



Tackling Obesity, Diabetes and the Metabolic Syndrome



Feedback - July 2018

Tackling Obesity, Diabetes and the Metabolic Syndrome

There is a rising trend of obesity worldwide with significant health implications. Obesity itself confers independent risk to serious conditions including cardiovascular disease, diabetes and its related microvascular complications, sleep disorders and psychological disturbance. There is also a vast economic healthcare burden associated with obesity and this has considerable implications on health systems and the delivery of healthcare to communities.

In recent years, there has been increasing success in managing obesity both with innovative medical therapies, psychological support and bariatric surgery. Weight loss has also shown resultant reductions in both the healthcare and economic consequences of obesity.

This one-day educational day, delivered by experts in the field, aimed to provide a detailed insight into obesity and its related complications, including renal disease, sleep disorders, diabetes and the metabolic syndrome. There was also emphasis on novel management approaches and the evidence behind such interventions which included updates on new medical therapies, psychological interventions, bariatric surgery and the role of the gut microbiome in both the development of and potential treatment of both obesity and diabetes.

Course Information

Course date:	10th July 2018
Venue:	Mayo Building, Salford Royal Hospital
Attendance:	61 Delegates
Aimed at:	Senior medical students Foundation doctors, core medical and surgical trainees Registrars and consultants in the fields of diabetes, endocrinology, renal medicine, bariatric surgery, orthopaedic surgery and vascular surgery Psychologists, specialist nurse practitioners, nutritionists, dieticians, podiatrists
Course fee:	FREE



Course Programme

Time	Topic	Speaker
0845 - 0900	Welcome Introduction	Mr Chris Brooks Group Medical Director Northern Alliance Prof Siba Senapati Chairman of Obesity Awareness & Support OASIS-GB
	First session	Chair: Prof. Martin Gibson
0900 - 0925	Current obesity epidemic and its effects on health and well- being	Dr Akheel Syed Consultant Endocrinologist Salford Royal NHS Foundation Trust
0925 - 0950	Obesity and Sleep Disorders: is there a relationship?	Dr Victoria Cooper Principal Sleep Physiologist Salford Royal NHS Foundation Trust
0950 - 1015	Obesity and kidneys	Dr Smeeta Sinha Honorary Senior Lecturer University of Manchester
1015 - 1040	Is obesity a Psychiatric Disorder?	Dr J S Bamrah Consultant Psychiatrist and Honorary Reader University of Manchester
1040 - 1100	Coffee	
	Second session	Chair: Dr Biswamohan Misra
1100 - 1120	Ethnicity, Culture and Diabetes	Dr Naveed Younis Consultant in Diabetes/Endocrinology Manchester University NHS Foundation Trust
1120 - 1140	Obesity, Lipoproteins, Microangiopathy and the effect of Bariatric Surgery	Dr Handrean Soran Consultant Physician and Endocrinologist Manchester University NHS Foundation Trust

Course Programme

1140 - 1200	Current innovative medical management of Obesity	Prof John New Professor of Medicine Salford Royal NHS Foundation Trust
1200 - 1220	Role of surgery in tackling obesity, diabetes and metabolic syndrome	Prof Siba Senapati Consultant Upper GI and Bariatric Surgeon Salford Royal Hospital
1220 - 1240	Discussion	

1240 - 1340

Lunch

Afternoon session

Chair: Dr Akheel Syed

1340 - 1405	Tackling Diabetes – Role of General practitioner and Commissioner	Dr Naresh Kanumilli Diabetes Network Lead for Greater Manchester and East Cheshire
1405 - 1430	The Patient's experience of Bariatric and Metabolic Surgery	Mrs Christine Rostron Mr Jason Lakatos
1430 - 1455	Role of gut microbiota in diabetes: can we alter it?	Prof Andrew McBain Professor of Microbiology University of Manchester
1455 - 1520	Public Health Interventions in the Management of Obesity	Kate Anderson Head of Service Development ABL Health
1520 - 1530	Discussion	Prof Siba Senapati Chairman of Obesity Awareness & Support OASIS-GB
1530 - 1540	Vote of thanks	Mr Jack Carney Co-chair OASIS-GB

