



SYMPOSIUM
Hybrid



ROYAL
COLLEGE of
PHYSICIANS of
EDINBURGH

Gastroenterology

Programme & Abstracts



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Wednesday 16 November 2022

 [#rcpeGastro22](https://twitter.com/rcpeGastro22)

Symposium organising committee

Dr Alexandra Kent (Chair)

Dr Mandeep Bhandal

Dr Amit Chattree

Dr Shahida Din

Dr Victoria Kronsten

Dr Mike Miller

Dr Nowlan Selvapatt

Dr Keith Siau

Dr Philip Smith

The Federation of the Royal Colleges of Physicians of the UK runs a Continuing Professional Development (CPD) Scheme for all post-training physicians. Please note it is your responsibility only to claim credits for the hours you attend.

CPD ID Code: 140932

CPD Credits: 6



CPD certificates and feedback

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

- 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: R.Dodgson@rcpe.ac.uk
- There is an option to save your feedback as you complete it during the day and finish your responses later. This is done through the 'Finish later' button, which is at the bottom of every page of the survey.
- Please note that the 'Finish later' feature supplies you with an updated individual link, which contains your previous answers. These are not accessible to our administration team so please ensure that you store this link as otherwise you will have to begin your survey again.
- The sign-in and feedback form will be open for 28 days after the event, **closing at midnight on 14 December 2022**. 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.

Asking questions and interactive sessions

- You can submit questions to the speakers during the talks using 'Slido.com' - we will be using interactive software, 'Slido', so that everyone can ask the speakers questions and participate in any polls and case discussions
- Additionally, if you are attending at the College there are microphones for you to use in the auditorium
- On your mobile, tablet or computer, go to [slido.com](https://www.slido.com).
- Enter the event code: **#rcpeGastro22**
- This code will be used throughout the day for all presentation.
- When delegates send questions to speakers, your device will display the delegate questions.
- You can 'like' any delegate questions submitted, questions will rearrange based on how many 'likes' they have, highlighting to the Chair popular questions.
- Any questions not answered on the day will be responded to retrospectively and posted on <https://events.rcpe.ac.uk/events/symposia>.

Social media

The College encourages online discussion and the use of social media. Please feel free to participate – the Twitter hashtag for this event is **#rcpeGastro22**

You don't have to join Twitter to participate, anyone can access the tweets from the event, just type the event hashtag into the search bar of your browser and all tweets with the hashtag will be displayed. The College has its own Twitter account @RCPEdin and this is usually highly active during symposia and a useful summary of key messages from the day.

On demand viewing

The presentations will be available to view 2 days after the symposium and remain available for 28 days after the event, **closing at midnight on 14 December 2022**. RCPE Fellows and Members will be able to access selected presentations on the RCPE Education Portal for a further period.

If you are attending the event in-person at the College, please be aware of the following:

- **Heritage Exhibition**



Visit **'Food: Recipe or Remedy'** – the College's new exhibition on the history of medicinal food and gastroenterology. The illustrations, books and objects displayed in this exhibition tell the story of the changing role of food in medicine over the last 600 years. This exhibition encourages us to consider both the social and the medical ideas around food and health, and aims to show how our shifting notions of, and relationship with, our diet have been central to medicine for hundreds of years.

- **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. However, as a listed building, meeting rooms 4 & 5 have restricted access. 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.

- **Parent Room**

We can provide a Parent Room at our events. If you are interested in using this facility, please contact the Co-ordinator for further information.

- **Prayer and Quiet Room**

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

Symposium programme

Gastroenterology

RCPE Symposium held on Wednesday 16 November, 2022

09.00 **Registration** and coffee (if attending in College)

09.25 **Welcome by Dr Conor Maguire**, Vice President, Royal College of Physicians of Edinburgh

Session 1 Gastrointestinal (GI) services in the 21st century

Chair: **Dr Mike Miller**, Consultant Gastroenterologist & Clinical Lecturer, University of Dundee

09.30 **Early detection of liver disease**

Professor John Dillon, Professor of Hepatology and Gastroenterology, University of Dundee

* managing abnormal liver function tests as a generalist * who should be referred to secondary care? * the use of Intelligent liver function testing (iLFT) * monitoring patients with mild liver dysfunction

10.05 **Digital transformation in the NHS**

Dr Nick Kennedy, Consultant Gastroenterologist, Royal Devon and Exeter NHS Foundation Trust & Honorary Clinical Senior Lecturer at the University of Exeter

* digital monitoring in patient care * patient initiated follow up (PIFU) * technological advancements in GI healthcare

10.40 **Twitter: friend or foe?**

Dr Keith Siau, Consultant Gastroenterologist, Royal Cornwall Hospitals NHS Trust

@drkeithsiau

* the use of Twitter for educational activities * communicating with patients via social media * can we share images and case discussions on social media

