

New  
 Programme  
 for 2020

## Common Dilemmas in Respiratory Medicine - And some Practical Primary Care Answers

### All delegates will receive

- A set of lecture notes available for download for delegates' personal use
- A certificate for your appraisal portfolio

**Course Accredited for  
 3 hours CPD**

## Saturday 7th March 2020

### Royal Society of Medicine 1 Wimpole Street, London W1G 0AE

Introducing your speaker

**Dr Steve Holmes** MMedSci, MBChB, FRCGP

GP, Shepton Mallet, Somerset

Clinical Respiratory Lead, Somerset CCG

Education Lead, Primary Care Respiratory Society UK

Associate Postgraduate Dean, Health Education England (Severn)

### Meet the Speaker ...

#### Dr Steve Holmes MMedSci, MBChB, FRCGP



Steve has worked as a general practitioner since 1989 and continues to work clinically two days (5 sessions) per week. He has been a partner in Shepton Mallet since 2002, having worked previously in a rural practice on the Lancashire / Yorkshire border.

Steve is the current education lead of the Primary Care Respiratory Society (and previous chair) and co-leads the Primary Care Respiratory Academy. He is also on the education committee of the International Primary Care Respiratory Group (IPCRG). He worked for 9 years on the British Asthma Guidelines (BTS/SIGN) and was a member of the BTS Specialist Advisory Group on Asthma (2011 - 2017).

He has been involved nationally on many groups including the NHS Long Term Plan Cardiovascular and Respiratory Programme Board, the Lung Health Taskforce and the UK Lung Cancer Coalition. He has been involved in the BTS Mesothelioma and Air Travel guideline group.

Steve has been involved as a GP trainer since 1991 and has been a GP and CCG tutor and Course Organiser - and is currently an Associate Postgraduate Dean (since 2008) in Somerset leading Health Education England activities in GP Specialist Training and Primary Care development.

He remains a GP appraiser - has been involved as a senior appraiser for NHS England until 2016 - and being involved in the original development of GP appraisal. Steve has been involved in his local faculty since the mid-1990s and has been a member of RCGP College Council since 2008.

He has been involved in a wide range of respiratory educational initiatives for generalists and specialists, both medical and nursing and has undertaken work with more than eight universities.

He taught nationally on quality improvement methods for the Improvement Foundation for 6 years. He has also been involved in communication skills training for more than 20 years.

## Meet the Speaker ... (continued)

He has published more than 200 peer reviewed articles, is a reviewer for more than 10 active peer reviewed journals and amongst other things has been involved in the NIHR (UK), advising the Canadian government on respiratory research funding, teaching in Bangladesh, and lecturing in many parts of Europe/USA.

Throughout this he remains a clinician; passionate about the values of good primary care, continually developing the quality of clinical care, and providing holistic care for patients and their families from cradle to grave. He continues to believe that the fundamental quality of care and outcomes are based in general practice, though supported by more specialist colleagues.

He is married with two adult children and an older springer spaniel. He manages to get time to enjoy family holidays (mainly in Italy), walking and running (up to half marathon distance), watching rugby when the opportunity allows and playing the guitar or piano badly!

## Your Learning Agenda ...

### Common Dilemmas in Respiratory Medicine - and some Practical Primary Care Answers

We are moving away from the usual full guideline updates to a more topic based update this year, looking at the questions and issues that you have raised as complex areas for us as primary care clinicians. This update will cover the latest evidence in a practical way, that you will be able to apply in clinical practice in primary care. The presentations will cover the evidence, but most importantly key tips on how to apply in clinical practice.

The topics below will be a mix of evidence and clinical tips - and hope they help at the coal face of real practice.

#### Asthma associated topics

**Wheezing under 5 years** My child is wheezy (under 5 years old) is it Asthma?

**Exercise induced breathlessness** I'm breathless when I run - can you sort it out for me?

**Late onset Asthma** I'm forty and just developed Asthma - what is going on?

**Short acting beta agonist problems and solutions** I need more of my Ventolin inhalers - and you should be providing me with two inhalers each prescription!

**Exacerbation management in Asthma** I need some more steroids for my asthma flare ups - the out of hours said I should keep some in.

#### COPD associated topics

**Is it really COPD - some common catches?** The hospital tell me that the tests show I have COPD and emphysema - but to come to you for further assessment. (The emergency diagnosis and the CT finding of emphysema) - What are you going to do?

**Asthma and COPD - does it overlap?** I used to have asthma but now they tell me it is COPD - did the clinicians who told me it was asthma get it wrong before?

**What are the non-drug pharmacological options for COPD?** You've given me the inhalers but what else can I do?

**Pharmacological interventions made easy** Is GOLD fake and should we be NICEr? Improving symptoms and reducing exacerbations made easier for primary (and secondary) care

**Exacerbation management in COPD** It's my third exacerbation this year doc - and last time I had to call out of hours as someone stopped my repeat of steroids and antibiotics - what is going on?

## Your Learning Agenda ... (continued)

### Bronchiectasis

- ▶ When should I think of the diagnosis - and what should I do?
- ▶ Most people are managed in primary care with their bronchiectasis - what should I be doing?
- ▶ When should I refer back to secondary care - and what should I expect?

### Interstitial Lung Disease

- ▶ What are they and when should I suspect them?
- ▶ How should I investigate and when should I refer?
- ▶ What should I expect my specialist colleagues to do?

### Vaping - the story so far

- ▶ An update on the reporting on Vaping induced lung disease in the US - and reported cases in the UK along with other evidence around the vaping epidemic.

### How green are my inhalers?

- ▶ Topical update on the issues around the impact of inhalers on the environment - what do we know?

### Symptom control in Advanced Lung Disease

- ▶ What interventions can help in advanced lung disease with severe breathlessness?

### Latest on Respiratory Infections managed in Primary Care

- ▶ News on the lung microbiome and advice on management of commonly presenting respiratory infections.

## Programme ...

|                 |                                     |
|-----------------|-------------------------------------|
| 09.00 - 09.30am | Registration, Coffee and Exhibition |
| 09.30 - 11.00am | Respiratory Update Part 1           |
| 11.00 - 11.30am | Coffee, Biscuits and Exhibition     |
| 11.30 - 1.00pm  | Respiratory Update Part 2           |
| 1.00pm          | Conference Closes                   |

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