

Chronic Conditions Month

VIRTUAL WEBCAST



Diabetes

Programme and Continuing Professional
Development Workbook

21 May 2024

This webcast series and supporting materials was developed by the Chronic Conditions faculty in conjunction with OmniaMed Communications. The sponsoring companies have had no input into the agenda, speaker selection, presentations or collateral content, with the exception of the symposium sessions, for which the respective sponsoring companies are fully responsible.

Diabetes

Dear Colleague,

Chronic Conditions Month 2024 comprises a series of free interactive broadcasts throughout May designed to address the challenges of providing care to an ageing population within a constantly evolving healthcare system.

These CPD-accredited sessions are designed to help you optimise the care of your patients living with chronic conditions. Organised by the Chronic Conditions Faculty in association with a number of UK charities, Chronic Conditions Month 2024 will cover a wide range of common long-term conditions within 7 broad therapeutic areas, not only addressing the hot topics and latest updates, but also taking a closer look at those unusual symptoms and conditions that healthcare professionals rarely see – but cannot afford to miss.

This combined programme and CPD workbook has been designed to help you demonstrate the impact of your learning and where appropriate, whether you wish to implement changes to your practice. Do make use of the space to note down any key learning points from each session as well as to record each step of the four-stage CPD cycle: reflection, planning, action and evaluation.

We hope that you will find this workbook a useful tool for your professional development.

Chronic Condition's Faculty



Kashif Ali

GP Partner and Primary Care Lead for Diabetes MCN



Peter Bagshaw

Clinical Lead in Dementia and Mental Health, South Glos CCG, and Director of the South West Clinical Network for Dementia



Sarah Davies

GPwSI in Diabetes, Cardiff



Steve Holmes

GP, Shepton Mallet and Clinical Respiratory Lead, NHS England South-West and NHS Somerset



Yassir Javaid

GPwSI Cardiology, Northampton

Time	Session	
13.00	The “5 S’s”: Benefits of physical behaviours in type 2 diabetes and how to empower people to make changes	Sarah Davies, Chair Steve Holmes
13.45	Addressing health inequalities & cultural competence in patients living with cardio-renal-metabolic conditions This promotional webinar has been developed, organised and funded by the Boehringer Ingelheim and Lilly Alliance for UK Healthcare Professionals only. Promotional information regarding Alliance products will be included in this webinar. NP-GB-104260 May 2024	Dr Alia Gilani & Prof Sam Seidu
14.20	Case studies in diabetes	Sarah Davies, Chair Steve Holmes

SPEAKER BIOGRAPHIES



Sarah Davies

GPwSI in Diabetes, Cardiff

Sarah is a GP in Cardiff with a special interest in diabetes. She qualified at the University of Wales College of Medicine in 2003 and initially trained as a physician, before making the move into general practice and never looked back! She has continued her interest in diabetes and presents regularly on the subject to colleagues at local and national meetings. She is passionate about general practice, particularly great quality diabetes care in the primary care setting. She is the Clinical Director for Diabetes in primary care for Cardiff and Vale UHB and All Wales lead for diabetes in primary care. She is a Diabetes UK Clinical Champion, Primary Care Diabetes Society committee member and a presenter for NB Medical Hot Topics, leading their diabetes course.



Steve Holmes

GP, Shepton Mallet and Clinical Respiratory Lead, NHS England South West and NHS Somerset

Steve has been a GP partner since 1989 and continues working clinically 5 sessions per week. He is a passionate generalist – but has a respiratory specialist interest. Steve has worked nationally and internationally on respiratory issues – and has more than 200 publications on respiratory topics. He has been involved in national and international guidelines and has worked to promote good quality care for people with long term conditions. He works on educational issues in primary and secondary care – and has involvements with the British Lung Foundation and Asthma UK as well as more local patient groups in encouraging change in practice. He has worked in service development since fundholding in the 1990s through many changes and is passionate to still make a difference. Steve enjoys music, running, watching rugby and time with his wife and two daughters.

Date of meeting: **21 May 2024** | Location of meeting: **Online**

This worksheet has been developed by the organisers to help you identify key learning points from the conference, and to provide a framework for clarifying and recording CPD initiatives that you carry out as a result of this learning.

Name:

Presentation title: The “5 S’s”: Benefits of physical behaviours in type 2 diabetes and how to empower people to make changes

1. Identifying key learning points

What were the key learning points from this presentation?