11.15 **Break**

Session 2 Providing quality GI services

Chair: **Dr Nowlan Selvapatt**, Consultant Hepatologist and Gastroenterologist, Imperial College Healthcare NHS Trust, London

11.40 **Cytosponge: integrating a non-invasive test for Barrett's oesophagus into clinical care**

Mr Paul Glen, Upper GI Surgeon, Southern General Hospital, Glasgow

* what is Cytosponge? * how effective is Cytosponge? * integrating Cytosponge into care pathways in primary and secondary care * cost-savings associated with Cytosponge

12.15 **DR ANNE FERGUSON Lecture**

Chair: **Dr Conor Maguire**, Vice President, Royal College of Physicians of Edinburgh

Nutritional aspects of functional GI disease – a case based discussion

Dr Asma Fikree, Consultant Gastroenterologist, Royal London Hospital, London

* risk of nutritional deficiency in functional gastrointestinal disorder * how to supplement patients * when is NJT/PEG/PEG-J appropriate? * the multi-disciplinary team approach

13.00 **Lunch**

Symposium programme

Gastroenterology

RCPE Symposium held on Wednesday 16 November, 2022

Session 3 Transition services in gastroenterology

Chair: Dr Alexandra Kent, Consultant Gastroenterologist, King's College Hospital, London

13:45 Transition services in gastroenterology - multidisciplinary panel presentations & discussion
Case presentation topics: * transition in inflammatory bowel disease (IBD)
* transition in liver disease * case presentations * the patient perspective * psychological support * how to set up the service?

Panel members from the Liverpool Transition Service:

IBD: Dr Philip Smith, Liverpool University Hospitals NHS Foundation Trust

Hepatology: Dr Tehreem Chaudhry, Liverpool University Hospitals NHS Foundation Trust

Clinical Psychologist: Dr Rachel McGowan, Liverpool University Hospitals NHS Foundation Trust

IBD Clinical Nurse Specialist: Ms Lisa Critchley, Liverpool University Hospitals NHS Foundation

Trust Patient : Ms Molly O' Donoghue, Edinburgh

14:45 Break

Session 4 Anaemia

Chair: Dr Amit Chattree, Consultant Gastroenterologist, City Hospitals South Tyneside and Sunderland NHS Foundation Trust

15:05 How do we apply the latest British Society of Gastroenterology (BSG) guidelines to clinical practice?

Dr Ajay Verma, Consultant Gastroenterologist, Kettering General Hospital, Kettering

* review of the latest BSG guidelines * iron deficiency * who is at risk of GI cancer * who should be referred * how to supplement * when to use IV iron

15:40 Video capsule enteroscopy (VCE) in patients with anaemia

Dr Melissa Hale, Consultant Gastroenterologist, Sheffield Teaching Hospitals NHS Foundation Trust

* utility of VCE in anaemia * which patients should undergo a VCE? * benefit over other imaging e.g. magnetic resonance enterography

16:15 Clinical conundrums in coeliac disease (CD)

Dr Helen Gillett, Consultant Gastroenterologist, St John's Hospital Livingston, NHS Lothian

Case-based discussions:

* sero-negative CD - in asymptomatic and symptomatic patients * asymptomatic coeliac disease

- is enforcing a gluten free diet necessary? * coeliac mimics

16:50 Close

Symposia Abstracts

Session 1 - Gastrointestinal (GI) services in the 21st century

Early detection of liver disease

Professor John Dillon, *Professor of Hepatology and Gastroenterology, University of Dundee*

Mortality from chronic liver disease (CLD) in the UK has increased by over 400% since 1970, driven by alcohol, non-alcoholic fatty liver disease (NAFLD) and hepatitis C virus (HCV), the natural histories of which can all be improved by early intervention.

Patients often present with advanced disease, which would be preventable if diagnosed earlier and lifestyle-change opportunities offered.

Liver function tests (LFTs) are very commonly measured. Approximately 20% are abnormal, yet the majority are not investigated at all. Less than 20% are investigated according to guidelines but investigating all abnormal LFTs to identify early liver disease would overwhelm services. Recently, several diagnostic pathways have been launched across the country; some focus on abnormal LFTs and some on assessing at-risk populations.

This review will collate the evidence on the size of the problem and the challenge it poses. We will discuss the limitations and restrictions within systems that limit the responses available. We will review the current pathways being evaluated and piloted in the UK and explore the arguments for and against LFT-based approaches and 'case-finding strategies' in the community diagnosis of liver disease.

Furthermore, the role of fibrosis assessment methods (including scoring systems such as FIB-4 index, the Enhanced Liver Fibrosis (ELF) test, and elastography) within these pathways will also be discussed.