Speakers

Prof Siba Senapati

Chair of Obesity Advice & Support GB

Professor Martin Gibson

Honorary Professor/Consultant in Diabetes/Endocrinology: Imaging, Genomics and Proteomics Research Group

Dr Akheel Syed

Consultant Endocrinologist
Salford Royal NHS Foundation Trust

Dr Victoria Cooper

Principal Sleep Physiologist
Salford Royal NHS Foundation Trust

Dr Smeeta Sinha

Honorary Senior Lecturer
University of Manchester

Dr J S Bamrah

Medical Director of Manchester Mental Health

Dr Biswamohan Misra

General Physician

Dr Naveed Younis

Consultant in Diabetes/Endocrinology
Manchester University NHS Foundation Trust

Dr Handrean Soran

Consultant in Diabetes/Endocrinology
Manchester University NHS Foundation Trust

Prof John New

Professor of Medicine
Salford Royal NHS Foundation Trust

Dr Naresh Kanumilli

Diabetes Network Lead for Greater Manchester and East Cheshire

Prof Andrew McBain

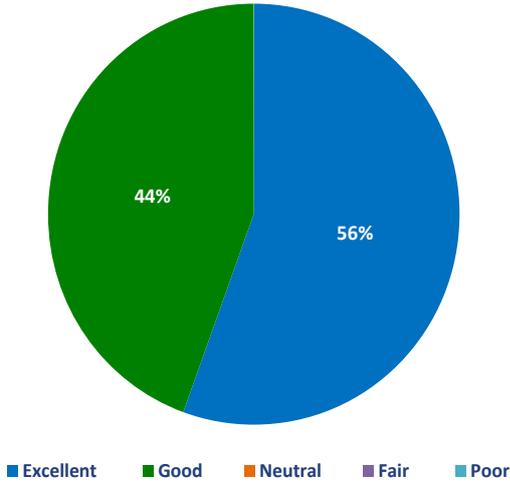
Professor of Microbiology
University of Manchester

Mr Jack Carney

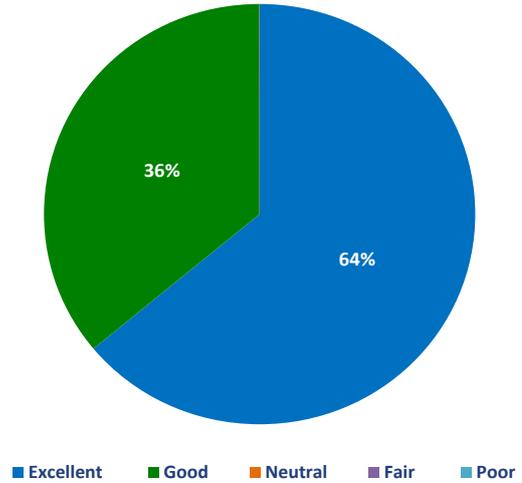
Co-chair
OASIS-GB

Overall Teaching Feedback

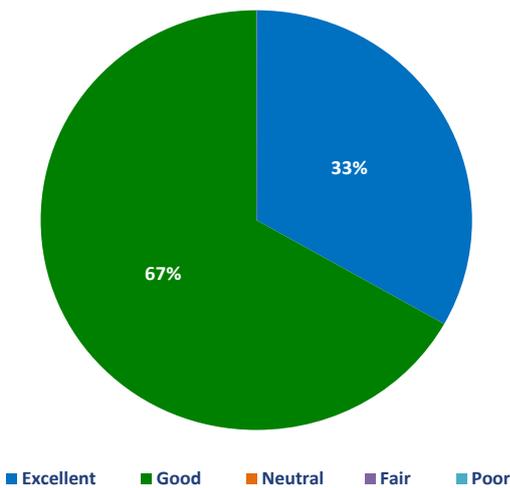
How was the content of the study day?



