



University College London Hospitals
NHS Foundation Trust



BRITISH SOCIETY OF
GASTROENTEROLOGY
E D U C A T I O N

Registration Open!

The UCL Upper GI diseases Symposium (UGIS)

“Practical and up to date guide to decision making”

“Targeted at all GI healthcare providers”

“The latest cutting edge research”

“World renowned faculty”

“Central London venue”

Course directors:

Dr. Sarmed Sami and Dr. Rami Sweis (UCL/UCLH)

Course Steering Committee:

Professor Laurence Lovat

Dr. Matthew Banks

Dr. Rehan Haidry

Dr. David Graham

Welcome message:

Dear Colleagues,

We are delighted to invite you to our inaugural symposium. The upper GI field has expanded remarkably over the last decade or so with the advent of minimally invasive diagnostics, therapies, and devices. Coupled with better disease stratification and the need for multidisciplinary approach to management.

This course aims to provide a comprehensive, practical and up to date guide to decision making targeted at all GI healthcare providers including Gastroenterologists, GI Trainees, Nurses, Nurse Practitioners, Nurse Endoscopists, and Upper GI physiologists. The latest innovations will be highlighted by a world-renowned faculty in a series of interactive lectures and video demonstrations to maximise learning.

Target audience

- 80-100 delegates
- Gastroenterologists, GI trainees, Nurses, Nurse practitioners, Nurse Endoscopists, and Upper GI physiologists
- Parallel morning session dedicated to patients with heartburn, Barrett's oesophagus, and oesophageal neoplasia

Dates and venue

- 1-day symposium on 28th February 2020.
- Venue: [The UCH Education Centre](#), 1st Floor West, 250 Euston Road, London, NW1 2PG.

Fees and registration

Nurses/GI Physiologists: £25; Trainees: £50; Consultants: £75 (we offer 30% discount for BSG members). Please register on [course website](#).

Learning Objectives

- 1- Summarise the latest State of the art multidisciplinary approaches to the evaluation and management of patients with:
 - Dysphagia

- Oropharyngeal disorders (ENT, neuromuscular, mechanical (pouches/cricopharyngeal spasm), functional)
 - Oesophageal disorders (strictures, EoE, motility disorders)
 - Reflux, heartburn and belching: functional vs organic causes
 - Atypical reflux/LPR (Globus, throat clearing, hoarseness, chronic cough), inlet patches, other.
 - Barrett's oesophagus
 - Non-cardiac chest pain
 - Gastric polyps and H Pylori
- 2- Clarify common controversies in the diagnosis and management in certain scenarios such as:
- EoE (role of EndoFLIP, PPIs, diet, strict remission versus on-need therapy, etc)
 - Management of benign refractory strictures
 - Safety of long term PPI use in EoE, GORD and Barrett's
 - Testing and treatment pathways for patients with oropharyngeal symptoms
 - Endoscopic versus surgical management of Zenker's, achalasia and GORD
- 3- Emphasise the need for multidisciplinary approaches to those patients and the role of different specialties such as: dieticians, SALT, ENT, GI Physiology, GI radiology, GI surgery

CPD accreditation and BSG Endorsement

The 'UCL Upper GI Symposium' has been approved by the Federation of the Royal Colleges of Physicians of the United Kingdom for 6 category 1 (external) CPD credits. It is also endorsed by the BSG Education committee.

Format

- 20-min presentation time and 10-minute for questions.
- Interactive case-based discussions: 3-4 questions per talk with audience voting (if possible) followed by a summary of the literature on each question.
- Talks will utilise images (endoscopic, anatomy, devices and diagrams) and videos (endoscopy, fluoroscopy, barium swallow, surgery, laryngoscopy, FEES) among other resources to convey the learning objectives.

Faculty

Local Faculty:

- Professor Martin Birchall – The Royal National Throat Nose and Ear Hospital
- Mr Khaled Dawas – University College Hospital
- Dr. Natalia Zarate-Lopez - University College Hospital
- Sally Thorpe – Upper GI Clinical Nurse Specialist - University College Hospital
- Sara Brogden – Upper GI Nurse Practitioner and Nurse Endoscopist - University College Hospital

National Faculty:

- Mr. Chadwan Al Yaghchi - Imperial College London
- Professor John DeCaestecker – University of Leicester
- Dr. Nigel Trudgill - Sandwell and West Birmingham Hospitals NHS Trust
- Dr. Danielle Morris – East and North Hertfordshire NHS Trust
- Miss Mimi McCord – Heartburn Cancer UK charity
- Professor Stephen Attwood – Durham University
- Dr. Philip Woodland – The Royal London Hospital
- Dr. Jamal Hayat – St George’s Hospital
- Mr. Nick Boyle – Tunbridge Wells Hospital/Lister Hospital
- Professor Yeng Ang - Salford Royal NHS Foundation Trust & University of Manchester

Provisional Program

08:30 – 09:15 Registration and Coffee

09:15 – 09:30 Welcome and Introduction

Session 1: oropharyngeal disorders (Chairs: Mr. Chadwan Al Yaghchi & Dr. Philip Woodland)

09:30 – 10:00 The patient with oropharyngeal dysphagia and Globus

Speaker: Professor Martin Birchall

Discuss causes, assessment and management. Highlight the value of a multidisciplinary approach to the assessment of these patients (Gastroenterology, ENT, SALT, Neurology, dieticians, GI Physiology, GI radiology) and opportunities for joint care pathways between Gastroenterology and ENT.

