

London Neurogastroenterology Course 2021

July 5-7 2021

London, UK

Objectives of LNC 2021

1-To understand how symptoms in functional gastrointestinal disorders arise using a biopsychosocial model – reviewing the underlying pathophysiology in the gut and the role of psychology, microbiota and nutrition on symptom generation

2-To develop confidence in managing functional gastrointestinal disorders using a systematic, evidence-based biopsychosocial approach, and how to communicate effectively with patients with functional GI disorders.

3-To understand the role of GI motility testing -how these are performed, when they should be requested and how to interpret them.

Programme:

Day 1	Mon 5 th July 2021		
Time	Topic	Speaker	Objectives
INTRODUCTION Dr Asma Fikree			
8:30-8:45	Introduction and welcome to LNC 2021	Dr Asma Fikree <i>Gastroenterology consultant Royal London Hospital</i>	
8:45-9:15	Definition and Epidemiology of FGID	Dr Imran Aziz <i>Senior Lecturer in Gastroenterology University of Sheffield</i>	1-To understand what FGID and the range of disorders covered by the ROME classification of FGID 2- To understand the concept of the brain-gut axis and the biopsychosocial model 3-To understand the prevalence and burden of FGID on healthcare, the economy and on patients 4-To be familiar with disorders commonly associated with FGID
OESOPHAGEAL Chairs: Professor Daniel Sifrim Professor Serhat Bor			
9:15-9:50	Dysphagia and eosinophilic oesophagitis	Dr Phil Woodland <i>Gastroenterology consultant Royal London Hospital</i>	1-To understand the pathophysiology of dysphagia 2-To know how to investigate non obstructive dysphagia 3-To be aware of the Chicago classification of motility disorders 4-To understand how to manage oesophageal motility disorders using a biopsychosocial approach 5-To be familiar with the latest guidelines for management of eosinophilic oesophagitis

9:50-10:30	Upper GI Physiology testing – what, when and how.	Dr Rami Sweis <i>Gastroenterology consultant University College Hospital</i>	1-To be familiar with the different tests used to assess oesophageal motility and gastro-oesophageal reflux and what they can measure 2-To understand the difference between pH-testing and combined pH-impedance testing 3-To understand how oesophageal physiology tests are performed (the practicalities) 4-To know when to refer patients for physiology testing 5-To develop a basic understanding of how to interpret the tests
10:30-10:50	Coffee break		
GASTRO-OESOPHAGEAL Chairs: Dr Phil Woodland Dr Rami Sweis			
10:50-11:20	Reflux disorders	Professor Serhat Bor <i>Professor of Gastroenterology Ege University, Turkey</i>	1-To understand the pathophysiology of gastro-oesophageal reflux 2-To be able to take a good history from patients with reflux symptoms 3-To understand how to classify gastro-oesophageal reflux disorders using results of reflux testing 4-To understand how to manage reflux symptoms using a biopsychosocial and evidence-based approach 5-To know which patients should be referred for anti-reflux surgery
11:20-12:00	Rumination and belching	Professor Daniel Sifrim <i>Professor of Gastroenterology Queen Mary University, London</i>	1-To understand the pathophysiology of rumination and belching 2-To understand the difference between gastric and supragastric belching 3-To know how to investigate rumination and belching 4- To be confident in managing belching using a biopsychosocial and evidence based approach 5-To be confident in explaining rumination and belching to patients
12:00-12:40	Lunch		
GASTRO-DUODENAL Chairs: Dr Asma Fikree Dr Gehanjali Amarasinghe			
12:40-1:20	Dyspepsia	Professor Jan Tack <i>Professor of Gastroenterology University of Leuven, Belgium</i>	1-To understand the pathophysiology of dyspepsia 2-To understand how to investigate dyspepsia 3- To be familiar with medications used to manage functional dyspepsia 4-To be confident in managing functional dyspepsia using an evidence-based biosychosocial approach

