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WINTER SCIENTIFIC MEETING

2024

Royal College of Physicians, London,
6th December

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Welcome

Welcome to the SOBA Winter Scientific Meeting 2024! It is a pleasure to bring together colleagues from across the country to discuss and share insights on the most recent advances in obesity and bariatric anaesthesia. This year's program has been carefully curated to ensure a broad and stimulating range of topics, covering everything from cutting-edge research and perioperative management to the future of obesity care.



At SOBA, we are committed to fostering an environment of collaboration and shared learning. Our aim is to support each of you in your practice by delivering high-quality content, opportunities for professional networking, and platforms to share your own work.

I would like to extend my gratitude to all our speakers, contributors, and the organizing committee for their hard work in making this event possible. I hope you find today's sessions to be both engaging and valuable. Please feel free to participate actively, connect with your peers, and take away new ideas to implement in your clinical practice.

Thank you for joining us today. I wish you an enjoyable and thought-provoking meeting.

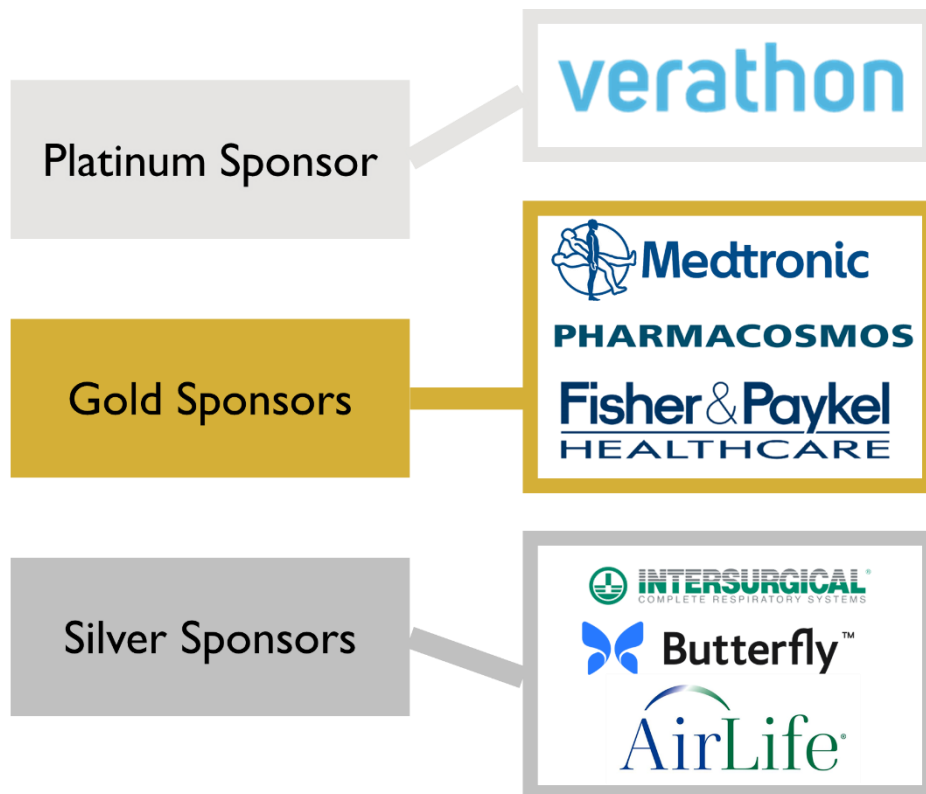
Warm regards,

Dr Andrew McKechnie
President, SOBA UK

A handwritten signature in black ink, appearing to read 'A. McKechnie', written in a cursive style.

Thank You to Our Sponsors

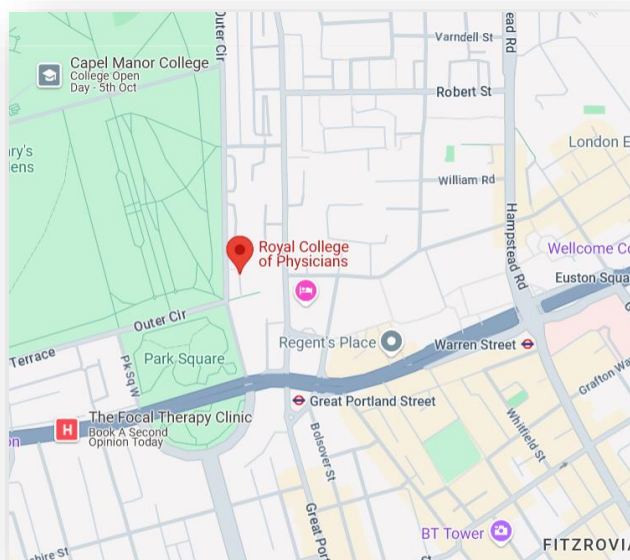
We are incredibly grateful to our sponsors for their generous support of the SOBA Winter Scientific Meeting 2024. Their contributions help make this event possible and allow us to further education, collaboration, and innovation in obesity and bariatric anaesthesia.