Session 2 - Providing quality GI services

Cytosponge: integrating a non-invasive test for Barrett's oesophagus into clinical care

Mr Paul Glen, *Upper GI Surgeon, Southern General Hospital, Glasgow*

The endoscopy service was placed under unrecoverable pressure during the COVID-19 pandemic and alternative methods of Barrett's detection and surveillance were introduced. This talk describes the Scottish experience of Cytosponge for assessment of reflux patients and surveillance of Barrett's oesophagus and the effect on the endoscopic practice.

Session 3 - Transition services in gastroenterology

Transition services in gastroenterology – multidisciplinary panel presentations & discussion

IBD

Dr Philip Smith, *Liverpool University Hospitals NHS Foundation Trust*

This session will provide an introduction to gastroenterology and hepatology transition from paediatric to adult care, and touch on the long-term impact of failure or absence of transitional care. We will demonstrate how transitional services can be set up, utilising the 2017 guidelines by the British Society of Gastroenterology.¹

In addition, we will provide real-world case presentations involving transition patients and provide discussion around this, focusing particularly on the psychosocial needs of patients, and the importance of the transition 'key worker' healthcare professional in the process. Transition is not just confined to luminal patients and so we discuss the transition of hepatology patients, including liver transplant patients. Finally, we provide a patient's view of transition delivered by a patient who has successfully transitioned through our service. Questions are invited during the session to aid interaction with delegates.

References

1 AJ Brooks, PJ Smith et al. UK guideline on transition of adolescent and young persons with chronic digestive diseases from paediatric to adult care. *Gut* 2017; 66: 988–1000.

Session 4 - Anaemia

Video capsule enteroscopy (VCE) in patients with anaemia

Dr Melissa Hale, *Consultant Gastroenterologist, Sheffield Teaching Hospitals NHS Foundation Trust*

Small-bowel capsule endoscopy (SBCE) is considered the first-line test for small bowel investigation of recurrent or refractory iron-deficiency anaemia and this is supported by national and international guidelines.^{1,2} It is a non-invasive, patient friendly, safe procedure which is highly sensitive in identifying small bowel abnormalities. Commonly identified

pathology include vascular lesions, inflammation and occasionally small-bowel tumours. The yield of SBCE is increased by increasing age, co-morbidity and transfusion dependency. SBCE alters management, since identified abnormalities may be amenable to treatment by device assisted enteroscopy, medication or surgery. Capsule endoscopes to image the upper gastrointestinal tract and colon are now available and may offer a more patient friendly, non-invasive means of examining the stomach and colon.

References

1 Snook J, Bhala N, Beales ILP et al. British Society of Gastroenterology guidelines for the management of iron deficiency anaemia in adults. *Gut* 2021; 70:2030–51.

2 Pennazio M, Spada C, Eliakim R et al. Small-bowel capsule endoscopy and device-assisted enteroscopy for diagnosis and treatment of small-bowel disorders: European Society of Gastrointestinal Endoscopy (ESGE) Clinical Guideline. *Endoscopy* 2015; 47: 352–76.

Clinical conundrums in coeliac disease (CD)

Dr Helen Gillett, *Consultant Gastroenterologist, St John's Hospital, NHS Lothian*

The talk will cover common dilemmas and questions in coeliac disease. It will discuss diagnostic and treatment pathways, when serology and pathology don't match, ongoing symptoms despite gluten-free diet, and future treatments on the horizon.



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Upcoming Events 2022

Most events within our Education programme are being delivered as hybrid, with the option to attend the College in-person or to watch the event online from home. Each event page will highlight the mode of delivery. All events and CPD/Feedback surveys are open for 28 days after the event so that you catch-up from any time zone.



Education Portal

Material from these events is available to Fellows, Members and Associates on the College's Education Portal, along with accredited specialty modules.

learning.rcpe.ac.uk

RCPE
PORTAL

The Royal College of Physicians of Edinburgh's education programme continues with:

November

THU 17	RCPE Malta: Updates in Clinical Medicine	IMU
TUE 22	Geriatric Medicine	EMU
THU 24	62nd St Andrew's Day Festival Symposium: Updates on Acute Medicine	Sym
TUE 29	Managing Challenging Behaviour: Anger, Distress and High Conflict	C&W

December

TUE 13	Respiratory Medicine	EMU
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January

THU 19	RCPE in association with SPS and RCPCH: Optimising Health across the Life Course	Sym
TUE 24	RCPE Iraq: Updates in Clinical Medicine	IMU
TUE 31	26th Advanced Gastroenterology & Hepatology Course	C&W
TUE 31	Haematology	EMU

To book, or for more information on our events, visit: events.rcpe.ac.uk