

**C&W**

Courses &  
Workshops



ROYAL  
COLLEGE of  
PHYSICIANS of  
EDINBURGH

# RCPE: Edinburgh International Course on Medicine for the Older Adult

## Programme



 [rcpe.ac.uk](https://rcpe.ac.uk)

 @RCPEdin

 /RCPEdin

Monday 13 May – Friday 17 May 2024

 #rcpeOlder2024

# Course Details

We're delighted to be welcoming delegates back to the college in 2024.

The Edinburgh International Course in Medicine for the Older Adult will be delivered in person in 2024, and there will be an excellent line up of speakers from the UK and worldwide to cover a variety of topics relevant to anyone involved in the care of older people.

The course is designed to update you on the theory and practice of geriatric medicine with many practical talks, as well as wide-ranging discussions on the holistic management of the older adult.

In 2024 the course will explore the following themes:

- The journey through the hospital
- Neurology
- Psychiatry
- Community
- Surgical links
- Liaison workshops
- Geriatric giants

## Course organising committee

Dr Conor Maguire (Chair)

Dr Clare Bostock

Dr Matthew Lambert

Dr Claire McKay

Dr Colin Mitchell

Dr Andrew Pearson

Dr Jane Wallace

## CPD

The Federation of the Royal Colleges of Physicians of the UK runs a Continuing Professional Development (CPD) Scheme for all post-training physicians.

CPD Code: 148650

CPD Credits: 23



## Certificates and feedback

The CPD sign-in register is online and is combined with the symposium feedback survey.

- Please note that in order for us to issue CPD certificates, we require participants to complete our online feedback survey and you should have received an email containing a link to your individual feedback form. If you have not received this, please contact: Thais Poyo Gonzalez T.Gonzalez@rcpe.ac.uk.
- This survey must be completed fully before exiting.

- The sign-in and feedback form will be open for 28 days after the event, **closing at midnight on Friday 14 June 2024**. Electronic certificates will be issued shortly after that date via email. It will not be possible to issue certificates to delegates who do not complete the form by this date as it is your confirmation that you attended – so please make sure you do. Please note that it is not possible to download a certificate directly from the online feedback survey platform.

## Talk Recordings

Delegates will have access to recordings of presentations (not workshops) for six months following the course. Login details have been emailed to delegates. However should you have any difficulties gaining access to this material, please contact [cme@rcpe.ac.uk](mailto:cme@rcpe.ac.uk)

## Interactive sessions/talks

Some of the speakers will be using an interactive software, 'Slido', so that everyone can participate in polls and case discussions.

- On your mobile, tablet or computer, go to [slido.com](https://www.slido.com).
- Enter the event code: **#rcpeOlder2024**
- This code will be used throughout the panel discussions.
- When the speaker asks the audience questions/polls, your device will display the poll and you can vote from your device.

## Social media/photography

The College encourages online discussion and the use of social media. You may therefore see participants taking photographs, using mobiles, laptops or tablets for discussion on Twitter. Please feel free to participate – the X (formerly Twitter) hashtag for this event is **#rcpeOlder2024**

## General information - attending at the College

- **Photography**

A professional photographer may be in attendance at this event. Photographs may be used by the College in digital and printed publicity material. If you do not wish to be photographed, please let a member of staff know at the registration desk.

- **Access**

A wheelchair lift and internal lift are in place at the College, allowing access to the conference centre and historic rooms. For further information and assistance, please contact the Event Co-ordinator responsible for the event.

An induction loop system is available in the Great Hall and Conference Centre Auditorium.

- **Prayer and Quiet Room**

There is a room available. Please ask at the registration desk.

- **Heritage Exhibitions**

Please take time to view the exhibition displayed in the cabinets in the conference centre during the symposium.

**After Life... a history of death** is available opposite the College's main reception area. Please visit this free exhibition during the breaks in the symposium.



# Course programme

## Edinburgh International Course on Medicine for the Older Adult 2024

Monday 13 – Friday 17 May 2024

### Day 1 - Monday 13 May 2024

**08:30**            **Registration and Coffee**

**08:55**            **Welcome and Introductory Remarks**

Professor Andrew Elder, President, Royal College of Physicians of Edinburgh

### Session 1 - Journey through the hospital

Chair: Dr Jane Wallace, Consultant Geriatrician, Northumbria Healthcare

**09:05**            **The injured older adult in the Emergency Department**

Dr Jonathan Carter, Consultant in Emergency Medicine, Royal Infirmary of Edinburgh  
\* why is silver trauma so important? \* why is silver trauma so tricky? \* how to be more silver-trauma confident when you see a frail faller

**09:45**            **Admission to Intensive Care**

Dr Annemarie Docherty, Senior Clinical Lecturer, University of Edinburgh & Honorary Consultant in Intensive Care Medicine, Royal Infirmary of Edinburgh

**10:30**            **Coffee / tea**

**11:00**            **Acute heart failure**

Dr Caroline Scally, Consultant Cardiologist, Royal Infirmary of Edinburgh & St. John's Hospital, Livingston  
\* the assessment and management of the older adult with acute heart failure (+/- chronic heart failure) \* case presentations

