
|----------------------|--|

| | |
|--------------|--------------|
| 13.00 | Lunch |
|--------------|--------------|

| | |
|--------------|---|
| 13.30 | <p><i>Sponsored Symposium: This is a promotional symposium sponsored and organised by AstraZeneca</i> Simplifying the management of heart failure across the range of ejection fraction Dr Alan Japp, Consultant Cardiologist, Edinburgh</p> |
|--------------|---|

STREAM 3: CARRICK

| | |
|--|---|
| <p>Workforce Recruitment Moderator: Jennifer Burns</p> | |
| <p>9.30 - 11.00</p> | <p>9.30 Overview of recruitment barriers and solutions Dr Amit Arora, Consultant Geriatrician, Vice President (Workforce), British Geriatrics Society, University Hospital of North Midlands</p> |
| | <p>10.00 How can we grow multi-professional consultants in older people's healthcare? Lucy Lewis, Consultant Nurse, Frailty Virtual Wards, Wiltshire Health and Care</p> |
| | <p>10.30 The new specialist posts in the geriatric medicine team Dr Somaditya Bandyopadhyay, Specialist Geriatrician East Surrey Hospital and Dr Iain Wilkinson, Consultant Orthogeriatrician, Surrey and Sussex Healthcare NHS Trust</p> |
| <p>11.00</p> | <p>Free time</p> |
| <p>Engagement, development and retention Moderators: Amit Arora and Ruth Law</p> | |
| <p>11.30 - 13.00</p> | <p>11.30 Redeveloping and redeploying the geriatric medicine workforce Dr Mark Taylor, Consultant Geriatrician, University Hospitals of Morecambe Bay NHS Foundation Trust</p> |
| | <p>12.00 The GMC Fairer Training Cultures work Professor Sue Carr, Deputy Medical Director, General Medical Council (<i>remote</i>)</p> |
| | <p>12.15 Embedding Equality, Diversity and Inclusive principles across the workplace: Everyday Leadership & Fairer Feedback Dr Aneka Popat, FMLM National Medical Director's Clinical Fellow & Dr Priyanka Singhal, National Medical Director's Clinical Fellow, General Medical Council</p> |
| | <p>12.30 The ACP curriculum for older people and the supported portfolio route to advanced practice Beverley Harden, Allied Health Professions Lead, Health Education England (<i>remote</i>)</p> |
| <p>13.00</p> | <p>Lunch</p> |

STREAM 1: PENTLAND

Cardiovascular Health

Cutting edge

Moderators: Amy Jones & Lucy Beishon

| | |
|----------------------|---|
| 14.00 - 15.00 | <p>14.00 Advances in drug treatments for older people with heart failure Professor Mark Petrie, Professor/Honorary Consultant (Cardiovascular & Metabolic Health), GGC and University of Glasgow (<i>Remote</i>)</p> <p>14.30 Gadgets for managing heart failure - from POCUS to LVAD Dr Ian Loke, Consultant Cardiologist, University Hospitals of Leicester</p> |
| 15.00 | Free time |

Pragmatism in practice

Moderators: Atul Anand & Shahbaz Roshan

| | |
|----------------------|---|
| 15.30 - 16.30 | <p>15:30 Calibrating controversial cases</p> <p>Join our panel to hear them discussing controversial case studies and a debate: Dr Shuli Levy, Consultant Geriatrician, Hammersmith Hospital, Imperial Healthcare College NHS Trust Professor Mark Petrie, Professor/Honorary Consultant (Cardiovascular & Metabolic Health), GGC and University of Glasgow (<i>Remote</i>) Dr Catherine Labinjoh, Cardiologist, National Clinical Lead Realistic Medicine, Scottish Government (NHS Forth Valley)</p> <p>16.10 Realistic Medicine Dr Catherine Labinjoh, Cardiologist, National Clinical Lead Realistic Medicine, Scottish Government (NHS Forth Valley)</p> |
| 16.30 | Stream close |

