



Royal College
of Physicians

Update in medicine



5 March 2025 | Southampton

CPD code: **151250**

**6 CPD
credits**

Programme

08.00	Registration and refreshments
09.10	Conference opening comments Dr Ben Chadwick, regional adviser, Wessex
09.15	Session 1 Chairs – Dr Michelle Dharmasiri, college tutor, Wessex Dr Mark Wright, college tutor, Wessex
09.20	Hot topics in clinical genetics Dr Mira Kharbanda, consultant clinical genetics, University Hospital Southampton NHS Foundation Trust
09.55	Inborn errors of metabolism: when to suspect them on the acute medical take Dr Ahmed Waise, consultant in metabolic medicine and chemical pathology, University Hospitals Dorset NHS Foundation Trust.
10.30	Clinical neurophysiology – making sense of the tests and reports Dr Abena Osei-Lah, consultant clinical neurophysiologist, Portsmouth Hospitals University NHS Trust
11.05	Comfort break
11:30	Session 2 Chairs – Dr Faizan Rao, college tutor, Wessex Dr Emily Clarke, college tutor, Wessex
11.35	Supporting the transition from paediatric to adult care: learning from rheumatology Dr Brian Davidson, consultant rheumatologist, University Hospital Southampton NHS Foundation Trust
12.10	Living well 1: Managing the menopause Dr Caroline Taylor, associate specialist and clinical lead in sexual and reproductive health, Hampshire and Isle of Wight Healthcare NHS Foundation Trust
12.45	RCP Update

Leonardo Royal Hotel Southampton Grand Harbour,
West Quay Road Southampton, SO15 1AG

#RCPUpdate



13.00	Lunch
14.00	Session 3 Chair – Dr Ben Chadwick, regional adviser, Wessex
14.05	Update on interstitial lung disease Dr Wint Soe, respiratory specialist registrar, Portsmouth Hospitals University NHS Foundation Trust Dr Sophie Fletcher, consultant respiratory physician, University Hospital Southampton NHS Foundation Trust
14.40	Driving and medical conditions: what the general physician needs to know Dr Darren Griffiths, medical adviser / DVLA doctor, Drivers Medical Group, DVLA
15.15	Comfort break
15.35	Session 4 Chair – Professor Hermione Price, regional adviser, Wessex
15.40	Reporting and recording of occupational diseases: why, when and how? Dr Robin Cordell, president of the Faculty of Occupational Medicine
16.15	Living well 2: Am I burnt out: recognising and managing burnout Dr Stefan Gleeson, consultant psychiatrist, Southern Health NHS Foundation Trust
16.50	Conference closing comments Professor Hermione Price, regional adviser, Wessex
16.55	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.
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Your regional representatives in Wessex

Regional advisers

Professor Hermione Price, regional adviser, Wessex
Dr Ben Chadwick, regional adviser, Wessex

New Consultants Committee

*Vacancy **

SAS Regional Representatives Network

Dr Syed Mukhtar, clinical lead in acute medicine
Dr Angharad Chilton, specialty resident doctor

Resident Doctors Committee

Dr Ricia Gwenter, specialty resident doctor

Student and Foundation Doctor Network

Peter Latchem, medical student
Harmanleen Singh, medical student
Brian Wang, medical student
Jaisila Patel, medical student



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

Enquiries:

Holly McCarthy, regional manager
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Meet the speakers



Programme



Dr Mira Kharbanda

Dr Mira Kharbanda is a clinical genetics consultant who joined University Hospital Southampton in August 2016. She provides outpatient clinics across the Wessex area for adult general genetics patients. She has a particular interest in renal genetics and leads a local multidisciplinary team meeting four times a year. She has been involved in several publications and research projects, including papers describing CTNNB1-related neurodevelopmental disorder.



Dr Ahmed Waise

Dr Ahmed Waise is a consultant in metabolic medicine and chemical pathology at The Royal Bournemouth and Christchurch Hospitals NHS Foundation Trust. He is delivering a talk titled 'Inborn errors of metabolism: when to suspect them on the acute medical take'.



Dr Abena Osei-Lah

Dr Abena Osei-Lah graduated from the University of Ghana Medical School in 1994. She did her general medical and clinical neurophysiology training in Essex and London. She has been a consultant clinical neurophysiologist for 16 years, initially at University Hospitals Dorset NHS Foundation Trust and more recently at Portsmouth Hospital. Her special interests include neurophysiology of the motor neuronal disorders, use of electroencephalography (EEG) in critically-ill patients and electroretinography.

