

## 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

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



## Course Programme

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

## Course Programme

|                                 |  |   |
|---------------------------------|--|---|
| 1140 - 1200                     | Current innovative medical management of Obesity                     | Prof John New<br>Professor of Medicine<br>Salford Royal NHS Foundation Trust              |
| 1200 - 1220                     | Role of surgery in tackling obesity, diabetes and metabolic syndrome | Prof Siba Senapati<br>Consultant Upper GI and Bariatric Surgeon<br>Salford Royal Hospital |
| 1220 - 1240                     | Discussion   |   |
| <b>1240 - 1340</b> <b>Lunch</b> |  |   |
| <b>Afternoon session</b>        |  | <b>Chair: Dr Akheel Syed</b>  |
| 1340 - 1405                     | Tackling Diabetes – Role of General practitioner and Commissioner    | Dr Naresh Kanumilli<br>Diabetes Network Lead for Greater Manchester and East Cheshire     |
| 1405 - 1430                     | The Patient's experience of Bariatric and Metabolic Surgery          | Mrs Christine Rostron<br>Mr Jason Lakatos   |
| 1430 - 1455                     | Role of gut microbiota in diabetes: can we alter it?                 | Prof Andrew McBain<br>Professor of Microbiology University of Manchester                  |
| 1455 - 1520                     | Public Health Interventions in the Management of Obesity             | Kate Anderson<br>Head of Service Development ABL Health                                   |
| 1520 - 1530                     | Discussion   | Prof Siba Senapati<br>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**

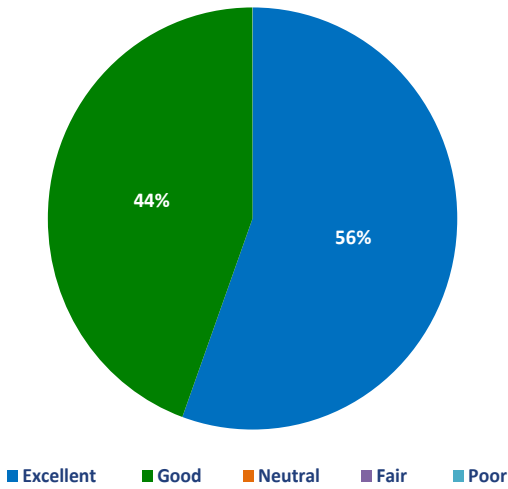
Professor of Microbiology  
University of Manchester

**Mr Jack Carney**

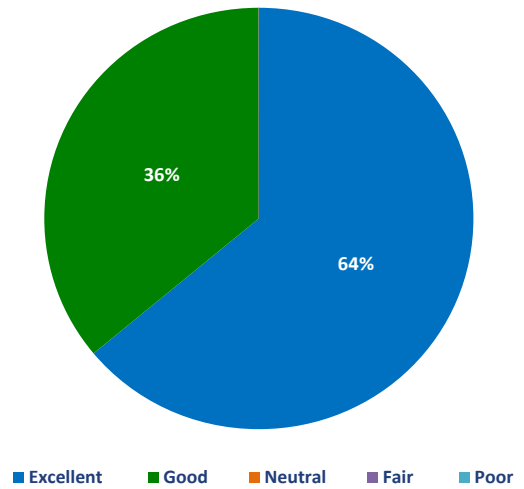
Co-chair  
OASIS-GB

# Overall Teaching Feedback

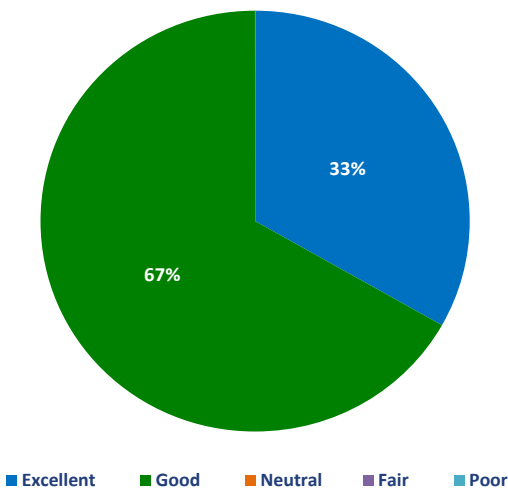
How was the content of the study day?



