



# Update in medicine

5 July 2023 | Oxford

CPD code: 144275

Programme

08.15 Registration and refreshments

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09.00 **Welcome and introduction**

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**Session 1**

Chaired by Dr Ravi Madhotra, RCP regional adviser

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09.05 **Perioperative medicine: What the general physician needs to know**

Dr Shvaita Ralhan, consultant physician in geratology and perioperative medicine, Oxford University Hospitals NHS Foundation Trust

09.40 **Managing type 2 diabetes as a reversible condition**

Dr David Cavan, consultant endocrinologist, University Hospitals Dorset NHS Foundation Trust

10.15 **Novel strategies in nephrology and future expectations**

Dr Jyoti Baharani, consultant nephrologist and associate medical director, University Hospitals Birmingham NHS Foundation Trust

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10.50 Comfort break

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11.15 **Session 2**

Chaired by Dr Asif Humayun, RCP regional adviser

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11.20 **100 years of the misuse of nitrous oxide — an increasing public health issue**

Dr David Nicholl, consultant neurologist, University Hospitals Birmingham NHS Foundation Trust; Sandwell and West Birmingham NHS Trust

12.00 **Chemsex - Health impact of sexualised substance use in GBMSM**

Dr Aseel Hegazi, consultant in HIV and sexual health, Guy's and St Thomas' NHS Foundation Trust

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12.40 Lunch

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# Update in medicine

# Programme

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## Session 3

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### 13.40 **Open forum**

**Chair – Dr Asif Humayun**, RCP regional adviser

**Professor Cathryn Edwards**, RCP registrar

**Dr John Dean**, RCP clinical vice president

**Dr John Wrightson**, deputy head of school of medicine, Thames Valley

**Dr Sharath Panamoottil**, RCP trainees committee

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### 14.20 **Turner-Warwick lectures**

**Chair – Professor Cathryn Edwards**, RCP registrar

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### 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

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### 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

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### 15.10 **Turner-Warwick plaque presentations**

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### 15.15 **Comfort break**

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### 15.35 **Session 4**

**Chaired by Dr Asif Humayun**, RCP regional adviser

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### 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

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### 16.20 **Growing promises of lifestyle medicine: are they science fictions?**

**Dr Prithwiraj Chakrabarti**, consultant microbiologist, Milton Keynes University Hospital NHS Foundation Trust

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### 17.00 **Closing comments**

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### 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.

# Update in medicine

## 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



Regional representatives

# Meet the speakers

# Programme



## 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.

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## 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.

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## 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.

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# 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.

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## 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.

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## 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.

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# 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.

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## 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 several 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.

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## Dr Prithwiraj Chakrabarti

Dr Chakrabarti is a consultant clinical microbiologist based at Milton Keynes University Hospital. He originally graduated from University of Calcutta, India in 1999 and attained MD in microbiology from All India Institute of Medical Sciences in 2004. He has been a Fellow of Royal College of Pathologists since 2006 and is working as consultant microbiologist in UK since 2008. He worked in Royal Cornwall Hospital for 8 years and collaborated with primary care to develop faecal microbiota transplant service in Cornwall for management of relapsing clostridium difficile infection. Recently in 2020, he attained diploma in lifestyle medicine and became an active member of British Society of Lifestyle Medicine. He is interested in gut health and benefits of targeted lifestyle changes for the reversal of long-term conditions. He works with young people in schools to promote the idea of wellbeing and self-healing by adopting healthy lifestyle.

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