



Spire

Cheshire Hospital

Lunch and learn programme

We bring the consultants and lunch to you!

Spire Cheshire Hospital offers a free lunch and learn programme to provide education for GPs at your own practice at your convenience.

If you would like to arrange a lunch and learn meeting please contact Suzanne Jones, Referrer Relations on 07548 217 424.

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Lunch and learn offers:

- A range of speakers and topics to suit your interests
- Q and A discussions and / or interactive training sessions
- CPD certifications
- Flexibility on time and length of session
- Catering and equipment is provided
- Options for breakfast or supper learning too

Looking after you.

Here are some examples of topics that we can offer. Please contact us if there is another topic that you would like or if there is a particular consultant that you'd like to hear from.

Bariatric surgery

- Management of bariatric complications
- Which bariatric procedure might be suitable for my patient?

Breast surgery

- Breast infections
- Benign breast disease, what to look for and who to refer
- Common causes of breast pain and when to refer
- Cosmetic breast surgery

Cardiology

- Approach to managing cardiac arrhythmias
- Atrial fibrillation: what a GP needs to know
- Cardiac CT for patients with chest pain
- ECG interpretations – making sense of echo reports
- How to assess chest pain and treat stable angina
- Heart failure and aortic valve disease
- How to manage CVD in primary care
- Ischaemic heart disease

Dermatology

- An update on inflammatory skin disease
- Diagnosing and treatment of psoriasis, eczema and acne
- Skin cancer and melanoma

ENT

- Common ENT conditions: diagnosis and management
- Dizziness and balance disorders
- ENT emergencies
- Head and neck lumps and cancer referral guides
- Paediatric ENT disorders

Gastroenterology

- Abnormal liver functions
- Advances in endoscopy
- Gastroesophageal reflux disease
- H Pylori – diagnosis and management
- Inflammatory bowel disease
- Iron deficiency anaemia
- Management of diarrhoea / IBS / IBD
- Non-alcoholic fatty liver disease
- Updates on dyspepsia

General surgery

- Abdominal and groin hernias
- Bowel cancer – diagnosis and management
- Gall stone disease
- Laparoscopic colorectal surgery
- Management of rectal bleeding and haemorrhoids

Genito-urinary medicine

- HIV for general practice
- Management of sexual dysfunction

Gynaecology

- Abnormal uterine bleeding
- Diagnosing and treating fibroids
- Management of urinary incontinence
- Menstrual disorders and modern treatments
- Polycystic ovary syndrome (PCOS)

Neurology

- Epilepsy – useful tips for primary care
- Headaches
- Management of Parkinson's disease
- Multiple sclerosis

Neurosurgery

- Low back pain

Ophthalmology

- Loss of vision and other eye emergencies
- Management of glaucoma
- Modern management of cataracts, new guidelines and when to refer
- Simple solutions to common eye problems in general practice including red, sore, itchy, dry, watery eyes and other everyday eye presentations
- Squint – when to refer?
- Think cataract before prescribing prostate medications
- Update on retinal and macular problems – floaters, detachment, age related macular degeneration

Oral and maxillofacial surgery

- An update on oral and head and neck cancer management
- Head and neck problems
- Salivary gland disease

Orthopaedic surgery

Foot and ankle

- Bunions – differential diagnosis and treatment
- Management of painful foot and ankle conditions
- Plantar fasciopathy update
- Total ankle replacement update

Lower limb (hip and knee)

- ACL injuries and their current management
- Clinical examination and joint injection techniques
- Common hip and knee problems in primary care
- Hip pain in young adults
- Knee arthroplasty – an update for GP's
- Management of osteoarthritis in the knee
- Sports knee injuries

Spine

- How to diagnose spinal problems
- Spinal stenosis

Upper limb

- Dupuytren's disease
- Frozen and stiff shoulder: diagnosis and treatment
- Lumps and bumps in the hand
- Hand infections
- Shoulder and elbow problems and when to refer
- Shoulder instability
- Upper limb sports injuries

Paediatrics

- Asthma in children
- Autism
- Common behavioural problems in preschool and school age children
- Food allergies in children
- Naughty or normal? ADHD

Pain relief

- Back and neck pain
- Chronic pelvic pain
- Coccydynia and sacroiliac pain
- Fibromyalgia and chronic widespread pain
- Neuropathic pain management in primary care
- Primary care pain management

Plastic surgery

- All aspects of cosmetic surgery – facial, breast and body
- Breast reconstruction after cancer surgery

Psychiatry

- Anxiety disorders
- Depression in older adults

Respiratory medicine

- Asthma
- COPD updates
- Managing chronic coughs
- Obstructive sleep apnoea and sleep disordered breathing

Rheumatology

- Early inflammatory arthritis
- Modern management of osteoarthritis and non-specific joint pain
- Recognising ankylosing spondylitis and related conditions
- Update on fibromyalgia

Urology

- Benign enlargement of prostate
- Bladder cancer
- Erectile dysfunction
- Haematuria: a neglected symptom and sign
- PSA testing and prostate cancer
- Renal stone disease: contemporary management
- Urinary tract infections in men

Vascular

- Varicose veins: of low clinical importance?
- How to recognise the limb at risk
- Who and when to refer for peripheral arterial disease



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