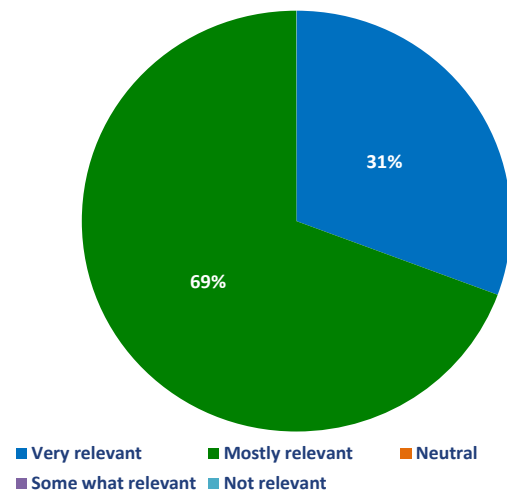
How would you rate the general academic standard of the speakers?



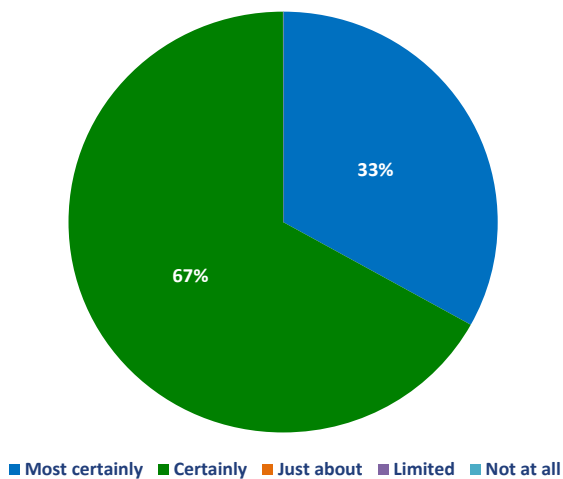
How was the clarity of presentations?



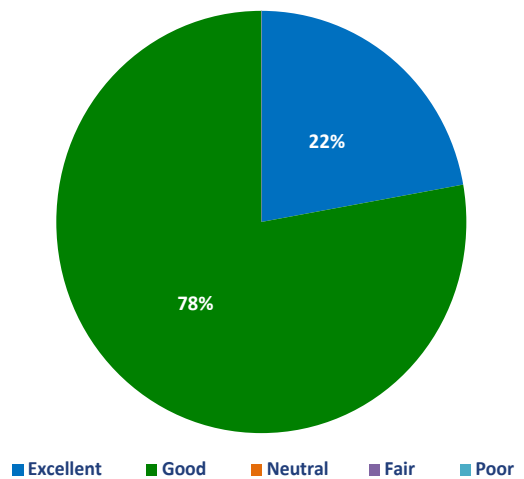
How do you rate the relevance of the study day to your career?



Did the study day meet your learning objectives?

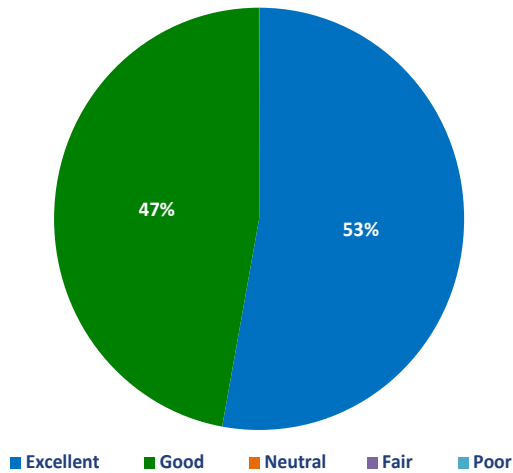


Current Obesity Epidemic and its Effects on Health and Well-Being - Dr Akheel Syed

