

By Primary
Care For
Primary
Care



The Primary Care Society
for Gastroenterology



Annual Scientific Meeting

Friday 8th November 2019

By Primary Care For Primary Care

Welcome

The PCSG is delighted to welcome you to the 2019 Annual Scientific Meeting. As a Primary Care Society, we aim to provide yearly educational meetings that inspire, challenge thinking and encourage our members to share their experiences and ultimately improve gut health for all.

This year marks the second ASM held at the Wellcome Collection. After the success of last year's meeting, it is our pleasure to be able to return to the same, central London location. Previously the Wellcome Trust, the Wellcome Collection has a long and prestigious medical heritage, making it a perfect spot to gather together some of Europe's top GI experts to impart their knowledge. This ASM we're delighted to introduce nine speakers covering topics such as the role of robotics in colorectal surgery; what is the pancreas anyway?; obesity in the Barcelona suburbs, and much more. In addition, we'll be awarding this year's Guts and Glory Award for services to the GI health universe and releasing the next issue of the PCSG's scientific journal, *The Digest* – with a focus, this time, on cancer.

As always, we're keen to hear your suggestions for collaborations and ideas going forward. Becoming a member of the PCSG is FREE and if you feel you know anyone who would benefit from joining the society, please help us to grow our community. On this note, the PCSG has this year launched its first ever PCSG Research Network in response to a growing need for research across a range of gastrointestinal diseases, including IBD, IBS, coeliac disease and NASH. Comprising multiple GP surgeries, individual GPs, specialist nurses, nutritionists and pharmacists, this network recognises that the majority of healthcare interactions with the public comes via primary care, placing primary care healthcare professionals and the GP surgery at the forefront of information and insight.

As part of its mission to 'Improve Gut Health for Everyone', the PCSG invites all primary care healthcare professions to become part of this research network. Not only will this mean an involvement in research that really can make a difference but, where funds are available, the society will be able to reimburse you for time and associated costs. Sign up today on the PCSG website.

The PCSG is determined to continue to be a society that's authoritative, collaborative and innovative. The 2019 ASM has been curated with care and insight, aiming to provide content to PCSG members that's relevant and forward-thinking.

Last but not least, the PCSG has made it to Facebook! Add us as a friend, or follow us, and keep up to date with the latest news and events, get in touch and contribute to online discussion. Go to: facebook.com/PCSGastro/

Dr Kevin Barrett
Chair, PCSG

PCSG Corporate Supporters

The PCSG would like to thank the following pharmaceutical companies for their support:

Medtronic



TILLOTTS PHARMA



BIMUNO



ThermoFisher
SCIENTIFIC

PrecisionBiotics
Group

BIOHIT HealthCare
Innovating for Health



Yakult



General information

BADGES

Please wear your name badge during the meeting and return it to the registration desk at the end of the day.

CATERING

Please refer to the programme for the time of refreshment and lunch breaks. We ask that you return promptly following these breaks to ensure that the meeting finishes at the scheduled time.

CERTIFICATES OF ATTENDANCE

These will be available at the end of the meeting.

EVALUATION FORMS

Your feedback is important to us. It helps us to plan for further events and we also replay your feedback to each of the individual speakers. Please take a few minutes to complete the evaluation form and return it at the end of the meeting.

EXHIBITION

The PCSG is pleased to welcome our corporate sponsors to this educational meeting. A pharmaceutical display will take place throughout this meeting. Information on PCSG Corporate Sponsors is also available in this pack.

FIRE EVACUATION

The Chairperson will inform you of the fire evacuation procedure.

MOBILE PHONES

We ask that mobile phones are switched off or on silent during the meeting.

PRESENTATION HANDOUTS

Please find, enclosed in this delegate pack, handouts from those speakers that have submitted their presentations in advance. If the handout is not available, please approach the speaker directly.

Opinions expressed in the presentations are those of the speakers and do not necessarily reflect those of the Primary Care Society for Gastroenterology.



Assessment of knowledge prior to meeting

What three things are you hoping to learn from today's meeting?

1:
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2:
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What else are you looking forward to? (Networking, sharing of best practice, information from the exhibition?)

