Ischaemic colitis

This comes from a BMJ review of the topic (BMJ 2016;355:i6600).

- Incidence 23/100 000.
- Prevalence increases with age and co-morbidity.
- Usually presents acutely but some patients do present with a more chronic picture.
- Ischaemic colitis is an acute transient disruption of blood supply to the colon. This leads to mucosal ulceration, inflammation and haemorrhage.
- Cause is often multifactorial.
- It is NOT the same as mesenteric ischaemia (see table).

<table>
<thead>
<tr>
<th></th>
<th>Ischemic colitis</th>
<th>Mesenteric ischaemia</th>
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<tbody>
<tr>
<td>Onset</td>
<td>Over hours</td>
<td>Sudden onset</td>
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<tr>
<td>Cause</td>
<td>Multifactorial: transient interruption of blood supply</td>
<td>Embolic: total loss of blood supply to one segment of bowel</td>
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<tr>
<td>Presenting symptoms</td>
<td>Moderate colicky abdominal pain and tenderness over affected segment, with bloody diarrhoea</td>
<td>Abdominal pain is disproportionate to clinical findings, and is caused by cell damage/death along a whole segment of the bowel</td>
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<tr>
<td>Management</td>
<td>Usually conservative, sometimes surgery</td>
<td>Urgent surgery</td>
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Presentation

Moderate colicky abdominal pain and tenderness over affected segment, with bloody diarrhoea. May be some voluntary tenderness. Guarding suggests widespread ischaemia or another diagnosis.

Causes

Multifactorial!

Thrombotic:
- AF.
- Malignancy.
- Haematological disorder.

Systemic:
- Heart failure.
- Systemic inflammatory response syndrome (SIRS), for example, with sepsis.

Iatrogenic:
- Colonoscopy and bowel preparation media.
- Drugs: chemotherapy, interferon, sex hormones, cardiac glycosides, diuretics, statins, NSAIDs, immunosuppressants.
- Surgical: after AAA repair.

Management

- Admit!
- CT is first line investigation, followed by colonoscopy to visualise mucosa and confirm diagnosis.
- Surgery may be needed if on-going haemorrhage, generalised peritonitis or perforation, but for many conservative management is all that is needed.
- Anticoagulation/antiplatelets are NOT indicated (it is not a purely atherosclerotic disease).

After discharge

- Smoking cessation, reduction in alcohol intake and increasing exercise are recommended once the patient has recovered.
- Review drugs: ACE inhibitors and beta-blockers may reduce blood supply to colon, but may be needed to treat underlying contributory causes such as heart disease, heart failure, etc.

Long term complications

- At the site of the injury, strictures can occur, causing bloating, constipation and colicky abdominal pain.
- Areas of chronic ulceration may develop, which can bleed. This may cause anaemia.
- Chronic or recurrent ischaemia occurs in around 7–16%.

**Ischaemic colitis**
- Not the same as mesenteric ischaemia.
- Look for a story of bloody diarrhoea and moderate severity colicky abdominal pain coming on over a few hours. There should not be significant peritonitis.
- Admit to establish diagnosis and exclude other causes. Conservative management often possible.
Our comprehensive one-day update courses for GPs, GP STs, and General Practice Nurses. We do all the legwork to bring you up to speed on the latest issues and guidance.

All our courses are:

**Relevant**
Developed and presented by practising GPs and immediately relevant to clinical practice.

**Challenging**
Stimulating and thought-provoking.

**Unbiased**
Completely free from any pharmaceutical company sponsorship.

**Fun!**
Humorous and entertaining – without compromising the content!

Are they for me?

Our courses are designed for:

- GPs, trainers and appraisers preparing for appraisal and revalidation or wanting to keep up to date across the whole field of general practice.
- GP ST1, 2 & 3, looking for the perfect launch pad into general practice and help with AKT and CSA revision.
- GPs who want to be brought up to speed following maternity leave or a career break.
- General Practice Nurses, especially those seeing patients with chronic diseases.

What’s included?

- 6 CPD credits in a lecture-based format, with plenty of time for interaction, humour and video clips, to keep you focussed and awake.
- A printed copy of the relevant handbook including the results of the most important research in primary care over the last 5 years and covering the subjects more extensively than possible in the course.
- 12 months’ subscription to www.gpcpd.com. With three times the content of the handbook, it allows you to capture CPD credits as you read on the site and use it in consultations! It also comes with Focused Learning Activities – online learning activities to provide evidence for your appraisal and earn hundreds of further hours of CPD credits.
- Buffet lunch and refreshments throughout the day!

What’s not included?

Our courses contain NO theorists, NO gurus, NO sponsors, NO reps on the day! Just real-life GPs who will be back at the coal face as soon as the course has finished.

www.gp-update.co.uk
The GP Update Course – our flagship course!

With the amount of evidence and literature inundating us, it can be hard to know which bits should change our practice, and how. The GP Update Course is designed to be very relevant to clinical practice and help you meet the requirements for revalidation.

We collate and synthesise the evidence for you so you don’t have to! Using a lecture based format, with plenty of time for interaction, the GP presenters discuss the results of the most important evidence and guidance, placing them in the context of what is already known about this topic. The presenters also concentrate on what it means to you and your patients in the consulting room tomorrow.

