

COLLEGE OF MEDICINE

SERVICE • SCIENCE • HEALING

College Of Medicine Student Summer School 2011

Thursday 15th September

10.00 **Coffee and registration**

Obesity Research

10.30-11.05 The psychology of obesity and its treatment
Professor Jane Ogden, Professor of Health Psychology, University of Surrey

11.05-11.15 Questions and answers

11.15-11.50 Obesity leads to metabolic syndrome leads to diabetes
Professor David, A. Bender, Emeritus Professor of Nutritional Biochemistry, University College London

11.50-12.00 Questions and answers

12.00-12.20 **Refreshment break**

12.20-12.55 How do we improve our understanding? Research strategies for integrated medicine
Professor George Lewith, Professor of Health Research, Complementary and Integrated Medicine Research Unit, University of Southampton; Vice Chair, College of Medicine

12.55-13.05 Questions and answers

13.05-14.05 **Working Lunch- poster presentation**

Approaches to Treatment

14.05-14.40 Treating obesity – what works?
Dr Susan Jebb, Head of Nutrition and Health, MRC Human Nutrition Research, Cambridge

14.40-14.50 Questions and answers

14.50-15.10 **Refreshment break**

15.10-15.45 Multidisciplinary approaches to management and prevention; a working model
Dale Carter, Lead Obesity Specialist Nurse, Rotherham Institute for Obesity

15.45-15.55 Questions and answers

15.55-16.30 Self care the future of healthcare?
Professor David Peters, Lead, Faculty for Self Care, College of Medicine, Professor of Integrated Health and Clinical Director, University of Westminster

16.30-16.40 Questions and answers

16.40-16.50 Closing remarks – Professor George Lewith

Teaching ends

19.00- 21.00 **Conference dinner**

Friday 16th September

Interactive working day

9.15- 9.30 Group introductions and briefing

9.30- 10.45 **Group breakout sessions with expert patients**
(4 groups – 15 students including a Chair and scribe, 1 service user/patient per group)

Topics

1. Promoting better communication/self empowerment
2. Improving nutrition
3. Community care/childhood obesity
4. Exercise and the environment

10.45-11.05 **Refreshment break**

11.05- 11.55 **Group feedback** (10mins per group)

11.55- 12.35 **Chaired plenary discussion: achievements and findings**

12.35- 13.00 **Final group breakout session – planning the report** (each group will be expected to produce a report of the discussion and findings of their group for the College website which may also be published within a conference report in a peer reviewed journal)

13.00- 14.10 **Buffet lunch**

Close of Summer School