1:20-2:00	Vomiting Disorders	Dr Natalia Zarate-Lopez <i>Gastroenterology consultant University College Hospital</i>	1-To understand the pathophysiology of vomiting 2-To be able to differentiate between rumination and vomiting 3-To understand the role of cannabis in cyclical vomiting syndrome 4-To know how to investigate vomiting disorders 4-To be confident in managing cyclical vomiting syndrome using a biopsychosocial approach 5-To be familiar with a broader range of antiemetics, and when to use them
2:00-2:30	Dietetic approach to gastroparesis type symptoms	Lee Martin <i>Dietician University College Hospital</i>	1-To be confident in giving generic dietetic advice to patients with gastroparesis type symptoms 2-To be familiar with evidence for various dietary approaches in gastroparesis 3-To understand how to select enteral feeds in patients with gastroparesis 4-To understand what avoidant restrictive food intake disorder (ARFID) is, when to suspect this and how you can screen for this
2:30-2:50	Coffee break		
HOT TOPICS Chairs: Prof Qasim Aziz Dr Natalia Zarate Lopez			
2:50-3:30	Gastrointestinal Manifestations of Hypermobile Ehlers-Danlos Syndrome (hEDS)	Dr Asma Fikree <i>Gastroenterology consultant Royal London Hospital</i>	1-To understand what hEDS is and how you can assess this 2-To be familiar with typical upper and lower GI symptoms in hEDS and the pathophysiology underlying them 3-To understand what PoTS is and the implications of this diagnosis on GI presentation 4-To understand how to systematically manage symptoms using a biopsychosocial approach and be familiar with barriers to management 5-To be aware of resources for patients with hEDS
3:30-4:10	Food allergies and Mast Cell Activation Syndrome (MCAS)	Dr Anne Maitland <i>Consultant Allergist and Immunologist Mount Sinai Hospital, USA</i>	1-To understand what food allergies are and how to take a good history and recognise these 2-To understand what mast cell activation syndrome is and its associations with other disorders seen in GI clinics 3-To know when to suspect MCAS and what investigations can be done in a GI/dietetic clinic 4-To understand how to approach basic management in MCAS and what advice to give patients 5-To know when to refer to an allergist or immunologist
4:10-4:40	Obesity and the gut	Dr Madusha Peiris <i>Senior Lecturer Queen Mary University, London</i>	1-To understand the association between microbiota and obesity 2-To understand the role of the enteroendocrine system in digestion, metabolism and weight 3-To be familiar with novel approaches to manage obesity
4:40-5:00	Coffee break		

MDT discussion of complex case
To feed or not to feed – that is the question

Chairs: Dr Giles Major

5:00-5:15	Case	Dr Alicia Green <i>Neurogastroenterology Fellow</i> <i>Queen Mary University, London</i>	
5:15-5:40	Role of enteral and parenteral nutrition in functional gastrointestinal disorders	Dr Peter Paine <i>Gastroenterology consultant</i> <i>Salford Royal Hospital</i>	1-To understand when to consider artificial nutrition in patients with FGID 2-To be familiar with complications of artificial nutrition in patients with FGID 3-To be able to balance the risks and benefits of enteral and parenteral nutrition in patients with FGID 4-To be able to advise patients how to increase their oral intake despite the presence of upper GI symptoms
5:40-6:00	Nutritional consequences of vomiting and food restriction	Jessica Gomularz Dietician St Anne's Eating Disorder Unit	1-To understand what a restrictive diet is and how this results in macro and micronutrient deficiencies 2-To be familiar with the micronutrient deficiencies that result from repeated vomiting and the physical consequences of this 3-To be familiar with symptoms that arise from macro or micronutrient deficiencies in vomiting and food restriction 4-To understand how to safely manage such patients from a nutrition point of view
6:00-6:30	Psychological approaches to vomiting	Dr Chris Garrett <i>Consultant Liaison Psychiatrist</i> <i>Royal London Hospital</i>	1-To recognise the psychological causes of vomiting including anxiety, stress, eating disorders, and eating phobias 2-To understand how to assess for psychological causes of vomiting 3-To understand how psychotherapy can reduce vomiting, including the role for desensitisation therapy 4-To understand when to refer a patient to a psychologist or psychiatrist
6:30-6:50	Q&A session	MDT Panel	
6:50-7:00	Close of day 1		