Please take the opportunity to visit their stands during the breaks to learn more about their innovative products and services.

Getting to the Venue

Royal College of Physicians
11 St Andrews Pl, London NW1 4LE



The Royal College of Physicians is situated on St Andrews Place opposite Regent's Park. It is a five-minute walk from Regent's Park station or Great Portland Street station. There is a lift platform for wheelchair access at the entrance.

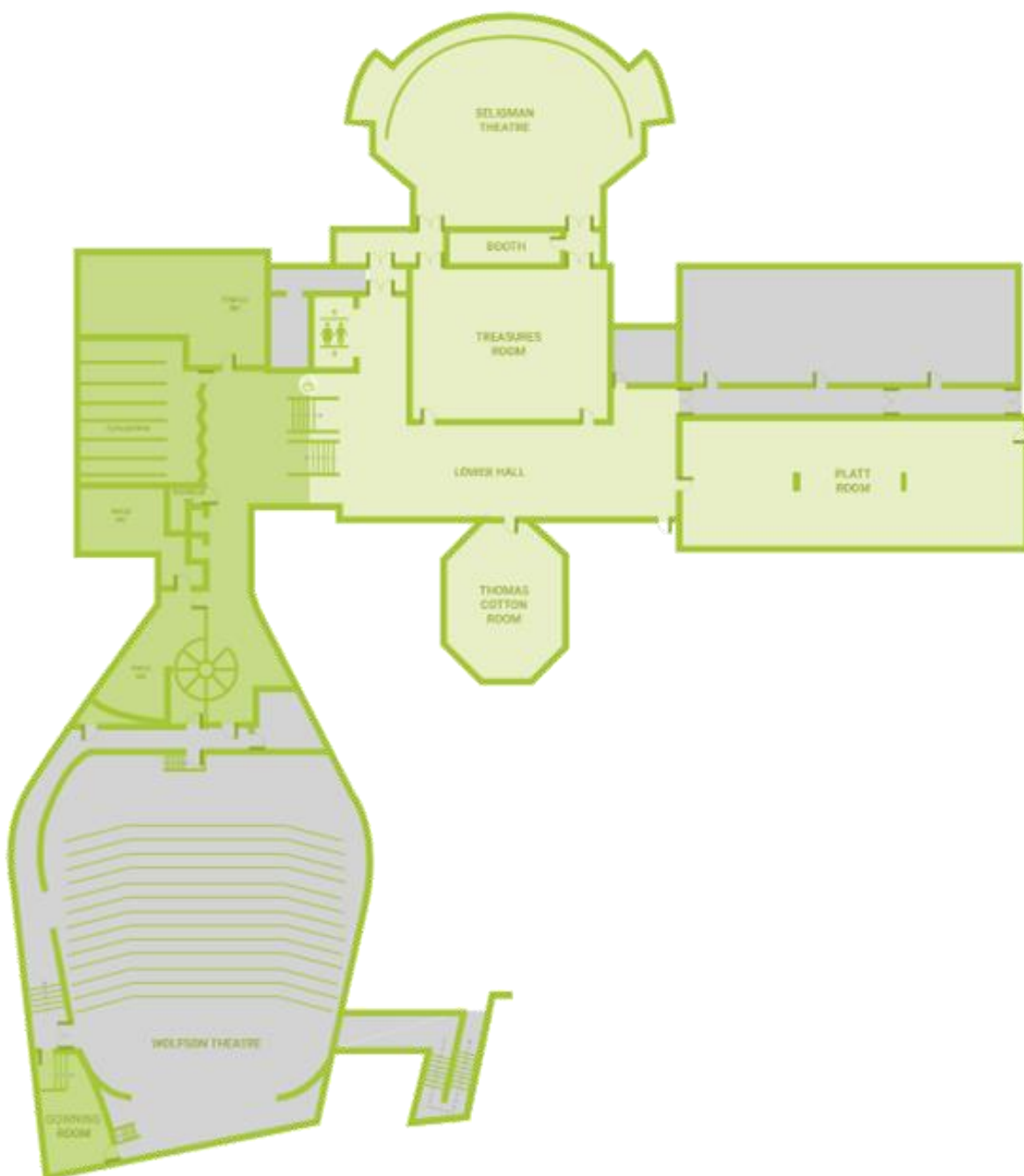
If you are travelling to the RCP by train the nearest stations to the RCP are Euston (11 mins); Marylebone (20 mins); King's Cross and St Pancras International (25 mins).