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Time	Details
9.30 - 10.00	Registration
10.00 - 10.10	Chair's Welcome and Introduction Dr Kevin Barrett
10.10 - 10.40	Do probiotics affect brain function, and if so, how and to what extent? Prof. Dr Paul Enck <i>PrecisionBiotics have sponsored this session as part of an educational grant to the PCSG. The speaker and subject of the session have been agreed between PrecisionBiotics and PCSG, but PrecisionBiotics have had no input into the content.</i>
10.40 - 11.10	What is a pancreas, anyhow? I mean, I don't know what the damn thing does for you, besides gives you cancer Dr Shivan Sivakumar
11.10 - 11.30	Coffee / Tea break
11:30 - 12.00	The role of dietary intervention for the management of functional constipation Dr Eirini Dimidi
12.00 - 12.30	An update on the liver Prof. Graeme Alexander
12.30 - 13.15	Lunch break

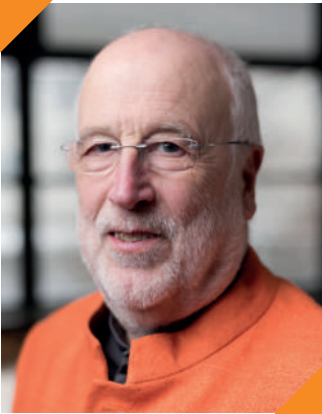
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13.15 - 13.30	 <p>Guts & Glory Award to be announced</p>
13.30 - 14.00	<p>IBD flare pathway – update Dr Kevin Barrett</p>
14.00 - 14.30	<p>FIT, NICE guidelines and robotic colorectal surgery Mr Charles Evans</p>
14.30 - 14.50	Coffee / Tea break
14.50 - 15.20	<p>Coeliac disease and non-coeliac disease gluten sensitivity Dr Charlie Andrews</p> <p><i>Thermo Fisher Scientific have sponsored this session as part of an educational grant to the PCSG. The speaker and subject of the session have been agreed between Thermo Fisher Scientific and PCSG, but Thermo Fisher Scientific have had no input into the content.</i></p>
15.20 - 15.50	<p>A model for prevention and management of obesity in childhood Dr Juan Mendive</p>
15.50 - 16.15	AGM
16.15 - 16.30	Closing comments

Do probiotics affect brain function, and if so, how and to what extent?



Prof. Dr Paul Enck

Biography

Prof. Dr Paul Enck, Director of Research, Dept. of Internal Medicine VI (Psychosomatic Medicine and Psychotherapy), University Hospital Tübingen, Germany.

Paul's main interests are gut functions in health and disease, including functional and inflammatory bowel disorders, the role of the gut microbiota, regulation of eating and food intake and its disorders, of nausea, vomiting and motion sickness, and the psychophysiology and neurobiology of the placebo response, with some emphasis on sex differences. He has published more than 200 original data papers in scientific, peer-reviewed journals, and more than 300 review articles and book chapters. He is board member/treasurer of the European Society of Neurogastroenterology and Motility, the German Society of Neurogastroenterology and Motility, and The Society of Interdisciplinary Placebo Studies, and has served as reviewer for many national and international journals and grant agencies.

Synopsis

Animal research has revealed that the gut microbiota (GM) is crucial for brain and behaviour, and that manipulating the microbiota early in life can lead to brain development changes and central nervous system (CNS) dysfunctions, as well as to diseases as adults. However, these animal models are not always predictive for human development and health. Applicable human models to test the interrelation between the GM and CNS functions are fecal microbiota transfer (FMT) and manipulating the GM via antibiotics and pre and probiotics. While probiotics have been available for nearly 100 years, more recent 'second generation' probiotics (sometimes called 'psychobiotics' if they exert CNS effects) have been found to be able to moderate mood, sleep, memory, emotions, and stress in healthy volunteers – whether this extends to clinical efficacy in patients with psychiatric and/or nervous system disorders still remains to be shown, as well as the pathways by which such effects may occur. I will review the existing evidence and will present my own supportive data.



What is a pancreas, anyhow? I mean, I don't know what the damn thing does for you, besides gives you cancer



Dr Shivan Sivakumar

Biography

Dr Shivan Sivakumar studied medicine at Queen Mary University of London (QMUL) with an intercalated pharmacology degree. He graduated from this programme in 2008, and from there went on to complete an academic foundation programme in Leeds with Heike Grabsch and Phil Quirke. Shivan then studied for his PhD in Cambridge, starting with Dave Tuveson (until he left) and finishing with Kathryn Lilley. His core medical training was in Rhyl, Wales, and Leeds, with a short post-doc with Florian Markowitz in Cambridge. Finally, he finished his medical oncology training with a combined post-doc with Mike Dustin and Mark Middleton as a clinical lecturer in Oxford in 2015. Shivan will start as a Celgene translational fellow in October 2019 and an honorary medical oncology consultant with a specialist interest in experimental pancreatic cancer medicine.