**11:45**            **Acute kidney injury**

Dr Simon Sawhney, Senior Clinical Lecturer in Nephrology, Aberdeen Centre for Health Data Science  
\*Measuring kidney diseases \*Clinical assessment \*Medications \*Follow up considerations for older people

**12:30**            **Lunch**

### Session 2

Chair: Dr Latana Munang, Consultant Physician, NHS Lothian, Edinburgh

**13:30**            **Sepsis**

Professor Simon Conroy, Consultant Geriatrician, St Pancras Hospital, London & Honorary Professor of Geriatric Medicine, University College London  
\* clinical presentation \* diagnostic tests \* treatment choices \* prioritising outcomes

**14:15**            **Why is my patient so sleepy? Hypoactive delirium**

Professor Liz Sampson, Clinical Professor, Liaison Psychiatry  
\* is daytime sleepiness 'normal' for older adults? \* levels of arousal as associated with mortality \* causes of daytime sleepiness

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*Monday 13 – Friday 17 May 2024*

- 15:00**            **Coffee / tea**
- 15:30**            **Examining the older patient**  
Professor Andrew Elder, President, Royal College of Physicians of Edinburgh  
\* why physical examination still matters \* how to avoid mistakes
- 16:30**            **Welcome reception & tour of Royal College of Physicians of Edinburgh**

**Day 2 - Tuesday 14 May 2024**

- 08:30**            **Registration and Coffee**
- 08:55**            **Introduction**  
Dr Conor Maguire, RCPE Vice President (International), Consultant Physician in Medicine for the Elderly, Western General Hospital, Edinburgh

### **Session 3 - Neurology**

Chair: Dr Matthew Lambert, Consultant in Medicine for the Elderly and Stroke, Department of Medicine for the Elderly, Ninewells Hospital, Dundee

- 09:05**            **The hospital management of the person with Parkinson's**  
Dr Gordon Duncan, Consultant Physician, NHS Lothian, Edinburgh  
\* immediate management \* stroke mimics and chameleons
- 09:45**            **Acute stroke**  
Dr Fergus Doubal, Honorary Reader in Stroke Medicine, University of Edinburgh & Consultant Stroke Physician and Geriatrician, Royal Infirmary of Edinburgh
- 10:30**            **Coffee / tea**
- 11:00**            **Syncope**  
Dr John Davison, Consultant in Elderly Medicine, Older Persons Health, Burwood and Christchurch Hospitals, Christchurch, NZ  
\*How to triage \*Critical history \*Investigations - how to minimise and target \*Information scripts and meds
- 11:45**            **Epilepsy/Seizures in the Older Adult**  
Professor Arjune Sen, Professor of Global Epilepsy, Oxford  
\*Incidence and prevalence of epilepsy in older people \*Why diagnosing epilepsy in older people is particularly challenging \*Treatment of seizures/ epilepsy in the older population  
\*Intersection of epilepsy and dementia \*Global perspectives
- 12:30**            **Lunch**

### **Session 4 - Psychiatry**

Chair: Prof Susan Shenkin, Professor of Healthcare for Older People, Ageing and Health Research Group, University of Edinburgh

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*Monday 13 – Friday 17 May 2024*

- 13:15**            **Workshops: dementia, neuropsychiatric and behavioural problems in the hospital setting**  
Group 1 – Dementia workshop  
Dr Lucy Stirland, Honorary Senior Clinical Research Fellow in Old Age Psychiatry, University of Edinburgh  
Group 2 - Acute psychiatry presentations  
Dr Ross Overshott, Consultant Liaison Psychiatrist, Salford Royal Hospital
- 14:45**            **Coffee / tea**
- 15:15**            **Workshops: dementia, neuropsychiatric and behavioural problems in the hospital setting**  
Group 1 - Acute psychiatry presentations  
Dr Ross Overshott, Consultant Liaison Psychiatrist, Salford Royal Hospital  
Group 2 – Dementia workshop  
Dr Lucy Stirland, Honorary Senior Clinical Research Fellow in Old Age Psychiatry, University of Edinburgh
- 16:45**            **Wrap up and discussion**
- 17:10**            **Close**

### Day 3 - Wednesday 15 May 2024

- 08:30**            **Registration** and Coffee
- 09:00**            **Introduction**  
Dr Conor Maguire, RCPE Vice President (International), Consultant Physician in Medicine for the Elderly, Western General Hospital, Edinburgh

### Session 5 - Community

Chair: Dr Clare Bostock, Consultant Geriatrician, NHS Grampian

- 09:05**            **Care home medicine**  
Professor Adam Gordon, Professor of Care of Older People, University of Nottingham;  
Consultant Geriatrician, University Hospitals of Derby and Burton & President, British Geriatrics Society  
\* models of healthcare delivery and how to make them work \* core competencies in care home medicine \* the role of high quality data in care delivery
- 09:45**            **Hospital at home**  
Dr Claire Steel, Consultant Geriatrician, University Hospital Monklands, Airdre  
\* what is hospital at home? \* different models of hospital at home \* services in Scotland and across the UK/world
- 10:30**            **Coffee / tea**
- 11:00**            **Intermediate care and rehabilitation**  
Prof Anne Hendry, Senior Associate, International Foundation for Integrated Care (IFIC);

