

Update in medicine



9 May 2024 | Newcastle

CPD code: 148086

6 CPD
credits

Programme

08:00	Registration and refreshments
09:00	Welcome and introduction
09:05	Session 1 Chair – Dr Anita Jones, RCP regional adviser, Northern
09:05	The changing landscape of Parkinson’s disease Professor Nicola Pavese, consultant neurologist, Newcastle upon Tyne Hospitals NHS Foundation Trust, Newcastle University
09:30	Managing injured older adults on the MAU Dr Faye Wilson, consultant orthogeriatrician, South Tyneside and Sunderland NHS Foundation Trust
09:55	Presentation and management of rheumatology patients in AMU Professor Fraser Birrell, consultant rheumatologist, Northumbria Healthcare NHS Foundation Trust
10:20	Panel Q&A
10:35	Comfort break
11:00	Session 2 Chair – Dr Sath Nag, RCP regional adviser, Northern
11:00	Liver failure Dr Tim Hardy, consultant hepatologist, South Tees Hospitals NHS Foundation Trust
11:30	Outpatient management of cirrhosis Dr Dina Mansour, consultant gastroenterologist and hepatologist, Gateshead Health NHS Foundation Trust
12:00	Panel Q&A
12:15	RCP update Dr John Dean, RCP clinical vice president



12:25 Lunch

13:25 **2024 Turner-Warwick lecture**
Chair – Dr Sath Nag, RCP regional adviser, Northern

13:30 **Anti-inflammatory therapy in atherosclerosis: balancing cardiovascular and infection death**
Dr Michael Drozd, internal medicine trainee,
Leeds Teaching Hospitals NHS Trust

13:50 **Session 3**
Chair – Dr Sath Nag, RCP regional adviser, Northern

13:50 **Beyond glucose control: exploring new frontiers in type 2 diabetes management**
Dr Ahmed Hanafy, consultant in diabetes and endocrinology,
South Tees Hospitals NHS Foundation Trust

14:20 **Obesity - next pandemic? The role of a tier 3 weight management service**
Dr Ishara Ranathunga, consultant in diabetes and endocrinology,
North Cumbria Integrated Care NHS Foundation Trust

14:50 **Panel Q&A**

15:00 Comfort break

15:20 **Session 4**
Chair – Dr Anita Jones, RCP regional adviser, Northern

15:20 **Poisoning**
Dr Timothy Shipley, consultant in renal medicine,
South Tees Hospitals NHS Foundation Trust

15:50 **My heart is racing: palpitations for the acute physician**
Dr Honey Thomas, consultant cardiologist,
Northumbria Healthcare NHS Foundation Trust

16:20 Closing comments

16:30 Conference ends

Please note this programme may be subject to change.

Any presentations shown at this event have been produced by the individual speakers. As such they are not owned by, and do not necessarily represent the views of, the RCP



Your regional representatives in Northern

Regional advisers

Dr Anita Jones, South Tyneside and Sunderland NHS Foundation Trust

Dr Sath Nag, South Tees Hospitals NHS Foundation Trust

Professor Matt Phillips, North Cumbria Integrated Care NHS Foundation Trust

New Consultants Committee

Dr Louise Southern, Newcastle-upon-Tyne Hospitals and Gateshead Health NHS Foundation Trust

SAS Regional Representatives Network

Vacancy

Trainees Committee

Vacancy

Student and Foundation Doctor Network

Elliot Lewis-Douglas, Medical Student

Dr Xiaoxuan Hanson Xu, FY1

Enquiries:

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Professor Nicola Pavese

Professor Nicola Pavese is director of the Clinical Ageing Research Unit at Newcastle University and lead of the Parkinson's Research Team. Nicola's research focuses on elucidating the physiopathology of Parkinson's and other neurodegenerative diseases, as well as identifying targets for treatment. He has published over 200 reports in high impact journals, reviews, books, chapters and editorials.



Dr Faye Wilson

Dr Faye Wilson has worked as a consultant orthogeriatrician in Sunderland since 2014. She completed both her undergraduate and postgraduate training in London and, prior to taking up her consultant post, completed a fellowship in orthogeriatric medicine at Imperial College London and a masters degree in Cardiff.



