<table>
<thead>
<tr>
<th>Time</th>
<th>Event</th>
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<tbody>
<tr>
<td>08.15</td>
<td>Registration and refreshments</td>
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<tr>
<td>09.00</td>
<td>Welcome and introduction</td>
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<tr>
<td></td>
<td><strong>Session 1</strong></td>
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<tr>
<td></td>
<td>Chaired by Dr Ravi Madhotra, RCP regional adviser</td>
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<tr>
<td>09.05</td>
<td>Perioperative medicine: What the general physician needs to know</td>
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<td>Dr Shvaita Ralhan, consultant physician in geratology and perioperative medicine, Oxford University Hospitals NHS Foundation Trust</td>
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<tr>
<td>09.40</td>
<td>Managing type 2 diabetes as a reversible condition</td>
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<td>Dr David Cavan, consultant endocrinologist, University Hospitals Dorset NHS Foundation Trust</td>
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<tr>
<td>10.15</td>
<td>Novel strategies in nephrology and future expectations</td>
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<td>Dr Jyoti Baharani, consultant nephrologist and associate medical director, University Hospitals Birmingham NHS Foundation Trust</td>
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<tr>
<td>10.50</td>
<td>Comfort break</td>
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<td>11.15</td>
<td><strong>Session 2</strong></td>
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<td>Chaired by Dr Asif Humayun, RCP regional adviser</td>
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<td>11.20</td>
<td>100 years of the misuse of nitrous oxide — an increasing public health issue</td>
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<td>Dr David Nicholl, consultant neurologist, University Hospitals Birmingham NHS Foundation Trust; Sandwell and West Birmingham NHS Trust</td>
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<td>12.00</td>
<td>Chemsex - Health impact of sexualised substance use in GBMSM</td>
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<td>Dr Aseel Hegazi, consultant in HIV and sexual health, Guy’s and St Thomas’ NHS Foundation Trust</td>
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<td>12.40</td>
<td>Lunch</td>
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# Update in medicine

## Session 3

### 13.40  Open forum with the RCP president
Dr Sarah Clarke, RCP president  
Professor Cathryn Edwards, RCP registrar  
Dr Jamie Kitt, RCP trainees committee  
Dr John Wrightson, deputy head of school of medicine, Thames Valley

### 14.20  Turner-Warwick winning lecture: Oxford and Thames Valley
Characteristics of open access skin cancer image datasets used to train artificial intelligence algorithms: implications for equitable digital health  
Dr David Wen, NIHR academic clinical fellow in dermatology, Oxford University Hospitals NHS Foundation Trust

### 14.45  Turner-Warwick winning lecture: West Midlands
Extending the reach of expert amyloidosis care: a feasibility study exploring the staged implementation of a UK amyloidosis network  
Dr Chern Hsiang Choy, clinical fellow, University Hospitals Birmingham NHS Foundation Trust

### 15.10  Turner-Warwick plaque presentations

### 15.15  Comfort break

### 15.35  Session 4
Chaired by Dr Asif Humayun, RCP regional adviser

### 15.40  Sleep: everything you need to know for your patients and yourself!
Dr Allie Hare, consultant in sleep medicine and respiratory ventilation, Guy’s and St Thomas’ NHS Foundation Trust

### 16.20  The benefits of exercise and how to help your patients do it
Dr Ruth Poole, consultant in diabetes and endocrinology, University Hospitals Dorset NHS Foundation Trust

### 17.00  Closing comments

### 17.05  Conference close

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Please note that 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.

This programme may be subject to change.
Your regional representatives in the Oxford Thames Valley region

Regional advisers
Dr Claire Pulford
Dr Asif Humayun
Dr Ravi Madhotra

New Consultants Committee
Vacancy

SAS Regional Representatives Network
Dr Chinnaya Asari Thiyagarajan

Trainees Committee
Dr Sharath Panamoottil

Enquiries:
Jenny Ward – regional manager

Jenny.ward@rcp.ac.uk
Meet the speakers

Dr Shvaita Ralhan

Dr Shvaita Ralhan is a consultant physician in geriatrics and perioperative medicine at the John Radcliffe Hospital, Oxford. Shvaita is secretary for the British Geriatrics Society perioperative medicine for older people undergoing surgery (POPS) special interest group. Her clinical work involves care of major trauma, elective orthopaedic, vascular and transcatheter aortic valve implantation (TAVI) patients. She has completed a master’s in clinical education, runs the perioperative medicine fellowship in Oxford and is author for the older persons module for the UCL Perioperative Care Masters Programme.