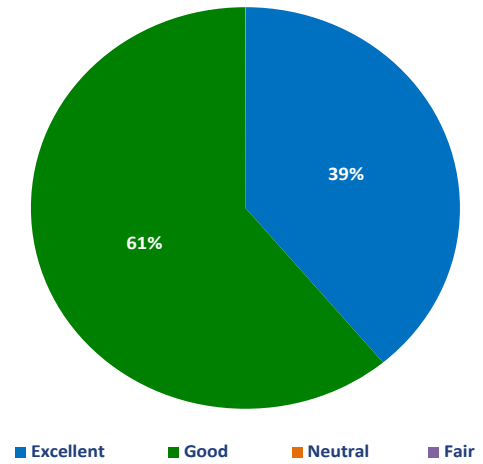


## Overall Teaching Feedback

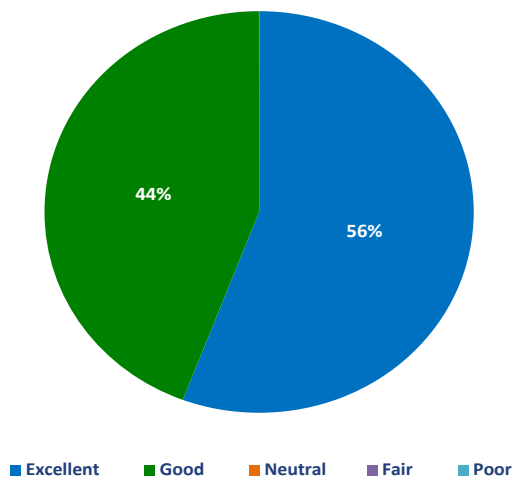
Obesity and Sleep Disorders: Is There A Relationship? - Dr Victoria Cooper



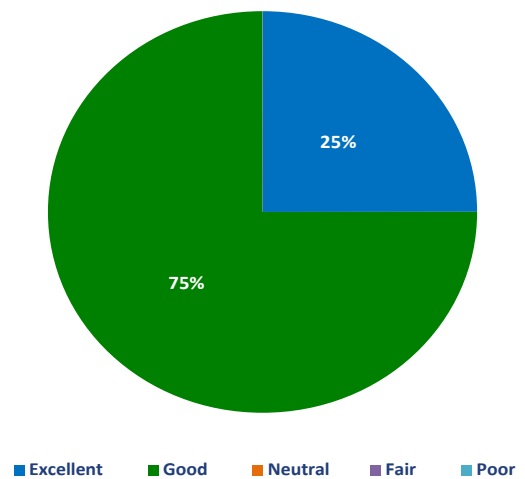
Obesity and Kidneys - Dr Smeeta Sinha



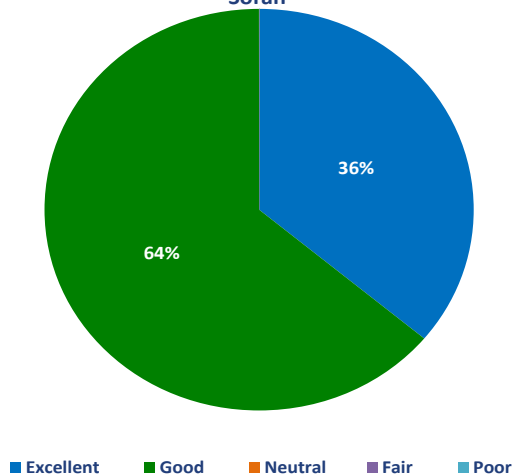
Is Obesity a Psychiatric Disorder? - Dr J S Bamrah



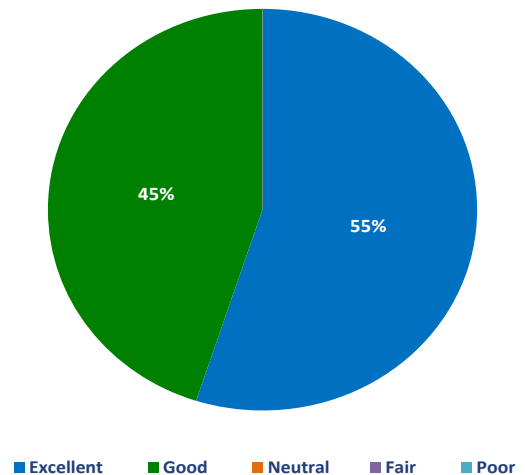
Ethnicity, Culture and Diabetes - Dr Naveed Younis



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



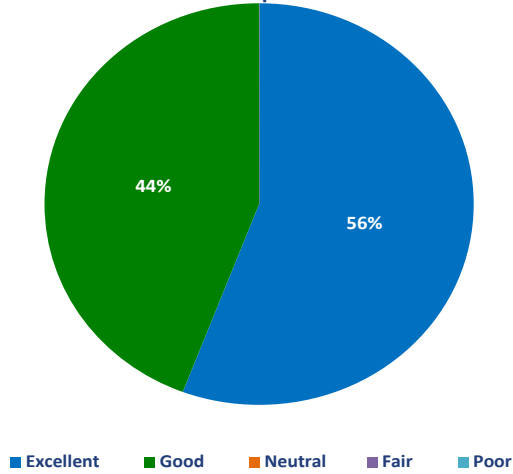
Current Innovative Medical Management of Obesity - Prof John New