STREAM 2: FINTRY

Frailty and Sarcopenia

Interventions in the management of sarcopenia and frailty

Moderators: Anne Bentley & Alixe Kilgour

| | |
|---|--|
| <p>14.00 - 15.00</p> | <p>14:00 Omega-3 fatty acids and muscle health in older adults Dr Stuart Gray, Professor of Muscle and Metabolic Health, University of Glasgow</p> <p>14:25 BGS Rising Star award for research: Physical activity and nutrition interventions for older people - the role of volunteers. Dr Stephen Lim, Consultant Geriatrician, University Hospital Southampton NHS FT; BGS Rising Star (Research) 2022</p> <p>14:50 Abstract 1459 Handgrip strength as a predictor of post-operative outcomes following hip fracture SK Jaiswal, J Prowse, A Chaplin, N Sinclair, S Langford, M Reed, AA Sayer, MD Witham, AK Sorial</p> |
| <p>15.00</p> | <p>Free time</p> |
| <p>Where will the research journey take us? Moderator: Alixe Kilgour and Dawn Skelton</p> | |
| <p>15.30 - 16.30</p> | <p>15.30 Update on SCoOP Professor Phyo Myint, Professor of Medicine of Old Age University of Aberdeen/NHS Grampian</p> <p>15.45 Abstract 1454: The clinical utility of muscle mass assessment in patients with hip fracture: A systematic review J Prowse; S Jaiswal; AK Sorial; MD Witham</p> <p>16.00 The CompreHensive geriAtRician-led MEdication Review (CHARMER) study Sion Scott, Lecturer in Behavioural Medicine and Pharmacist, University of Leicester (<i>Remote</i>) and Dr Victoria Keevil, Consultant Physician, Addenbrookes (Cambridge University Hospitals Trust)</p> |
| <p>16.30</p> | <p><i>Sponsored Symposium: This is a promotional symposium sponsored and organised by AstraZeneca</i> Overcoming hyperkalaemia in the management of cardio-renal patients Dr Iain Keith, Consultant Physician, Glasgow</p> |

STREAM 3: CARRICK

Workforce

Retirement: Getting it right

Moderators: Amit Arora and Ruth Law

| | |
|--------------------------|--|
| <p>14.00 - 15.00</p> | <p>Hear from recently retired healthcare professionals about their retirement planning, experiences and interests in how they were motivated to continue supporting the specialty after retirement.</p> <p>Dr Rosemary Kelly, Retired Consultant Geriatrician, Northern Ireland Workforce data; facts not fiction. Dr Jennifer Burns, Retired Consultant Geriatrician and BGS Past President, Scotland Nicky Hayes, Nurse Consultant, England Dr Sandip Raha, Retired SAS grade doctor, Wales</p> |
| <p>15.00</p> | <p>Free time</p> |

Quality Improvement (QI)

QI workshop

Moderators: Tom Downes and Jane Youde

| | |
|--------------------------|---|
| <p>15.30 - 16.30</p> | <p>This workshop is designed to support attendees to develop their understanding of the processes involved in quality improvement and seek one to one advice on furthering a project they are working on.</p> <p>We aim to discuss the nature and purpose of quality improvement, the stages of QI methodology, and the steps for ensuring effective QI supervision. We encourage all grades who wish to improve their QI skills to attend.</p> <p>The session will be streamed to the online audience.</p> <p>Abstract 1563: Improving documentation of Treatment Escalation Plans within 72 hours of admission to East Lothian Community Hospital S Galloway; A Farren; R Johnson</p> <p>Abstract 1588: Introducing ‘the CARE tool’: a simple tool to improve general surgery documentation and understanding of key aspects of frailty B Tilley; D Macstay; A Valetopoulou; G Gathercole; L MacDonald; H Wright; I Sengupta; D Bertfield</p> |
| <p>16.30</p> | <p>Stream close</p> |

Use the table below to help plan how you will spend your second day at the conference. More detailed information about the sessions in each stream can be found on the following pages.