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Sat 17 Mar 2018
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Fri 18 May 2018
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Sat 19 May 2018
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Fri 15 Jun 2018
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Wed 7 Nov 2018
Edinburgh
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Fri 23 Nov 2018

The MSK and Chronic Pain Update Course - New

MSK problems are the most common reason for seeing a GP and represent 30% of repeat GP visits. We want to help build your confidence. On the course we will tackle:

- The evidence-base for common MSK conditions including osteoarthritis, spondyloarthrits, polymyalgia, fibromyalgia and much more.
- Diagnosis: why waddling like a duck might help; and what to do when there is no diagnosis!
- Why chronic pain is ‘in the brain’ – and more importantly, what we and our patients can do about it.

We will provide you with a new narrative and a tool box of strategies you can take back to the surgery and start using the next day.

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Wed 6 Jun 2018
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Lead. Manage. Thrive! – The management skills course for GPs

If you’ve been waiting for a job as a leader to develop your leadership and management skills then you’re missing out! Leadership starts with identifying and taking control over what is in your hands right now! Lead. Manage. Thrive! will give you the confidence to skilfully negotiate, deal with difficult conversations, influence colleagues and bosses, delegate and be proactive about managing your workload.

The course is for anyone who wants to step up, find a better way of working and gain a toolkit of strategies to become a successful and resilient practitioner!

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Thu 7 Jun 2018
London
Fri 5 Oct 2018
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Fri 18 May 2018

Brighton
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Sat 24 Nov 2018
The Women’s Health Update Course

Our Women’s Health Update has ALL NEW CONTENT for 2018! This completely refreshed one day update will arm you with the skills to manage this area of general practice with confidence! Expect the latest on perimenopausal contraception, low libido, fertility, post-coital bleeding and the ‘abnormal’ cervix as well as benign breast disease and lots more! We promise it’ll be interactive, fun and relevant for ALL GPs and GP STs!

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The Cancer Update Course

Within the next 15 years the need for cancer care will double and you will look after as many cancer survivors as diabetics. Shared care follow up will become the norm, and secondary care will pass responsibility to us. A key 2015 Lancet Oncology commission paper warned that: “GPs are inadequately trained and resourced to manage the growing demand for cancer care in high income countries”. Education for GPs was one of their five key recommendations – we can help you get ahead of the curve! Established GPs and GP STs can use this course to bridge the gap in traditional GP cancer education which has focussed heavily on referral and end of life care missing out the whole journey in between.

This course is able to look in much more detail at the big picture behind the disease perhaps most feared by our patients and, let’s face it, that 1 in 2 of us will be diagnosed with over our lifetime.

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Our Consultation Skills Courses

These small group courses have a different feel and flavour to our topic based Updates and are packed with interactive activities designed to review and refine your consultation skills! But don’t worry – we won’t ask you to role-play in front of the group! Perfect for GPs, GP STs and Practice Nurses. For more information, please visit www.gp-update.co.uk/courses

The Telephone Consultation Course

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The Effective Consultation Course

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The Medically Unexplained Symptoms Course

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Prices

GP Update Course:
GP £195 | GP Registrar £150 | Nurse £150
All other courses:
£225 or £210 for members of www.gpcpd.com (GPCPD members, please log in and then click on the relevant button within the ‘Member information’ box on the right of the home screen to get your discount code)

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* All courses to be taken by the same delegate in the 2018 calendar year. Only one promotion code to be used per booking.
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For more information about the courses available and to book your place visit: www.gp-update.co.uk/Brighton2018 or call us on 03330 093 090.

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Only one promotion code to be used per booking.

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I would like to come on the following course(s) (please write legibly!):

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☐ The MSK and Chronic Pain Update Course ............................................................... (location)............................................................... (date)...............................................................

☐ Lead. Manage. Thrive! Course ..................................................................................

☐ The Cancer Update Course ..................................................................................

☐ The Women’s Health Update Course .....................................................................

☐ The Telephone Consultation Course .....................................................................

☐ The Effective Consultation Course .....................................................................

☐ The Medically Unexplained Symptoms Course ............................................................... (location)............................................................... (date)...............................................................

I can’t attend a course, but would like to order your Handbook or DVD:

☐ GP Update Handbook and 12 months’ access to GPCPD £150

☐ GP Update Handbook, DVD and 12 months’ access to GPCPD £225

☐ Lead. Manage. Thrive! Handbook £70 (no GPCPD)

☐ Women’s Health Update Handbook £70 (no GPCPD)

☐ Cancer Update Handbook £70 (no GPCPD)

☐ MSK and Chronic Pain Handbook £70 (no GPCPD)

Name............................................................................................ Address .................................................................................................................................

Email........................................................................................................................................................................................................

(Please write your email address clearly as we’ll use it to send your confirmation letter and receipt.)

Mobile Number (We can’t complete your course booking without this, but it will only be used if we need to contact you urgently about the course.)

Price as stated in the flyer for each course. If applicable, please provide your discount code here........................................................................

Please send this form with your cheque payable to GP Update Limited to: Red Whale, University of Reading, Reading Enterprise Centre, Earley Gate Entrance, Whiteknights Road, Reading, Berkshire RG6 6BU

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