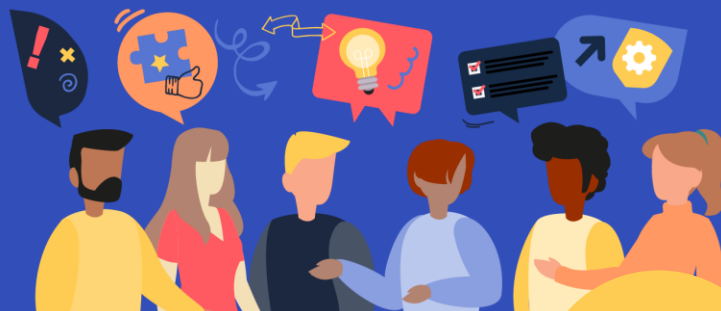




Royal College
of Physicians

Update in medicine



6 October 2026 | Brighton

CPD code: 156240

**6 CPD
credits**

Programme

08:00	Registration and refreshments
09:10	Conference opening comments Dr Burhan Khan FRCP, regional adviser, Kent, Surrey and Sussex
09:15	Session 1 Chair – Dr Burhan Khan FRCP
09:20	Obesity and weight loss: an update for the physician Dr Katherine McCullough FRCP, consultant endocrinologist, Surrey and Sussex Healthcare NHS Trust
09:50	Tips on the management of common functional GI symptoms and diseases in clinical practice Dr Ben Warner, consultant gastroenterologist, Dartford and Gravesham NHS Trust Q&A
10:20	
10:30	Comfort break
11:00	Session 2: Hot topics on the acute take Chair – Dr Monira Rahman, consultant gastroenterologist, Surrey and Sussex Healthcare NHS Trust
11:05	Acute medicine: practical updates for everyday clinical practice Dr Roger Wellesley Duckitt FRCP, consultant acute medicine, University Hospitals Sussex NHS Trust
11:30	Cardiology: front door cases for acute/general medics Professor Nik Patel FRCP, consultant cardiologist, East Sussex Healthcare NHS Trust; head of the school of medicine for HEE Kent, Surrey and Sussex
11:55	Sepsis: from guidelines to glycocalyx – rethinking resuscitation Dr Charlotte Long, consultant intensivist, East Sussex Healthcare NHS Trust
12:20	Q&A

DoubleTree by Hilton Brighton Metropole, Kings Road, Brighton, BN1 2FU



	RCP update
12:35	Professor Mumtaz Patel FRCP , RCP president Dr Omar Mustafa FRCP , RCP registrar
12:50	Lunch
	Session 3
13:50	Chair – Dr Thomas Medveczky FRCP , regional adviser, Kent, Surrey and Sussex
13:55	Turner-Warwick lecture – Navigating healthcare at the end of life Dr Sarah Bowers , specialty registrar in palliative medicine and general internal medicine, NHS Forth Valley
14:25	Q&A
14:30	Vaccinations: how they work, their clinical value and population impact Dr Claire Turner , consultant in public health, Sussex Community NHS Foundation Trust
15:00	Hospitals without walls – future-proofing our profession Dr Henry Alexander FRCP , consultant geriatrician, East Sussex Healthcare NHS Trust
15:30	Q&A
15:40	Comfort break
	Session 4
16:05	Chair – Dr Gunaratnam Gunathilagan FRCP , regional adviser, Kent, Surrey and Sussex
16:10	Acute neurovascular disease, including TIA and minor stroke for the generalist Dr David Hargroves FRCP , consultant stroke physician, East Kent Hospitals University NHS Foundation Trust
16:40	Managing frailty at the front door: what generalists need to know Dr Sanjay Suman FRCP , consultant geriatrician and clinical director, Medway NHS Foundation Trust
17:10	Q&A
17:20	Conference closing comments Chair – Dr Gunaratnam Gunathilagan FRCP
17:25	Close of conference

Please note this programme may be subject to change.

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