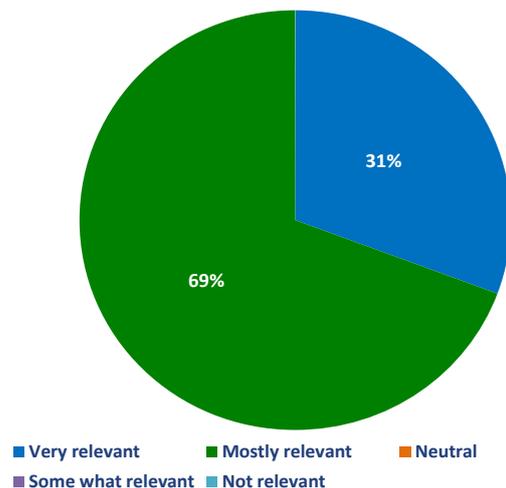
How would you rate the general academic standard of the speakers?



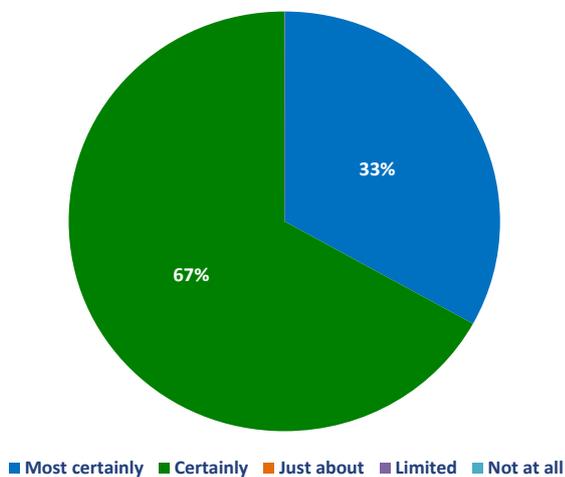
How was the clarity of presentations?



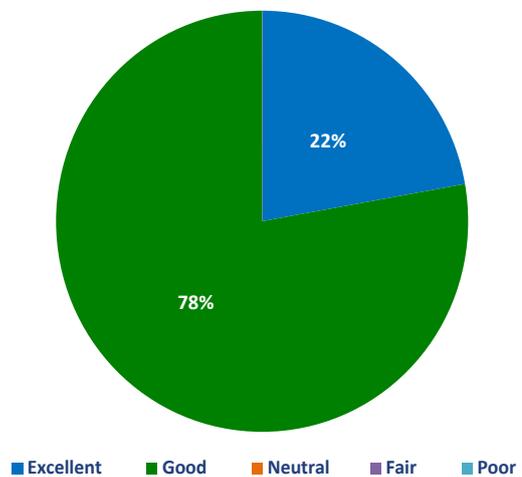
How do you rate the relevance of the study day to your career?



Did the study day meet your learning objectives?

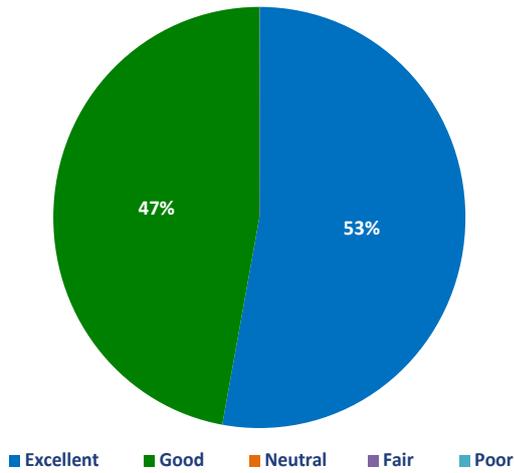


Current Obesity Epidemic and its Effects on Health and Well-Being - Dr Akheel Syed

