

Sarcopenia & Frailty:

The role of protein and exercise

Friday 25th May 2018

Kings College, London – The Great Hall, Kings Building, Strand Campus, London WC2R 2LS

Time	Session	Speaker
9.15	Arrive / sign in / tea and coffee	
9.45	Frailty and sarcopenia - newly emerging complications of diabetes	Prof Alan Sinclair
10.25	Optimizing Care Home Nutrition: Exploring the Role of Vitamin D to Improve Muscle 'Health'	Dr Ruth Willott & Dr Beth Phillips
11.05	Break / exhibitors / tea and coffee	
11.20	Estimating protein requirements for nutritional support - the new PENG guidelines	Dr Liz Weekes
12.00	Protein for Life: towards a focused dietary framework for healthy ageing	Dr Anthony Watson
12.30	Panel discussion with morning speakers	
12.50	Lunch / exhibitors	
13.35	War on Waste – exercise and muscle wasting	Lesley Simpson
14.20	Exercise prescription - the extended role of a dietitian	Stacey Jones
14.45	Break / exhibitors / tea and coffee	
15.00	Reducing inpatient days among frail elderly people: the dietitian's role	Louise Nash
15.25	#endpjp paralysis...just ask why?	Anne-Marie Riley
15.45	Final remarks	
16.00	Close of study day	

Stay a little longer for free cake!

Older People Specialist Group (OPSG) AGM

16.10 – 16.50

Our AGM will follow the study day. All members of the OPSG are welcome to attend.



Keeping in touch and up to date... We are here to support you and your patients.

 You can contact or join our group through: olderpeople@bda.uk.com

 Don't forget to check the BDA website too for up and coming events: www.bda.uk.com/regionsgroups/groups/olderpeople

Follow us on twitter  @BDA_olderpeople and our instagram account:  www.instagram.com/bda_olderpeople