Day 2	Tues 6th July 2021		
BOWEL			
Chairs: Dr Mark Scott Prof Charles Knowles			
8:15-8:30	Day 2 - David Wingate Memorial Symposium	Dr Asma Fikree	
8:30-9:10	Bloating and small intestinal bacterial overgrowth	Professor Magnus Simren <i>Professor of Gastroenterology University of Gothenberg, Sweden</i>	1-To understand the pathophysiology of bloating 2-To understand what small intestinal bacterial overgrowth is, and how to differentiate this from IBS 3-To recognise the risk factors for SIBO and when to consider testing for this 4-To understand how to test for SIBO and the limitations of this 5-To understand how to assess for and manage bloating and SIBO using a biopsychosocial and evidence-based approach
9:10 – 9:50	Diarrhoea	Professor Robin Spiller <i>Professor of Gastroenterology University of Nottingham</i>	1-To understand the pathophysiology of diarrhoea 2-To be able to take a good history from patients with diarrhoea 3-To be confident making a positive diagnosis of IBS 4-To understand which patients to refer for lower GI physiology testing 5-To understand how to manage functional diarrhoea/IBS using an evidence-based biopsychosocial approach
9:50-10:20	Dietary approaches to IBS	Dr Miranda Lomer <i>Senior Consultant Dietician Guy's and St Thomas's Hospital</i>	1-To be able to give generic advice for patients with IBS 2-To understand the difference between dietary approaches for IBS-D vs IBS-C including the role of fibre 3-To understand what the low FODMAP diet is and how it is performed 4-To know when to refer patients for a low FODMAP diet 5-To be able to give dietary advice to patients with bloating
10:20-10:40	Coffee break		
MDT discussion of a complex case			
Severe constipation			
Miss Charlotte Chaliha Prof Anton Emmanuel			
10:40-10:50	Case of severe constipation	Dr Paul Vollebregt <i>Gastroenterology Fellow Queen Mary University London</i>	
10:50-11:15	Chronic constipation	Dr Maura Corsetti <i>Associate Professor of Gastroenterology</i>	1-To understand the pathophysiology of constipation 2-To take a good history from patients with constipation and be able to identify symptoms of defecatory dysfunction

		<i>University of Nottingham</i>	3-To understand how to investigate chronic constipation and when to refer patients for lower GI physiology testing 4-To understand how to manage constipation using an evidence-based biopsychosocial approach
11:15-11:40	Faecal incontinence and pelvic floor dysfunction	Professor Charles Knowles <i>Professor of Surgery Queen Mary University, London</i>	1-To understand the pathophysiology of faecal incontinence 2-To understand the symptoms that arise from pelvic floor dysfunction 3-To understand how to investigate faecal incontinence and the role of lower GI physiology testing 4- To understand how to manage faecal incontinence/pelvic floor dysfunction using an evidence-based biopsychosocial approach 5- To know when to refer patients for surgery vs physiotherapy vs neuromodulation
11:40-12:10	Physiological investigation of lower GI symptoms	Dr Mark Scott <i>Director of Lower GI Physiology Unit Royal London Hospital</i>	1-To be familiar with the different tests that make up lower GI physiology testing 2-To understand what the various tests can tell us and to differentiate between tests that measure colonic transit vs tests that measure anorectal function 3-To understand how lower GI physiology tests are performed 4-To know when to refer patients for physiology testing 5-To develop a basic understanding of how to interpret the tests
12:10-12:35	Bowel habit training	Ann Curry <i>Colorectal Specialist Nurse Royal London Hospital</i>	1-To understand what bowel habit training is and how it is performed 2-To understand what rectal irrigation involves and how it is performed 3-To know which patients to refer for bowel habit training
12:35-12:50	Q&A session	Panel	
12:50-1:20	Lunch break		
Wingate Memorial Lecture: Professor Qasim Aziz			
1:20-1:40	Tribute to Professor Wingate	Professor Qasim Aziz	
1:40-2:30	Tips and Tricks on communicating with patients about FGID	Professor Doug Drossman <i>Professor Emeritus of Medicine and Psychiatry University of North Carolina, USA</i>	1-To understand how to communicate effectively with patients and to improve the quality of the consultation 2-To be able to confidently explain what FGID/visceral hypersensitivity/brain-gut dysfunction is to the patient 3-To be able to sensitively bring up psychological issues with the patient 4- To develop the communication skills needed to improve patients' compliance with the management strategy
2:30-2:40	Coffee break		
MDT discussion of a complex case Abdominal pain Dr Kristin Ullrich			