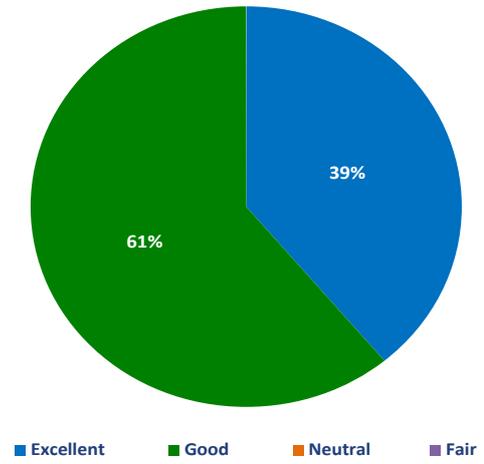


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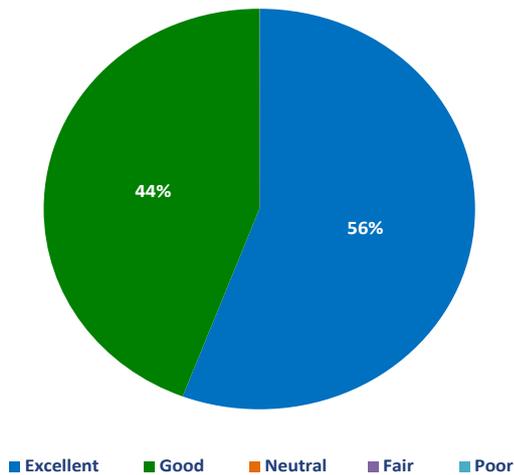
Obesity and Sleep Disorders: Is There A Relationship? - Dr Victoria Cooper



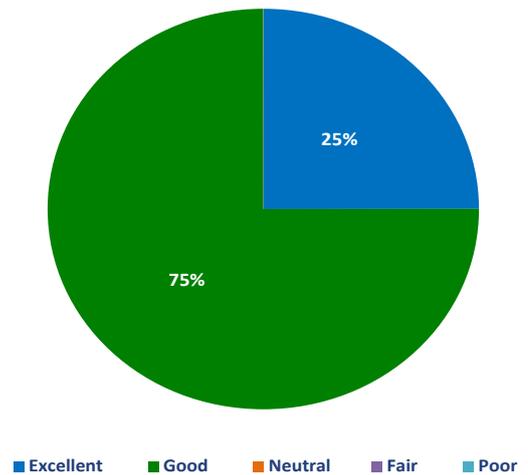
Obesity and Kidneys - Dr Smeeta Sinha



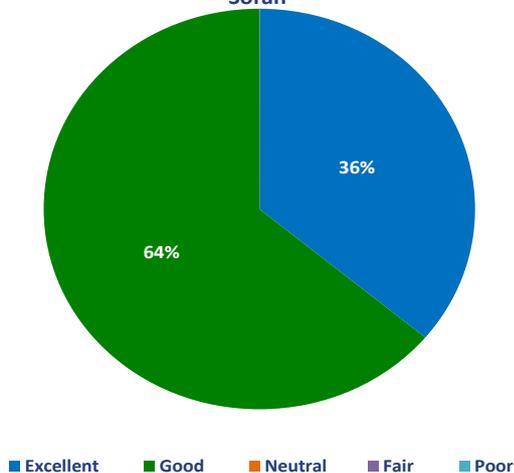
Is Obesity a Psychiatric Disorder? - Dr J S Bamrah



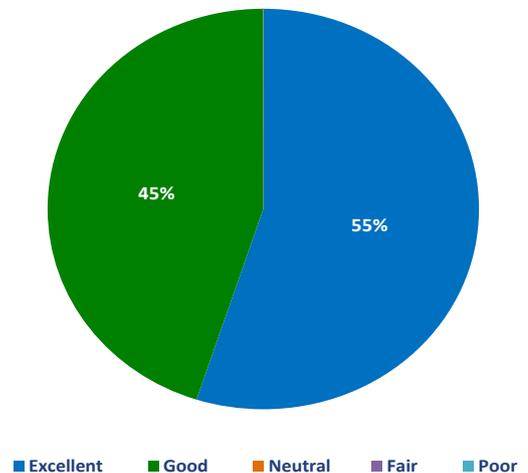
Ethnicity, Culture and Diabetes - Dr Naveed Younis



