

Update in medicine

23 February 2023 | Brighton

CPD code: 143248

Programme

08.00 Registration and refreshments

09.00 Welcome and introduction
Dr Jeremy Tibble, RCP regional adviser, Kent, Surrey and Sussex

09.00 **Session 1**
Chair – Dr Deborah Bosman, RCP regional adviser, Kent, Surrey and Sussex

An overview of current heart failure management – what, when and how..

Dr Susan Ellery, consultant cardiologist, University Hospitals Sussex NHS Foundation Trust

Acute kidney injury update

Dr Edward Kingdon, consultant nephrologist, University Hospitals Sussex NHS Foundation Trust

The management of obesity, from new drugs to surgery

Dr Lorraine Albon, consultant in diabetes and endocrinology, University Hospitals Sussex NHS Foundation Trust

10.35 Comfort break

11.00 **Session 2**
Chair – Dr Umesh Dashora, RCP regional adviser, Kent, Surrey and Sussex

Deprescribing: practical tools for everyday use

Dr Elena Mucci, consultant geriatrician, East Sussex Healthcare NHS Trust

Women and careers in medicine

Dr Anna Crown, consultant endocrinologist, University Hospitals Sussex NHS Foundation Trust

12.05 Lunch

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13.05 **Open forum**

RCP president Dr Sarah Clarke and college officers,
Royal College of Physicians

13.45 **Turner-Warwick lectures**
Chair – Dr Sarah Clarke, RCP president

Lessons learned – educating doctors in training on clinical governance and serious incidents

Dr Matthew Cox, acute medicine specialty registrar, University Hospitals
Sussex NHS Foundation Trust

Mechanical life support

Dr Waqas Akhtar, cardiology specialty registrar, Royal Brompton and Harefield
NHS Foundation Trust

14.45 **Comfort break**

15.10 **Session 3**
Chair – Dr Jeremy Tibble, RCP regional adviser, Kent, Surrey and Sussex

Dermatology for the acute physician

Dr Andrew Morris, consultant dermatologist, Sussex Community Dermatology
Service

The management of inflammatory bowel disease: state of the art

Dr Steve Fong, consultant gastroenterologist, East Sussex Healthcare NHS Trust

Unexpected pathology results on call

Dr Kate Shipman, consultant chemical pathologist, University Hospitals Sussex
NHS Foundation Trust

16.55 **Closing comments**

17.00 **End of conference**

Update in medicine

Your regional representatives in Kent, Surrey and Sussex

Regional advisers

Dr Deborah Bosman, University Hospitals Sussex NHS Foundation Trust

Dr Umesh Dashora, East Sussex Healthcare NHS Trust

Dr Jeremy Tibble, University Hospitals Sussex NHS Foundation Trust

New Consultants Committee

Vacancy

SAS Regional Representatives Network

Vacancy

Trainees Committee

Dr Yusuf Jinadu

Dr Anand Sundaralingam

Student and Foundation Doctor Network

Dr Firas Nasr

Enquiries:

Holly McCarthy – regional manager

LondonSouthEast@rcp.ac.uk



Regional representatives

Meet the speakers



Dr Susan Ellery

Dr Sue Ellery trained at Charing Cross and Westminster Medical School, qualifying in 1997. Her specialist training in cardiology was in the south London deaneries. She currently works for UHSussex East as a cardiology consultant and heart failure lead. She also works as Sussex cardiac lead with the integrated care board and as cardiology KSS training programme director. Her subspecialties include heart failure, cardio-oncology and pacing.



Dr Edward Kingdon

Dr Kingdon trained in nephrology and general internal medicine in north London and has been a consultant in the Sussex kidney unit since 2003. Dr Kingdon was the clinical lead for an acute kidney injury (AKI) QI project in Kent Surrey and Sussex Academic Health Sciences Network, and took part in the Think Kidneys AKI programme and RCGP AKI QI programme. He has subspecialty interests in AKI, renal transplantation, paediatric to adult transition and HIV.



Dr Lorraine Albon

Lorraine is a consultant physician, at University Hospitals Sussex. Having initially read Human Sciences, she qualified from UCL/Middlesex in 1992. She trained in diabetes, endocrinology and general medicine in London and Birmingham, completing specialist training in 2004.

Having been a consultant in Portsmouth Hospital for 13 years, Lorraine was involved in commissioning, initiation and running of weight management services in the community and secondary care. In 2017 she became lead physician at the Chichester Hospital Bariatric Service where she has a wide role including direct patient care, and design of service pathways. She focuses on teaching, training, and supporting departmental research projects associated with the Universities of Surrey and Chichester, where she has been appointed Visiting Professor.

