

The course has provided me with valuable exposure to international experts in geriatric medicine and insights into how evidence-based practices are implemented in the UK, with important lessons that can be adapted to South Asian healthcare settings.

I particularly benefited from the sessions on **Help, My Patient Can't Swallow?**, **Updates in Delirium, Dementia**, and **Anorectal Function and Ageing**. These sessions covered practical clinical topics that are highly relevant but often receive limited attention in routine training.

The knowledge gained has strengthened my clinical approach to the assessment and management of older adults and has broadened my understanding of current best practices in geriatric medicine.

I have already begun incorporating the practical approaches discussed during the course into my clinical practice at our geriatric centre in Hyderabad, particularly when managing older adults with swallowing difficulties, delirium, and cognitive disorders.

I hope to continue accessing the remaining course sessions to complete the programme and further strengthen my learning.

Thank you again for this generous opportunity. I look forward to participating in future RCPE activities and exploring opportunities for collaboration with our centre in Hyderabad.

Dr Gaurav Sharma