

Diabetes & Obesity: Mastering the management of multiple long-term conditions

2 July 2025
RCGP, London






SYMPOSIUM SPONSORS:



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This conference was developed by the PCDO Society in conjunction with OmniaMed Communications. The sponsoring companies have contributed financial support towards this event but have had no input into the conference agenda, speaker selection or presentations, with the exception of the symposium sessions, for which the respective sponsoring companies are fully responsible.



Time	Session	Speakers
08.15 – 08.45	Registration and refreshments	
08.45 – 08.50	Chair's introduction	Sarah Davies
08.50 – 09.30	Session 1 Case study: Young adult 1	Naresh Kanumilli and Nicola Milne
09.30 – 10:10	Early glycaemic control with SGLT2 inhibitors and its long-lasting benefits This is a promotional symposium developed and funded by A. Menarini Farmaceutica Internazionale SRL. Menarini has provided sponsorship towards this conference, however they have not had input, control or influence over the agenda, speaker selections, presentations or collateral content, except for this symposium session. 	Dr Glennis Williams
10.10 – 10.50	Session 2 Case study: Young adult 2	Rahul Mohan and David Miller
10.50	Coffee & exhibition	
11.15 – 11.55	Type 2 Diabetes and Obesity Care: Learnings from real life cases This is a promotional symposium developed and funded by Lilly for UK healthcare professionals only. Lilly products will be discussed. Lilly has provided a sponsorship towards this conference, however, have had no input, control or influence over the agenda, speaker selections, presentations, or collateral content, except for this symposium session. PP-TR-GB-1255 June 2025 	Sharvanu Saha and Satish Durgam
11.55 – 12.35	Session 3 Case study: Adult dad	Jane Diggle and Waqas Tahir
12.35	Lunch and exhibition	
13.30 – 14.10	Session 4 Case study: Adult mum	Pam Brown and Caroline Ashwood
14.10 – 14.50	Cardiorenal risk in type 2 diabetes: a case-based discussion This is a promotional symposium sponsored and organised by AstraZeneca, intended for UK HCPs only 	Dr Janaka Karalliedde
14.50	Coffee and exhibition	
15.10 – 15.50	Session 5 Case study: Older adult nan	Lisa Devine and Hannah Beba
15.50 – 16.30	Session 6 Older adult grandad	Su Down and Clare Hambling
16.30	Closing remarks	



CONFERENCE CHAIR



Naresh Kanumilli

GP with a Special Interest in Diabetes and Cardiology, Manchester, and Chair of the PCDO Society

Naresh Kanumilli has been a GP in South Manchester for the past 20 years and he has a specialist interest in Cardio-Kidney-Metabolic disease.

He is a Diabetes UK Clinical Champion, a community consultant in diabetes at Manchester University NHS Foundation Trust and Chair of the Diabetes Board for Greater Manchester. He has a very keen focus on management of chronic conditions in the community and hence has been actively involved in setting up and running community-based clinics both in cardiology and diabetes. He is actively involved with the current integration agenda to provide patients with seamless care between primary and secondary sectors. He is also keen to ensure that patients are seen at the right time, in the right place and by the right person.

Naresh is the Clinical Network Lead for Diabetes across Greater Manchester and East Cheshire. He has developed the diabetes strategy for Greater Manchester and is actively involved in the development of pathways and strategies for long-term conditions within the new ICS structure. He is the honorary primary care research lead for diabetes at the Greater Manchester Clinical Research Network. The focus of this role is to get primary care involved in research and help the development of real-world studies. He has presented at numerous conferences both on clinical and non-clinical topics, and is actively involved in GP training and the training of nurses.

In addition to chairing the PCDO Society, he is also on the board of trustees for the South Asian Health Foundation and a director in the charity Vision Beyond Autism.



SPEAKER BIOGRAPHIES



Caroline Ashwood

Advanced Nurse Practitioner, South Wales

Caroline Ashwood is an Advanced Nurse Practitioner in South Wales, with a special interest in diabetes, underpinned by the MSc qualification. She has previous project management experience coupled with training delivery and fundraising, which has equipped her well to lead a cluster project.

Caroline is currently leading a project working in the local Mosque, which has 10,000 members, securing funding to identify people who are undiagnosed with diabetes. The project uses point-of-care HbA1c testing in a hard-to-reach population, helping to bridge inequality of care.