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Director, IFIC Scotland and Honorary Professor, University of the West of Scotland  
\* what is intermediate care? \* different models \* benefits

- 11:45**      **Community Geriatrics**  
To be confirmed  
\* setting up a service \* community MDT working \* different models of practice
- 12:30**      **Lunch & close**

### Day 4 - Thursday 16 May 2024

- 08:30**      **Registration and Coffee**
- 09:00**      **Introduction**  
Dr Susan Pound, Vice President (Scotland and Northern Ireland), RCPE

### Session 6 - Surgical links

Chair: Dr Colin Mitchell, Consultant Physician and Geriatrician, St Mary's Hospital, London

- 09:05**      **Prostate gland**  
Prof Alan McNeill, Consultant Urologist, Western General Hospital, Edinburgh  
\* PSA: when to measure, who to refer \* BPH: medical treatments prior to surgery \* prostate cancer: who, when and what treatment? \* urological challenges: avoiding and managing long-term catheterisation
- 09:45**      **Subdurals and other intracranial bleeds in the older adult**  
Mr Chandrasekaran Kaliaperumal, Consultant Paediatric and Adult Neurosurgeon, Royal Infirmary of Edinburgh  
\* acute and chronic subdurals \* other intracranial bleeds and contusions \* who & when to refer, re-refer, and re-image \* stopping and restarting antiplatelets / anticoagulants
- 10:30**      **Coffee / tea**
- 11:00**      **Peripheral vascular disease**  
Ms Catriona Semple, Clinical Senior Lecturer, University of Dundee  
\* chronic limb threatening ischaemia \* acute limb ischaemia \* mesenteric ischaemia \* palliative care and realistic vascular surgery
- 11:45**      **Acute spinal problems in the elderly**  
Mr Santosh Baliga, Consultant Orthopaedic Surgeon, NHS Grampian  
\* cervical myelopathy \* osteoporotic fractures \* Cauda Equina Syndrome: the new GIRFT guidelines
- 12:30**      **Lunch**

### Session 7 - Liaison workshops

Chair: Dr Claire McKay, Consultant in Geriatric Medicine, Department of Medicine of the Elderly, Hairmyres Hospital, East Kilbride



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*Monday 13 – Friday 17 May 2024*

- 13:30**            **Group 1 - POPS: how to run a successful service**  
Dr Mark Johnston, Consultant Geriatrician, POPS lead (Peri-Operative care for Older People undergoing Surgery/OncoGeriatrics) Liverpool University Hospitals NHS Foundation Trust & British Geriatric Society (BGS) POPS Co-Chair
- Group 2 - End of life care: what matters to people in their last hours, weeks and months of life?**  
Dr Deans Buchanan, Consultant in Palliative Medicine, NHS Tayside
- 14:30**            **Coffee / tea**
- 15:00**            **Group 1 - End of life care: what matters to people in their last hours, weeks and months of life?**  
Dr Deans Buchanan, Consultant in Palliative Medicine, NHS Tayside
- Group 2 - POPS: how to run a successful service**  
Dr Mark Johnston, Consultant Geriatrician, POPS lead (Peri-Operative care for Older People undergoing Surgery/OncoGeriatrics) Liverpool University Hospitals NHS Foundation Trust & British Geriatric Society (BGS) POPS Co-Chair
- 16:00**            **Close**

### Day 5 - Friday 17 May 2024

- 08:30**            **Registration** and Coffee
- 09:00**            **Introduction**  
Dr Kerri Baker, Dean of Education, RCPE

### Session 8 - Geriatric giants

Chair: Dr Andrew Pearson, Consultant, Medicine for the Elderly, Western General Hospital, Edinburgh

- 09:05**            **Sarcopenia**  
Professor Avan Sayer, Honorary Consultant Geriatrician, Newcastle Hospitals & Director, National Institute for Health Research, Newcastle Biomedical Research Centre  
\* definition of frailty \* early identification \* preventing decline and healthy ageing
- 09:45**            **Urinary incontinence**  
Dr Karen Guerrero, Consultant Urogynaecologist & Honorary Clinical Senior Lecturer, Queen Elizabeth University Hospital, Glasgow  
\* classification \* assessment \* pragmatic management \* role of drugs
- 10:30**            **Coffee / tea**
- 11:00**            **Immobility/falls/instability**  
Dr Dawn Skelton, Professor in Ageing and Health, Glasgow Caledonian University

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|--------------|--|
| <b>11:45</b> | <b>Polypharmacy</b><br>Dr Henry Woodford, Consultant in Elderly Medicine, Northumbria Healthcare NHS Foundation Trust<br>* impact of polypharmacy * easy wins when deprescribing * pitfalls and traps to avoid when stopping tablets * when to start medications |
| <b>12:30</b> | <b>Course evaluation time</b>  |
| <b>12:45</b> | <b>Lunch</b>   |
| <b>13:30</b> | <b>Close</b>   |