



# Geriatrics **G4J** for Juniors Leeds 2015

Saturday 7th November 2015

Park Plaza Hotel

Leeds

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Hello, and welcome to Geriatrics for Juniors 2015.

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

The first G4J conference was held in Newcastle Upon Tyne in November 2013, and hosted over one hundred junior doctors from throughout the UK. The feedback was overwhelmingly positive, and led to a second sell-out conference in Birmingham in 2014. With G4J15, the intention is not to merely repeat the programme from the last conferences. Instead, we are trying to build on the most successful and well-received aspects of previous G4J events and help the whole programme evolve into an event that is genuinely interesting and useful, tailored to meet the needs of the audience and, ultimately, their patients. We hope we have been successful in doing this, and would welcome your feedback after the event.

We would like to thank the British Geriatrics Society for their help with logistical and administrative support for G4J15. Together we have worked hard to make sure that this is the most successful G4J event yet!

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

Whether or not you intend to pursue a career in Geriatrics, we hope you find the day useful and relevant to your clinical practice. Please visit our website to find out about our other educational projects - G4J Connect (regional educational events), Mini-GEMs (short clinical video presentations) and CotEcast (a monthly audio podcast).

Thank you for your support.

**Mark Garside, James Fisher, Kelly Hunt, Peter Brock and Vicky Gibson**

**The AEME Committee**

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**#G4J15**



# Geriatrics **G4J** for Juniors Leeds 2015

## PROGRAMME

0830 – 0855 *Registration & Coffee (Park Rooms 1 & 2 - second floor)*

0855 – 0900 Welcome & Introduction

0900 – 0930 **Front Door Geriatrics - Top Tips for Making a Difference**

Dr Peter Brock  
ST4 Geriatric Medicine  
Gateshead Hospitals NHS Foundation Trust

0930 – 1000 **Frailty & The Ageing Body**

Dr Zoe Wyrko  
Consultant Geriatrician  
University Hospitals Birmingham NHS Foundation Trust

1000 – 1030 **Dizziness - The Dos and Don'ts**

Dr Mark Garside  
ST8 Stroke and Geriatric Medicine  
Northumbria Healthcare NHS Foundation Trust

1030 – 1050 *Coffee (Park Rooms 1 & 2 - second floor)*

1050 – 1120 **Compassion Care and Geriatric Medicine**

Dr Kate Granger, MBE  
Honorary Consultant Geriatrician  
Mid Yorkshire Hospitals NHS Foundation Trust

1120 – 1150 **Community Geriatrics - Life Outside the Hospital**

Dr Adam Gordon  
Consultant & Honorary Associate Professor in Medicine  
Nottingham University Hospitals NHS Trust & Nottingham University

1150 – 1220 **Parkinson's Disease - A Junior Doctor's Survival Guide**

Dr James Fisher  
ST7 Geriatric Medicine  
Northumbria Healthcare NHS Foundation Trust

- 1220 – 1400 *Lunch (Park Rooms 1 & 2 - 2nd floor)  
including 'World Cafe' drop-in sessions, poster viewing, and the following optional sessions*
- **Ask a registrar: Med Reg Fears  
(Plaza Room 1 - third floor)**  
SpR Panel: Vicky Gibson (chair), Rebecca Anthony, Becky Whiting
  - **Ask a registrar: Working and living as a Geriatrician  
(Plaza Room 4 - third floor)**  
SpR Panel: Mark Garside (chair), Sean Ninan, Emma Ryland
- 1400 – 1430 **The Role of a Geriatrician in a Modern NHS**  
Professor David Oliver  
Consultant Physician, Royal Berkshire NHS Foundation Trust  
Senior Visiting Fellow, The Kings Fund, London  
President, British Geriatrics Society  
Visiting Professor of Medicine for Older People, City University London
- 1430 – 1500 **Common-Sense Continence Care**  
Dr Francis Collin  
Consultant Geriatrician  
Northumbria Healthcare NHS Foundation Trust
- 1500 – 1530 **End of Life Care - What You Need To Know**  
Dr Eileen Burns  
Consultant Geriatrician, Leeds Teaching Hospitals NHS Trust  
President, British Geriatrics Society
- 1530 – 1550 *Coffee (Park Rooms 1 & 2 - second floor)*
- 1550 – 1620 **Confusion ?Cause**  
Dr Sean Ninan  
ST7 Geriatric Medicine  
Leeds Teaching Hospitals NHS Trust
- 1620 – 1650 **Perioperative Care of Older People**  
Dr Ann Carson  
ST7 Geriatric Medicine  
South Tyneside NHS Foundation Trust
- 1650 – 1655 *"CotE Champions" Poster Awards and Prizegiving*
- 1655 - 1700 *Summary and Close*
- 1710 - 1740 *Focus Groups - for volunteers (Plaza Rooms 1 & 4 - third floor)*

## WORLD CAFE

The 'World Cafe' will include stands representing sub-specialty areas and topics related to careers in Geriatric Medicine. Please come and have a chat and find out what makes us tick! If you're struggling to think of what to ask, we've suggested some questions to get the conversation started!