| | STREAM 1 PENTLAND | STREAM 2 FINTRY | STREAM 3 CARRICK |
|----------------------|---|---|---|
| 08.00 | Policy breakfast | | |
| 9.00 - 10.30 | Perioperative Care of Older People Undergoing Surgery (POPS) Perioperative services nationally and internationally | Rehabilitation of the older patient Major trauma rehabilitation of the older patient | Research Association of Academic Geriatric Medicine (AAGM) symposium |
| 10.30 | Free time | | |
| 11.00 - 12.00 | POPS Putting medicine into perioperative care | Rehabilitation of the older patient Examples of rehabilitation of the older patient | Research Translating scientific advances in ageing into patient benefit – the ART of Healthy Ageing Network |
| 12.00 | President’s poster round - Lomond Suite | | |
| 13.00 | Lunch | | |
| 13.30 | <p style="text-align: center;">Sponsored symposium - Fintry</p> <p style="text-align: center;">Management of COPD: a Holistic approach on multimorbidity Dr Gourab Choudhury, Consultant Physician, Respiratory Medicine This is a promotional symposium sponsored and organised by AstraZeneca</p> | | |
| 14.00 - 15.00 | <p>KEYNOTE</p> <p>Guest Lecture Pitfalls of traditional data analysis approaches in the NHS and the avoidance of spuddling <i>Samantha Riley, Director of Making Data Count</i></p> | | |
| 15.00 | Free time | | |
| 15.30 - 17.00 | POPS Pragmatism in practice | Rehabilitation of the older patient Good MDT practices for effective geriatric rehabilitation | Green healthcare |
| 17.30 | Social programme: Walking tour | | |
| 19.00 | Social programme: Ticketed conference dinner and Ceilidh at The Scotsman Hotel | | |

STREAM 1: PENTLAND

Perioperative Care of Older People Undergoing Surgery (POPS)

Where are we with perioperative services nationally and internationally?

Moderator: David Shipway

| | |
|--------------|---|
| 9.00 - 10.30 | <p>9.05 Inequality and variation in perioperative care for older people Professor Jugdeep Dhesi Consultant Geriatrician Clinical lead, POPS@GSTT, Deputy Director, Centre for Perioperative Care, Hon Professor KCL, Hon Assoc Prof UCL</p> |
| | <p>9.25 What have we been doing to address inequality in perioperative care for older people? Professor Jugdeep Dhesi Consultant Geriatrician Clinical lead, POPS@GSTT, Deputy Director, Centre for Perioperative Care, Hon Professor KCL, Hon Assoc Prof UCL</p> |
| | <p>Case studies from national/international POPS services:</p> |
| | <p>09.45 Addressing the funding challenge Dr Nia Humphry, Consultant Perioperative Geriatrician, University Hospital of Wales, Cardiff</p> |
| | <p>09.50 Addressing the primary care/community and secondary care interface Rachel Barlow, Clinical Lead for Prehabilitation and Enhanced Recovery, Wales (<i>Remote</i>)</p> |
| | <p>09.55 Addressing the workforce challenge Jason Cross, ANP and Nurse Lead for POPs, Guys and St Thomas' NHS Foundation Trust</p> |
| | <p>10.00 Improving planned care in the frail (IPCF) project Dr David Burberry, Consultant, Morrision Hospital</p> |
| | <p>10.05 Addressing the international healthcare system challenge Dr Rachel Aitken, Consultant Geriatrician, The Royal Melbourne Hospital (<i>Remote</i>)</p> |
| 10.15 | Panel |



| | |
|-------|------------------|
| 10.30 | Free time |
|-------|------------------|

Putting medicine into perioperative care

Moderator: Mark Johnston

| | |
|---------------|---|
| 11.00 - 13.00 | <p>11.10 What has SNAP3 told us? Dr Judith Partridge, Consultant Geriatrician Guys and St Thomas' NHS Foundation Trust</p> |
| | <p>11.30 New-ish studies and guidelines in perioperative care that everyone should know about Dr David Shipway Consultant Physician & Perioperative Geriatrician Deputy Clinical Director, Division of Medicine, North Bristol NHS Trust</p> |
| | <p>11.50 What's new in perioperative cardiology? Dr Kalpa Desilva, Consultant Interventional Cardiologist, Guys and St Thomas' NHS Foundation Trust (<i>Remote</i>)</p> |
| | <p>12.10 Panel Working lunch: Focus group discussion on next steps for POPS, facilitated by Prof Justin Waring</p> |

STREAM 2: FINTRY

Rehabilitation of the older patient

Major trauma rehabilitation of the older patient

Moderators: Alasdair Fitzgerald & Mark Baxter

| | |
|---------------------|---|
| <p>9.00 - 10.30</p> | <p>09.00 Updates in rehabilitation for physicians in major trauma Dr Javvad Haider, Consultant in Rehabilitation Medicine, Cardiff, Wales (<i>Remote</i>)</p> <p>09.45 Major trauma as a multisystem disease – the rehabilitation prescription process and CGA Laura Graham, Consultant in Major Trauma Rehabilitation and Rehabilitation Medicine, Newcastle International Centre for Neurorehabilitation and Neuropsychiatry at Walkergate Park & RVI</p> |
| <p>10.30</p> | <p>Free time</p> |

