



Spire

Harpenden Hospital

Lunch and Learn

Fill your stomach and your mind

To book any of these consultants or if you have a request for another topic, please email

alex.hunt@spirehealthcare.com or call 01582 714 306

Acupuncture

- Pins and needles: Live acupuncture

Dr Michael Curtin

Allergy

- Food allergy and intolerance with case studies
- Urticaria and Angioedema with case studies

Professor Richard Powell

Cardiology

- Coronary disease and Intervention
- Tricky Hypertension

Dr Azad Ghuran

Elderly Medicine

- Polypharmacy Pitfalls
- Movement disorders in the elderly, with case studies
- Acute confusional states—a clinical approach

Mr Raafat Farag

ENT

- "It's my sinuses Doctor". Non-sinogenic facial pain. Making the correct diagnosis and management.
- Rhinitis, rhinosinusitis, nasal polyposis and asthma. Commonalities of aetiology and management.
- Allergic rhinitis. Diagnosis and management

Mr Nick Clifton

Gastroenterology

- Management of abnormal LFTs in General Practice.
- Management of peptic disease and oesophageal dysmotility.
- The management of lower GI symptoms in general practice

Dr Matthew Johnson

General Surgery

- When to refer for laparoscopic cholecystectomy?
- Surgical management of Reflux
- Paediatrics: typical conditions.. When to refer?
- Hernia surgery: update, modern management, laparoscopic treatment

Mr Gary Atkin

- Co-morbidity (diabetes, sleep apnoea, heart disease, hypertension) in the overweight patient is surgery the answer?

- Update on acute Pancreatitis

Mr Douglas Whitelaw

- Are you sitting comfortably? Haemorrhoid treatments

- Hernia—inguinal and incisional

Mr Alla Amin

Gynaecology

- Ovarian Cysts
- Fibroid Management

Miss Pushpa Maharajan

- Vulval and vaginal problems

Mr Andrew Hextall

Choose a complex, challenging or unusual case, and Neela will prepare an interactive session with discussion.

Possible topics are as follows:

- Ectopic pregnancy, Molar pregnancy, Fibroids, Hyperemesis gravidarum, Miscarriage, Infertility, Menstrual problems, HRT, Infertility

Miss Neela Mukhopadhaya

- Cancer, endometriosis and general rapid access for pelvic mass.

- Gynae Oncology: When to refer

Mr Alasdair Drake

Neurology

- Two minute neurological examination
- Blackouts and Epilepsy

Dr Robert Brenner

Oncology

- Update on breast cancer surgery

Miss Harleen Deol

- An update in breast surgery techniques and/or family history guidelines

Miss Kath Kirkpatrick

Ophthalmology

- Update on diabetic retinopathy
- Update on age-related macular degeneration

Miss Sonia Mall

- Cataract and Glaucoma treatment

- Macular degeneration

Mr Venki Sundaram

- The ten minute ophthalmic consultation (with two minutes to spare)

Mr Jiten Tolia

Looking after you.

Upper Limb Orthopaedics

- Common shoulder problems, What to do and when to refer
- Stiff painful shoulder diagnosis, referral and treatment plus Sports Injuries.

Mr Tony Corner

- Management of shoulder in primary care and injections.
- Common hand surgery conditions and management.
- Relevant investigations and when to refer for upper limb problems

Mr Rajeev Sharma

Lower Limb Orthopaedics

- Bunions-how to manage in primary care and an introduction to minimally invasive surgery
- Common foot conditions and their management in primary care
- Foot and ankle examination for general practitioners

Mr David Gordon

- Lower Limb Surgery: Overview and scopes in sport injuries.

Mr Rupinder Deol

- Knees or Hips – who to refer and when?
- Informal workshop and Q&A about Hips and Knees
- Knee and Hip sports injuries
- Young adults with early osteo-arthritis

Mr Yega Kalairajah

- How to assess the hip in 10 minutes.
- What's happening in hip replacement. No more big balls!

Mr Nick de Roeck

- Myth and Reality in Hip and Knee Treatment

Mr Tim Waters

Spinal Orthopaedics

- Sciatica and stenosis
- Back pain
- Red flags and vertebral compression fractures

Mr James Langdon

Paediatrics

- Inflammatory Bowel disease in children

Kavita Chawla

Pain Management

Understanding pain and the role of the pain clinic

Dr Paul Hart

Podiatry

- Common Foot Disorders and Podiatric Surgery

Mr John Bramall

Psychiatry

- Anxiety Disorders.
- Physical Health of Psychiatric patients

Dr Sadgun Bhandari

Radiology

- Solving your cholesterol conundrums: clinical case studies in lipid management.

Dr Langroudi and Dr Ghuran

- Current imaging of small and large bowel.
- Current ultrasound guided MSK procedures.
- MSK MRI

Dr Shahid Khan

Renal

- AKI and CKD Blurred lines?

Dr Christopher Lawrence

Urogynaecology

- What women want? Patient centred outcomes in urogynaecology

Mr Abdalla Fayyad

- Case studies of prolapse
- The Hertfordshire incontinence guidelines
- Urogynaecology update

Mr Andrew Hextall

Urology

- The Urological diagnostic pathway

Mr Jim Adshead

- The hard facts about kidney stones
- Kidney cancer—the silent killer
- An overview on benign/malignant Urological Men's Health issues

- Current and future practice in prostate cancer

Mr Jacques Roux



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