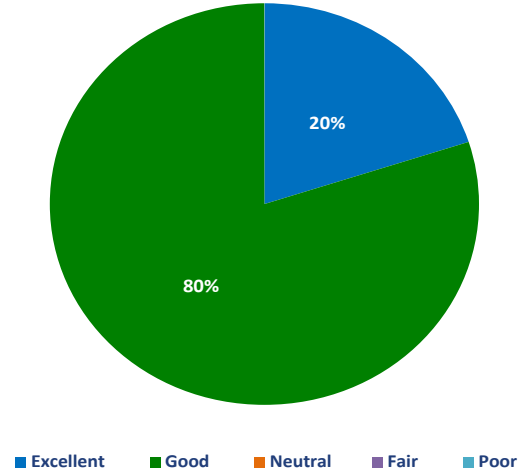


## Overall Teaching Feedback

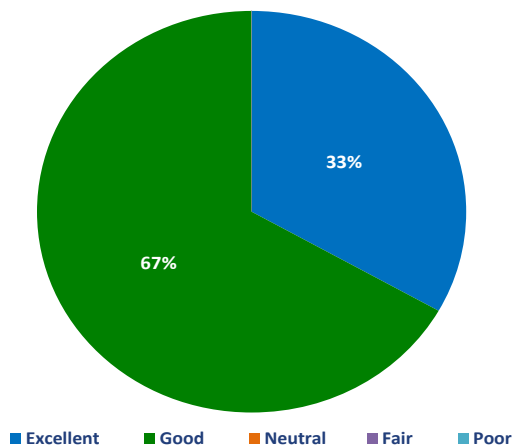
Role of Surgery in Tackling Obesity, Diabetes and Metabolic Syndrome - Prof Siba Senapati



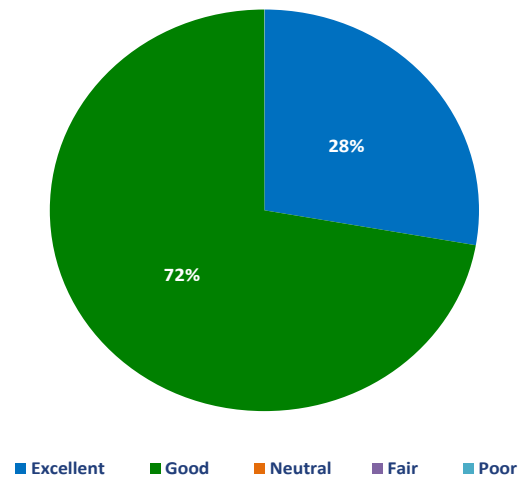
Tackling Diabetes – Role of General Practitioner and Commissioner - Dr Naresh Kanumilli



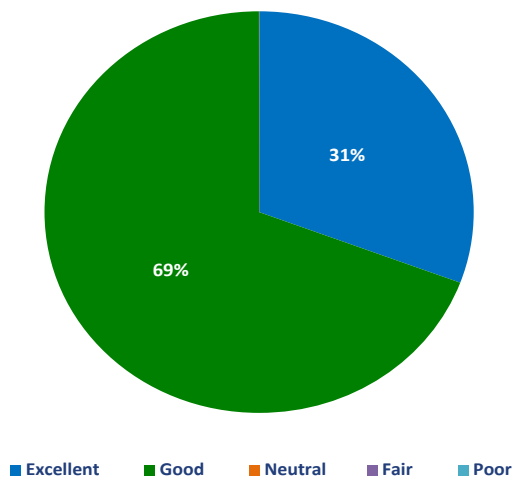
The Patient's Experience of Bariatric and Metabolic Surgery - Mrs Christine Rostron, Mr Jason Lakatos



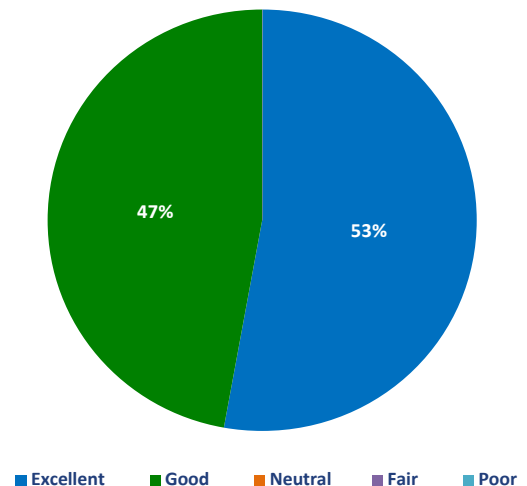
The Role of Gut Microbiota in Diabetes: Can We Alter It? - Prof Andrew McBain



