

Update in medicine

24 November 2022 | Cardiff

CPD code: 140618

08:00 Registration and refreshments

09:00 Welcome and introduction
Dr Olwen Williams, RCP vice president for Wales

09:10 **Session 1 – How to approach metabolic co-morbidity**
Chair – Dr Sam Rice, RCP regional adviser, west Wales

New drugs for obesity

Dr Kusuma Boregowda, consultant in diabetes and endocrinology, Swansea Bay University Health Board

Cardiologists do diabetes

Professor Zaheer Yousef, consultant cardiologist, Cardiff and Vale University Health Board

The challenge of caring for transgender patients with co-existing medical conditions

Dr Kate Nambiar, gender clinician and endocrinology specialist, Welsh Gender Service, Cardiff and Vale University Health Board

Panel Q&A

10:40 Comfort break

11:10 **Session 2 – How to approach de-escalation of care in the acute hospital setting**
Chair – Dr Hilary Williams, RCP regional adviser, south Wales

Sliding doors and de-escalation

Dr Emma Mason, consultant in acute medicine, Aneurin Bevan University Health Board

Q&A

Palliative care in the acute settings: these three things ...

Professor Anthony Byrne, clinical director Marie Curie Research Centre, Cardiff University, and consultant in palliative medicine, Cardiff and Vale University Health Board

Q&A

Programme

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12:10 **Open forum**

Dr Olwen Williams, RCP vice president for Wales, Professor Cathryn Edwards
RCP registrar and college officers

13:00 **Lunch**

14:00 **Session 3 – Focus on research**

Chair – Dr Ben Thomas, RCP regional adviser, north Wales

Scientific advances: integrating research and clinical practice

Dr Orod Osanlou, consultant physician clinical pharmacology and therapeutics,
Betsi Cadwaladr University Health Board

Q&A

Bradshaw Lecture – introduced by Dr Olwen Williams

Cancer immunotherapy: significant breakthroughs and untapped potential

Professor Awen Gallimore, professor of immunology and co-director of the
Systems Immunity University Research Institute

Q&A

15:10 **Comfort break**

15:30 **Session 4 – Specialist stuff for generalists – interactive session**

Chair – Dr Mick Kumwenda, former RCP regional adviser, north Wales

Dermatology cases: what not to miss!

Dr Mabs Chowdhury, consultant dermatologist, Cardiff and Vale University
Health Board

Nephrology

Dr Gareth Roberts, consultant nephrologist, Cardiff and Vale University Health
Board

Joint working

Dr Ceril Rhys-Dillon, consultant rheumatologist, Cwm Taf Morgannwg
University Health Board

Panel Q&A

17:00 **Close of conference**

Dr Olwen Williams, RCP vice president for Wales

Please note this programme may be subject to change.

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Update in medicine

Your RCP Cymru Wales representatives

RCP vice president for Wales

Dr Olwen Williams, Ysbyty Glan Clwyd, Bodelwyddan, Rhyl

Regional advisers

Dr Mick Kumwenda, Ysbyty Glan Clwyd, Bodelwyddan, Rhyl

Dr Hilary Williams, Velindre Cancer Centre, Cardiff

Dr Vivek Goel, The Grange University Hospital, Llanfrecchfa

Dr Sam Rice, Prince Philip Hospital, Llanelli

Dr Ben Thomas, Wrexham Maelor Hospital, Wrexham

New Consultants Committee

Dr Justyna Witczak, University Hospital of Wales, Cardiff

SAS Regional Representatives Network

Dr Jacob Daniel, Ysbyty Ystrad Fawr, Ystrad Mynach

Trainees Committee

Dr Alexandra Burgess, Morriston Hospital, Swansea

Dr Adnan Ur Rahman, University Hospital, Llandough

Student Foundation Doctor Network

Roshna Roy, Cardiff University

Jack Jones, Swansea University

RCP lead college tutor for Wales

Dr Andrew Lansdown, University Hospital of Wales

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Meet the speakers



Dr Kusuma Boregowda

Dr Kusuma Boregowda trained in the Wales Deanery and has worked as a consultant in diabetes and endocrinology since 2015. She is involved in the level 3 weight management service at Swansea Bay University Health Board and is committed to improving the quality of life of people with obesity. Dr Boregowda joins us to discuss available medications and services for the management of obesity.



Professor Zaheer Yousef

Professor Yousef was appointed consultant cardiologist at the University Hospital of Wales in 2005 where he leads the advanced heart failure and cardiomyopathy programme for SE Wales, acting as a referral centre for heart muscle diseases, pulmonary hypertension, metabolic cardiomyopathies, neuromuscular cardiomyopathies, chemotherapy cardiomyopathies and structural inherited cardiac conditions. He is an interventional heart failure specialist and has implanted >5,000 biventricular pacing devices. He also has an interest in cardiovascular haemodynamics.

Throughout his career he has maintained an academic interest and has supervised seven MD/PhD fellows, has acted as the UK chief investigator for several studies and has generated >£2 million in research funds. He has >100 publications in high-impact journals, including *The New England Journal of Medicine*, *The Lancet* and the *BMJ*. He was awarded an honorary chair at Cardiff University in 2008.

In his spare time, Zaheer enjoys fishing and is a long-suffering and patient Cardiff City supporter.