Synopsis

Pancreatic cancer has the worst survival rate of any cancer and this prognosis has not changed in decades. The numerous challenges to improving treatment include the deep-seated location of the organ itself, causing late symptomatology and difficult access for diagnosis and intervention, late diagnosis, undruggable oncogene, complex microenvironment causing poor drug penetrance and poor therapeutic efficacy and early metastatic potential – as if that wasn't enough. This talk will discuss Dr Shivan's research on the subject of pancreatic cancer, potential therapeutic targets, and avenues that should be further investigated and may inspire future clinical trials.



The role of dietary intervention for the management of functional constipation



Dr Eirini Dimidi

Biography

Dr Eirini Dimidi has been a nutritionist and registered dietitian since 2011. She was awarded a PhD from King's College London where she investigated the use and effectiveness of probiotics in people with chronic constipation. In 2016, she was appointed as a Post-Doctoral Research Associate at the Department of Nutritional Sciences, King's College London, where she is undertaking several research projects on the effect of nutritional interventions (fibre, probiotics, prebiotics, the low FODMAP diet and plant foods) in patients with functional gut symptoms, including constipation. Other research projects include investigating the effect of diet on the gut microbiota and gut health, as well as exploring patients' perceptions of gut diseases. She has published in a number of peer-reviewed nutrition and gastroenterology journals, and has presented her work in national and international conferences.

Synopsis

Chronic constipation is a common, bothersome disorder that affects approximately 14% of the general population. Its treatment remains challenging, with almost 50% of patients reporting they are dissatisfied with current treatment options. Diet plays an important role in the management of constipation with formal guidelines advising diet modifications as a first-line management strategy, including increasing fibre intake. This talk aims to present and critically appraise the evidence of common dietary interventions used for constipation, including probiotics, prebiotics, and fibre.





An update on the liver



Prof. Graeme Alexander

Biography

Professor Graeme Alexander graduated from Bristol University Medical School in 1976. He was director of Liver services between 1991 and 2007 and director of specialist gastroenterology training between 2000 and 2005. He was a founding member of HCV Research UK, UK-PBC, PSC-UK, AIH-UK & HCC-UK and remains active in each. He has a basic research interest in liver senescence in its many manifestations. He has published over 300 original peer-reviewed papers and a large number of other articles. In 2015 he moved to his current appointment as UCL Professor in the UCL Institute for Liver and Digestive Health in conjunction with the Royal Free Trust and was the President of the British Association for the Study of the Liver between September 2015 and September 2017.

Synopsis

A talk on all things liver, including the implications of liver cell senescence, especially regarding diabetes and some interesting research on the protective effects of coffee against liver disease.



IBD flare pathway – update



Dr Kevin Barrett

Biography

Kevin Barrett is Chair of the PCSG, a GP in Rickmansworth, Hertfordshire, and Clinical Lead for Gastroenterology at the Hertfordshire Valleys Clinical Commissioning Group (HVCCG).

His first house job was in gastroenterology, which piqued his interest in this area, and it has continued to be an interest since he became a GP in 2002. Kevin has been involved in commissioning since 2008 and has been the clinical lead for gastroenterology for HVCCG for the past 18 months. He has worked closely with local gastroenterologists to develop and distribute pathways for faecal calprotectin testing and the diagnosis and management of IBD. He is also the RCGP and Crohn's & Colitis UK Inflammatory Bowel Disease Clinical Champion.

Synopsis

2019 is the year for IBD guidelines; NICE have updated their Crohn's Disease and Ulcerative Colitis Guidance, the BSG have published their Guidance on the Management of IBD in Adults, the 2019 IBD Standards were published, and the RCGP Spotlight Project released their Flare Pathways. In his talk, Dr Barrett will explain the important changes that will impact Primary Care and help us to diagnose and support our patients.



