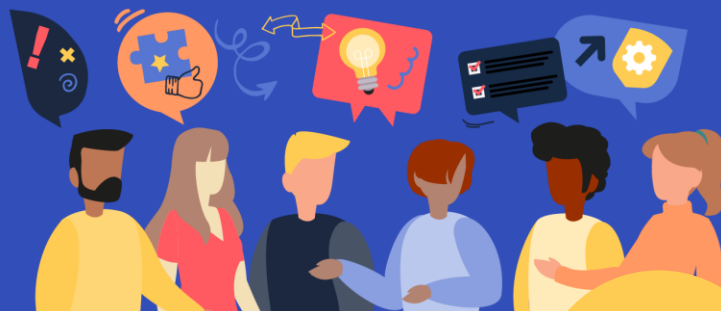




Royal College
of Physicians

Update in medicine



6 October 2026 | Brighton

CPD code: 156240

**6 CPD
credits**

Programme

08:00	Registration and refreshments
09:10	Conference opening comments Dr Burhan Khan FRCP, regional adviser, Kent, Surrey and Sussex
09:15	Session 1 Chair – Dr Burhan Khan FRCP
09:20	Obesity and weight loss: an update for the physician Dr Kath McCullough FRCP, consultant endocrinologist, Surrey and Sussex Healthcare NHS Trust
09:50	Tips on the management of common functional GI symptoms and diseases in clinical practice Dr Ben Warner, consultant gastroenterologist, Dartford and Gravesham NHS Trust
10:20	Q&A
10:30	Comfort break
11:00	Session 2: Hot topics on the acute take Chair – Dr Monira Rahman, consultant gastroenterologist, Surrey and Sussex Healthcare NHS Trust
11:05	Acute medicine: practical updates for everyday clinical practice Dr Roger Wellesley Duckitt FRCP, clinical lead in acute medicine, University Hospitals Sussex NHS Trust
11:30	Cardiology: front door cases for acute/general medics Professor Nik Patel FRCP, consultant cardiologist, East Sussex Healthcare NHS Trust; head of the school of medicine for HEE Kent, Surrey and Sussex
11:55	Sepsis: from guidelines to glycocalyx – rethinking resuscitation Dr Charlotte Long, consultant intensivist, East Sussex Healthcare NHS Trust
12:20	Q&A



	RCP update
12:35	Professor Mumtaz Patel FRCP , RCP president Dr Omar Mustafa FRCP , RCP registrar
12:50	Lunch
	Session 3
13:50	Chair – Dr Thomas Medveczky FRCP , regional adviser, Kent, Surrey and Sussex
13:55	Turner-Warwick lecture – Navigating healthcare at the end of life Dr Sarah Bowers , specialty registrar in palliative medicine and general internal medicine, NHS Forth Valley
14:25	Q&A
14:30	Vaccinations: how they work, their clinical value and population impact Dr Claire Turner , consultant in public health, Sussex Community NHS Foundation Trust
15:00	Hospitals without walls – future-proofing our profession Dr Henry Alexander FRCP , consultant geriatrician, East Sussex Healthcare NHS Trust
15:30	Q&A
15:40	Comfort break
	Session 4
16:05	Chair – Dr Gunaratnam Gunathilagan FRCP , regional adviser, Kent, Surrey and Sussex
16:10	Acute neurovascular disease, including TIA and minor stroke for the generalist Dr David Hargroves FRCP , consultant stroke physician, East Kent Hospitals University NHS Foundation Trust
16:40	Managing frailty at the front door: what generalists need to know Dr Sanjay Suman FRCP , consultant geriatrician and clinical director, Medway NHS Foundation Trust
17:10	Q&A
17:20	Conference closing comments Chair – Dr Gunaratnam Gunathilagan FRCP
17:25	Close of conference

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 Kent, Surrey and Sussex

Regional advisers

Burhan Khan, Dartford and Gravesham NHS Trust

Thomas Medveczky, Sussex Community NHS Foundation Trust

Gunaratnam Gunathilagan, East Kent Hospitals University NHS Foundation Trust

New Consultants Committee

Matt Pavitt, University Hospitals Sussex NHS Foundation Trust

SAS Regional Representatives Network

Sam Bandyopadhyay, Surrey and Sussex Healthcare NHS trust

Resident Doctor Committee

Kristina Millar, Royal Surrey NHS Foundation Trust

Laura Bannon, East Sussex Healthcare NHS Trust

Student and Foundation Doctor Network

Jaisila Patel

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