

# Management of Chronic disease and Multimorbidity Norfolk Obesity Network



Supported by Association for the Study of Obesity and Active Norfolk

**8th Nov 2018**

Barford Suite, Barnham Broome Country Club,  
Honingham Road, Norwich NR9 4DD

<b>9:00</b>	Registration and light breakfast.	
<b>Chairs: Dr Swe Myint and Dr Vidya Srinivas</b>		
<b>09:30</b>	Health risks of inactivity & Benefits of increasing physical activity.	Dr Carly Hughes
<b>09:50</b>	Preventing inactivity in Norfolk.	Active Norfolk team
<b>10:10</b>	Local physical activity interventions.	Active Norfolk Team
<b>10:50</b>	Identifying and managing obstructive sleep apnoea.	Dr Phillipe Grunstein
<b>11:30</b>	Coffee and fruit.	
<b>11:50</b>	Beating Type 2 Diabetes into remission.	Dr Swe Myint/Vidya Srinivas
<b>12:30</b>	Behaviour Intervention in a 10-minute consultation.	Nurse Practitioner Sharon Thompson

## **13.00 to 13:40 Lunch**

**Chairs: Nurse Practitioner Sharon Thompson and Dr Margaret Blair**

<b>13:40</b>	Behavioural interventions in multimorbidity and chronic diseases. The role of the living well.	Kerri Bateson
<b>14:00</b>	Case Studies: Multimorbidity (type 2 diabetes, Osteoarthritis, Hypertension & obstructive sleep apnoea).	Fakenham weight management service team
<b>14:40</b>	Integrating care for multimorbidity. Where are we now? Where do we want to be?	Dr Carly Hughes, Dr Swe Myint and Dr Vidya Srinivas

## **Tea and networking Finish by 16.00**

Meeting kindly sponsored by Astrazeneca, Lilly, Napp, Novonordisk, Novartis, Sanofi.

This free education event is aimed at GP's and practice nurses and allied health professionals who manage chronic diseases, such as Type 2 Diabetes, heart disease, osteoarthritis, or undertake health checks.