

ETHICON
PART OF THE *Johnson & Johnson* FAMILY OF COMPANIES



Tackling Obesity and Its Impact on Health: A Study Day



Feedback - April 2019

Tackling Obesity and Its Impact on Health: A Study Day

There is a rising trend of obesity worldwide with significant health implications. Obesity itself confers an independent risk to serious conditions including cardiovascular disease, diabetes and its related microvascular complications, sleep disorders and psychological disturbances. 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 include updates on new medical therapies, psychological interventions, bariatric surgery and the role of the gut microbiome in both the development of and potential treatments of both obesity and diabetes.

Course Information

Course Date:	6th April 2019
Venue:	The Mayo Building, Salford Royal NHS Foundation Trust
Attendance:	81 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; Dietitians; Podiatrists
Course Fee:	Free



Course Programme

Time	Topic	Speaker
0845 - 0900	Welcome and Introduction	Professor Siba Senapati Chairman of Obesity Awareness and Support OASIS-GB
First Session Chair: Mr Khurshid Akhtar Consultant UGI and Bariatric Surgery UGI and Bariatric Services Lead Salford Royal Foundation NHS Trust		
0900 - 0920	Obesity: Thoughts to Chew Over	Dr Venkat Sridharan Consultant Physician Royal Oldham Hospital, Oldham
0920 - 0940	Obesity and Cancer	Professor Andrew Renehan Consultant General Surgeon The Christie Hospital, Manchester
0940 - 1000	Kidney Disease Due to Obesity: Can It Be Reversed?	Dr Phil Evans Honorary Senior Lecturer University of Manchester and Salford Royal Hospital, Salford
1000 - 1020	Obesity - One Disease Spectrum, Multiple Solutions	Dr J S Bamrah Consultant Psychiatrist and Honorary Reader University of Manchester
1020 - 1040	A Burden on My Joints	Mr NiKhil Shah Consultant Trauma and Orthopaedic Surgeon Wrightington Hospital, Wigan

1040 - 1100

Coffee

Course Programme

Second Session
Chair: Dr Prasanna Rao Balakrishna
Consultant Diabetologist
Manchester Royal Infirmary, Manchester

1100 - 1120	Every Little Helps	Dr Sanjay Arya Consultant Cardiologist and Medical Director Wigan and Leigh Foundation Trust
1120 - 1140	Obesity and Reproductive Health	Dr Sangeeta Das Consultant Obstetrician and Gynaecologist Royal Bolton Hospital, Bolton
1140 - 1200	Obesity and Endometrial Cancer	Miss Michelle Macintosh Consultant Gynaecologist Saint Mary's Hospital, Manchester
1200 - 1220	Current Medical Management of Obesity	Dr Akheel Syed Consultant Endocrinologist Salford Royal Foundation Trust
1220 - 1240	Metabolic and Obesity Surgery: Is It the Panacea for All Effects of Obesity?	Professor Siba Senapati Chairman of Obesity Awareness and Support OASIS-GB Consultant Upper GI and Bariatric Surgeon Salford Royal Foundation Trust

1240 - 1340

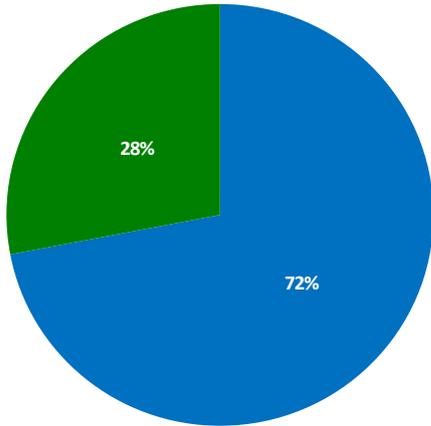
Lunch

Afternoon Session
Chair: Dr Sanjay Arya
Consultant Cardiologist and Medical Director
Wigan and Leigh Foundation Trust

1340 -1400	Obesity and NAFLD	Dr Hugh McMurtry Consultant Gastroenterologist Manchester Royal Infirmary, Manchester
1400 -1420	The Patient's Perspective	Mr J. Williams, Mrs C. Rostron, Mrs L. Williams
1420 - 1440	Tackling Obesity in General Practice	Dr Girish Patel General Practitioner Sides Medical Centre, Swinton
1440 -1500	Healthy Eating: Myths and Facts	Mr Chris Slater Bariatric Specialist Dietitian Salford Royal Foundation Trust
1500 - 1530	Keynote Lecture: The Science of Pioppi Diet	Dr Aseem Malhotra Honorary Consultant Cardiologist Lister Hospital, Stevenage
1530 -1540	Vote of Thanks	Mr Jack Carney Co-Chair OASIS-GB