Rehabilitation of the older patient

Moderators: Alasdair Fitzgerald & Mark Baxter

| | |
|----------------------|---|
| <p>11.00 - 12.00</p> | <p>11.00 Rehabilitation of the Older Amputee Patient Dr David Henderson-Slater, Consultant in Neurological Disability and Rehabilitation Medicine, Nuffield Orthopaedic Centre NHS Trust</p> <p>11.30 Stroke and neurological rehabilitation Dr Siva Nair, Consultant Neurologist with a special interest in disability management, Sheffield teaching Hospitals NHS Foundation Trust (<i>Remote</i>)</p> |
| <p>13.00</p> | <p>Lunch</p> |
| <p>13.30</p> | <p><i>Sponsored Symposium: This is a promotional symposium sponsored and organised by AstraZeneca</i> Management of COPD: a Holistic approach on multimorbidity Dr. Gourab Choudhury – Consultant Physician, Respiratory Medicine</p> |

STREAM 3: CARRICK

Association of Academic Geriatric Medicine (AAGM) symposium

Moderators: Atul Anand and Jane Masoli

| | |
|---------------------|---|
| 9.00 - 10.30 | <p>09.00 Identifying and visualising multimorbidity and comorbidity patterns in patients in the English National Health Service: a population-based study Aroon Hingorani (<i>Remote</i>)</p> <p>09.15 Systematic analysis of the role of genetics in multimorbidity Joao Delgado</p> <p>09.30 Effectiveness of holistic assessment-based interventions for adults with multiple long-term conditions and/or frailty: An umbrella review of systematic reviews Stella Arakelyan</p> <p>09.45 Comparison of diagnostic ascertainment in primary and secondary care records for 47 long-term conditions and implications for multimorbidity research: cross-sectional study of older adults in the Welsh National Health Service Clare Macrae</p> <p>10.00 Plans and early results from the OPTIMising therapies, discovering therapeutic targets and artificial intelligence (AI) assisted clinical management for patients living with complex multimorbidity (OPTIMAL) study J Cooper</p> |
|---------------------|---|

| | |
|--------------|------------------|
| 10.30 | Free time |
|--------------|------------------|

Research into Ageing: Translating scientific advances in ageing into patient benefit - The ART of Healthy Ageing Network

Moderators: Miles Witham, Rachel Cooper, Avan Sayer

| | |
|----------------------|--|
| 11.00 - 12.00 | <p>11.00 Meeting the challenge of translational ageing research: the ART of Healthy Ageing Network Professor Avan Aihie Sayer, Professor of Geriatric Medicine, Newcastle University</p> <p>11.05 Integrating life course epidemiology and promoting interdisciplinarity to deliver translational ageing research Professor Rachel Cooper, McArdle Chair in Ageing & Professor of Translational Epidemiology, Newcastle University</p> <p>11.20 Integrating physiology and support for early career researchers to deliver translational ageing research Dr Kelly Bowden Davies, Senior Lecturer Exercise Physiology, Manchester Metropolitan University</p> <p>11.35 Integrating clinical knowledge and expertise in trials to build and deliver a translational platform for healthy ageing Professor Miles Witham, Professor of Trials for Older People, Newcastle University; National Speciality Lead for the NIHR, NIHR Newcastle Biomedical Research Centre</p> <p>11.45 Discussion: How can you contribute as clinicians to building a translational platform for Healthy Ageing Research? Interactive Session with Panel</p> |
|----------------------|--|

LOMOND SUITE: EXHIBITION AREA**President's Poster Round**

Moderators: Adam Gordon and Emily Henderson

These are the top 10 submitted scientific research abstracts identified from submissions via adjudication. Each presenter will be given 3 minutes to present a summary of their work. There will then be questions from the President and VP Research and Academic Affairs

Abstract 1485: The taste and acceptability of a high protein, fortified ice cream compared with hospital milkshake nutritional supplement

K Marsh; A Avery; O Sahota.