There is free car parking for visitors living with disabilities but must be pre-booked with the venue on +44 (0)20 3075 1200.

The RCP has bicycle stands for guests. Cycle hire docking stations are located nearby on Longford Street and Bolsover Street.

Venue Layout

Lectures:	Seligman Theatre
Refreshments and lunch:	Platt Room
Exhibits and posters:	Platt Room
Parent and baby room:	Thomas Cotton Room
Gastric Ultrasound Workshop:	Thomas Cotton Room (Lunchtime)



Program at a Glance

08:30 - 09:00	Registration & Welcome Coffee
09:00 - 09:05	Welcome Address
09:05 – 09:25	Obesity as a Disease
09:25 - 10:30	GLP/SLGT Updates
10:30 - 10:45	Morning Coffee Break
10:45 - 11:30	Airway Management in Patients Living with Obesity
11:30 - 12:45	Day Case Bariatrics
12:45 - 13:45	Lunch
12:45 – 13:15	Gastric Ultrasound Workshop
13:45 - 14:15	Oral Papers
14:15 - 15:00	Obesity and the National Audit Projects KEYNOTE
15:00 - 15:15	Afternoon Coffee Break
15:15 - 16:10	Debate: Obesity Management Surgical vs Medical
16:10 - 16:35	Prize Ceremony and Closing
16:35 - 18:00	Drinks and Nibbles

Full Program

08:30 - 09:00 Registration, Coffee, and Pastries



09:00 - 09:05 Welcome Address
Dr Andrew McKechnie, SOBA President



Session 1: Obesity as a Disease

Chair Dr Bran Retnasingham

09:05 - 09:20 Prof Francesco Rubino
Prof of Metab & Bariatric Surgery, King's College London
"Is Obesity a Disease? Defining and Diagnosing Clinical Obesity"

09:20 - 09:25 Q&A and discussion

Session 2: GLP/SLGT Updates

Chair Dr Becky Black

09:25 – 09:35 Dr Mary Madden
ST7 Anaesthetist, London
"The need for Guidance"

09:35 – 09:55 Prof Ketan Dhatariya
Cons in Diabetes, NNUH NHSFT
"The Consensus Statement and Diabetic Drugs Update"

09:55 - 10:15 Prof Kariem El-Bogdady
Cons Anaesthetist, GSTT NHSFT
"Gastric US Scanning in Anaesthesia"

10:15 - 10:30 Q&A and Panel Discussion



10:30 – 10:45 Morning Coffee Break and Poster Viewing

Full Program

Session 3: Airway Management in Patients Living with Obesity

Chair Dr Vixie Male

- 10:45 - 11:15 Dr Imran Ahmad
Cons Anaesthetist, GSTT NHSFT
"Airway Management in Patients Living with Obesity"
- 11:15 - 11:30 Q&A and Panel Discussion

Session 3: Day Case Bariatric Surgery

Chair Dr Eleanor Warwick

- 11:30 – 11:50 Ms Debbie Musendeki
Lead Bariatric Nurse, Bedfordshire Hosp Metabolic Institute
"Nursing Considerations in Day Case Bariatrics"
- 11:50 – 12:10 Dr Eva Lang
Cons Anaesthetist, LDH NHSFT
"Anaesthesia for Day Case Bariatric Surgery"
- 12:10 - 12:30 Mr Omer Al-Ta'an
Cons Bariatric Surgeon, LDH NHSFT
"The Luton Day Care Experience"
- 12:30 - 12:45 Q&A and Panel Discussion

