

Royal College of Physicians of Ireland
No. 6 Kildare St, Dublin 2

4.00 pm Wednesday, 5 March 2008

UPCOMING SESSIONS in the *RCPI Masterclass Series: Treating the Acutely Ill Patient*

Part IV: Endocrinology Session	April 2, 2008	4.00 – 7:30 pm
Part V: Cardiology Session	May 7, 2008	4.00 – 7:30 pm
Part VI: Nephrology Session	June 4, 2008	4.00 – 7:30 pm

*Masterclass Series:
Treating the acutely ill
patient* – Update and advances
in management of common medical
conditions presenting on call

**Part III: Geriatric
Medicine Session**



Welcome

Dr John Donohoe
President, RCPI

Dr Diarmuid O'Shea
Masterclass Series Convenor, RCPI



Dear delegate,

Welcome to the third session of the RCPI Masterclass Series on Treating the Acutely Ill Patient. Our aim with this series is to keep doctors participating in treatment of patients admitted acutely unwell to hospital up-to-date with evolving medical practice outside their own core subspecialty area. The series will cover recent advances in the management of common medical conditions. It will also identify interventions that may assist in preventing hospital admission and help facilitate appropriate discharge early.

This session targets common themes in Geriatric Medicine. We would like to thank the co-chairs of the session, Dr J B Walsh and Dr Paula Hickey, for their contribution to today's proceedings. And, a special thanks to Dr Conal Cunningham for his contribution to the programme and the series.

The next three meetings in the series will address areas in Endocrinology, Cardiology and Renal Medicine.

We are all responsible for improving and maintaining standards within our profession. Your attendance here today shows your commitment to this and to continued excellence of patient care. The College will continue to develop innovative approaches – such as attendance at meetings such as Masterclasses via live and recorded webcasts – to facilitate your continuing medical education requirements. This entire series qualifies for 18 CME credits.

If you have suggestions for future topics in the series include them on the assessment form in your meeting pack. Alternatively, email your suggestions to us at joannaholly@rcpi.ie.

We hope you enjoy the meeting.

A handwritten signature in black ink, appearing to read 'John Donohoe'.

Dr John Donohoe
President
Royal College of Physicians of Ireland

A handwritten signature in black ink, appearing to read 'Diarmuid O'Shea'.

Dr Diarmuid O'Shea
Masterclass Series Convenor
Royal College of Physicians of Ireland

TIME	TITLE	SPEAKER	CHAIRPERSON
15:55	Welcome by Masterclass Series Convenor, Dr Diarmuid O'Shea		
16:00 – 16:35	Management of an 82-year old presenting with an acute confusional episode	Dr Shaun O'Keeffe Galway University Hospitals	Prof JB Walsh St James's Hospital, Dublin
16:35 – 16:45	Discussion		
16:45 – 17:20	Management of stroke in the first 48 hours	Dr Joe Harbison St James's Hospital, Dublin	
17:20 – 17:30	Discussion		
17:30 – 17:45	Refreshments		
17:45 – 18:20	The 72-year old with heart failure – the optimum medical management – day 1, day 7 and follow-up	Dr Kieran O'Connor Mercy University Hospital, Cork	Dr Paula Hickey Sligo General Hospital
18:20 – 18:30	Discussion		
18:30 – 19:05	A 78-year old is admitted with a collapse – an evidence based approach to investigation and management	Dr Michael Watts Mid-Western Regional Hospital, Limerick	
19:05 – 19:15	Panel Discussion		
19:15 – 19:30	Close of Meeting		

The meeting will be available as a recorded webcast via the RCPI website. If you wish to receive information on how to subscribe to the service, please contact:

Joanna Holly, Royal College of Physicians of Ireland, 19 South Frederick House, Dublin 2. Tel: +353 1 8639743 Fax: +353 1 6724707 Email: joannaholly@rcpi.ie

This meeting is approved for 3 CME credits by the Royal College of Physicians of Ireland

Prof JB Walsh
St James's Hospital, Dublin

Prof JB Walsh will chair Session 1



J Bernard Walsh is Consultant Physician MedEL Directorate at St James's Hospital Dublin, Clinical Professor at the Department of Medical Gerontology at Trinity College Dublin, and Director of Mercer's Institute for Research on Ageing at St James's Hospital Dublin. He is a graduate of University College Cork and trained in Cork and the Mater Misericordiae University Hospital, Dublin. He completed his higher medical training at King's College Hospital London, UK and the Royal Liverpool Hospital, UK.

Prof Walsh is a Fellow of the Royal College of Physicians of Ireland and the Royal College of Physicians of London. Amongst others, he is a Member of The British Geriatrics Society, The International Osteoporosis Society, and The American Society for Bone and Mineral Research and The European Calcified Tissue Society.

Prof Walsh has authored over 100 peer review papers in the area of Memory, Vitamin D, Bone Health, Vascular Medicine, infectious diseases and general medical problems in the elderly.

Dr Paula Hickey
Sligo General Hospital

Dr Paula Hickey will chair Session 2



Paula Hickey is Consultant Physician in Geriatric Medicine at Sligo General Hospital. She is a graduate of Trinity College Dublin and undertook training in Geriatric Medicine initially in Dublin, and subsequently completed Fellowship in Gerontology from Emory University, Georgia, USA and further

training in Oxford, UK. She was awarded Fellowship of the Royal College of Physicians of Ireland in 2004.

Dr Hickey's special interest is in stroke medicine.