Abstract 1519: Wellbeing of unpaid carers over fifty: an analysis of data from English Longitudinal Study of Ageing

C Brack; S Makin; M Kynn; P Murchie

Abstract 1531: Multiple modifiable components of hospital service delivery predict hip fracture: a national record-linkage study

R Patel; P Bajji; J Griffin; S Drew; A Johansen; T Chesser; MK Javaid; XL Griffin; Y Ben-Shlomo; E Marques; A Judge; CL Gregson

Abstract 1540: Yoga for older adults with multimorbidity: Randomised controlled trial with embedded economic and process evaluationsGA Tew; L Wiley; L Ward; J Hugill-Jones; C Maturana; C Fairhurst; K Bell; L Bissell⁴; A Booth; J Howsam; V Mount; T Rapley; S Ronaldson; F Rose; DJ Torgerson; D Yates; C Hewitt12.00-
13.00**Abstract 1543: Promoting Activity, Independence and Stability in Early Dementia and MCI: the PrAISED Randomised Controlled Trial**RH Harwood; A Brand; SE Goldberg; T Masud; V Van Der Wardt; J Gladman; P Logan¹; Z Hoare; V Booth; L Howe; A Cowley; R Bajwa; C Burgon; C Di Lorito; M Godfrey; M Dunlop; T Welsh⁴ on behalf of the PrAISED Study Group**Abstract 1545: The effects of dietary nitrate supplementation on physical performance in older people: A systematic review**

R Renji; SM Robinson; MD Witham

Abstract 1555: Automated electronic health record frailty assessment for older cardiac patients

Z X Ho; R A Soon; S Johnston; A MJ MacLulich; S D Shenkin; N L Mills; A Anand

Abstract 1564: Incidence and healthcare cost of fall-related readmissions after discharge among older patients

Xing Xing Qian; Pui Hing Chau; Daniel YT Fong; Mandy Ho; Jean Woo

Abstract 1653 Thinking outside the box: exploring user and carer perceptions of pharmacy-filled multi-compartment medication compliance aidsK Chin¹; A Hegarty¹; L Thielemans¹; R Schiff¹**Abstract 1645 A Small Vessel Disease syndrome? Symptoms associated with cerebral SVD progression and incident infarcts after minor stroke**U Clancy¹; C Arteaga¹; DJ Garcia¹; W Hewins¹; R Penman¹; MC Valdés-Hernández¹; S Wiseman¹; M Stringer¹; MJ Thrippleton¹; A Kampaite¹; OKL Hamilton¹; FM Chappell¹; S Rudilosso²; ACC Jochems¹; D Liu³; J Zhang⁴; R Brown¹; ME Bastin¹; S Muñoz Maniega¹; I Hamilton¹; D Job¹; FN Doubal¹; JM Wardlaw¹

STREAM 1: PENTLAND

KEYNOTE

Guest Lecture

Moderator: Adam Gordon

| | |
|-------|---|
| 14.00 | Pitfalls of traditional data analysis approaches in the NHS and the avoidance of spuddling Samantha Riley, Director of Making Data Count, National Team for Intensive Support, Chief Operating Officer Directorate, NHS England |
| 15.00 | Free time |

Perioperative Care of Older People Undergoing Surgery (POPS)

Decision making and communication in perioperative care:

To operate or not to operate?

Moderator: Jugdeep Dhési

| | |
|---------------|--|
| 15.30 - 17.00 | 15.30 The patient perspective – what does this feel like and what should it be like? Dr Harriet Hall and Dr Amelia Paveley, Junior Clinical Fellows, Guy’s and St Thomas Trust |
| | 15.45 The surgeons perspective – the challenges and solutions Susan Moug, Consultant Surgeon and Honorary Clinical Associate Professor, Royal Alexandra Hospital (<i>remote</i>) |
| | 16.00 The POPS perspective – putting collaboration into practice Dr Catherine Meilak, Perioperative care of Older People undergoing Surgery (POPS Consultant), Kent and Canterbury Hospital |
| | 16.15 The anaesthetic/intensivist perspective - what should we plan for and how? Dr Monika Beatty, Consultant in Critical Care, Royal Infirmary of Edinburgh Chair Faculty of Intensive Care Medicine Legal & Ethical Policy Unit |
| | 16.30 Panel |



| | |
|-------|--------------|
| 17.00 | Stream close |
|-------|--------------|

| | |
|-------|--|
| 17.30 | Social programme: Walking Tour Pre-registration required - meet at registration desk |
|-------|--|

| | |
|-------|--|
| 19.00 | Social Programme: Conference dinner and Ceilidh The conference dinner returns with a Ceilidh. Pre-registration required. The Scotsman Hotel |
|-------|--|