12:45 - 13:45 Lunch Break

12:45 - 13:15 Hands on Gastric Ultrasound Workshop
Platt Room



Full Program

Session 4: Oral Papers

Chairs Dr Megan Thomas and Dr Iona Murdoch

- 13:45 - 13:55 Elective general anaesthesia for children living with obesity:
A survey of practice
Dr Sophie Stanley
- 13:55 – 14:05 VTE Prophylaxis in Patients living with Obesity undergoing
Bariatric vs Non-Bariatric Surgery
Dr Hannah Morrison
- 14:05 - 14:15 BMI has an exponential impact on non-operative theatre
time independent of mode of anaesthesia
Dr Alfie Lloyd

Session 5: Keynote Address

Chair Dr Andrew McKechnie

- 14:15 - 14:45 Prof Tim Cook
Cons Anaesthesia & ICM, RUH Bath NHSFT
"Obesity and the National Audit Projects"

- 14:45 - 15:00 Q&A

- 15:00 - 15:15 Afternoon coffee break



Full Program

Session 6: Debate, The Future of Obesity Management is Medical, Not Surgical

Dr Jonathan Cousins

- 15:15 - 15:35 Dr Nick Finer
Expert Freelance Consultant in Obesity Medicine
Medical View
- 15:35 – 15:55 Mr Ahmed Ahmed
Cons Bariatric Surgeon, Imperial College NHSFT
Surgeons' View
- 15:55 - 16:10 Q&A and Open Floor Debate

Closing

- 16:10 - 16:20 Prize Ceremony
Dr Vixie Male
- 16:20 - 16:35 Closing Remarks and Reflections
Dr Andrew McKechnie, SOBA President



Drinks Event

16:35 - 18:00 Complimentary Beer, Wines, Soft drinks and Nibbles.



Feedback and CPD certificates

Please do complete the feedback using the link and QR code provided overleaf. Your CPD certificate will be sent within 5 working days.

<https://forms.office.com/e/XSjhPgJSmm>

SOBA WSM 2024 Feedback



Social Media & Networking

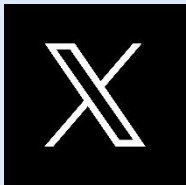
We encourage all attendees to join the conversation and share your experiences from today's event on social media using the hashtag

#SOBAWSM24

Connect with fellow delegates, post insights, and highlight key takeaways from your favourite sessions. Don't forget to tag us on:

Twitter: [@SOBAuk](https://twitter.com/SOBAuk)

BlueSky: [@SOBAuk.co.uk](https://bsky.app/profile/SOBAuk.co.uk)



There will be multiple opportunities throughout the day to connect with colleagues and expand your professional network. Make the most of the coffee breaks, lunch, and Q&A sessions to engage with other attendees and speakers.

Stay connected, share your insights, and help us build a stronger community dedicated to excellence in bariatric anaesthesia and obesity care. We look forward to seeing your posts!



Speaker Profiles

Prof Francesco Rubino

Francesco Rubino is Professor of Metabolic and Bariatric Surgery at King's College London and a consultant surgeon at King's College Hospital (KCH).



Prof. Rubino's studies in rodents provided the first experimental evidence of weight-independent effects of GI surgery on glucose metabolism and the specific anti-diabetic effects of the exclusion of the duodenum from nutrient transit. These findings offered a biological rationale for re-purposing gastrointestinal and bariatric operations as a treatment for type 2 diabetes - a surgical discipline now referred to as "Metabolic Surgery". Dr Rubino was the main organizer and co-director of the Diabetes Surgery Summit, a consensus development series that developed global clinical guidelines for surgical treatment of diabetes. He led the joint international consensus statement and "*Pledge to eradicate Obesity Stigma*" (*Nature Medicine*, March 2020) and he served as chair of the *Lancet Commission on Clinical Obesity*.

He received his MD and completed his residency in general surgery at the Catholic University/Policlinico Gemelli in Rome, Italy. He completed fellowships in minimally invasive surgery at the European Institute of Telesurgery in Strasbourg, France, Mount Sinai Medical Center in New York and at the Cleveland Clinic in Cleveland, Ohio. Before joining King's he was Chief of Gastrointestinal Metabolic Surgery and Director of the Diabetes

Surgery Center at Weill Cornell Medical College and New York Presbyterian Hospital in New York, USA.

Dr Mary Madden

Dr Mary Madden is a senior anaesthetic registrar (ST7) with a focus on difficult airway management, digital transformation in healthcare, and sustainability. She has a strong passion for global anaesthesia and recently served as a Senior In-Country Fellow in Zambia, where she collaborated with local teams to enhance anaesthetic practices and training.