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FIT, NICE Guidelines and robotic colorectal surgery



Mr Charles Evans

Biography

Mr Charles Evans is Consultant Colorectal Surgeon at University Hospitals Coventry and Warwickshire (UHCW) NHS Trust and Head of Gastrointestinal Surgery.

Charles trained in London at St George's and has a post graduate research MD from the University of London in minimally invasive colorectal surgery and colorectal cancer. He has completed surgical training in London, with higher training within the Oxford deanery. In 2013, he was ALS ASGBI Laparoscopic colorectal fellow in Frimley Park, followed by RSO at St Mark's Hospital London in 2014.

Charles has performed robotic colorectal surgery since February 2015 and is now a certified trainer in robotic colorectal surgery, proctoring across the UK and in Europe. He is also a member of the RCS robotics surgical group.

Synopsis

Charles's talk will be divided into the following three sections:

1. The role of Faecal Immunochemical Testing (FIT) in current practice; an explanation of the test, its use in primary care and its impact upon the bowel screening programme.
2. A NICE Pathways 2019 update; a summary of the most recent guidelines and recommendations for the referral, investigation and assessment of patients with suspected colorectal cancer.
3. Robotic colorectal surgery, the UHCW experience and developments going forward, including what the UHCW NHS Trust's robotic service have discovered, the challenges of setting up a robotic service and predictions on the future of robotic surgery in the treatment of colorectal patients.



Coeliac disease and non-coeliac disease gluten sensitivity



Dr Charlie Andrews

Biography

Dr Charlie Andrews is a GP in Clevedon, near Bristol. He is also a regional clinical champion for inflammatory bowel disease for the RCGP and Crohn's and Colitis UK, a committee member of the PCSG and an endoscopist in training. Interested in all things bowel-related, he hosts a podcast for GPs called 'The IBD series for primary care', has been actively involved in regional and national education for IBD and Coeliac disease, and is a member of IBD UK, having recently helped to formulate the national IBD standards.

Synopsis

Coeliac disease is common, yet under-diagnosed. There are a number of reasons it can be a particularly difficult condition to identify, self-manage and follow up, not least because a significant number of patients have no apparent gastrointestinal symptoms. Empowering patients to take control of their condition and putting necessary follow-up processes in place are key steps in improving coeliac care.

This talk will explore how people develop coeliac disease, the variety of presentations, how to make a diagnosis, pitfalls to avoid when assessing someone, and how to support and follow up your patient with coeliac disease. It will also touch on non-coeliac gluten sensitivity and consider a pragmatic approach to this group of patients.



A model for prevention and management of obesity in childhood



Dr Juan Mendive

Biography

Dr Juan Mendive trained at the University of Navarra and in Barcelona, where he completed his PhD. He is now a trainer in family medicine, and a member of the Spanish Primary Care Research Network (RedIAP), as well as an active family physician. Dr Mendive's interests include gastroenterology and mental health education in primary care. His involvement in international groups ranges from WONCA, where he has been the Spanish representative, to the ESPCG, where he is a founder member of the steering group.

Synopsis

Childhood obesity is a serious healthcare issue for the region of La Mina, one of the most deprived areas of Barcelona. Forty-three per cent of 6-12-year-olds qualify as overweight or obese, a statistic which is 10 times the rate of other, wealthier districts in the city. This talk aims to discuss a new, comprehensive project, beginning in September 2019, tackling the obesity crisis in a threefold manner, including primary care prevention, specialist hospital support and grassroots education among the community.



**PRIMARY CARE SOCIETY FOR GASTROENTEROLOGY
ANNUAL GENERAL MEETING
Friday 8th November 2019**

Committee in attendance:

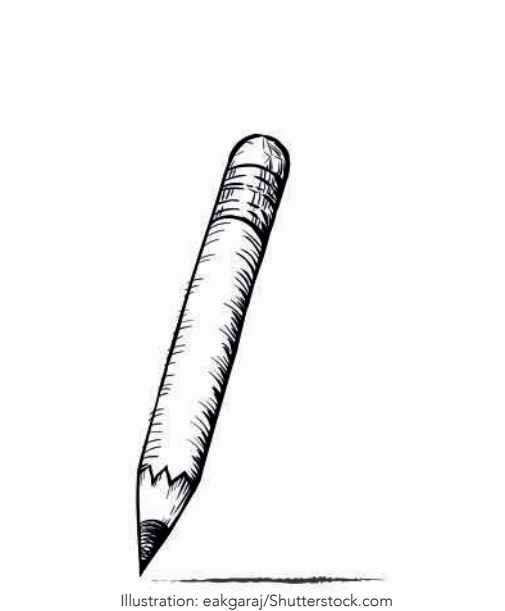
Dr Kevin Barrett
Dr John Galloway
Prof. Roger Jones
Dr Marion Sloan
Dr Patricia Macnair

