08.00  Registration and refreshments

09.00  Welcome and introduction
Dr Ian Gooding, RCP regional adviser, Eastern

09.00  Session 1
Chair – Dr Ian Gooding, RCP regional adviser, Eastern

09.00  Radiology – practical tips for assessing routine images
Professor Tilak Das, consultant neuroradiologist, Cambridge University Hospitals NHS Foundation Trust

09.30  Current management of Parkinson’s disease
Dr Norman Kock, consultant neurologist, East and North Hertfordshire NHS Trust

09.45  Update on pharmacotherapy for obesity
Professor Alex Miras, professor of endocrinology, Ulster University

10.00  Comfort break

11.10  Session 2
Chair – Professor Thida Win, RCP regional adviser, Eastern

11.10  Heart failure and palliative medicine
Dr Ros Marvin, consultant in palliative medicine, St Clare Hospice, Hastingwood, Essex

11.45  Acute oncology
Dr Joanne Evans, consultant in medical oncology, Imperial College Healthcare NHS Trust; Institute of Cancer Research

12.15  Lunch and poster viewing
## Open forum

13.15  

RCP president Dr Sarah Clarke; Professor Cathryn Edwards, registrar; and panel, Royal College of Physicians

### Turner-Warwick lectures

13.55  

**Chair – Dr Adrian Jennings, Medical director for CPD, Federation of the Royal Colleges of Physicians in the United Kingdom**

13.55  

**Shared decision making in cardiology: rationale, evidence and implementation**  
Dr Nicolai Grüner-Hegge, Cambridge University Hospitals NHS Foundation Trust

13.55  

**Influences on preparedness to practise: exploring the experiences of UK medical graduates during the COVID-19 pandemic**  
Dr Rosemary Arnott, United Lincolnshire Hospitals NHS Trust

14.20  

**Session 3**

15.05  

**Chair – Dr Khin Swe Myint, RCP regional adviser, Eastern**

15.05  

**How to handle haematology issues on the acute take**  
Dr Rachel Brown, consultant haematologist, Manchester University NHS Foundation Trust, and haematology training programme director, Health Education England – North West

15.05  

**Update in advanced heart failure and transplantation**  
Dr Luis Martinez, locum consultant cardiologist, Royal Papworth Hospital NHS Foundation Trust

16.10  

**An update on vasculitis**  
Professor David Jayne, professor of clinical autoimmunity, Cambridge University Hospitals NHS Foundation Trust

16.45  

**Closing comments and prize presentation for winning poster entries**  
Dr Sarah Clarke, RCP president

16.55  

**End of conference**
Your regional representatives in the Eastern region

Regional advisers
Dr Khin Swe Myint, Norfolk and Norwich University Hospitals NHS Foundation Trust
Professor Thida Win, East and North Hertfordshire NHS Trust
Dr Ian Gooding, East Suffolk and North East Essex NHS Foundation Trust

New Consultants Committee
Dr Katie Honney

SAS Regional Representatives Network
Vacancy

Trainees Committee
Dr Aicha Bouraoui
Dr Anthony Martinelli

Student and Foundation Doctor Network
Dr Jilse Joshy
Dr Lucy Richman

Enquiries:
EasternRegion@rcp.ac.uk
Meet the speakers

**Professor Tilak Das**

Dr Tilak Das is a diagnostic neuroradiologist at Cambridge University Hospitals NHS Foundation Trust, having held neuroradiology fellowships in Cambridge and Toronto. He is a member of the executive committee of the British Society of Neuroradiologists (BSNR) and recently held a joint role as the BSNR/Royal College of Radiologists Du Boulay travelling professor for neuroradiology. Tilak also contributes to the BSNR teaching and education subcommittee and has delivered several lectures on behalf of the BSNR. He has a PhD in developmental neuroscience and is actively involved in research projects on traumatic brain injury using machine learning techniques, quantitative imaging in thyroid eye disease and parathyroid imaging, all areas that have developed from clinical interests. Within his department, he is currently the clinical audit lead and information governance lead. He has a keen interest in clinical informatics, having recently obtained a Masters degree with distinction from the University of Cambridge in this field.