Based in London, Dr Madden advocates for innovative approaches in anaesthesia, combining her clinical expertise with a dedication to improving care delivery in resource-limited settings. An emerging leader in the field, she uses her platform to promote wellbeing and sustainability within anaesthesia, aiming to drive change both locally and globally.

Prof Ketan Dhatariya

Professor Ketan Dhatariya was born in India but moved to the UK before his first birthday.

He spent the majority of his youth in South East London (accounting for the accent).

He qualified as a doctor from the University College and Middlesex Hospital Medical School in 1991. He did his Senior House Officer posts in Basildon in Essex followed by a short stint in Intensive Care at the Whittington Hospital in



London. He started his diabetes career on the Isle of Wight, working for Dr Arun Baksi, and later continued with a succession of registrar jobs in South East London between 1997 and 2001. During part of this time he was a part-time GP in the evenings at a local surgery. He took time off during his training to concentrate on intensive care medicine at St Thomas' and St George's Hospitals in London. He finished his training in diabetes and endocrinology in 2001, but instead of taking up a consultant post in Dartford in Kent, he opted to give it all up and go and do research in America.

He was offered a job as a research fellow in endocrinology at the Mayo Clinic in Minnesota where he and his family endured 2 winters with the temperatures dropping to -80 degrees F. He returned to the UK in September 2003, and was locum consultant at King's College Hospital and the Homerton Hospital (both in London).

He was appointed as a consultant in diabetes, endocrinology and general medicine at the Norfolk & Norwich University Hospital in 2004, and Honorary Professor of Medicine at the University of East Anglia in 2019. He is a full time clinician and his predominant areas of interest are inpatient diabetes – in particular peri-operative diabetes care, the management of diabetes

related emergencies, and the 'diabetic foot'. He leads one of the largest foot clinics in the East of England.

He has several national roles in the UK. He is currently the Chair of the Association of British Clinical Diabetologists, and is also the Immediate past chair of the Joint British Diabetes Societies Inpatient Care Group where he led or co-authored several national guidelines on the management of various aspects of inpatient diabetes care including the guideline on peri-operative diabetes care. He is the Chair of the Examining Board for the UK Specialist Clinical Exam in Diabetes and Endocrinology, and was the inaugural Chair of the European Board Examination in Endocrinology, Diabetes and Metabolism. He is a former President of the Diabetes and Endocrine section of the Royal Society of Medicine. He is the Section Co-editor for diabetes for www.endotext.org. He is an Associate Editor of Diabetic Medicine and, until 2023 was also an Associate Editor of BMJ Open Diabetes Research & Care.

Prof Kariem El-Bogdadly

Kariem El-Boghdadly is an editor of Anaesthesia Journal and Anaesthesia Reports, and also serves as an expert reviewer for several high-impact journals.

Kariem is an honorary senior lecturer at King's College London, and his research interests include regional anaesthesia, airway management and research delivery.



Kariem is the scientific officer for the Difficult Airway Society UK, and is the research and development lead for theatres, anaesthesia and peri-operative medicine at Guy's and St Thomas' NHS Foundation Trust.

Dr Imran Ahmad

Dr Imran Ahmad is a Consultant Anaesthetist at Guy's and St Thomas' NHS Foundation Trust, London, where he currently serves as the Deputy Clinical Director for Theatres, Anaesthesia, and Perioperative Medicine. He previously held the role of Clinical Lead at Guy's Hospital for four years.

With a specialist interest in difficult airway management, Dr Ahmad is the clinical lead for airway management at the Trust and served as the education lead for the Guy's Advanced Airway Fellowship for over a decade, training 43 fellows during that time.



He is the current President of the Difficult Airway Society (DAS) UK, having been the Honorary Secretary for the preceding three years, and has been a DAS committee member for 13 years. Dr Ahmad is also an Honorary Clinical Lecturer at King's College London and Course Director for the Guy's Airway Management Course.