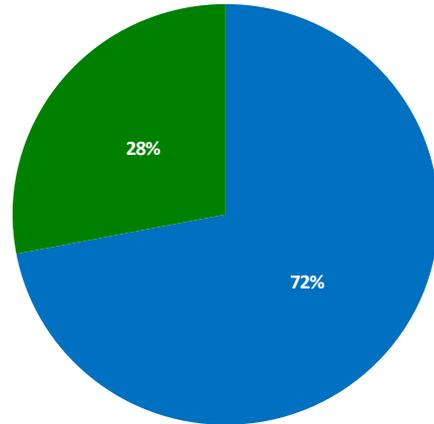
Overall Teaching Feedback

How was the content of the study day?



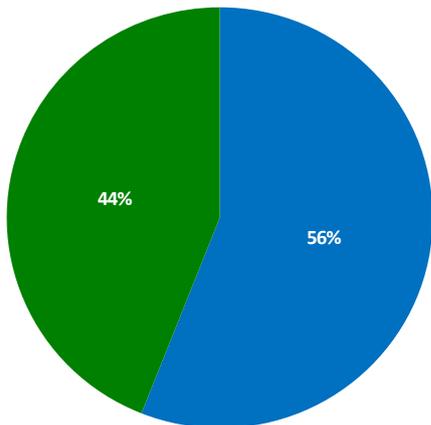
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

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



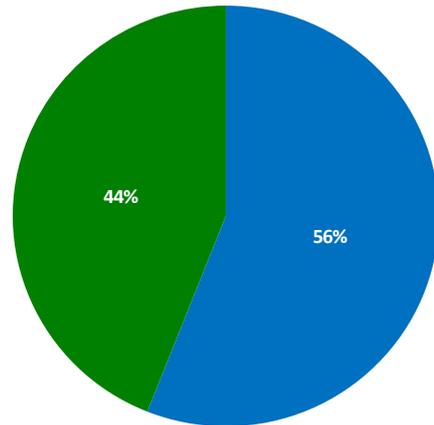
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How was the clarity of the presentations?



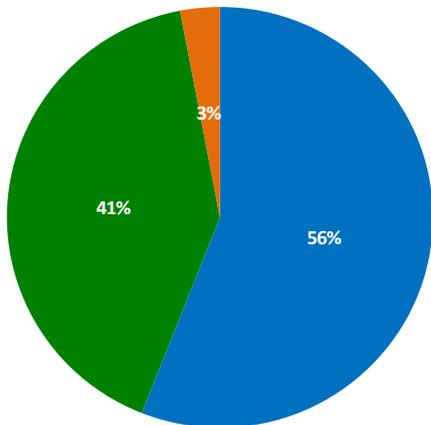
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

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



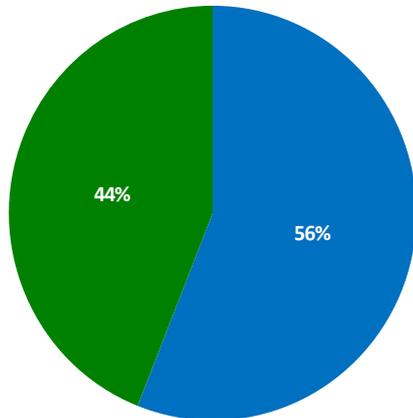
■ Very relevant ■ Mostly relevant ■ Neutral ■ Somewhat relevant ■ Not relevant

Did the study day meet your learning objectives?



■ Most certainly ■ Certainly ■ Just about ■ Limited ■ Not at all

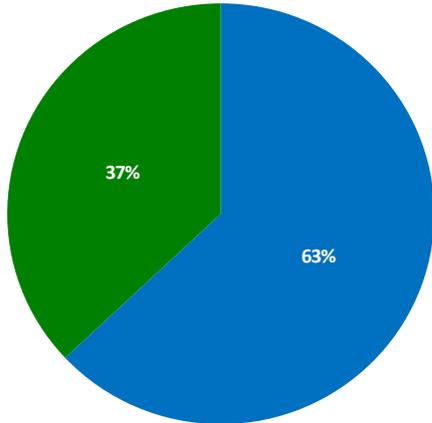
Welcome and Introduction - Professor Siba Senapati