Meet the speakers



Dr Kate Nambiar

Dr Kate Nambiar is a sexual health and gender identity physician who has worked in the NHS since 1999 and been extensively involved in activism for the trans community. She trained at Oxford and Imperial College, and completed a PhD in Bioinformatics and Immunology at Brighton and Sussex Medical School. Dr Nambiar began her career working in sexual health and HIV and has spent the largest proportion of that time based in Brighton. Much of her work has focused on trans healthcare, and in 2012 she co-founded Clinic T – a sexual health service for trans and gender diverse people. She trained as a gender specialist at the Tavistock and Portman Gender Identity Clinic in London and now works as a gender clinician and endocrinology specialist at the Welsh Gender Service in Cardiff and as the medical director for Terrence Higgins Trust.



Dr Emma Mason

Dr Emma Mason graduated from the University of Liverpool in 1994 and completed her higher training in clinical pharmacology and general internal medicine in 2002. Following the completion of her training she embarked on further specialist training in palliative medicine which enabled her to be on the specialist General Medical Council register for all three specialties. With such a unique background she is well suited to her current role of vice chair for the New Medicine Group (NMG) for the All Wales Medicines Strategy Group (AWMSG) having previously served an 8-year term as a full member of AWMSG as well as being a consultant in acute medicine and palliative medicine at Aneurin Bevan University Health Board.

Meet the speakers



Professor Anthony Byrne

Professor Anthony Byrne is a consultant in palliative medicine at Cardiff and Vale University Health Board. He is an honorary professor in the School of Medicine, Cardiff University where he is clinical director of the Marie Curie Palliative Care Research Centre, which he co-founded in 2011.

He leads a patient-focused research workstream at the Wales Cancer Research Centre (WCRC) and contributes to National Cancer Research Institute clinical studies and strategic advisory groups.

As part of his WCRC role he leads PaCERS, a rapid review evidence service aimed at ensuring palliative care clinicians and policy makers have access (at pace) to the evidence needed for service development and practice. He is also a member of the End of Life Programme Board for Wales with a remit for clinical research and supporting knowledge mobilisation.

An avid rugby fan, he runs the gauntlet in the Welsh cauldron of supporting Ireland and his home province Leinster.



Professor Awen Gallimore

Professor Awen Gallimore is a professor in the division of infection and immunity, Cardiff University. She gained a DPhil in Professor Andrew McMichael's laboratory in Oxford before becoming a post-doc in the laboratory of Professor Rolf Zinkernagel in Zurich. She then established her own laboratory at the Nuffield Department of Medicine in Oxford before moving to Cardiff in 2002. The Cardiff laboratory, which currently receives the bulk of its funding from Cancer Research UK and Cancer Research Wales, takes basic research using animal models of cancer through to testing novel immunotherapies in patients with cancer.

Meet the speakers

Speaker biographies



Dr Orod Osanlou

Dr Orod Osanlou is a consultant in clinical pharmacology and therapeutics. Based in Wrexham Maelor Hospital within Betsi Cadwaladr University Health Board. He was previously the site innovation lead. In 2021 he founded and is the director of the North Wales Clinical Research Facility. He has led a £1.6 million business case that will see the facility move to new bespoke state-of-the-art facilities in the coming months. Orod is also an all-Wales lead principal investigator for COVID-19 vaccine studies, where he has helped plan research delivery in response to the pandemic.

Orod has also led various local and national education roles, including at the RCP and Joint Royal Colleges of Physicians Training Board. He is a senior clinical lecturer at Bangor University, where he is supporting the set up of a new North Wales medical school.



Dr Mabs Chowdhury

Dr Mabs Chowdhury FRCP FAcadMED PFHEA has been a consultant dermatologist at the Welsh Institute of Dermatology, University Hospital of Wales since 2001 and is honorary senior lecturer at Cardiff University.

He is president of the British Association of Dermatologists (July 2022–24). As academic vice president, he chaired the education subcommittee and updated the new pre-CCT syllabus implemented in August 2021.

He is clinical lead for dermatology e-learning for health (Health Education England) and ex-chair of the specialty certificate examination board, ex-clinical director in Cardiff and previous Wales training programme director.

He has 120 published papers and book chapters and is co-author of medical student textbook *Dermatology at a glance* 2nd edition 2020 and co-editor of *Dermatology training: the essentials* 2022 mapped to the trainee curriculum. His current interests include cutaneous allergy and patch testing, medical leadership, and multiprofessional education and training (training over 20 specialty registrars).

Meet the speakers

Speaker biographies



Dr Gareth Roberts

Dr Gareth Roberts is a consultant nephrologist and associate medical director at Aneurin Bevan University Health Board. He is clinical lead of the Welsh Renal Clinical Network and a research active consultant whose PhD focused on inflammation and immunity. He is currently chief investigator of a national study looking at value-based healthcare.



Dr Ceril Rhys-Dillon

Dr Ceril Rhys-Dillon is from Ceredigion, was schooled at Ysgol Uwchradd Tregaron and trained at St John's College, Cambridge. As a junior doctor she worked at Addenbrooke's Hospital, Guy's Hospital, The Royal London Hospital, and Cliniques Universitaires Saint-Luc in Brussels before returning to Cymru to train as a rheumatologist. She had been a consultant rheumatologist at Cwm Taf Morgannwg University Health Board since 2002. She is current chair of the Rheumatology Specialist Advisory Group for Wales, conference organiser for 'Y Gymdeithas Feddygol' and member of the British Isles Lupus Assessment Group. Her achievements include setting up the Sports and exercise medicine training course for Wales and inventing a game ('dr.doctor') to inspire children to become our future doctors. Outside of medicine, she is a director of The Goodwash Company and enjoys nothing more than being outdoors with her family and friends, regardless of weather.