Professor Fraser Birrell

Professor Fraser Birrell is an honorary professor of lifestyle medicine and innovation at Newcastle University, consultant rheumatologist at Northumbria Healthcare NHS Foundation Trust, visiting professor at Northumbria University, and adjunct professor at Southern Cross University.

Fraser is also engagement lead at MRC-Versus Arthritis Centre for Integrated Research into Musculoskeletal Ageing, director of science and research at the British Society of Lifestyle Medicine, editor-in-chief of Wiley open access journal 'Lifestyle Medicine, and senior author of An Essential Book of MCQs for Certification in Lifestyle Medicine.

Fraser is passionate about education, holds principal fellowship of the Higher Education Academy, and has won awards from the British Society for Rheumatology and the RCP's Excellence in Patient Care Awards. He also has a professional interest in lifestyle medicine and received inaugural fellowship of the British Society of Lifestyle Medicine.

He is a passionate advocate of multidisciplinary care, scholarship and learning, and relishes in the opportunity to share a case-oriented and evidence-based approach to managing rheumatology patients in the Acute Medical Unit, as well as taking a longer and broader view of how we can turn the tide of ever-increasing medical admissions.



Dr Timothy Hardy

Dr Timothy Hardy is a consultant hepatologist at James Cook University Hospital. Tim received pre-doctoral funding to complete a PhD investigating the role of DNA methylation human steatotic liver disease in 2019, and has also received postdoctoral funding from National Institute of Health and Research. Tim is currently co-leading the NIHR Tees Valley MASLD Research Partnership which focuses on early detection and management of human steatotic liver disease.



Dr Dina Mansour

Dr Dina Mansour is a consultant gastroenterologist and hepatologist at Queen Elizabeth Hospital in the north-east of England. She is a senior clinical lecturer at Newcastle University and secretary of the liver section of the British Society of Gastroenterology. Dina has an interest in liver research and quality improvement and is the first author on the three-part BSG guidance document on the outpatient management of cirrhosis, recently published in *Frontline Gastroenterology*. She is the chair of the Guideline Development Group, developing the revised BSG guidelines on varices and variceal haemorrhage, and is leading on the development of a quality standards framework for liver disease.



Dr Michael Drozd

Dr Michael Drozd is an IMT3 and cardiology ACF at Leeds Teaching Hospitals. After his foundation training, Michael completed a BHF funded PhD investigating IGF-1 signalling in atherosclerosis. He now conducts research investigating the mechanisms of infection in people with cardiometabolic disease. Michael has been elected as a fellow of the European Society of Cardiology for scientific excellence.

Meet the speakers



Dr Ahmed Hanafy

Dr Ahmed Hanafy is a consultant in diabetes and endocrinology at James Cook University Hospital. He has completed higher specialty training in diabetes, endocrinology and general internal medicine in Leeds.

Ahmed's special interests are cardiometabolic medicine, diabetes technology and adrenal diseases.



Dr Ishara Ranathunga

Dr Ishara Ranathunga is an associate specialist in diabetes and endocrinology. She is also clinical lead of the tier 3 Weight Management Service at North Cumbria Integrated Care NHS Foundation Trust.

Ishara has attained MBBS (Colombo), MD (Colombo), MRCP (UK), and MRCP diabetes and endocrinology (UK).

She has numerous publications in national and international peer reviewed journals and holds a special interest in obesity.



Dr Timothy Shipley

This biography will be shared soon.

Speaker biographies



Dr Honey Thomas

Dr Honey Thomas is a consultant cardiologist based in Northumbria Healthcare NHS Foundation Trust. She completed cardiology training and a postgraduate MD qualification in the north-east, developing a subspecialty interest in heart failure and advanced rhythm management/complex device implantation. Honey introduced and leads the local heart failure service for implantation and follow-up of complex cardiac devices.

She jointly leads cardiology research in Northumbria healthcare and acts as principal investigator on several multi-centre NIHR trials, as well as being a member of the Examination Board for the British Heart Rhythm Society professional accreditation qualification. Honey has also worked closely with the British Heart Rhythm Society to develop and share a national guidance document for perioperative management of cardiac implantable electronic devices.

She has a major interest in atrial fibrillation and is passionate about improving the quality of care in this area, developing local and regional pathways to try and optimise the care of patients with AF. She currently chairs the cardiac rhythm management subgroup of the Northern England Clinical Network Specialty Group.