Caroline is always looking for innovative ways to meet the holistic health challenges diabetes brings, including renal and liver complications. It is clear we have an obesity crisis, and the focus shift towards GLP-1 receptor agonists for weight management will bring another layer to primary care.

A member of the PCDO Society committee, she is both excited and privileged to be part of team who are considering such challenges.



Hannah Beba

Consultant Pharmacist, Leeds

Hannah Beba is a Consultant Pharmacist at Leeds Health and Care Partnership, part of West Yorkshire Health and Care Partnership. She is Co-Chair of the Diabetes UK Council of Healthcare Professionals.

Closer to home, Hannah is a clinical leader in West Yorkshire Health and Care Partnership and chairs the Diabetes Steering Group and the Expert Reference Group for Cardio-Renal and Metabolic Medicine in Leeds.

Hannah was a 2018 Diabetes UK Clinical Champion and is a tutor for the Warwick MSc in Diabetes. She works clinically across the healthcare system, having weekly clinics for type 1 diabetes at Leeds Teaching Hospitals, for complex type 2 diabetes for Leeds Community Healthcare, and for outreach to identified Primary Care Networks using a population health management approach. Integrated care, and how this might help deliver more holistic care to people living with diabetes closer to home, is a huge area of interest for her.

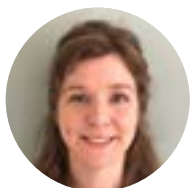


Pam Brown

GP, Swansea

After qualifying from Edinburgh University, Pam has been a GP in Swansea for more than 40 years and throughout that time has been passionate about helping people use nutrition and lifestyle changes to prevent and manage their diabetes, obesity and chronic diseases. Building on her MSc in Nutritional Medicine she has trained in Lifestyle Medicine and participated in the RCGP GP Leadership in Obesity programme, and along with colleagues, teaches lifestyle medicine to medical students, GP registrars and other healthcare professionals. Pam jointly runs an NHS Level 2 weight management programme.

Pam develops educational materials and writes about diabetes, obesity and nutrition for primary care teams and the public. She is Editor-in-Chief of Diabetes Distilled. Pam enjoys teaching and has been involved in developing and teaching diabetes, obesity and rheumatology programmes for UK and international healthcare professionals. Currently she tutors on the University of Warwick/iHeed global Diabetes MSc programme. In her free time she grows vegetables on her allotment and plays golf around the world.



Lisa Devine

GP, County Wicklow

Lisa Devine is a GP in County Wicklow. She initially trained in hospital medicine, gaining her Membership of the Royal College of Physicians of Ireland before realising that her vocation lay in General Practice. She trained as a GP and gained her Membership of the Irish College of General Practitioners of Ireland.

Lisa has several special interests, in particular diabetes, chronic care and medical education. In recent years she has enjoyed contributing to the Irish General Practice point of view in Ireland via her work with the East Coast Area Diabetes Steering Group. She has worked in medical education as a writer, tutor, education creator and Course Director. She is delighted to have taken up the role of HSE ICGP National GP Lead in Diabetes.



Jane Diggle

Specialist Diabetes Nurse Practitioner, West Yorkshire

Jane Diggle qualified with a BSc (Hons) in Nursing in 1990 (Leeds) and has over 30 years' experience working as a practice nurse. During 2020 she moved to a new practice to focus solely on diabetes care, training and mentorship. She is an independent prescriber and has gained MSc modules in Insulin Management and New & Advanced Therapies from Leicester University.

Jane served as Co-Vice Chair of the PCDO Society from 2016 to 2023 and has been part of the Committee since 2010. She is Editor-in-Chief of Diabetes & Primary Care, regularly publishes articles on practical aspects of diabetes care and was instrumental in developing and writing a number of the Society's CPD resources, including the Six Steps to Insulin Safety and Continuous Glucose Monitoring: Make it simple, keep it safe.



Su Down

Nurse Consultant in Diabetes, Somerset

Su Down is a Nurse Consultant in Diabetes and is the Clinical Lead for the Diabetes Service in Somerset. Her diabetes nursing career began in 1989, when she set up the diabetes specialist nursing service in South Somerset. Su took up the role of Nurse Consultant in 2005 and has played a key part in redesigning the diabetes services across Somerset. Her role includes the delivery of a pregnancy service within one of the acute hospital trusts in Somerset and delivering virtual clinics in general practice and with the district nursing service.