Meet the speakers



Programme



Dr Brian Davidson

Dr Brian Davidson has been a consultant rheumatologist in Southampton since 2001. With his paediatric colleagues he established the paediatric rheumatology service, which now covers all the South-Central region. The transition of care between paediatric and adult services is a key component of this service.



Dr Caroline Taylor

Dr Caroline Taylor is a senior doctor working as a clinical lead within the sexual health service covering Hampshire and the Isle of Wight.

After qualifying as a doctor, Dr Taylor trained as a GP and worked in general practice for 4 years before specialising in sexual health and continuing in this area for the past 26 years. She has recently completed the Certificate of Eligibility for Specialist Registration and is awaiting a consultant post.

Caroline's specialist interest is in the menopause and has been running the specialist menopause service for approximately 15 years, seeing patients with complex problems referred in by gynaecology or GP.



Dr Wint Soe

Dr Wint Soe is a respiratory specialist registrar from Wessex, originally from Myanmar. Her special interests are interstitial lung disease and asthma, which grew stronger when Dr Soe reached Southampton and met Dr Fletcher and Dr Rupani who have been great supports. With their guidance Wint achieved international presentations during her fellowship year and has also helped organise meetings for the Wessex Interstitial Lung Disease Support Group, which helped create meaningful connections with patients in the community.

Apart from work, Wint is committed to meditation, which she finds very useful given the busy nature of the work.

Meet the speakers



Dr Sophie Fletcher

Dr Sophie Fletcher led the ILD (interstitial lung disease) service at University Hospital Southampton between 2013–18 and is the joint lead of the Southampton combined ILD and rheumatology clinic, a regional referral clinic. Dr Fletcher is the current chair of the interstitial and rare lung disease specialist advisory group for the British Thoracic Society (BTS). Dr Fletcher works closely with the University of Southampton and the NIHR respiratory biomedical research unit (BRU). Since 2015, UHS has hosted 28 clinical trials in ILD, for which Dr Fletcher has been the chief investigator (in 4), principal investigator (in 22) or co-investigator (in 2). She won the BTS/NIHR award in 2023 for principle / chief investigator making an outstanding contribution in design, conduct and dissemination of NIHR portfolio studies. In collaboration with the British Lung Foundation, Action for Pulmonary Fibrosis, the Southampton Biomedical Research Unit and regional ILD centres in Southampton and Portsmouth, she co-founded a patient support group for those in Wessex with ILD; WILD.

www.wildsupport.co.uk

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Dr Darren Griffiths

Dr Darren Griffiths is a medical adviser / DVLA doctor currently working for Drivers Medical Group, DVLA and is delivering a talk called 'Driving and medical conditions: what the general physician needs to know'.

Programme

Meet the speakers



Programme



Dr Robin Cordell

Dr Robin Cordell is an accredited specialist in occupational medicine. He is engaged in day-to-day clinical practice and in the specialist training of those in the resident posts established in Cordell Health, which provides occupational health services to a wide range of organisations in the public, private and charitable sectors. He is an experienced examiner and has been involved in the membership of the Faculty of Occupational Medicine (MFOM) part 2 preparation courses run by Education for Education and Public Health (EOPH), a training company and social enterprise associated with Cordell Health. Robin has broad experience in medical leadership. This includes more than 20 years in the defence medical services, and as a director of the council for work and health since 2016. He led the review of the safe effective quality occupational health service (SEQOHS) standards review and launch of the 2023 standards. In September 2024, Robin was elected president of the Faculty of Occupational Medicine (FOM). Robin is also chair of the board of trustees of the charity and responsible for strategy and governance with FOM. He leads the faculty team's engagement in initiatives aimed at improving health at work nationally, and in advancing professional education and standards in occupational health. In all his work, Robin is engaged in promoting workplace health, advising on preventing ill health and on supporting those with health problems to return and be sustained in work.



Dr Stefan Gleeson

Dr Stefan Gleeson is a consultant psychiatrist in the Winchester community mental health services, treating patients of adult age with severe and enduring mental illnesses, which – of course – includes health professionals suffering from burnout in the NHS. Stefan is co-director of medical education for Hampshire and Isle of Wight Healthcare NHS foundation Trust, honorary senior lecturer at Southampton University and assistant professor of psychiatry at St George's University Grenada. He has been running seminars on compassion without burnout for several years since COVID on behalf of PRIME, an international medical education charity.