Obesity, Lipoproteins, Microangiopathy and the Effect of Bariatric Surgery - Dr Handrean Soran

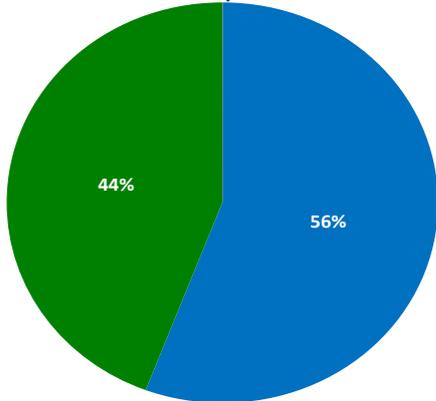


Current Innovative Medical Management of Obesity - Prof John New



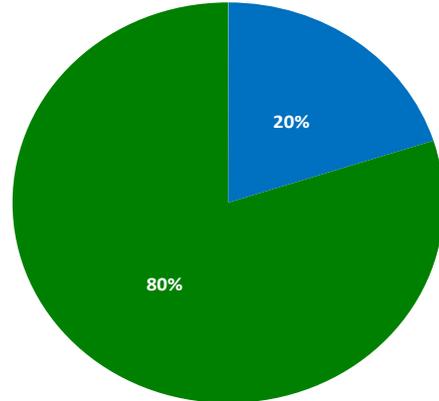
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Role of Surgery in Tackling Obesity, Diabetes and Metabolic Syndrome - Prof Siba Senapati



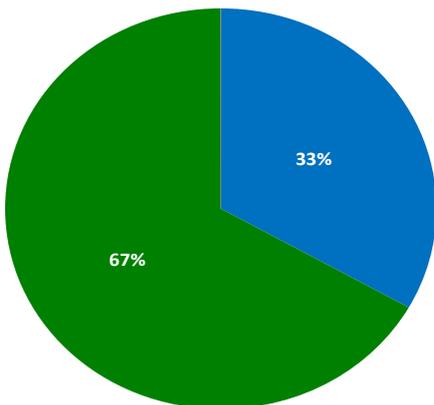
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Tackling Diabetes – Role of General Practitioner and Commissioner - Dr Naresh Kanumilli



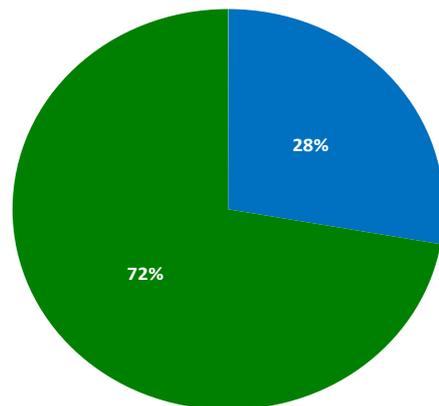
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The Patient's Experience of Bariatric and Metabolic Surgery - Mrs Christine Rostron, Mr Jason Lakatos



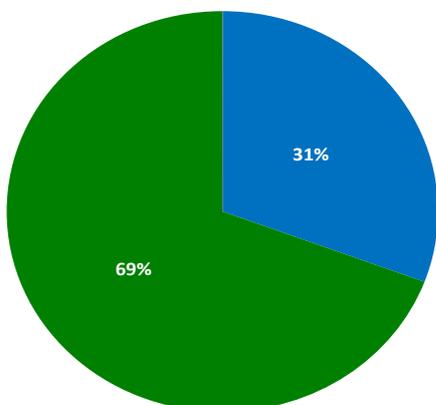
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The Role of Gut Microbiota in Diabetes: Can We Alter It? - Prof Andrew McBain



