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| **Monday to Friday**  **20 to 24 May 2019** | **Edinburgh International Course in Medicine of the Older Adult** |

[Overview](https://events.rcpe.ac.uk/edinburgh-international-course-medicine-older-adult#bootstrap-panel-body)

This five-day course is aimed at physicians from around the world who specialise, or have a major interest, in the care of older people. It is held annually and after a very successful course in 2018 we have decided to re-run it in the same format this year. **Please note, therefore, that the programme content is the same as 2018.**

The 2019 course will be held in our Conference Centre, and we will be focusing once again on the ‘geriatric giants’:

* Mobility
* Cognition
* Continence
* Common comorbidities
* Frailty

Of particular value to doctors at consultant or senior trainee level, the course includes update lectures by experts on topics of current and practical relevance, with frequent opportunities for interactive case-based learning. Places are limited, thus maximising opportunities for networking. The course also features a popular social programme including a welcome reception with tours of the historic College buildings and a [guided bus tour](https://www.rcpe.ac.uk/college/medical-history-tour-edinburgh)of Edinburgh’s historic medical sites. Half-days on Wednesday and Friday allow delegates to explore and enjoy our beautiful city.

Dr Conor Maguire,  
Course Director

[Programme](https://events.rcpe.ac.uk/edinburgh-international-course-medicine-older-adult#bootstrap-panel-2-body)

**Monday 20 May – Mobility in the older patient**

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| **08.30** | **Registration** and Coffee |
| **08.55** | **Welcome and Introductory Remarks**  Professor Derek Bell, OBE, President, Royal College of Physicians of Edinburgh  **Chair: Dr John Davison, Course Organising Committee** |
| **09.05** | **Stroke** Dr Fergus Doubal, Stroke Association Garfield Weston Foundation Senior Lecturer & Consultant Stroke Physician, Royal Infirmary of Edinburgh |
| **09.45** | **Optimising care for inpatients with Parkinson's disease** Dr Conor Maguire, Consultant in Medicine of the Older Adult, Western General Hospital, Edinburgh & Parkinson’s Excellence Lead for South and East Scotland |
| **10.30** | **Coffee/Tea** |
| **11.00** | **Stiff and painful joints**  Dr David Coady, Consultant Rheumatologist, Sunderland Royal Hospital |
| **11.45** | **Neurological causes of immobility not to miss**  Dr Richard Davenport, Consultant Neurologist, Western General Hospital & Royal Infirmary of Edinburgh |
| **12.30** | **Lunch** |
|  | **Afternoon session chair: Professor Sunil Bhandari, International Director, Royal College of Physicians of Edinburgh** |
| **13.30** | **Gait, balance and function optimisation** Ms Kate Bryce, Clinical Specialist Physiotherapist, Newcastle upon Tyne Hospitals NHS Foundation Trust |
| **14.15** | **Syncope**  Dr John Davison, Consultant in Elderly Medicine, Freeman Hospital & Royal Victoria Infirmary, Newcastle upon Tyne |
| **15.00** | **Coffee/Tea** |
| **15.30** | **Running a falls prevention service**  Dr Andrew Davies, Consultant in Elderly Medicine, Sunderland Royal Hospital |
| **16.15** | **Presentation to Brian Chapman Award winners** |
| **16.30** | **Welcome Reception & Tour of Royal College of Physicians of Edinburgh** |

**Tuesday 21 May – Cognition in the older patient**

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| **08.30** | **Registration** and Coffee |
| **09.00** | **Introduction – Dr Conor Maguire, Course Director & Dr Belgin Ozalp, Course Organising Committee** |
| **09.05** | **Delirium** Professor Alasdair MacLullich, Professor of Geriatric Medicine, Royal Infirmary of Edinburgh |
| **09.45** | **Workshop: Common dementias, cognitive problems and parkinsonism** Professor Iracema Leroi, Professor of Clinical Dementia Research, University of Manchester |
| **10.30** | **Coffee/Tea** |
| **11.00** | **Workshop: Common dementias, cognitive problems and parkinsonism** Professor Iracema Leroi, Professor of Clinical Dementia Research, University of Manchester |
| **11.45** | **Epilepsy in the older adult: diagnosis and management**  Professor John Paul Leach, Consultant Neurologist, Queen Elizabeth University Hospital, Glasgow |
| **12.30** | **Lunch** |
| **13.30** | **Case discussions** by Dr Sara Ormerod, Consultant Liaison Psychiatrist, Queen Elizabeth Hospital Birmingham & Dr Ross Overshott, Consultant Liaison Psychiatrist, Salford Royal Hospital   1. **Diagnostic difficulties  with cognition** 2. **Challenging behaviour** |
| **15.00** | **Coffee/Tea** |
| **15.30** | **What I need to know about cerebral imaging in cognition** Professor Andrew Farrall, Consultant Radiologist, Western General Hospital, Edinburgh |
| **16.15** | **Pharmacology of depression in the older adult** Dr David Cousins, MRC Clinician Scientist, Campus for Ageing and Vitality, Newcastle University |
| **17.00** | **Close** |