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

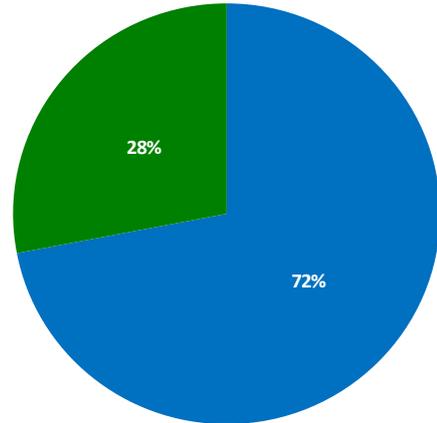
Overall Teaching Feedback

Obesity: Thoughts to Chew Over - Dr Venkat Sridharan



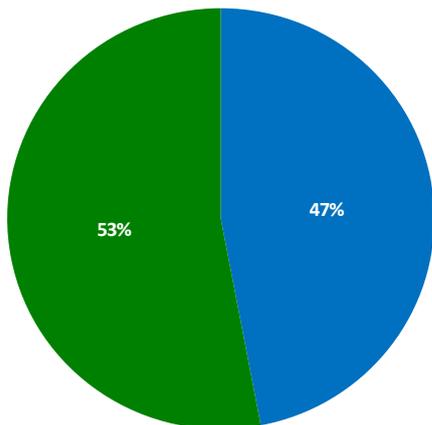
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Obesity and Cancer - Professor Andrew Renehan



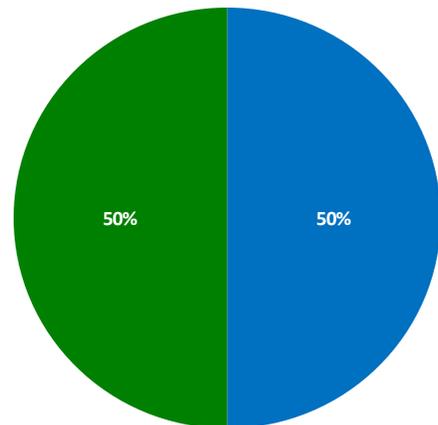
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Kidney Disease Due to Obesity: Can It Be Reversed? - Dr Phil Evans



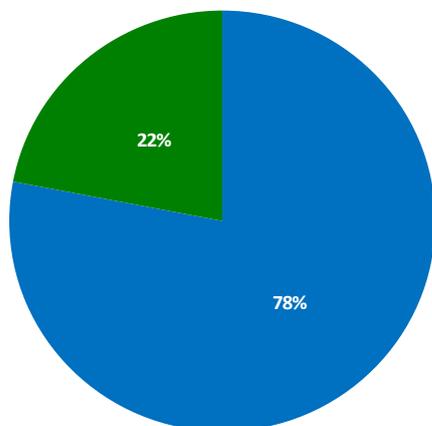
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Obesity - One Disease Spectrum, Multiple Solutions - Dr J S Bamrah



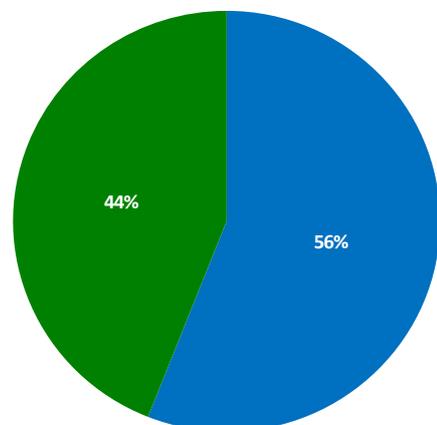
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