### Job Applications

Dr Vincent Chau – ST4 Geriatric Medicine

*Ask me how to get a CMT and/or Geriatrics Specialist training job*

### Research and Academia

Dr Ed Richfield – Consultant Geriatrician

*Ask me what I enjoy most about a career in research and academia*

### Stroke

Dr Marissa Minns – ST6 Geriatric Medicine

*Ask me why Geriatricians make the best stroke doctors*

### Less Than Full Time Training

Dr Laura Cook – ST6 Geriatric Medicine

*Ask me why working part time is not doing things by half*

### Parkinson's Disease

Dr James Fisher – ST7 Geriatric Medicine

*Ask me why Parkinson's disease is the archetypal Geriatric condition*

### Falls and Syncope

Dr Elizabeth Brieley – Consultant Geriatrician

*Ask me why there is no such thing as a mechanical fall*

### Continence

Dr Francis Collin – Consultant Geriatrician

*Ask me about making a difference to a patient's bladder and bowels*

### Community Geriatrics

Dr Adam Gordon – Consultant Geriatrician

*Ask me how I came to be a Community Geriatrician (and why I stuck with it)*

### Surgical Liaison

Dr Ann Carson – ST7 Geriatric Medicine

*Ask me how to get a surgeon to be nice to you*

### Quality Improvement Projects

Jo Preston - ST7 Geriatric Medicine

*Ask me about the best audits/QIPs I've seen*

### British Geriatrics Society

BGS reps

*Ask us what the British Geriatrics Society can offer you*

## SPEAKERS

### Dr Peter Brock

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[@petebrook7](https://twitter.com/petebrook7)



Pete is the secretary of AEME, having joined the committee in 2014. He graduated from Cambridge and UCL medical school, and completed his Foundation training in London, where he was involved with organising mentoring and revision courses for medical students. He moved to Newcastle for Core Medical Training, and now works as an ST4 in Geriatric Medicine in the North East. Pete is a presenter on CotEcast.

### Dr Zoe Wyrko

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[@geri\\_baby](https://twitter.com/geri_baby)



Zoe graduated from the University of Birmingham in 2000, and was appointed as Consultant Geriatrician at the Queen Elizabeth Hospital Birmingham in 2009. She is currently Director of Workforce Planning for the British Geriatrics Society, and has previously served as Honorary Secretary and Chair of the Trainees Council.

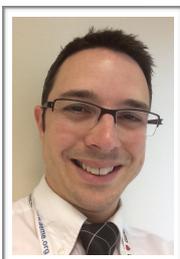
Her clinical work includes sessions as an acute physician running the Clinical Decision Unit, as well as a specialised ward for looking after older people with 'delayed transfers of care'. She is interested in health policy affecting older people, particularly around acute care; she is also working with the RCP, HEE and CfWI on several of the projects on medical workforce, and how both workforce and training will need to change in the future.

Her hobbies include playing in a brass band, running half marathons, and gin.

### Dr Mark Garside

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[@garside80](https://twitter.com/garside80)



Mark is the co-founder and chairman of AEME, and a presenter on CotEcast. He graduated from Newcastle University in 2004 and remained in the North East for his postgraduate training, which has included an MD in educational research. During his time as a teaching and research fellow, he developed a simulation-based training programme around the acute assessment and management of stroke patients.

His subspecialty interest is Stroke Medicine, but he is definitely a Geriatrician at heart! His spare time is limited due to having two young children, but any that he gets is spent watching Liverpool FC or coveting shiny gadgets.

**Dr Kate Granger**

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



Dr Kate Granger is a final year SpR in Medicine for Older People at Pinderfields Hospital in Wakefield. Her main clinical focus is improving how older people who are dying in the acute hospital setting are looked after. She is also a passionate, dedicated medical teacher and a strong advocate for quality improvement.

Kate is also a terminally ill cancer patient, diagnosed with a rare form of metastatic sarcoma in 2011. She has shared her experience of illness and medicine on the other side of the fence widely through books, her blog and Twitter. She also founded the global and influential #hellomynameis campaign, which aims to inspire all healthcare workers to introduce themselves to every patient they meet and see the person behind the disease. She was awarded an MBE in the New Year's Honours List 2015 for her services to the NHS and improving care.

**Dr Adam Gordon**

[adam.gordon@nottingham.ac.uk](mailto:adam.gordon@nottingham.ac.uk)  
[@adamgordon1978](https://twitter.com/adamgordon1978)



Adam is Clinical Associate Professor in Medicine of Older People at the University of Nottingham and a Visiting Professor at City University London NHS Trust. His clinical work a mixture of community geriatrics, surgical liaison work, and acute frailty assessment work. His research interest is in how healthcare can be delivered most effectively to older people living in care homes. He has authored 42 peer reviewed publications since 2010 and is an author of Geriatric Medicine at a Glance. He is Honorary Secretary of the British Geriatrics Society.