Dr Ahmad's academic work is highly regarded, with over 3000 citations and 100 peer-reviewed publications, including contributions to three key DAS guidelines: the 2015 DAS Intubation Guidelines, the 2020 DAS Awake Tracheal Intubation Guidelines, and the 2021 DAS Post-Thyroidectomy Haematoma Guidelines. His 2015 DAS Guidelines paper was recently recognized as the top cited airway paper in the 100-year history of the British Journal of Anaesthesia. Additionally, his research has been honored with numerous accolades, including 'Anaesthesia Journal Paper of the Year 2020' for the IntubateCOVID study and the 2nd ranked paper of 2022 for the AEROCOMP study.

He has contributed to numerous airway management books, including Hagberg & Benumof's Airway Management, Core Topics in Airway Management, and Virtual Endoscopy and 3D Reconstructions in the Airways.

Currently, Dr Ahmad chairs the DAS Intubation & Extubation Guidelines group and is a member of the multidisciplinary Safer Prehospital Anaesthesia Working Group. He is also involved in several other consensus working groups, including those focusing on High Flow Nasal Oxygenation, airway management for patients with obesity, and out-of-hospital airway management.

Dr Ahmad is regularly invited to speak at national and international conferences, having presented on six continents (with just Antarctica remaining!). Last year, his innovative projects were shortlisted for the finals of the national BMJ Awards 2021 and the Nursing Times Awards 2021 for his work on developing and delivering High Intensity Theatre (HIT) lists to help reduce the surgical backlog and improve theatre efficiency.

In addition, he runs several multidisciplinary international courses, including the renowned Guy's Airway Management Course, which has attracted over 20,000 delegates.

Ms Debbie Musendeki

Debbie is one of the more experienced members of the Clinical Nurse Specialist Team at Bedfordshire Hospitals Metabolic Institute, based at The Luton & Dunstable Hospital site, which focuses on Tier 3 medical weight management and Tier 4 Bariatric services. She has been heavily involved in formulating and implementing various



initiatives within the service. She has been an integral contributor to the design and implementation of new pathways, including the re-introduction of a Tier 4 patient education resourced group session and pilot pathway to reduce waiting lists as well as other quality improvement measures across the service. Debbie has contributed to educational journals and, alongside her dedicated team, has been a trailblazer in forging the introduction of, guidelines for and pre-assessment management of the hospital's highly successful Bariatric Day-Case surgery protocol. Debbie brings a wealth of knowledge and expertise to the challenges and complexities of managing obesity from a nursing perspective.

Dr Eva Lang

Dr Eva Lang is a Consultant Anaesthetist at Luton and Dunstable Hospital with extensive experience in bariatric anaesthesia. Since her



retirement in 2021, she has remained highly active, continuing to provide anaesthetic services for emergency surgery, weight loss procedures, and other specialties. With a career spanning over three decades, including international medical service in Namibia and specialist training in the UK, Dr Lang brings a wealth of expertise to her practice.

Mr Omer Al-Ta'an

Omer is a trained bariatric and upper gastro-intestinal surgeon. He did his higher surgical training in the East Midlands in the University hospitals of Leicester followed by a focused bariatric fellowship in Musgrove Park hospital where he developed his skills becoming an independent bariatric surgeon.

He performs the full range of bariatric procedures (Gastric bypass, Sleeve Gastrectomy, Gastric Band and Gastric Balloons) as well as revisional surgery. The bulk of his practice is based on key hole surgery. His NHS practice is based at Luton & Dunstable University Hospital which is one of the largest bariatric surgery centres in the UK. Together with weight loss surgery he regularly performs other operations like laparoscopic cholecystectomy (removal of the gall bladder), inguinal hernia repair, anti-reflux surgery as well as other types of abdominal hernias.



Prof Tim Cook

Professor Tim Cook is a Consultant in Anaesthesia and Intensive Care Medicine at the Royal United Hospital in Bath and an Honorary Professor of Anaesthesia at the University of Bristol. Over his illustrious career, Professor Cook has made significant contributions to improving patient safety and advancing clinical practice in anaesthesia and critical care.



For over 15 years, he served as the Director of the Royal College of Anaesthetists (RCoA) National Audit Projects (NAPs), a series of high-impact national studies that have shaped anaesthetic practice in the UK. His leadership spanned five major projects, including NAP3 (Epidurals and Spinal Anaesthesia), NAP4 (Airway Management), NAP5 (Accidental Awareness during General Anaesthesia), NAP6 (Perioperative Anaphylaxis), and NAP7 (Perioperative Cardiac Arrest). These landmark studies have been instrumental in highlighting critical patient safety concerns and driving changes in anaesthesia and perioperative care.