A Burden on My Joints - Mr Nikhil Shah



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

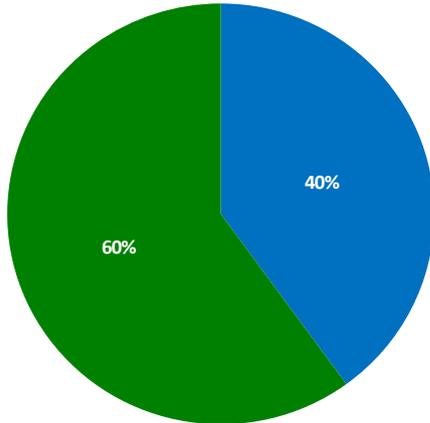
Every Little Helps - Dr Sanjay Arya



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

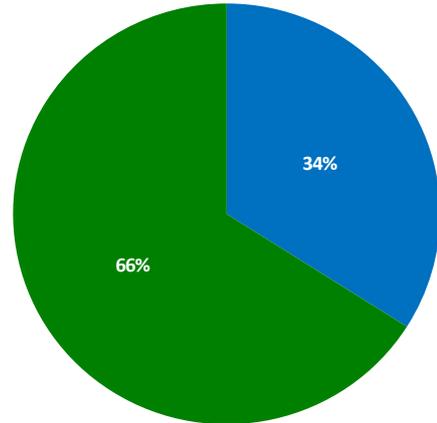
Overall Teaching Feedback

Obesity and Reproductive Health - Dr Sangeeta Das



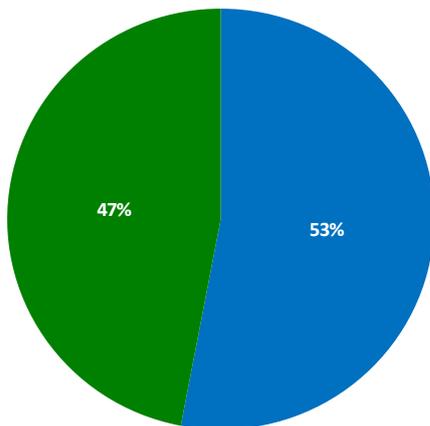
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Obesity and Endometrial Cancer - Miss Michelle Macintosh



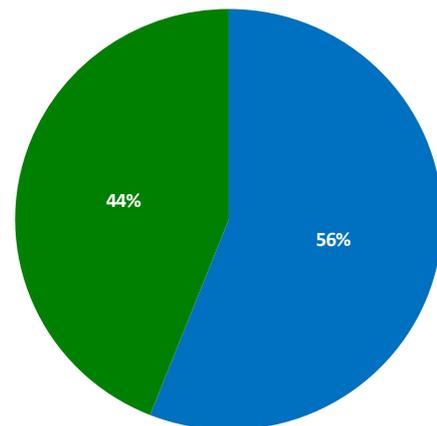
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Current Medical Management of Obesity - Dr Akheel Syed



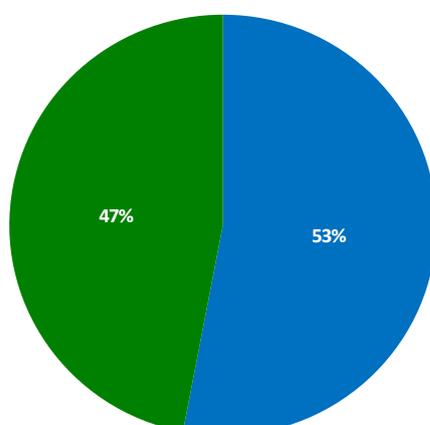
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Metabolic and Obesity Surgery: Is It the Panacea for All Effects of Obesity? - Professor Siba Senapati



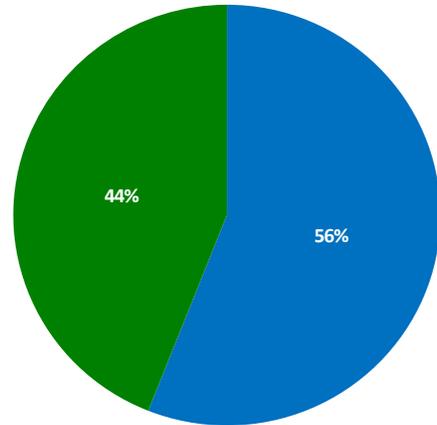
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Obesity and NAFLD - Dr Hugh McMurtry



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

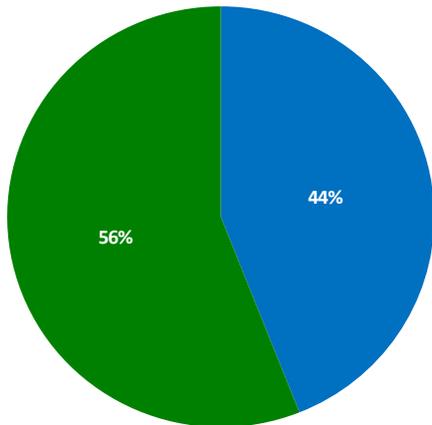
The Patient's Perspective - Mr J Williams, Mrs C Rostron, Mrs L Williams