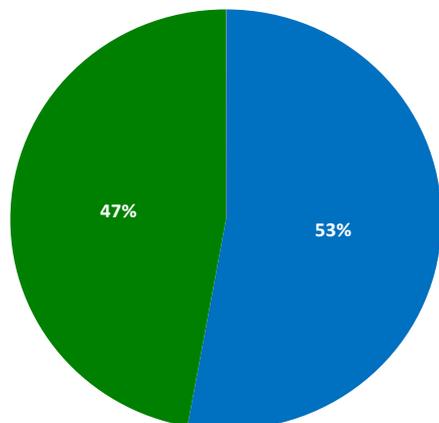
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Public Health Interventions in the Management of Obesity - Kate Anderson



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

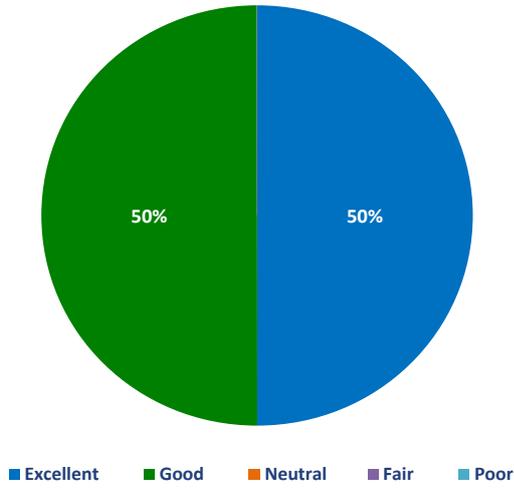
How were the facilities and venue?



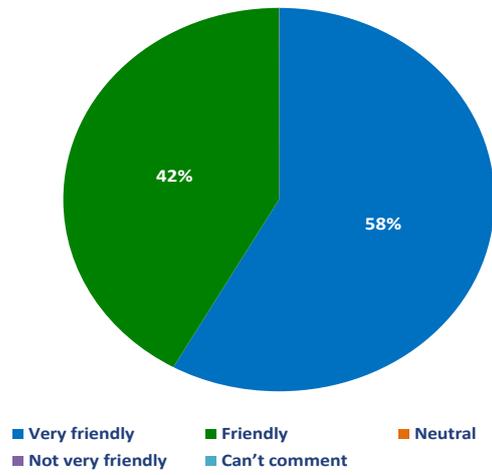
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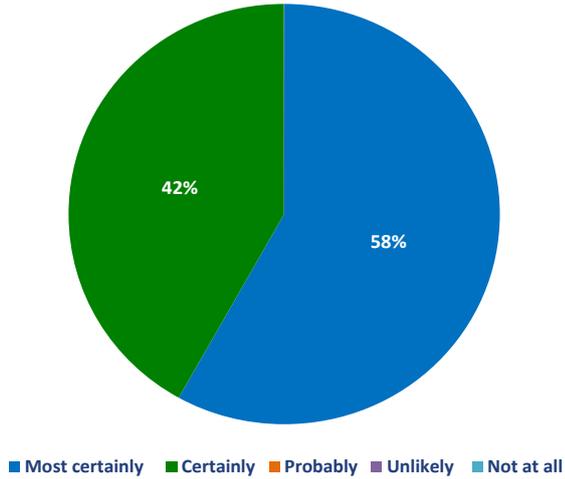
How were the refreshments and lunch?