Public Health Interventions in the Management of Obesity - Kate Anderson



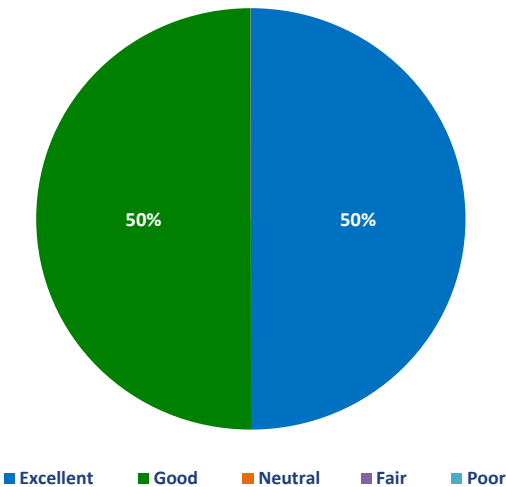
How were the facilities and venue?



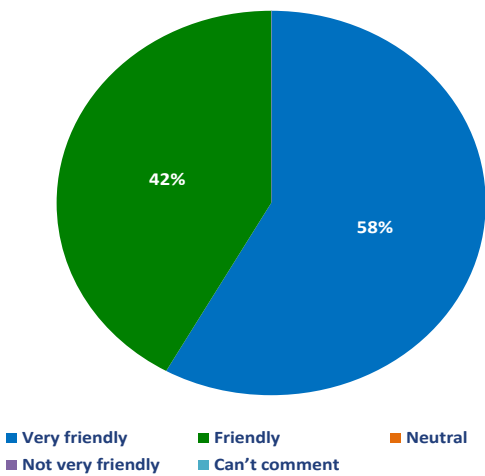


# Overall Teaching Feedback

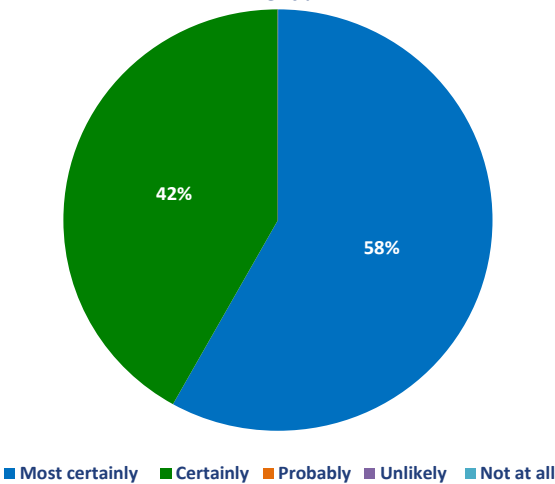
How were the refreshments and lunch?



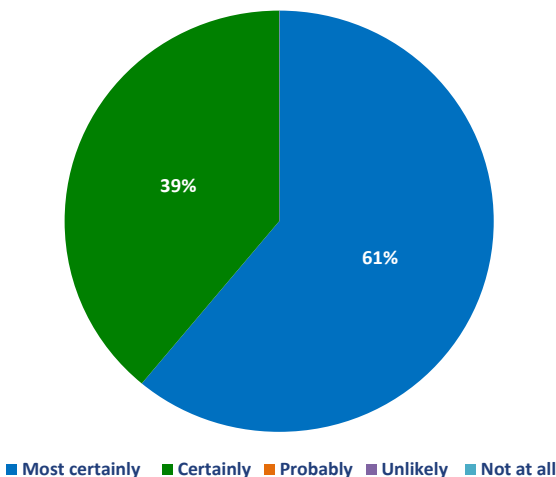
How was the general friendliness of the faculty and organisers?



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

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**  
Manchester, 6<sup>th</sup> to 10<sup>th</sup> August 2018
- **International Academic and Research Conference**  
Manchester, 11<sup>th</sup> August 2018
- **World University Anatomy Challenge**  
Manchester, 9<sup>th</sup> and 10<sup>th</sup> August 2018

## Publications



[publications.doctorsacademy.org](http://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](http://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](http://www.doctorexams.co.uk)