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

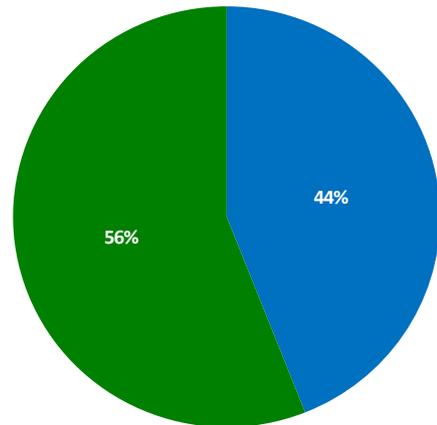
Overall Teaching Feedback

Tackling Obesity in General Practice - Dr Girish Patel



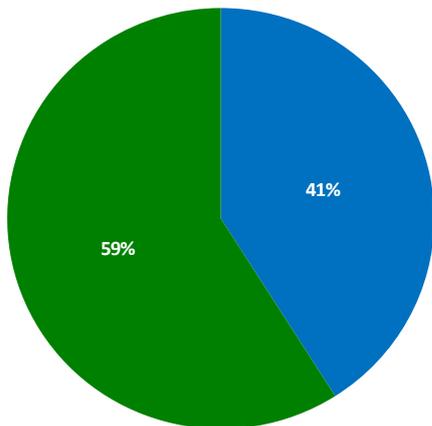
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Healthy Eating: Myths and Facts - Mr Chris Slater



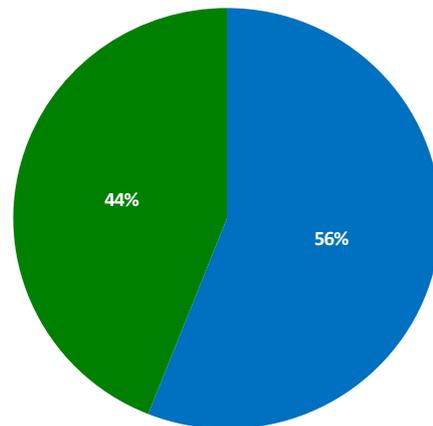
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

Keynote Lecture: The Science of Pioppi Diet - Dr Aseem Malhotra



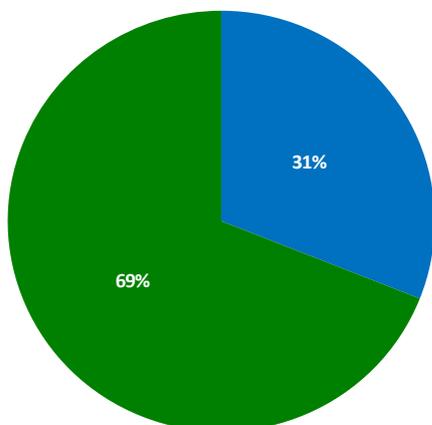
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How were the facilities and venue?



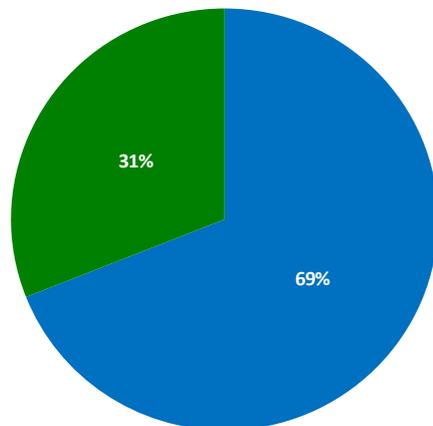
■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

How were the refreshments and lunch?



■ Excellent ■ Good ■ Neutral ■ Fair ■ Poor

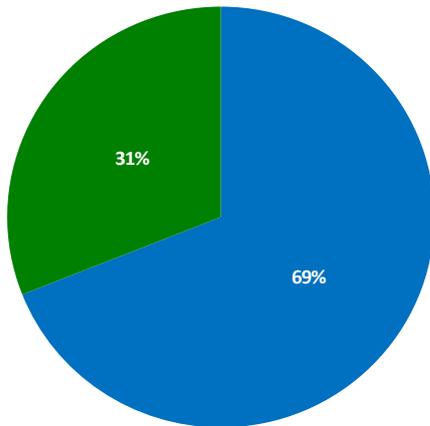
How was the general friendliness of the faculty and organisers?