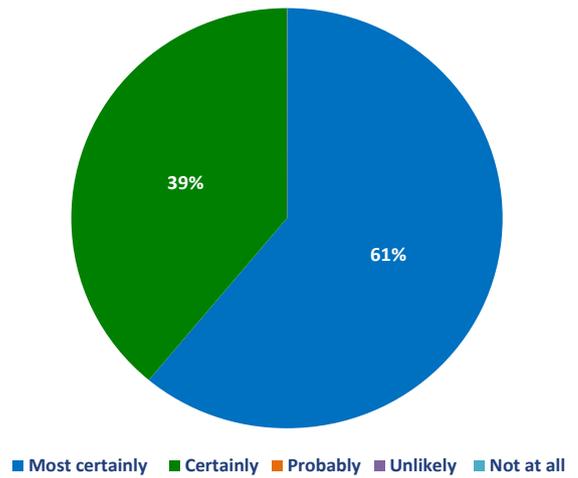
How was the general friendliness of the faculty and organisers?



Would you recommend this study day to a friend?



Do you think that this study day provided good value for money?



Individual Comments

The study day was good, I have previously worked in tier 4 and tier 3 services so alot of the information was repetitive, although I really enjoyed the sleep, renal and gut talks as some of these were very informative by specialists in their areas. I would recommend the course to others who don't have a good understanding of the area.

JD

Good.

KI

Very good.

IC

Very well organised--very useful to doctors and nurses from all specialities.

SS

It was very nice venue and presentations fantastic.

GV

Good.

SG

As a Specialist Obesity Dietitian I need to keep up to date with the current evidence base re ; Obesity. I will use the information to update my practice and the information given to patients.

PE

Excellent choice of subjects and Super delivery by all the presenters. They had sound subject knowledge which they articulated very well. A follow-up would be great. It was all very relevant and most informative for my own career, as I am very much interested in Obesity and Diabetic studies particularly within the North West regions. I have recently successfully completed an MSc in Nutrition and Health and exploring avenues for further research/work within Public Health in Diabetes and Obesity and would like to have a placement/ shadow an authority in the area. THANK YOU for the great opportunity to attend the day with these knowledgeable people and ones making great contributions in the area. THANK YOU once again. Well Done! Much appreciated.

RN

Very high standard.

HA

Individual Comments

Very good, well organised and all speakers were very clearly expert in the fields they were presenting. It was mostly relevant to my role.

GM

Very well organised event.

BM

Good.

SP

Very good.

IC

I had a very good day of education. I learnt some new information. Session microbiota was excellent.

VG

It was good refreshing course.

GD

Excellent.

AS

It was a good presentation from every speaker. I have a more understanding of the issues of obesity and its effects to the individual and society in general.

EG

I am studying a masters degree in diabetes care, this study day provided excellent insight into this subject as I have a particular interest in diabetes.

SG

Very informative , raise the awareness to all of us health workers on the important of obesity in the UK.

AS

Very interesting study day and an opportunity to network with colleagues.

LC

Individual Comments

Well presented and very informative.

SK

Thoroughly enjoyed it.

DL

Knowledge development as a Bariatric scrub practitioner.

CS

Very good.

SK

I did enjoy the study day with most relevant information added to my clinical practice.

IQ



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- Final Year Medicine and Surgical Revision Courses
- Training the Clinical Anatomy Trainer
- Clinical Anatomy as Applied to Trauma and Emergency Medicine
- Surgical Anatomy of Important Operative Procedures
- Future Surgeons: Key Skills (RCSEd delivered)
- Structured Introduction to Surgical Skills

Postgraduate:

- MRCS Part A
- MRCEM Part A
- MRCS Part B OSCE
- DOHNS: Intensive Revision & OSCE
- Intercollegiate Basic Surgical Skills (RCSEd delivered)
- MRCP PACES Part 2
- FRCS (General Surgery) Exit Exam
- Cadaveric Ultrasound-Guided Musculoskeletal Intervention Course
- Ultrasound-Assisted Botulinum Toxin Injection for Neuromuscular Disorders
- Live Advanced Laparoscopic Colorectal Course



Forthcoming key events:

- **International Medical Summer School**
Manchester, 6th to 10th August 2018
- **International Academic and Research Conference**
Manchester, 11th August 2018
- **World University Anatomy Challenge**
Manchester, 9th and 10th August 2018

Publications



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