**Dr James Fisher**

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



James is the co-founder and treasurer of AEME. He graduated from Newcastle University in 2006, and has worked in the North East ever since. He recently returned to training after two years out of programme working as a teaching and research fellow. During this time he completed a Certificate of Clinical Education and gained an MD studying the use of accelerometers in patients with Parkinson's disease. He has also developed a simulation-based training programme related to the assessment of older patients.

**Professor David Oliver**

[david.oliver@royalberkshire.nhs.uk](mailto:david.oliver@royalberkshire.nhs.uk)



David is the current president of the British Geriatrics Society, and a consultant in Geriatric and acute general medicine at the Royal Berkshire NHS Foundation Trust. He was, until 2013, the DH national clinical director for older peoples services (England). He also has Masters' in Health Management, Health Leadership and HealthCare Ethics and Law, and has been named in the Health Service Journal 'Top 100 Clinical Leaders' list.

### Dr Francis Collin

[francis.collin@nhct.nhs.uk](mailto:francis.collin@nhct.nhs.uk)



Having studied at University of Bristol, Francis worked and trained in general medicine in the Southwest, London and North Island, New Zealand. He completed his specialist Geriatrics and G(I)M training in London and the North East.

Francis was recently appointed as Consultant Physician and Geriatrician to Northumbria Healthcare NHS Foundation Trust where he is in the process of setting up a continence service for the frail elderly.

In his spare time Francis enjoys traveling with his wife, playing the piano and playing and coaching Ultimate Frisbee.

### Dr Eileen Burns



Eileen is the President-Elect of the British Geriatrics Society. She has been a Geriatrician in Leeds since 1992 and was the clinical director of a large teaching hospital department from 1999 to 2011. She is currently clinical lead for integration in Leeds. She is the current chairman of the Community Geriatrics Special Interest Group.

### Dr Sean Ninan

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[@sean9n](#), [@gerisreg](#), [@thefatfacedcat](#)



Sean is currently working as a clinical leadership fellow in management and quality improvement in between ST6 and ST7 years of geriatric medicine. His interests are quality improvement, acute geriatrics, falls and syncope, and trying to improve the care of older people in hospitals. He has published some review articles and book chapters, and has a blog [sean9n.wordpress.com](http://sean9n.wordpress.com) which contains some tips on looking after older people and explains why he thinks geriatric medicine is so great.

In his spare time he runs a bi-monthly supper club, a weekly 5-10k and infrequently deejays at birthdays and weddings.

### Dr Ann Carson

[ann.gill@doctors.org.uk](mailto:ann.gill@doctors.org.uk)



Ann is an ST7 trainee in Elderly Care and General Internal Medicine, currently based at the James Cook University Hospital in Middlesbrough. She is originally from Edinburgh but completed her undergraduate training in Newcastle University, graduating in 2007. Apart from spending six months out of programme in 2012, working as an Elderly Care Registrar in Tauranga, New Zealand, she has continued her medical training in the Northern Deanery.

## 'ASK THE REGISTRAR' PANELLISTS

### Dr Rebecca Anthony

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Rebecca is currently an ST7 in elderly medicine working in Leeds and has subspecialty interests in peri-operative geriatrics and dementia. She has recently returned to training following an out of programme year as a clinical leadership fellow. She has a broad general medical experience having undertaken general medical on-calls in teaching hospitals and district general hospitals in London and Leeds. She has also been a trainee representative on the local specialty training committee and recently completed a part time MA in biomedical and healthcare ethics.

### Dr Vicky Gibson

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[@gibsonvmVicky](#)



Vicky completed her medical degree in Newcastle upon Tyne in 2006, followed by her foundation years in the North East. She spent a year carrying out voluntary medical work in Africa before starting GP training in the North East. This was followed by a quick switch back into hospital medicine to complete CMT in the North East, followed by a year working in Sydney, Australia. She started Geriatric training back in the North East in August 2014 and hasn't looked back since! She has interests in medical education, falls and syncope, and peri-operative care of older people.

### Dr Becky Whiting

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Having originally trained in Newcastle, Becky is now an ST6 in the Yorkshire Deanery, and has recently returned from maternity leave. She is currently doing a part time out-of-programme year as a Clinical Leadership Fellow, and is undertaking a Masters in Medical Education. She is also a representative on the GIM Specialty Training Committee. She enjoys perioperative medicine, acute care, and teaching. Outside work she is a member of her local Women's Institute (it's cooler than it sounds, honest).

### Dr Emma Ryland

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Emma is an ST5 in Geriatrics who works in West Yorkshire. She graduated from Nottingham University in 2008 and has slowly moved North since then. She almost had a fling with paediatrics, but her love for Geriatric Medicine remained true. She loves sunshine (so should stop moving further North), walks with views, leather boots and spending time with friends. She would like to get a dog. In addition to her clinical work she is a BGS trainee rep, writes questions for the geriatric specialty examination and has taken a year out of programme as a medical leadership fellow in patient safety.



# Association for Elderly Medicine Education

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## Geriatrics for Juniors

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

## Mini-GEMs

A collection of concise, focused, clinically-orientated online video presentations, each lasting no longer than 7 minutes



Geriatrics E-learning Module



## CotEcast

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

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