2. Reflect: Self-appraisal or assessment

What are your personal and organisational needs related to this session? What could be changed or improved in your practice as a result of what you have learnt?

3. Plan: Designing a professional development plan

What are the possible CPD initiatives related to the needs identified above? What kind of activities could you include to help you address the changes identified above in your practice (e.g. discussions with colleagues, patient records review, interest group meetings, secondments, deputising)?

4. Act: Putting the plan into action

Record a stepped action plan below for implementing the changes identified in section 2 in your practice:

Next steps to take	Date of implementation

5. Evaluate: Reviewing the results and assessing their impact

What have you done as a result of this process? What was successful? Did you encounter any problems? Would you do anything differently if you repeated the activity?

How has the initiative impacted upon patient care?

6. Claim credits for this activity

Use the table below to record the number of hours spent on this CPD activity, and to indicate whether or not the impact factor can be applied:

Time taken for this activity (hours). Each hour equates to one CPD credit:

Can you demonstrate the impact of this activity on patient care?
(If yes, multiply the number of hours spent by two)

Total number of credits claimed:

Date:

Addressing health inequalities & cultural competence in patients living with cardio-renal-metabolic conditions

SPEAKER BIOGRAPHIES



Alia Gilani

Senior Diabetes Clinical Pharmacist, Primary Care Sheffield, Sheffield

Alia Gilani is a Senior Diabetes Clinical Pharmacist whose interests lie in ethnic inequalities and diabetes. She helped establish and run a bi-lingual medication review service in NHS Glasgow in 2002 and received several awards for her work. She has also been running outreach clinics for South Asian people with diabetes for over a decade in various locations including mosques and elderly centres.

Alia currently works part time as a Senior Diabetes Clinical Pharmacist for Primary Care Sheffield in a large general practice in an area with high deprivation and ethnic inequalities managing those with diabetes. The role entails managing complex high-risk patients and mentoring and upskilling the primary care multidisciplinary team.

Alia is on the editorial board of the Diabetes & Primary Care journal. She contributes to several journals by writing articles on diabetes-related topics. She is involved in healthcare professional education, delivering lectures both locally and nationally on topics from managing diabetes during Ramadan to tackling health and ethnic inequalities.



Sam Seidu

Professor in Primary Care Diabetes and Cardio-metabolic Medicine, Leicester.

Prof Sam Seidu is Professor in Primary Care Diabetes and Cardio-metabolic Medicine. He is currently the vice-chair for Research for Primary Care Diabetes Europe (PCDE). He is a board member of the Primary Care Diabetes Society of UK and is also currently a Clinical Lead and mentor for diabetes in the Leicester, Leicestershire and Rutland Integrated Care System. In 2021, he was named the most outstanding early career researcher by the Royal College of General Practitioners. He is an associate editor of the Primary Care Diabetes journal.

Medication safety in diabetes and cardiometabolic diseases in the elderly population. therapeutic inertia in people with diabetes to understand the causes, outcomes, and possible solutions. Prevention of Cardiometabolic Diseases. Ethnic Minority Health and health inequalities in diabetes care. Real World Evidence Quality improvement in diabetes care in primary care settings.

Date of meeting: **21 May 2024** | Location of meeting: **Online**

This worksheet has been developed by the organisers to help you identify key learning points from the conference, and to provide a framework for clarifying and recording CPD initiatives that you carry out as a result of this learning.

Name:

Presentation title: **Case studies in diabetes**

1. Identifying key learning points

What were the key learning points from this presentation?

2. Reflect: Self-appraisal or assessment

What are your personal and organisational needs related to this session? What could be changed or improved in your practice as a result of what you have learnt?

3. Plan: Designing a professional development plan

What are the possible CPD initiatives related to the needs identified above? What kind of activities could you include to help you address the changes identified above in your practice (e.g. discussions with colleagues, patient records review, interest group meetings, secondments, deputising)?

4. Act: Putting the plan into action

Record a stepped action plan below for implementing the changes identified in section 2 in your practice:

Next steps to take	Date of implementation

5. Evaluate: Reviewing the results and assessing their impact

What have you done as a result of this process? What was successful? Did you encounter any problems? Would you do anything differently if you repeated the activity?

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Use the table below to record the number of hours spent on this CPD activity, and to indicate whether or not the impact factor can be applied:

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