

Diabetes on the net.



This conference was developed by the PCDO Society in conjunction with OmniaMed Communications. Sponsored by an educational grant from Abbott's Diabetes Care Division.

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LIVE

From complexity to clarity: Practical insights to provide the best possible care

Birmingham. Manchester. London.



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About

The Primary Care Diabetes & Obesity Society invites you to Smart Updates 2026, a full-day meeting led by the PCDO Society.

Choose the date and location that suits you:

18 June – National Conference Centre, Birmingham

22 June – The Midland, Manchester

9 September – The Hallam, London

Why Attend



Gain practical, real-world insights into delivering high-quality care for people living with diabetes, obesity, and related long-term conditions



Claim 5 CPD points



Your questions answered in an interactive Q&A session

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Agenda

From complexity to clarity: Practical insights to provide the best possible care

- Agenda

09.50 – 10.40

Session 1. NICE NG28: What we need to know about the updated type 2 diabetes guidelines

- Targeted groups: Cardiovascular and renal disease, heart failure, obesity, early-onset type 2 diabetes and frailty
- An expanded role for SGLT2 inhibitors and incretin therapies
- Introducing insulin: Basal or premixed?
- Interactive workgroups: case studies

Speakers

👤 Naresh Kanumilli

👤 Nicola Milne

10.40 – 11.20

Session 2. Abbott sponsored session - Continuous glucose monitoring in primary care

11.20 – 12.00

Session 3. Insulin management: Dealing with common insulin queries safely

- Types of insulin
- Identifying problems and acting on CGM data
- A stepwise, logical approach – troubleshooting common issues before specialist referral
- Driving and hypoglycaemia (including new rules on glucose monitoring)
- Interactive workgroups: Using CGM to support dose adjustment

Speakers

👤 Julie Lewis

12.00 – 12.50

Lunch

12.50 – 13.30

Session 4. Diet: Separating fact from fiction

- Myth busting
- Which diet is best?
- Time-restricted eating and other eating patterns
- The "ZOE effect". Does CGM help with personalising dietary choices [including supporting people who self-fund, understanding impact of lifestyle changes, etc.]

Speakers

👤 Will Hadfield

13.30 – 14.05

Session 5. Liver disease: Important but often overlooked

- Definitions, investigations and classification
- Management principles – lifestyle, weight loss, and current and future therapies
- Interactive workgroups: case studies

Speakers

👤 Pam Brown

14.05 – 14.35

Break

14.35 – 15.10

Session 6. Emotional health and stigma

- Effects of stigma on the person with diabetes
- Are healthcare professionals immune?
- Diabetes distress
- Having those difficult conversations about weight and health

Speakers

👤 Jane Diggle

15.10 – 15.40

Session 7. Panel discussion: What are the most pressing challenges we're facing in clinical practice?

- Audience to submit their challenges
- How to overcome them
- What to prioritise

15.40 – 16.00

Quickfire Q&A

Location

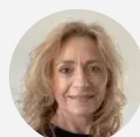
PCDO Society Smart Updates 2026

Date & Location: 18th June (National Conference Centre, Birmingham), 22nd June (The Midland, Manchester) & 9th September (The Hallam, London)

Speakers



Pam Brown
GP, Swansea



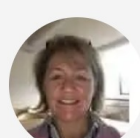
Jane Diggle
Specialist Diabetes Nurse Practitioner, West Yorkshire



Will Hadfield
Diabetes Specialist Dietitian Lead, Manchester Royal Infirmary



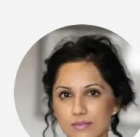
Naresh Kanumilli
GP with a Special Interest in Diabetes and Cardiology, Manchester and Chair of PCDS



Julie Lewis
Primary Care Nurse Consultant / Clinical Lead for Diabetes, North Wales



Nicola Milne
Primary Care Diabetes Specialist Nurse Clinical lead for the Greater Manchester Diabetes Strategic Clinical Network



Reena Patel
Specialist Nurse in Diabetes, Leicester

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