10:00 – 10:30 Zenker’s diverticulum and crico-pharyngeal spasm: when and how to treat?

Speaker: Dr. Rehan Haidry

Discuss presenting symptoms; investigations; when is treatment indicated (benefit vs. risk); and what are the available options with a focus on endoscopic vs. surgical treatments and outcomes.

10:30 – 11:00 Extra-oesophageal reflux and LPR, do they exist?

Speaker: Dr. Philip Woodland

Discuss prevalence of this condition and presenting symptoms; how often Globus, throat clearing, hoarseness, and chronic cough are actually caused by acid reflux and how often do they respond to PPIs? What is the significance of inter-arytenoid erythema? The role of pH testing in the diagnosis of LPR.

11:00 – 11:20 Coffee break

Session 2A: oesophageal disorders (Chairs: Dr. Nigel Trudgill, Prof. Yeng Ang, Dr. Jamal Hayat)

11:30 – 12:00 Eosinophilic oesophagitis: Controversies in diagnosis and therapy (Diet, Drugs and Dilatation)

Speaker: Prof. Stephen Attwood

Discuss different diagnostic tools including endoscopic imaging, Cytosponge, Endoflip. Role of diet, new medication Jorveza, and dilatation balloons versus bougies for narrow oesophagus and strictures

12:00 – 12:30 Oesophageal function testing: where are we in 2019?

Speaker: Dr. Rami Sweis

Discuss High resolution manometry, pH impedance, BRAVO, EndoFLIP, and any other new tools on the horizon.

12:30 – 13:30 Lunch

Session 2B: oesophageal disorders (Chairs: Professor John DeCaestecker and Dr. David Graham)

13:30- 14:00 PPI Refractory Heartburn: Evaluation and Management

Speaker: Dr. Natalia Zarate-Lopez

Discuss causes and differential diagnosis of heartburn; when to perform testing including role of peptest/pepsin in saliva. Detail functional vs organic causes. Highlight treatment options such as PPIs, diet, probiotics, peppermint oil preparations, neuromodulators, probiotics, etc.

14:00 – 14:30 Refractory benign oesophageal strictures: Are they refractory? What can we offer our patients?

Speaker: Dr. Sarmed Sami

Discuss definition; diagnostic testing (role of imaging, contrast studies, fluoroscopy); and treatment options (including balloons, bougies, stricturoplasty, injections, stents, experimental therapies) with a focus of symptom and nutritional assessment.

14:30 – 15:00 Barrett's oesophagus: beyond surveillance

Speaker: Professor Laurence Lovat

Summarise recent literature on screening for Barrett's as an alternative approach to reducing mortality from oesophageal adenocarcinoma. Describe work on Cytosponge, Transnasal endoscopy (both portable and conventional devices from Olympus, Pentax and Fuji), capsule endoscopy, blood and saliva markers, and detailed questionnaires with machine learning approaches. Recent literature on cost effectiveness.

Session 3: Oesophago-Gastric disorders (Chairs: Mr Khaled Dawas and Dr. Sarmed Sami)

15:00 - 15:30 Anti-reflux procedures: Linx, Esophyx, Stretta or good old-fashioned Nissen?

Speaker: Mr. Nick Boyle

Discuss recent literature on medical (PPIs) vs. endoscopic vs. surgical therapies for GORD including patient selection, expertise, outcomes, literature.

15:30 – 16:00 Gastric polyps found on endoscopy: EMR, ESD, leave alone, monitor?

Speaker: Dr. Matthew Banks

Discuss the evaluation and management of gastric polyps found on endoscopy. Discuss the role of H. Pylori testing. Highlight recent BSG guidelines submitted to Gut.

16:00 – 16:15: Summary and close

16:15 – 18:00: Drinks reception

Provisional Program: Patients Dedicated Morning Session (Seminar room 4)

Chairs: Miss Sally Thorpe, Miss Sara Brogden

09:30 – 10:00 Barrett's oesophagus: early diagnosis, update on screening tests (Cytosponge, Breath test, Saliva)

Speaker: Professor Laurence Lovat

10:00 – 10:30 Barrett's patient journey

Speaker: Patient representative

10:30 – 11:00 New treatments: Cryotherapy: pros & cons, indications, and success rates

Speaker: Dr. Rehan Haidry

11:00 – 11:30 Coffee break

11:30 – 12:00 HCUK charity update: NICE guidelines

Speaker: Mimi McCord

12:00 – 12:30 Questions and answers session with the chairs

Speaker: Sally Thorpe and Sara Brogden

12:30 – 13:30 Lunch

13:30 Session close