

Update in medicine



16 September 2026 | Leicester

CPD code:

6 CPD
credits

Programme

08.15 Registration and refreshments

09.15 **Conference opening comments**

Dr Philip Pearson FRCP, regional adviser, East Midlands South

09.20 **Session 1**

Chair – Philip Pearson FRCP

09.25 **Maternal medicine – title TBC**

Dr Anette Freyer, lead obstetric physician,
Nottingham University Hospitals NHS Foundation Trust

10.00 **Eosinophilic oesophagitis – 2026 update**

Professor Anjan Dhar, professor of medicine,
consultant luminal gastroenterologist,
County Durham and Darlington NHS Foundation Trust

10.35 **System wide frailty – an urgent care perspective**

Professor Simon Conroy FRCP, consultant geriatrician,
Barts Health NHS Trust

11.10 **Comfort break**

11.40 **Session 2**

Chair – Dr Syed Jafri FRCP, regional adviser,
East Midlands South

11.45 **Keynote session: Generalism - the future of modern medicine**

Dr Sarb Clare MBE, DL, acute internal medicine consultant,
Sandwell and West Birmingham NHS Trust;
President, West Midlands Physicians Association

12.45 **RCP update**

Professor Mumtaz Patel PRCP, RCP president
Dr Omar Mustafa FRCP, RCP registrar



13.00 Lunch

13.45 **Session 3**

Chair – **Dr Janson Leung FRCP**, regional adviser, East Midlands North

13.50 **Leicester atrial fibrillation virtual ward – digitally-enabled acute care for atrial fibrillation**

Suzanne Armstrong, senior advanced clinical practitioner in arrhythmias, University Hospitals of Leicester NHS Trust

14.25 **Peri operative medicine – title TBC**

Dr Louise Savic, consultant anaesthetist, Leeds Teaching Hospitals NHS Trust

15.00 **Pleural disease update 2026**

Professor Najib Rahman FRCP, professor of respiratory medicine, Oxford University Hospitals NHS Foundation Trust; director, Oxford Respiratory Trials Unit

15.35 Comfort break

15.50 **Session 4**

Chair – **Dr Rashmi Mathur FRCP**, regional adviser, East Midlands North

15.55 **Transforming metabolic care: emerging therapies in diabetes and obesity**

Professor David Webb FRCP, professor in diabetes medicine, University Hospitals of Leicester NHS Trust

16.30 **Culture and leadership – title TBC**

Dr Aklak Choudhury FRCP, respiratory consultant, University Hospitals of Derby and Burton NHS Trust; RCP clinical director for improvement programmes

17.05 **Conference closing comments**

Dr Philip Pearson FRCP, regional adviser, East Midlands South

17.10 Close of conference

Please note this programme may be subject to change.

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Your regional representatives in the East Midlands region

Regional advisers

Dr Philip Pearson FRCP, Northampton General Hospital NHS Trust
Dr Syed Jafri FRCP, Kettering General Hospital NHS Foundation Trust
Dr Janson Leung FRCP, University Hospitals of Derby and Burton NHS Trust
Dr Rashmi Mathur FRCP, United Lincolnshire Teaching Hospitals NHS Trust

New Consultants Committee

Dr Laura Pugh FRCP, Sherwood Forest Hospitals NHS Foundation Trust

SAS Regional Representatives Network

* Vacancy

Resident Doctor Committee

Dr Edward Lau, Barts Health NHS Trust
Dr Jemima Sellicks, Northampton General Hospital NHS Trust

Student and Foundation Doctor Network

Thomas Anderson, University Hospitals Coventry and Warwickshire NHS Trust

*If you are interested in the above vacancies, please get in touch.



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