Session 1

16.00 — 16.35

Management of an 82-year old presenting with an acute confusional episode

Dr Shaun O'Keefe
Galway University Hospitals



Biographical Sketch

Shaun O'Keefe is Consultant Geriatrician for Galway University Hospitals. He graduated from UCD in 1985 and trained in General and Geriatric Medicine in Galway, Boston, USA and Liverpool, UK.

He was Consultant Physician in St Michael's and St Vincent's Hospitals in Dublin from 1996 to 2000 when he moved to Galway University Hospitals. He has published widely especially on delirium and on ethical problems in old age. He is Associate Editor of the Journal of Nutrition, Health and Ageing.

Overview of Presentation

Acute confusion (delirium) is a common presentation of many illnesses in older people. Delirium is unpleasant and potentially dangerous for patients and poses many practical difficulties for clinicians.

Management requires accurate diagnosis and care of the underlying cause as well as

pharmacological and non-pharmacological approaches to treat psychotic and other symptoms. Neuroleptic medications remain the mainstay of drug therapy, but there are emerging concerns about the safety and long-term effects of such treatment.

16.45 — 17.20

Management of stroke in the first 48 hours

Dr Joe Harbison
St James's Hospital, Dublin



Biographical Sketch

Joe Harbison qualified in medicine from UCD in 1992 and completed specialist training in Geriatric Medicine and General Internal Medicine in the North East of England in 2002, spending time working as a Registrar in Respiratory Medicine and Clinical Pharmacology. He completed his doctorate in the University of Newcastle upon Tyne, UK in 2000.

Dr Harbison's particular clinical and research interest is in the acute and hyperacute management of stroke and the delivery and development of stroke thrombolysis. Prior appointments held were as Consultant Geriatrician / Stroke Physician and Senior Lecturer in York. He has been involved in clinical acute stroke medicine and research throughout his career, and remains a member of the Acute Clinical Studies Group of the UK Stroke Research Network. About 420 patients with acute stroke are seen in St James's annually and 250 people attend their daily neurovascular clinic.

Overview of Presentation

Stroke is the third commonest cause of death in Ireland and the single commonest cause of death. Until recently acute stroke was not managed as a medical emergency but research in the last 15 years has shown that effective acute stroke care can reduce the morbidity and mortality of stroke significantly. Whilst thrombolytic therapy receives much of the publicity, and is certainly an effective therapy, other less complex interventions may benefit a

greater number of patients. Early skilled assessment and diagnosis can help predict patients liable to progress. Active management of blood pressure control of concomitant medical problems and avoidance of complications can make a huge difference to long term outcome. This presentation outlines the evidence base for the management of acute stroke in the first 24 hours.

Session 2

17.45 — 18.20

The 72-year old with heart failure – the optimum medical management – day 1, day 7 and follow-up

Dr Kieran O'Connor
Mercy University Hospital, Cork



Biographical Sketch

Kieran O'Connor received his MB, BAO, BCh and BMedSc degrees from University College Cork in 1997. He completed general professional training in General Internal Medicine through various hospitals in the Munster region. Following higher medical training on the South Munster Training Scheme and in Birmingham, UK, he was awarded CSCST in the specialties of Geriatric Medicine and General (Internal) Medicine in 2005.

In 2005, Dr O'Connor received an MSc in Epidemiology from University of London. He has a particular interest in the epidemiology of non-communicable diseases and health-care evaluation. The prevalence and management of heart failure with preserved systolic function and the role of exercise in heart failure formed part of his research work.

Dr O'Connor is Consultant Physician in Geriatric Medicine in the Cork city-wide Department of Geriatric Medicine working between the Mercy University Hospital and the South Infirmary Victoria University Hospital. He is also Clinical Senior Lecturer with University College Cork and regional speciality advisor in Geriatric Medicine.

Overview of Presentation

Heart failure is the quintessential disorder of cardiovascular ageing. Heart failure is among the most common diagnoses in older hospitalised patients. The mortality of heart failure in the older patient is very high. Acute heart failure is a heterogenous syndrome with some complex diagnostic and management challenges.

The same principles of therapy apply to the older and younger patient with heart failure. However, in the older patient heart failure management is associated with several distinct challenges, including: the presence of comorbidities; the increasing prevalence

of heart failure with a preserved systolic function; the scant representation of older people in clinical trials; ethical issues; and social issues.

The talk aims to describe characteristics of older patients with acute heart failure and explain present-day management in the context of recent practice guidelines. It will examine the treatment of older patients with both normal and reduced left ventricular systolic function, and how to facilitate appropriate discharge, optimise on-going management of heart failure and reduce the risk of future admissions.

18.30 — 19.05

A 78-year old is admitted with a collapse – an evidence based approach to investigation and management

Dr Michael Watts
Mid-Western Regional Hospital, Limerick



Biographical Sketch

Michael Watts received an BMBS BMedSc degree from Flinders University, SA, Australia in 1990. He was awarded CSCST in the specialties of Geriatric Medicine and General (Internal) Medicine in the UK in 2000. In 2001, he was appointed Consultant General Physician at MWRH and was awarded Fellowship of the Royal College of Physicians of Ireland in 2003.

Dr Watts has served as Dean of Examiners at MRCP MWRH and as Treasurer of IGS. He currently serves as National Specialty Director for Geriatric Medicine in Ireland.

Overview of Presentation

The presentation will discuss areas relating to: investigation of an episode of unexplained collapse in an older patient; a pragmatic interpretation of the evidence, and potential new pathways

of investigation; syncope versus seizure, how to delineate; utilisation of relevant syncope diagnostics; and evidence based interventions.

Notes

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