Meet the speakers



Dr Elena Mucci

Dr Mucci's junior doctors call her 'common sense adviser' and call themselves her 'mini-Muccis'! She is a consultant geriatrician and senior clinical lecturer at Brighton and Sussex Medical School. Many of you might recognise Dr Mucci from her Instagram account, but there will be no dancing today!

Dr Mucci is also the creator and main lecturer of the online course 'Masterclass in Practical Geriatrics', which is a fully CPD-certified, 30-hour course. Her passion is personalised custom-made healthcare. Polypharmacy review and deprescribing is a big part of it and must be done for every patient, regardless of their presentation and in any clinical setting. Today Dr Mucci will show you how you can transform the lives of your patients!



Dr Anna Crown

Dr Anna Crown is a consultant endocrinologist at the Royal Sussex County Hospital and an honorary clinical senior lecturer at Brighton and Sussex Medical School. Her specialty training was in Bristol, where she was awarded an MRC clinical training fellowship and completed a PhD, subsequently working as a lecturer. She took up an NHS consultant post in Brighton in 2006 and is the endocrine lead and RCP regional specialty adviser. The daughter of two doctors, mother of two grown-up children, Anna has always been a feminist, but in 2017 when gender pay gap reports were first published, she was really shocked and founded the trust's gender working group.

Meet the speakers



Dr Matthew Cox

Dr Matthew Cox studied at University College London, graduating in 2016. He is currently in his ST4 year of training in acute internal medicine in the Kent, Surrey and Sussex Deanery. During 2021/22 he completed an OOPE as one of the leadership and education fellows for Brighton and Sussex Medical School and Health Education England South East, this involved completing a PG certificate in healthcare leadership and commissioning. During this year, Matthew worked on a wide range of projects at the trust but primarily focused on delivering training to junior doctors on clinical governance and serious incidents. He was involved in numerous aspects of wellbeing and was given the Royal Surrey star award as health and wellbeing champion at the trust. Matthew's interests within medicine are leadership, medical education and wellbeing (and a genuine enjoyment of being medical registrar!) and outside interests include running, cooking and cinema trips.



Dr Waqas Akhtar

Dr Waqas Akhtar studied medicine at Oxford and is the only UK trainee specialising in cardiology and intensive care currently working at Harefield Hospital, part of Guy's and St Thomas' NHS Foundation Trust. He is interested in cardiogenic shock, heart transplantation and mechanical circulatory support. He is currently national trainee representative for the Faculty of Intensive Care Medicine, London trainee representative for organ donation and RCP associate college tutor. He has previously held the RCP chief registrar role for which he won high commendation as clinical leader of the year in the 2022 HSJ awards.



Dr Andrew Morris

Dr Andrew Morris was previously a consultant dermatologist at the University Hospital of Wales and skin cancer adviser to the Welsh Assembly Government. He is currently the clinical director and CEO of Sussex Community Dermatology Service, the largest independent provider of dermatology services to the NHS.

Meet the speakers



Dr Steve Fong

Steven Fong graduated in 2006 from Barts and the London School of Medicine and Dentistry. After developing comprehensive medical experience working in various hospitals in London, he entered gastroenterology and general medicine specialist training in 2010. He spent 4 years at Guy's and St Thomas' hospitals, where he undertook clinical research in inflammatory bowel disease (IBD) and participated as a sub-investigator in clinical trials.

Dr Fong is currently completing his PhD research regarding the use of metabolomics in IBD. He has published several peer-reviewed articles, authored many abstracts at international meetings and has been awarded prizes by the American Gastroenterology Association Research Foundation and the Royal Society of Medicine.

He is currently appointed as a full-time consultant in gastroenterology and general medicine at Conquest Hospital, East Sussex Healthcare NHS Trust. He serves as the gastro departmental clinical lead and IBD service lead.



Dr Kate Shipman

Dr Shipman graduated in medicine from Oxford University in 2007 and completed foundation, medical and specialist training in Oxford, East of England and West Midlands deaneries respectively. She was appointed as consultant in chemical pathology in 2016 in Sussex.

In addition to a full-time role providing clinical and laboratory support for biochemistry in Sussex, Dr Shipman is interested in teaching and research. Currently she is an honorary clinical lecturer for Brighton and Sussex Medical School, sub- or principal investigator for portfolio trials, an associate editor for the *Annals of Clinical Biochemistry* and deputy managing editor for Lab Tests Online UK.

Her publications include research papers but also educational materials including textbooks, educational case series and online learning resources relating to the field of biochemistry. Her main areas of interest for clinical practice are lipidology and nutrition.