# EXAMPLE PROGRAMME

## CORE TOPICS London

**Friday 3 November 2023**

Organisers: Drs Sally El-Ghazali and Abi Richardson, London

Location: Holiday Inn Bloomsbury, London

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|           | 09:20 | Welcome and introduction  
Drs Sally El-Ghazali and Abi Richardson, London |
| Session 1 | 09:30 | Obstetrics: The 2am call from the labour ward  
Dr Laura Peltola, London |
|           | 10:00 | What's new in airway anaesthesia?  
Dr Imran Ahmad, London |
|           | 10:30 | Questions and answers |
|           | 10:45 | Tea and coffee |
| Session 2 | 11:15 | Prehabilitation  
Dr Mike O'Connor, London |
|           | 11:45 | Obesity  
Dr Selina Ho, London |
|           | 12:15 | Questions and answers |
|           | 12:30 | Lunch |
| Session 3 | 13:30 | What the RCOA do for trainees, SAS & consultants  
Dr Chris Carey, West Sussex |
|           | 14:00 | Self-hypnosis and ego strengthening  
Mrs Jean Rogerson, Wolverhampton |
|           | 14:30 | Questions and Answers |
|           | 14:45 | Tea and Coffee |
| Session 4 | 15:15 | Paediatric blue light five minutes  
Dr Daniel Lutman, London |
|           | 15:45 | Plan A blocks  
Dr Simeon West, London |
|           | 16:15 | Questions and Answers |
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16:30 Close Meeting

Q&A sessions take place at the end of each session. We encourage audience interaction. However, if you wish to post a question on Slido, please scan the QR Code below. The code is #CTLondon

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Learning Objectives

Obstetrics: The 2am call from the labour ward
Dr Laura Peltola, London
- Discuss obstetric clinical scenarios
- Current “hot topics” in obstetrics

Prehabilitation
Dr Mike O’Connor, London
Key learning objectives:

- After participating in this session, attendees should be able to discuss the societal issues necessitating prehabilitation programs and the common institutional barriers to implementing them.

- After participating in this session, attendees should be able to appraise different methodologies of assessment and intervention in prehabilitation.

- After participating in this session, attendees should know where to start in construct a case for prehabilitation in their own institution.

Obesity
Dr Selina Ho, London

1. The obesity epidemic is a growing concern
2. Weight stigma is a real challenge amongst healthcare professionals
3. Consenting a patient with obesity for anaesthesia is important
4. Communication is key

What the RCOA do for trainees, SAS & consultants
Dr Chris Carey, West Sussex

- To understand the structure and charitable objectives of the College
- To understand how the college directly and indirectly contributes to the working lives of its membership and the broader anaesthetic community
- To understand the current areas for development in anaesthetic training