■ Very friendly ■ Friendly ■ Neutral ■ Not very friendly ■ Can't comment

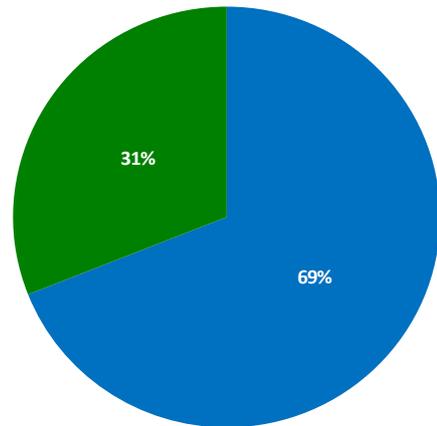
Overall Teaching Feedback

Would you recommend this study day to a friend?



■ Most certainly ■ Certainly ■ Probably ■ Unlikely ■ Not at all

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



■ Most certainly ■ Certainly ■ Probably ■ Unlikely ■ Not at all

Individual Comments

This was a very well organised meeting. The speakers were impressive, and the teaching on the topic of obesity was good.

NS

It was very good.

LP

It was excellent and very relevant to practice.

AP

The speakers were amazing, and it was a very interesting, well organised day. Thank you!

SS

It was brilliant and wonderfully organised. It was well thought out and of a very high quality, with a high standard of presentations. I definitely felt satisfied to have attended such an event with such a brilliant range of presenters.

AS

Excellent.

SK

It was very good.

BR

A very important subject covered comprehensively in a holistic manner.

RS

I found it to be useful for day to day practice, but it could have also included patient's perspectives of those who have lost weight through dieting, not just obesity surgery alone.

SA

Overall, it was very good. I learnt a few ideas about the widespread effects of obesity.

MA

Overall, it was worth attending the course.

RS

Individual Comments

This was a very informative study day; I was especially interested as I work in the field of obesity. Current knowledge was presented clearly, and the speakers were eloquent in their presentations.

MM

Excellent.

TA

The obesity epidemic is getting worse; this study day has given me a lot of information to consider in order to help my patients.

MP

The study day was very well organised and the content was very relevant to my training needs.

BA

The venue and presentations were excellent. The information and feedback received will assist with improving our work-based practice and training.

DL

It was very good and well organised.

BD

The topics were very interesting and informative.

SK

It was very good and very relevant to my career.

CN

This was a very useful day spent learning about and refreshing my understanding of obesity.

VS

This was a brilliant and well organised event. It not only helped me to improve my learning, but it also provided useful contacts and content to further my personal development plan. I can't wait for the next event. Well done to all who organised the event.

AM

It was very well organised with an input from multiple specialties.

AA

Individual Comments

The course was very informative; the speakers were excellent when talking about their topics in their presentations. The study day in general has helped me to improve my understanding of the bariatric side of my work.

MK

The study day was brilliant and very informative, as I am a nurse working in bariatric surgery. It's very helpful to understand and to be able to convey the message to others about our health and wellbeing.

RP

It was a very interesting study day. I would highly recommend it to my colleagues in the future.

II

It was very good.

HA



DOCTORS ACADEMY

BETTER EDUCATION. BETTER HEALTH.

Doctors Academy is a UK-based International Non-Profit Organisation comprising of doctors, dentists and scientists that undertakes a diverse range of educational activities globally. The aim of the Academy is to disseminate information and exchange medical knowledge between professionals from diverse backgrounds working in a variety of healthcare settings. This is achieved by the provision of a number of attendance courses, publishing house, online resources and international events / competitions.

Courses (a selection):

Undergraduate:

- 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
- International Academic and Research Conference
- World University Anatomy Challenge

Publications



publications.doctorsacademy.org

World Journal of Medical Education & Research



Peer-reviewed academic journal
with ISSN.

- No fee to view, read and download articles
- No subscription charges
- No submission fees
- No manuscript processing fee
- No publishing fee
- No cost to read, write or publish!

wjmer.co.uk

Online Revision Resources

DoctorExams consists of 1000s of questions with detailed explanations in MCQ, EMQ, SBA and SAQ formats. Questions are written by the Doctors Academy group of experienced clinicians and clinical academics, with mock exams and feedback on performance included to aid a candidate's focused revision of topics. Based on past exams, these questions are carefully crafted to suit the requirements of undergraduate students & postgraduate trainees undertaking relevant speciality exams.

Resources for:

- Medical Students
- Dental Students
- International Entrance Exams
- MRCS Exams
- General Surgery Exams
- Plastic Surgery Exams
- DOHNS Exams

www.doctorexams.co.uk

www.doctorsacademy.org