

# Update in medicine



16 September 2026 | Leicester

CPD code:

6 CPD  
credits

Programme

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- 08.15 Registration and refreshments
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- 09.15 **Conference opening comments**  
Dr Philip Pearson FRCP, regional adviser, East Midlands South
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- 09.20 **Session 1**  
Chair – Philip Pearson FRCP
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- 09.25 **Maternal medicine – title TBC**  
Dr Anette Freyer, lead obstetric physician,  
Nottingham University Hospitals NHS Foundation Trust
- 10.00 **Eosinophilic oesophagitis – 2026 update**  
Professor Anjan Dhar, professor of medicine,  
consultant luminal gastroenterologist,  
County Durham and Darlington NHS Foundation Trust
- 10.35 **System wide frailty – an urgent care perspective**  
Professor Simon Conroy FRCP, consultant geriatrician,  
Barts Health NHS Trust
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- 11.10 Comfort break
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- 11.40 **Session 2**  
Chair – Dr Syed Jafri FRCP, regional adviser,  
East Midlands South
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- 11.45 **Keynote session: Future of medicine is the generalist**  
Dr Sarb Clare MBE FRCP, president, West Midlands Physicians Association,  
acute internal medicine consultant, Sandwell and West Birmingham NHS Trust
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- 12.45 **RCP update**  
Professor Mumtaz Patel PRCP, RCP president  
Dr Omar Mustafa FRCP, RCP registrar
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13.00 Lunch

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13.45 **Session 3**

Chair – Dr Janson Leung FRCP, regional adviser, East Midlands North

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13.50 **Leicester atrial fibrillation virtual ward – digitally-enabled acute care for atrial fibrillation**

**Suzanne Armstrong**, senior advanced clinical practitioner in arrhythmias, University Hospitals of Leicester NHS Trust

14.25 **Peri operative medicine – title TBC**

**Dr Louise Savic**, consultant anaesthetist, Leeds Teaching Hospitals NHS Trust

15.00 **Pleural disease update 2026**

**Professor Najib Rahman FRCP**, professor of respiratory medicine, Oxford University Hospitals NHS Foundation Trust; director, Oxford Respiratory Trials Unit

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15.35 Comfort break

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15.50 **Session 4**

Chair – Dr Rashmi Mathur FRCP, regional adviser, East Midlands North

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15.55 **Transforming metabolic care: emerging therapies in diabetes and obesity**

**Professor David Webb FRCP**, professor in diabetes medicine, University Hospitals of Leicester NHS Trust

16.30 **Culture and leadership – title TBC**

**Dr Aklak Choudhury FRCP**, respiratory consultant, University Hospitals of Derby and Burton NHS Trust; RCP clinical director for improvement programmes

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17.05 **Conference closing comments**

**Dr Philip Pearson FRCP**, regional adviser, East Midlands South

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17.10 Close of conference

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**Please note this programme may be subject to change.**

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## Your regional representatives in the East Midlands region

### Regional advisers

Dr Philip Pearson FRCP, Northampton General Hospital NHS Trust  
Dr Syed Jafri FRCP, Kettering General Hospital NHS Foundation Trust  
Dr Janson Leung FRCP, University Hospitals of Derby and Burton NHS Trust  
Dr Rashmi Mathur FRCP, United Lincolnshire Teaching Hospitals NHS Trust

### New Consultants Committee

Dr Laura Pugh FRCP, Sherwood Forest Hospitals NHS Foundation Trust

### SAS Regional Representatives Network

\* Vacancy

### Resident Doctor Committee

Dr Edward Lau, Barts Health NHS Trust  
Dr Jemima Sellicks, Northampton General Hospital NHS Trust

### Student and Foundation Doctor Network

Thomas Anderson, University Hospitals Coventry and Warwickshire NHS Trust

\*If you are interested in the above vacancies, please get in touch.



### Enquiries:

Jenny Ward, regional manager (East Midlands)  
Email: [eastmidlandsregion@rcp.ac.uk](mailto:eastmidlandsregion@rcp.ac.uk)  
Tel: 0121 803 1061