Dr Sophie Nelson
Dr John Scott
Dr Richard Spence
Dr Ian Allwood
Dr Charlie Andrews
Dr Jamie Dalrymple

1. Introduction
2. Minutes of last meeting and matters arising
3. Officers' reports:
 - Chairman's report
 - Treasurer's report
 - Secretary's report
4. AOB

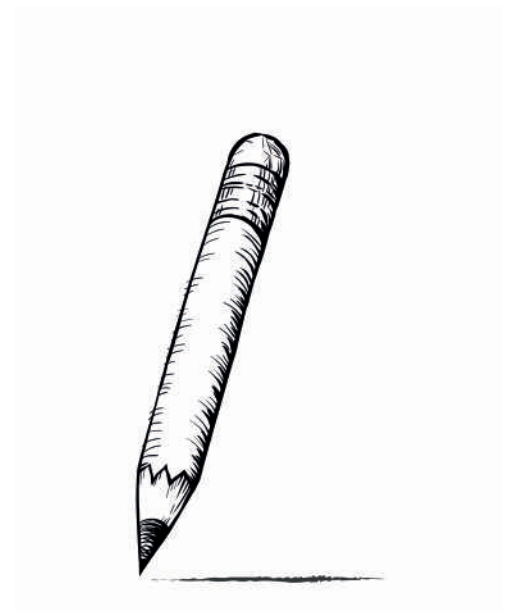


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Notes pages





CPD Reflective Learning with the PCSG

This document is designed to support reflective learning as a result of attending the PCSG Annual Scientific Meeting.

This is best done soon after the event

**PCSG Annual Scientific Meeting (ASM)
8th November 2019. RCGP accredited**

Please fill in the boxes below (where appropriate).

1. Why have you selected the PCSG ASM for reflective learning?

2. What was the learning need or objective that was addressed?

- Do you have any specific gastroenterological learning objectives that you hope are addressed by attending the PCSG ASM?
- Has attending the event contributed to your gastroenterological knowledge and skills?
- Which talks did you find most useful and what areas of your learning objectives did they cover?



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3. What was the outcome of the activity?

- How have your knowledge, skills and attitudes changed?
- Have you identified any skills, attitude and knowledge gaps?
- How will this activity improve patient care or safety?
- How will your current practice change as a consequence of your learning from this activity?
- What aspects of your current practice were reinforced by this activity?

4. Further learning needs

- Outline any further learning or development needs highlighted by the activity.
- How do you intend to address these?

Number of CPD hours claimed:

If you have any suggestions or requests relating to further learning or development needs please forward your observations to secretariat@pcsg.org.uk



Evaluation Form – ASM, 8th November 2019

Evaluation forms an important aspect of education. To ensure that we are able to evaluate the standard and value of our educational meetings, we would greatly value your feedback on the above meeting. Please complete and return this evaluation form at the end of the meeting.

1. Please evaluate each speaker.



1



2



3



4



5

Speaker	Content	Style	Relevance to practice	Additional comments
Do probiotics affect brain function, and if so, how and to what extent? - Professor Dr Paul Enck				
What is a pancreas, anyhow? I mean, I don't know what the damn thing does for you, besides gives you cancer - Dr Shivan Sivakumar				
The role of dietary intervention for the management of functional constipation - Dr Eirini Dimidi				
An update on the liver - Professor Graeme Alexander				
IBD flare pathway – update - Dr Kevin Barrett				
FIT, NICE guidelines and robotic colorectal surgery - Mr Charles Evans				
Coeliac disease and non-coeliac disease gluten sensitivity - Dr Charlie Andrews				
A model for prevention and management of obesity in childhood - Dr Juan Mendive				



2. Has this meeting met your objectives? Yes / No

3. How did you rate the venue in terms of:

	Unsatisfactory	Satisfactory	Good	Very Good	Excellent
Location					
Conference facilities					
Lunch and refreshments					
Conference staff					
Overall					