**Dr Norman Kock**

Dr Norman Kock qualified from the University of Lübeck medical school, Germany in 2001. He went on to train at University Hospital Schleswig-Holstein. He has held two research posts at Harvard Medical School and Ottawa University Hospital, Canada studying movement disorders. Norman has been an NHS consultant since 2009 and currently works at the Lister Hospital in Stevenage. He is also a senior clinical tutor for the University of Cambridge. His professional interests include movement disorders, particularly Parkinson’s disease and dystonia, clinical research studies for Parkinson’s disease, and teaching at both undergraduate and postgraduate levels.

**Professor Alex Miras**

Professor Alex Miras is professor of endocrinology at Ulster University. His clinical and research work focus solely on obesity and type 2 diabetes. He has contributed to the clinical management and research in obesity over the past 12 years, through his work at a high throughput obesity centre. The specialist interests of his research group are the mechanisms of action of interventions for obesity, focusing on pharmacotherapy, medical devices and obesity surgery.
Meet the speakers

Dr Ros Marvin

Dr Ros Marvin graduated from the University of Edinburgh in 2008, completing her foundation training in Glasgow before moving to Cambridge in 2010. She developed an interest in heart failure as a specialist registrar at Addenbrooke’s Hospital. As a consultant at Garden House Hospice and most recently St Clare Hospice, she has forged links between heart failure and palliative care teams to educate professionals and improve patient care.

Dr Joanne Evans

Dr Jo Evans is a consultant in medical oncology at Imperial College Healthcare NHS Trust (ICHNT), and honorary senior lecturer at Imperial College London, where she specialises in the treatment of thoracic malignancies and acute oncology. As a medical scientist at heart, holding a first degree in genetics and a molecular biology based DPhil, she is especially interested in and motivated by advancing molecular stratification of cancers to influence better treatments, better quality of life and improved survival for patients. Jo has recently been appointed as acute oncology research lead at ICHNT. She enjoys and values participating in research, working closely with several academic research groups, presenting work nationally and internationally. She is the lung cancer module lead for the Institute of Cancer Research’s MSc in oncology and has been an invited speaker for organisations such as Royal College of Physicians of Edinburgh and the British Thoracic Oncology Society.

Dr Nicolai Grüner-Hegge

Dr Nicolai Grüner-Hegge is an IMT3 currently working at Addenbrooke’s Hospital. He completed his medical training at the University of Cambridge, finishing in 2018. Since then he has worked in hospitals within the Eastern region, including Addenbrooke’s and the Royal Papworth Hospital.
Meet the speakers

Dr Rosemary Arnott
Dr Rosie Arnott is an ST6 in geriatric medicine with a particular interest in medical education. From 2019–21 she took 2 years out of programme to be an undergraduate clinical teaching fellow at Nottingham University Hospitals. Earlier this year, she completed her Masters in medical education and her lecture today is based on her dissertation topic. She continues to develop her interest in medical education, supporting postgraduate teaching at her local trust, and feels passionately about the importance of a kind and compassionate working environment to support learning.

Dr Rachel Brown
Dr Rachel Brown is a haematology consultant at Manchester University NHS Foundation Trust and is the lead for myeloma and general haematology. She is also the clinical director for laboratory haematology and a member of the reporting team for the regional haematological cancer diagnostics reporting service. Rachel is also the training program director for haematology in Manchester.

Dr Luis Martinez
Dr Luis Martinez completed his training in cardiology at La Paz Hospital (Madrid) in 2020. He always had a particular interest in heart failure and heart transplantation and worked in the transplant unit at the Montefiore Centre in New York for a short period of time before moving to the UK. Luis has been working at Royal Papworth since 2021, initially as a clinical fellow and now as a locum consultant. He is currently one of the six cardiologists in charge of the advanced heart failure, mechanical circulatory support and heart transplant program.
Meet the speakers

Professor David Jayne

Professor David Jayne is a clinician practising in Cambridge where he directs a severe autoimmune disease service caring for over 2,000 patients with vasculitis, lupus and associated disorders. He has over 30 years research experience, focusing on first into disease clinical trials, biomarker development and the assembly of multinational (now global) collaborative research networks. He is the founder and current president of the European Vasculitis Society and a founder member of the Lupus Nephritis Trials Network. He has led or contributed, with academia and industry, to successful phase III programmes for rituximab and avacopan (anti-C5aR) in ANCA vasculitis, mepolizumab (anti-IL5) in EGPA, mycophenolate mofetil and voclosporin in lupus nephritis. He has led or contributed to multiple international guideline statements in lupus nephritis and vasculitis. He has published over 500 peer-reviewed papers.