STREAM 2: FINTRY

Rehabilitation of the older patient

Good MDT practices to effective geriatric rehabilitation

Moderators: Victoria Keevil & Anne Hendry

| | |
|-----------------------------|---|
| <p>15.30 - 17.00</p> | <p>15.30 Collaboration between Geriatricians and Rehabilitation medicine and other specialities - the Southampton model Dr Jonathan Mamo, Director for Rehabilitation Services and Dr Mark Baxter, Consultant Geriatrician, University Hospitals Southampton NHS Foundation Trust</p> <p>16.00 Multidisciplinary working in a Major Trauma Centre: A Geriatrician in a Surgeon's world Dr Abigail Probert, Consultant in Geriatric and General Medicine Major Trauma, University Hospital of Wales</p> <p>16.30 Abstract 1527: Delirium on hospital admission is associated with adverse outcomes in patients with a hip fracture: The IMPACT Delirium Study RS Penfold; AJ Hall; AD Duckworth; ND Clement; AMJ MacLulich</p> <p>16.45 Abstract 1617: Qualitative study of participants of a feasibility trial of remote physiotherapy for early stage Parkinson's disease Manaal Malik, Kieron McFarlane, Adam Gordon, Rob Skelly, Neil Chadborn</p> |
| <p>17.00</p> | <p>Stream close</p> |
| <p>17.30</p> | <p>Social programme: Walking Tour Pre-registration required - meet at registration desk</p> |
| <p>19.00</p> | <p>Social Programme: Conference dinner and Ceilidh The conference dinner returns with a Ceilidh. Pre-registration for ticket required. The Scotsman Hotel</p> |
| | |

STREAM 3: CARRICK**Green healthcare**

Moderators: Ruth Law & Rowan Wallace

| | |
|------------------|---|
| 15.30 - 16.30 | <p>15.30 Greener practice- the environmental impact of medicines used in older people Sharon Pflieger, Consultant in Pharmaceutical Public Health, NHS Highland, Inverness</p> <p>16.00 Green(er) healthcare at end of life. Dr Libby Sallnow, CNWL palliative medicine consultant, honorary senior clinical lecturer, St Christopher's & UCL (<i>Remote</i>)</p> |
| 16.30 | Stream close |
| 17.30 | Social programme: Walking Tour Pre-registration required |
| 19.00 | Social Programme: Conference dinner and Ceilidh The conference dinner returns with a Ceilidh. Pre-registration required. The Scotsman Hotel |

Use the table below to help plan how you will spend your final day at the conference. More detailed information about the sessions in each stream can be found on the following pages.

| | STREAM 1 PENTLAND | STREAM 2 FINTRY | STREAM 3 CARRICK |
|---------------|---|---|--|
| 8.00 | Nurses and AHPs Meetup Harris Room | | |
| 9.30 - 11.00 | Dementia and Related Disorders Training the dementia specialist | Education Training and shaping the future workforce | Trainees' Session Tissue Viability |
| 11.00 | Free time | | |
| 11.30 - 12.30 | Dementia and Related Disorders Toolkits to support clinical practice | Education Frailty and geriatric medicine: Developments and innovations in medical education | Platform Presentations |
| 12.30- 13.30 | KEYNOTE Guest Lecture British Geriatrics: Past, Present and Possible Future <i>Professor David Oliver, Consultant Geriatrician and General Physician, Royal Berkshire NHS Foundation Trust</i> | | |
| 13.30 | Lunch and posters Lomond Suite Trainees' Meetup Harris Room | | |
| 14.30 - 16.00 | Dementia and Related Disorders Depression, psychosis and delirium | Education The new geriatric medicine curriculum: training for the trainers | |
| 16.00 | KEYNOTE Closing Address Closing words from the President | | |
| 16.30 | CONFERENCE CLOSE | | |

STREAM 1: PENTLAND**Dementia and related disorders**

Training the dementia specialist

Moderators: Patrick Hogan & Rachel Cowan

| | |
|---------------------|---|
| 9.30 - 11.00 | <p>09.30 The evolving roles of geriatricians in delivering an integrated model of care for older people living with dementia Professor Sean Kennelly, Consultant Physician in Geriatric Medicine, Director Institute of Memory and Cognition, Clinical Director of National Intellectual Disability Memory Service, Clinical Lead for Integrated Care Older Persons Services, Trinity College Dublin</p> <p>10.30 Dementia and geriatric medicine training Dr Jemima Collins, NIHR Academic Clinical Lecturer in Geriatric Medicine, University of Nottingham</p> |
| 11.00 | Free time |