Dr David Cavan

Dr David Cavan is a consultant endocrinologist, specialising in diabetes. He worked for many years at the Bournemouth diabetes and endocrine centre. From 2013 until 2016 he was director of policy at the International Diabetes Federation in Brussels, which represents over 240 national diabetes associations around the world. Since returning to the UK, he now divides his time between working part time at University Hospitals Dorset, developing lifestyle-based diabetes programmes in different countries, training health professionals and writing books on both type 1 and type 2 diabetes.

Dr Jyoti Baharani

Dr Jyoti Baharani trained in renal medicine in the north of Scotland and is a nephrologist and associate medical director at University Hospitals Birmingham. She holds honorary clinical lectureship with the University of Birmingham and is training program director for renal medicine and internal medicine stage 2 in the West Midlands. She is a CPD reviewer and regional adviser for nephrology in the West Midlands for the RCP. She was also previously an RCP censor. She is clinical lead for the home therapies service at UHB. Her research interests include decision making in the pre-dialysis setting, acute kidney injury, health inequalities in modality choice for dialysis, vascular access, peritoneal dialysis, end-of-life care and cognition in dialysis.
Meet the speakers

Dr David Nicholl

Dr David Nicholl is clinical lead for neurology at Sandwell & West Birmingham NHS Trust as well as neurologist at University Hospital Birmingham, where he is TPD for neurology in the West Midlands. Formerly an RCP Council member and hon. secretary to the association of British neurologists, he has taken to TikTok (@drdavidnicholl) to spread the public health messages on the neurological risks of NOS abuse.

Dr Aseel Hegazi

Dr Aseel Hegazi completed her higher specialist training in HIV and genitourinary medicine at St George’s University Hospital in London and was appointed as a consultant in the same trust in 2014. She is currently working as a consultant in HIV and sexual health at Guy’s and St Thomas’ NHS Trust where she has been based since 2019.

Dr David Wen

David is a national institute for health research (NIHR) dermatology academic clinical fellow at the University of Oxford and Oxford University Hospitals. His research interests include use of artificial intelligence to improve skin cancer diagnosis and genotype-phenotype correlation in genetic skin disease. David completed pre-clinical medical training with intercalation in pathology at the University of Cambridge (Magdalene College), clinical training at the University of Oxford (Christ Church College), and subsequently undertook foundation training in North West London at Ealing and Chelsea and Westminster Hospitals. This was followed by a dermatology fellowship in epidermolysis bullosa at Solihull Hospital where he completed an MRes in clinical health research at the University of Birmingham. He obtained his membership to the Royal College of Physicians in 2022, with rotations in general medicine at the Royal Berkshire Hospital and John Radcliffe Hospital.
Meet the speakers

Dr Chern Hsiang Choy

Dr Choy is a clinical fellow based at the Midlands Amyloidosis Service in Queen Elizabeth Hospital Birmingham. Having originally graduated from Peninsula Medical School with Merit in 2017, he recently completed Internal Medicine Training (IMT) and attained MRCP in 2021. He now assumes the role of a junior medical registrar to provide support to the acute medical team. Alongside his clinical commitments, he teaches medical students who study at the University of Birmingham. Chern’s ambition is to pursue a career in academic cardiology.

Dr Allie Hare

Dr Allie Hare is a consultant in sleep and respiratory medicine. She is the secretary of the British sleep society and chaired the British thoracic society education and training committee for 4 years. She is now treasurer elect of that society. She graduated from Selwyn College, University of Cambridge in 1999, and undertook postgraduate training at Imperial College London in 2002. She has a masters in medical education, a PGCert in medical leadership and has been made a Fellow of the Royal College of Physicians. Dr Hare’s advice on sleep has been featured amongst others, in British Vogue, the Guardian, the Telegraph, the Robb Report, the Wall Street Journal, the Sunday Times and on the BBC. She works with a number of corporate organisations, supporting sleep wellbeing, and has advised athletes and sporting organisations, including Formula 1 teams. She speaks regularly in the corporate world on the importance of sleep for health, wellbeing and safety.

Dr Ruth Poole

Dr Poole qualified from the University of Southampton in 1995. After completing a medical rotation in the midlands she did her specialist training in Wessex. This included 2 years of research, leading to her MD, looking at insulin sensitivity and the metabolic syndrome. One facet of this was on voluntary and involuntary exercise in the management of type 2 diabetes. Ruth is currently working in Poole hospital in Dorset (part of University Hospitals Dorset) as a consultant in general medicine, diabetes and endocrinology. She is interested in physical activity for all, both for its health benefits and for the environmental benefits it can bring.