**Wednesday 22 May – Continence in the older patient**

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| **08.30** | **Registration** and Coffee |
| **09.00** | **Introduction – Dr Latana Munang, Course Organising Committee** |
| **09.05** | **Presentation, investigation and management of faecal incontinence in the elderly population** Ms Mhairi Collie, Consultant in Colorectal Surgery, Western General Hospital, Edinburgh |
| **09.45** | **Continence in older females** Dr Susan Orme, Consultant in Elderly Medicine, Barnsley Hospital |
| **10.30** | **Coffee/Tea** |
| **11.00** | **Prolapse** Dr Karen Rose, Consultant in Obstetrics and Gynaecology, St John’s Hospital, Livingston |
| **11.45** | **The prostate gland** Professor Alan McNeill, Consultant Urologist, Western General Hospital, Edinburgh |
| **12.30** | **Lunch & close** |
| **13.30** | **[free afternoon]** |
| **13.30** | **Medical history tour by bus (optional) – departs from 11 Queen Street** |

**Thursday 23 May – Common comorbidities in the older patient**

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| **08.30** | **Registration** and Coffee |
| **09.00** | **Introduction – Dr Elizabeth MacDonald and Dr Alixe Kilgour, Course Organising Committee** |
| **09.05** | **Chronic obstructive pulmonary disease** Dr Peter Reid, Consultant in Respiratory Medicine, Western General Hospital, Edinburgh |
| **09.45** | **Hypertension and hyperlipidaemia** Professor Adrian Brady, Associate Professor & Consultant Cardiologist, Glasgow Royal Infirmary |
| **10.30** | **Coffee/Tea** |
| **11.00** | **Diabetes – the dangers of strict glycaemic control in older people** Professor Mark Strachan, Consultant in Diabetes & Endocrinology, Western General Hospital, Edinburgh |
| **11.45** | **Heart failure** Dr Sowmya Venkatasubramanian, Consultant Cardiologist, Forth Valley Royal Hospital, Larbert |
| **12.30** | **Lunch** |
| **13.30** | **Chronic kidney disease** Dr Jane Goddard, Consultant Nephrologist, Royal Infirmary of Edinburgh |
| **14.15** | **Osteoporosis** Dr Barbara Hauser, Consultant Rheumatologist, Western General Hospital, Edinburgh |
| **15.00** | **Coffee/Tea** |
| **15.30** | **Presentations by Brian Chapman Award winners** |
| **16.00** | **Global ageing: successes and challenges** Professor Richard Walker, Consultant in Elderly Medicine, North Tyneside General Hospital, North Shields |
| **16.45** | **Close** |
| **19.30** | **Course dinner (optional)** |

**Friday 24 May – Frailty**

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| **08.30** | **Registration** and Coffee |
| **09.00** | **Introduction – Dr Susan Pound, Course Organising Committee** |
| **09.05** | **Frailty - what is it?** Professor Avan Sayer, Director, National Institute for Health Research Newcastle Biomedical Research Centre & Professor of Geriatric Medicine, Newcastle University |
| **09.45** | **Deprescribing in older people** Dr Sinead O'Mahony, Consultant in Elderly Medicine, University Hospital Llandough, Penarth |
| **10.30** | **Coffee/Tea** |
| **11.00** | **Anticipatory care planning** Professor Robin Taylor, Consultant in Respiratory Medicine, NHS Lanarkshire & Honorary Clinical Fellow, University of Edinburgh |
| **11.45** | **The multiple challenges of healthy ageing** Dr Eileen Burns, Consultant in Elderly Medicine, St James’s University Hospital, Leeds |
| **12.30** | **Course evaluation time** |
| **12.45** | **Lunch** |
| **13.30** | **Close** |

**Venue:**

Royal College of Physicians of Edinburgh, 11 Queen Street, Edinburgh, EH2 1JQ