Dr Steve Coen			
2:40-2:50	Case of intractable abdominal pain	Dr Rabia Lalani <i>Neurogastroenterology Fellow Queen Mary University, London</i>	
2:50-3:20	Centrally Mediated Abdominal Pain	Professor Qasim Aziz Professor of Gastroenterology <i>Queen Mary University, London</i>	<ul style="list-style-type: none"> 1-To understand the pathophysiology of visceral pain 2-To understand the concepts of peripheral and central sensitisation and how this relates to chronic pain 3-To be aware of differentials for non- inflammatory abdominal pain 4- To be able to take a good history from someone with chronic abdominal pain 5-To understand what narcotic bowel syndrome is and the role of opiates in centrally mediated abdominal pain 6-To understand the biopsychosocial approach to managing chronic pain
3:20-3:45	Psychological approaches to abdominal pain	Dr Peter Byrne <i>Consultant Liaison Psychiatrist Royal London Hospital</i>	<ul style="list-style-type: none"> 1-To understand how psychological comorbidity can worsen pain 2-To understand the role of cannabis in pain and what to tell patients about this 3-To be familiar with resources that patients can use or be referred to for management of anxiety and mood disorders 4-To understand the importance of lifestyle interventions for patients with FGID 5-To develop familiarity with using antidepressants for chronic pain and the risks and benefits of these
3:45-4:10	Pain interventions for abdominal pain: pharmacological and non-pharmacological	Dr Jayne Gallagher <i>Consultant Anaesthetist Royal London Hospital</i>	<ul style="list-style-type: none"> 1-To be able to select neuromodulators appropriately for chronic pain 2-To understand the role of nerve blocks/infusions for chronic pain and when to refer patients for this 3-To understand what a pain management program involves and when to refer patients for this 4-To understand how to safely reduce opiates and which patients should be referred to a pain team for this
4:10-4:30	Q&A session	Panel	
4:30-4:40	Coffee break		
BRAIN-GUT-MICROBIOTA AXIS			
Dr Peter Byrne Dr Magnus Simren			
4:40-5:10	Brain-gut axis and the role of a psychologist	Dr Steven Coen <i>Clinical Psychologist Royal Free Hospital</i>	<ul style="list-style-type: none"> 1-To understand how psychology eg anxiety and depression, can affect GI symptoms and to be able to explain this to patients 2-To be able to give advice to patients with mild anxiety and depression. 3-To understand how a psychologist can help with GI symptoms and to recognise when a psychology referral is appropriate 4-To be familiar with different types of psychotherapy for FGID eg CBT and ACT

5:10-5:40	Hypnotherapy in IBS	Professor Peter Whorwell <i>Professor of Gastroenterology University of Manchester</i>	1-To understand what gut directed hypnotherapy is and how it is performed 2-To understand the evidence behind hypnotherapy in FGID 3-To be able to identify patients in whom hypnotherapy may be appropriate 4-To be able to direct patients to hypnotherapy services
5:40-6:10	Prebiotics and probiotics in FGID	Professor Kevin Whelan <i>Professor of Dietetics King's College, London</i>	1-To understand the difference between prebiotics and probiotics 2-To be familiar with the evidence for prebiotics/probiotics in IBS-D, IBS-C and other FGID 3-To understand when to use probiotics and which to use
Key Note Lecture 6:10-6:50	Psychobiotics	Professor John Cryan <i>Professor of Anatomy and Neuroscience University College Cork</i>	1-To understand the role of microbiota in modulating brain function and therefore the brain gut axis 2-To understand the effects of microbiota/prebiotics/probiotics on emotional, cognitive, systemic, and neural functions
6:50-7	Close of day 2		

Wed 7 July – Workshops			
	STREAM 1		STREAM 2
9-10:30	Interpretation of oesophageal manometry and reflux testing – case based	Prof Daniel Sifrim	Interpretation of anorectal physiology – case based Dr Mark Scott Dr Sam Morris
10:30-12	Interpretation of oesophageal manometry for dysphagia – case based	Dr Philip Woodland	Nurse led bowel re-training workshop – when to refer, what it involves, advice you can give patients in clinic – case based Ann Curry
12-1	Lunch		Lunch
1-2:30	Interpretation of anorectal physiology – case based	Dr Mark Scott Dr Sam Morris	Interpretation of oesophageal manometry and reflux testing – case based Prof Daniel Sifrim

2:30-4	Nurse led bowel re-training workshop – when to refer, what it involves, advice you can give patients in clinic – case based	Ann Curry	Interpretation of oesophageal manometry for dysphagia – case based	Dr Philip Woodland
4-4:15	Close		Close	