

# Update in medicine



6 October 2026 | Brighton

CPD code:

6 CPD  
credits

Programme

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



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

Please note this programme may be subject to change.

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