North London Regional Training Day

Stage 1 – Nervous System

Tuesday 22nd September 2026

Education Centre, Charing Cross Hospital, Fulham Palace Road, W6 8RF

Organiser: Dr Amitav Philip (Consultant Anaesthetist)

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08:30 – 08:55	Registration and sign in	
08:55 – 09:00	**Welcome and Housekeeping**	**Dr Amitav Philip** Consultant Anaesthetist *Imperial College Healthcare*
09:00 – 09:40	Session 1 **Nerve Physiology** *Nerve anatomy, action potentials, neuronal classification, local anaesthetic action*	**Dr Sam Haddad** Consultant Anaesthetist *Imperial College Healthcare*
09:45 – 10:25	Session 2 **Blood Brain Barrier and Cerebrospinal Fluid** *Functions, formation, contents and circulation*	**Dr Sarah Watson** Consultant Anaesthetist *Imperial College Healthcare*
10:30 – 11:10	Session 3 **Autonomic nervous system** *Central control, sympathetic, parasympathetic, enteric systems and ganglion blockade*	**Dr Akshay Shah** Consultant Anaesthetist *Imperial College Healthcare*
11:10 – 11:40	Break	
11:45 – 12:25	Session 4 **Spinal Cord** *Anatomy, blood supply, pathways, spinal cord syndromes*	**Dr Emily Bottle** Consultant Anaesthetist *Imperial College Healthcare*
12:30 – 13:10	Session 5 **Pain Physiology** *Terminology, pain pathways, gate-control theory and therapeutic agents*	**Dr Puvan Suppiah** Consultant Anaesthetist *Imperial College Healthcare*
13:15 – 14:00	Lunch	
14:00 – 14:40	Session 6 **Regional Anaesthesia** *Benefits, above analgesia, risk of RA*	**Dr Laura Cutler** Consultant Anaesthetist *Imperial College Healthcare*
14:45 – 15:25	Session 7 **Muscle physiology** *Structure, neuromuscular junction, reflexes, neuromuscular blockers*	**Dr Sana Osman** Consultant Anaesthetist *Imperial College Healthcare*
15:30 – 16:10	Session 8 **Intra-cranial OSCE related anatomy** *Brain, central nerves, skull base foramina*	**Dr Hadie Adams** Consultant Neurosurgeon *Imperial College Healthcare*
16:15 – 16:30	Q&A Close	

Charing Cross Hospital

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