Professor Cook has recently handed over the role of NAP Director. His legacy includes not only the successful delivery of previous NAPs but also the establishment of a robust framework for conducting complex, collaborative research across the UK. His work in anaesthesia safety and quality improvement has earned him numerous accolades, including the RCoA Macintosh Professorship and the Difficult Airway Society Professorship.

During the COVID-19 pandemic, Professor Cook played a pivotal role in research and guidance development, providing early recommendations on anaesthetic practice, aerosol science, and healthcare worker safety. His efforts

were widely recognized, influencing national and international responses to the pandemic.

A passionate educator and advocate for patient safety, Professor Cook continues to contribute to the field through academic work, mentorship, and advisory roles. His dedication to advancing perioperative medicine has left a lasting impact on both the specialty and the wider healthcare community.

Mr Ahmed Ahmed

Mr Ahmed Ahmed is a consultant in upper gastrointestinal surgery and lead bariatric surgeon at Imperial Weight Centre. He has performed over 6,000 laparoscopic bariatric procedures, including over 4,000 gastric bypasses. He has trained in general and upper GI surgery in the UK and also at Stanford University and the University of Rochester in the US. He trains other surgeons in the field of bariatric surgery and is on the faculty of numerous courses on bariatric surgery.



Mr Ahmed is a consultant in upper gastrointestinal and bariatric surgery and clinical lead for bariatric surgery at Imperial College Healthcare NHS Trust. He is also a clinical reader in metabolic surgery in the department of surgery and cancer at Imperial College.

His main clinical areas of interest are in complex revisional bariatric surgeries and he receives referrals from all over the UK and abroad for his expert skills. He has trained in general and upper GI surgery in the UK and at Stanford University and the University of Rochester in the US.

He trains other surgeons in the field of bariatric surgery and is on the faculty on numerous courses on bariatric surgery. He heads the Royal College of Surgeons prestigious senior clinical fellowship in bariatric surgery at the Trust. Mr Ahmed is often consulted by other professionals and medicolegal experts for his opinions on complex bariatric surgery cases. He is a member of the International Federation of Surgery for Obesity (IFSO) and British Obesity and Metabolic Surgery Society (BOMSS). Mr Ahmed was elected to the council of the Royal College of Surgeons of England and is also secretary (president-elect) of the British Obesity and Metabolic Surgery Society.

Mr Ahmed's academic interests are in the mechanism of complications following bariatric surgery and he has a PhD analysing internal hernias following gastric bypass surgery. He has numerous research affiliations with both clinical and non-clinical teams including biomedical engineering, investigative medicine, human genetics, gastroenterology, endocrinology, vascular surgery, urology, renal medicine, and the CPSSQ. He is actively involved in bariatric surgery research and has received over £1,000,000 in NIHR research funding and leads the EMBIO RCT assessing Left Gastric Artery Embolisation for weight loss. He has numerous publications in peer reviewed journals and has an H index of 32.

Dr Nick Finer

Dr Nick Finer is a globally recognized authority in clinical obesity medicine with over three decades of experience in advancing multidisciplinary obesity care and research. Formerly a Professor of Clinical Medicine at University College London (UCL), Dr Finer has been instrumental in developing obesity services at institutions such as Guy's Hospital, Luton, Cambridge, and UCLH.



From 2016 to 2022, Dr Finer served as Senior Principal Clinical Scientist in Global Medical Affairs at Novo Nordisk, contributing to groundbreaking advancements in obesity pharmacotherapy. He has held pivotal roles as Chair of the UK Association for the Study of Obesity and the World Obesity Federation Clinical Care, where he led the creation of the SCOPE (Strategic Centre for Obesity Professional Education) program, a global standard in obesity education.

Dr Finer's influence extends to advisory groups, including the UK Government Advisory Group for Obesity, NICE Public Health Advisory Group, and the European Association for the Study of Obesity. His contributions to public health were recognized with the prestigious Bisset Hawkins Medal from the Royal College of Physicians in 2013, and most recently, he was awarded the Willendorf Award at the International Congress on Obesity 2024 for his lifetime achievements in obesity research and care.

As a Fellow of the Royal College of Physicians, the US Obesity Society, and the UK Association for Nutrition, Dr Finer continues to be an influential voice in advancing evidence-based care and challenging the stigma surrounding obesity. His tireless efforts have improved access to care for people living with obesity and shaped the future of clinical obesity medicine.