Toolkits to support clinical practice

Moderators: Tomas Welsh & Aoife Duignan

| | |
|----------------------|--|
| 11.30 - 12.30 | <p>11.30 Improving the diagnosis of Lewy Body dementia: use of the DIAMOND-Lewy assessment toolkit Professor John O'Brien, Professor of Old Age Psychiatry, University of Cambridge</p> <p>11.50 Management of dementia with Lewy bodies: use of the DIAMOND-Lewy management toolkit Professor John Paul Taylor, Clinical Professor of Translational Dementia Research, Newcastle University</p> <p>12.10 Supporting families affected by Lewy body dementia Rachel Thompson, Consultant Admiral Nurse, Lewy body dementia, Dementia UK</p> |
|----------------------|--|

KEYNOTE**Marjory Warren Guest Lecture**

Moderator: Jugdeep Dhesi

| | |
|--------------|---|
| 12.30 | <p>British Geriatrics: Past, Present and Possible Future Professor David Oliver, Consultant Geriatrician and General Physician, Royal Berkshire NHS Foundation Trust</p> |
| 13.30 | Lunch |

STREAM 2: FINTRY**Education**

Training and shaping the future workforce

Moderators: Adam Gordon & Adrian Blundell

| | |
|-----------------|---|
| 9.30 - 11.00 | 9.30 Updating the British Geriatrics Society Recommended Undergraduate Curriculum in Geriatric Medicine: A curriculum mapping and nominal group technique study Dr Grace Pearson, Clinical Research Fellow, University of Bristol |
| | 10.00 Off the shelf: Bringing a workforce competency framework to life Enhanced Care of Older People (EnCOP) Competency Framework Lynne Shaw and Angela Fraser, Strategic Workforce Development Leads North East North Cumbria ICS - Ageing Well Network |
| | 10.20 Simulation Jo Jennings, Course Director: Frailty, and Assistant Professor, Advancing Practice, Coventry University |
| | 10.40 Supporting the CESR pathway in Geriatric Medicine Dr Saniya Naseer, RCP Chief Registrar in General Internal Medicine in Acute Ambulatory Care Unit, Oxford University Hospital and Dr Somaditya Bandyopadhyay, Specialist Geriatrician East Surrey Hospital |

11.00 Free time

Frailty and geriatric medicine:
Developments and innovations in medical education

Moderators: Claire Copeland & Adrain Blundell

| | |
|------------------|--|
| 11.30 - 12.30 | 11.30 Embedding Frailty in medical education Dr Rebecca Winter, Consultant and Senior Lecturer, Brighton and Sussex Medical School |
| | 11.40 Complex older persons module at Bristol Dr Emily Henderson, Consultant Geriatrician, Royal United Hospital Bath and VP Research and Academic Affairs and Dr Grace Pearson, Clinical Research PhD Fellow, University of Bristol |
| | 11.50 Empowering health and social care students within the frailty multidisciplinary team Dr Helen Miles, Theme lead medicine in Clinical Practice, Medical School University of Central Lancashire |
| | 12.00 Involving older people in university teaching Dr Ellen Tullo, Staff Grade/ Associate Specialist, Northumbria Healthcare NHS Foundation Trust and Sunderland University |
| | 12.10 Discussion |