4. Do you have any suggestions for future venues?

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5. Further comments

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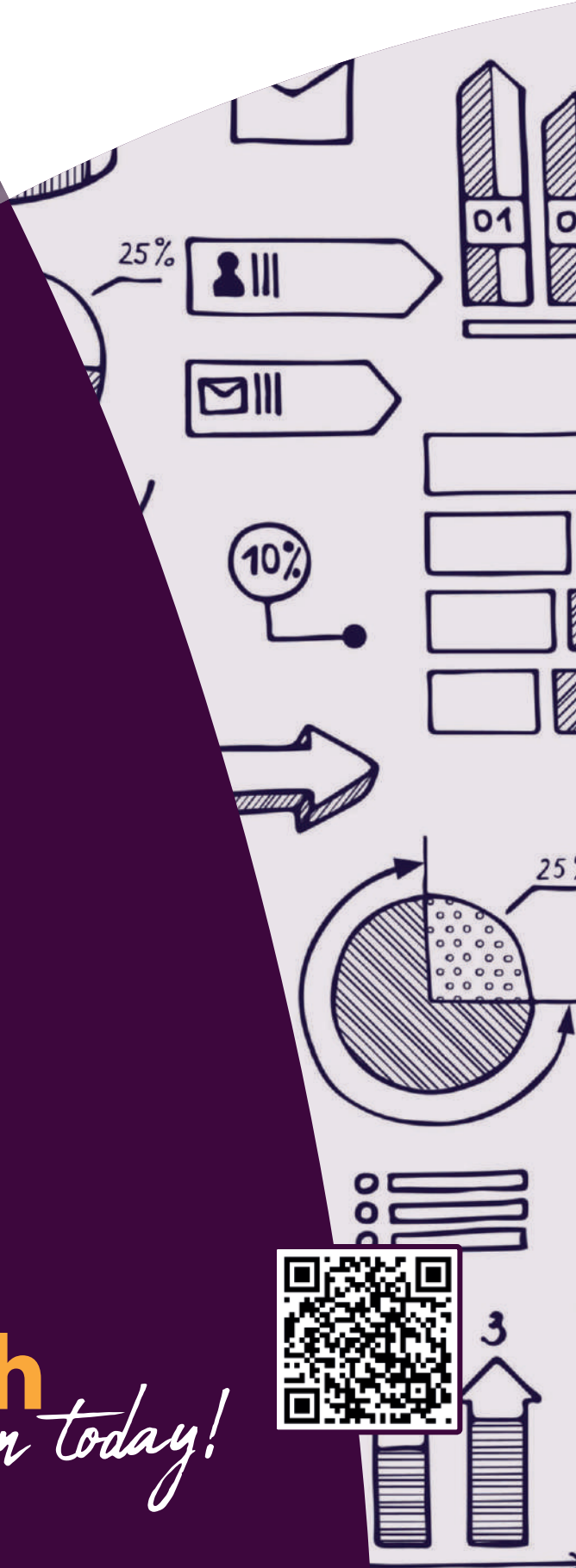
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*Thank you for taking the time to complete this questionnaire.
 Please tear out and hand in as you collect your certificate.
 Thank you for coming.*





RESEARCH
NETWORK



PCSG Research Network launch

Join today!

www.pcsq.org.uk/about/pcsq-research-network/





The Primary Care Society for Gastroenterology

Dear Fellow PCSG Members,

The Society is supporting the originators of a new non-invasive test that can assist in the positive diagnosis of IBS. The team has successfully applied for an Innovate UK Grant to develop the test into a product and, with sensitivity and specificity above 90%, it offers real promise. The PCSG is a named participant to the Innovate UK grant and will be facilitating the procurement of clinical samples through our membership to support the trials for regulatory approval as well as generate funding for the society.

The PCSG is working collaboratively with the team to better understand both how IBS is managed in primary care and how the test could be applied. To help provide this insight through the PCSG a survey has been developed for market research purposes and this can be found here: https://www.surveymonkey.co.uk/r/PCSG_IBS_2018_Survey (or scan the QR code).

It will take about 10 minutes to complete and will be invaluable for the PCSG to support the adoption of new products / technologies to diagnose and manage IBS patients. Should you wish to learn more or support the trial, you can register your interest at the end of the survey. We trust we can call upon your support to complete the questionnaire.