13.30 Lunch

STREAM 3: CARRICK

Trainees' session

Tissue viability

Moderators: Alice Wakefield & Ruth Law

| | |
|--|---|
| 9.30 - 11.00 | <p>09.30 Arterial disease in the older adult Mr Lewis Meecham, Consultant vascular surgeon Cardiff and Vale UHB</p> <p>09.50 Venous Disease and Leg Ulceration - how can a vascular surgeon improve the outcomes for these patients? Mr Huw Davies, Consultant vascular surgeon Cardiff and Vale UHB</p> <p>10.10 Wound debridement in the older person Dr Amy Ferris, Consultant, University Hospital of Wales (<i>Remote</i>)</p> <p>10.30 Management of post-operative wounds in the older patient Christina Harris, Tissue Viability Lead, University Hospital Wales (<i>Remote</i>)</p> <p>10.50 Questions</p> |
| 11.00 | Free time |
| Platform Presentations Moderator: Esther Clift | |
| 11.30 - 12.30 | <p>Selected abstracts will be presented live by the authors in 10 minute vignettes. Review the abstract posters in advance and join live to ask your questions about the research results and methodology.</p> <p>11.30 Abstract 1513: Pre-fracture mobility enhances prediction of post-operative outcomes in hip fracture surgery TA Stubbs; WJ Doherty; A Chaplin; S Langford; MR Reed; AA Sayer; MDWitham; AKSorial</p> <p>11.45 Abstract 1587: Association between handgrip strength-based motoric cognitive risk syndrome and the risk of cognitive impairment Z Chen; M Ho; PH Chau</p> <p>12.00 Abstract 1600: Community-based complex interventions to sustain independence in older people: systematic review and network meta-analysis TF Crocker; N Lam; J Ensor; M Jordão; R Bajpai; M Bond; A Forster; R Riley; J Gladman; A Clegg; complex interventions review team</p> <p>12.15 Abstract 1644: Frailty and outcomes after stroke: a systematic review and meta-analysis A Elliott; M Kadicheeni; K Chin; P Divall; T Robinson; L Beishon</p> |
| 12.30 | Stream close |

STREAM 1: PENTLAND**Dementia and related disorders****Moderators:** Tomas Welsh & Samrah Ahmed

| | |
|------------------|---|
| 14.30 - 16.00 | 14.30 Managing depression and dementia Professor Rob Howard, Professor of Old Age Psychiatry, UCL Clinical Academic Training Lead, Mental Health Lead UCLH NIHR BRC, UCL Division of Psychiatry |
| | 15.00 Appropriate prescribing of antipsychotic medication in dementia Delia Bishara Consultant Pharmacist, Mental Health of Older Adults & Dementia, South London & Maudsley NHS Foundation Trust |
| | 15.30 Distinguishing delirium from dementia Professor Dan Davis, Professorial Research Fellow, University College London (<i>Remote</i>) |

KEYNOTE **Closing address**

| | |
|-------|---|
| 16.00 | Closing words from BGS President, Professor Adam Gordon |
| 16.30 | CONFERENCE CLOSE |

STREAM 2: FINTRY**Education**

The new geriatric medicine curriculum: training for the trainers

Moderators: Anne Hendry and Aoife Duignan

| | |
|------------------|--|
| 14.30 - 16.00 | Training for the Trainers Dr Sue Pound, Consultant Physician, Victoria Hospital and Dr Rebecca Winter, Consultant/Senior lecturer, Brighton and Sussex Medical School |
| | This interactive session is for Training Programme Directors, educational supervisors and those supporting the training and development of medical colleagues at early stages of their career. |

KEYNOTE **Closing address**

| | |
|-------|---|
| 16.00 | Closing words from BGS President, Professor Adam Gordon |
| 16.30 | CONFERENCE CLOSE |

British Geriatrics Society
Improving healthcare for older people

Join us

in improving healthcare
for older people

Who can join?

Anyone specialising in the healthcare of older people can join the BGS. We welcome all members of the multidisciplinary team at all stages in their career, from university to retirement.

This includes

Doctors • Nurses • Therapists • Pharmacists • General Practitioners • Researchers into ageing and age-related disorders • Allied Health Professionals • NHS managers

And more!

Join the BGS for FREE as a student!

BGS membership is free for medical students, student nurses and student therapists, as well as Foundation Year doctors and nurses/AHPs in their preceptorship year.

Simply visit www.bgs.org.uk/join to sign up - you will need to provide supporting documentation to confirm your student status during the membership application. Your membership will be active instantly while we review your information.

This means you can instantly start enjoying all the benefits of being a BGS member, including:

A programme of **accredited CPD events** delivering 25 external hours for less than £500

Discounts on fees for BGS events (saving up to £150 per event)

Access to **best practice guidance** on topics such as frailty and care homes

Networking with other specialists and experts in the care of older people

Digital **subscription** to our high impact factor scientific journal, *Age & Ageing*

...and much more!



BGS

Become a member today! Join online at www.bgs.org.uk/join



British Geriatrics Society
Improving healthcare
for older people

Marjory Warren House
31 St John's Square
London EC1M 4DN

Telephone +44 (0)20 7608 1369
Email registrations@bgs.org.uk
Website www.bgs.org.uk