In addition to serving on the PCDO Society Committee, Su is Editor-in-Chief of the Journal of Diabetes Nursing.



Clare Hambling

GP, Norfolk, and National Clinical Director for Diabetes and Obesity, NHS England

Clare Hambling is a GP with an interest in diabetes and was the PCDO Society's Chair from 2019 to 2024. She is a Specialty Advisor for Norfolk and Waveney ICS, as well as National Clinical Director for Diabetes and Obesity for NHS England.

Clare is interested in all things pertaining to diabetes and obesity, and has a particular interest in how we can use data and population health management approaches to drive excellence in care, reduce unwarranted variation and address health inequalities.

Away from work, Clare keeps fit by running, including undertaking half-marathons to fundraise for good causes, and she relaxes by enjoying music, singing in the Ely Consort Chamber Choir.



David Miller

Practice Pharmacist, Greengates Medical Group, Beverley

As a pharmacist, David Miller has always had an interest in supporting people to live well with diabetes, having lived with type 1 diabetes himself since the age of 4. A move to general practice in 2018 allowed him to develop this interest further. In 2020, he qualified as an independent prescriber with diabetes as his therapeutic focus, and in 2022 he completed a PGDip in Diabetes Practice.

David runs a PCN diabetes clinic and has been appointed diabetes lead by his practice group (22,000 patients). These roles involve management of more complex patients with diabetes, insulin initiation and adjustment, and initiation of CGM. His is a teaching practice, and he supports the practice with teaching and supervision. He engages with the wider diabetes network, both locally and nationally, via social media and conferences, and has delivered teaching at local training events to both primary and secondary care colleagues.



Nicola Milne

Primary Care Diabetes Specialist Nurse, Greater Manchester

Nicola Milne qualified as a Registered General Nurse and Midwife in 1998 and 1991, respectively, prior to moving into primary care in 2002, where she worked as a Practice Nurse for sixteen years until April 2018. Whilst retaining a generalist role, Nicola had a special interest in diabetes, with a key focus on ensuring effective, accessible care. She moved to establish the Community Diabetes Education and Support Team within central Manchester – a finalist in the Diabetes Quality in Care Awards in 2022.

As a co-author of the document Best Practice Diabetes Care within the Primary Care Network, Nicola worked to put the evidence from the document into practice as the DiAST (Diabetes SupportT) Lead across a PCN in South Manchester from 2022 to 2024. She continues to work in primary care and is also the Diabetes Specialist Nurse Lead for the Greater Manchester and East Cheshire Strategic Clinical Network.

Nicola has presented abstracts at multiple conferences and has become increasingly involved in the education of healthcare professionals. She has published works in chronic kidney disease and diabetes and continues to be involved in projects focusing upon various aspects of diabetes management.

Nicola has previously served as Chair of the Diabetes UK Professional Conference Organising Committee for Liverpool and was a member of the NICE Diabetes Guidelines suite 2019–2020. She is an editorial board member of Diabetes & Primary Care and the Journal of Diabetes Nursing, a member of the Diabetes UK Research Study Group for diabetes-related complications, member of the Diabetes UK Healthcare Professional Advisory Committee and a course tutor for i-Heed for the diabetes diploma modules.



Rahul Mohan
GP, Nottingham

Rahul Mohan is a GP in Rushcliffe, Nottingham, working as a GP Lead for the community diabetes service, along with Diabetes Specialist Nurses, to provide diabetes care closer to home. He has been a GP educator and trainer for the past 17 years, helping GPs, DSNs, pharmacists and practice nurses to gain further confidence and skills in delivering improved diabetes and cardio-renal-metabolic care.

Rahul regularly provides ICB training sessions on diabetes courses locally and speaks at national conferences and congresses. He has been instrumental in delivering guidelines for managing chronic kidney disease in primary care for Nottingham and Nottinghamshire ICB. He is currently involved in developing obesity management pathways in primary care.

Rahul is the chair of the Diabetes and Technology Task and Finish group for glucose monitoring in his ICB, where he is focused on reducing postcode variation whilst lobbying for measures that would improve access for hard-to-reach populations. He has always worked by the principle that multiple long-term conditions care is best delivered by an integrated team and that supporting each other is the way forward in this challenging climate.



Waqas Tahir
GP Partner, Bradford

Waqas Tahir is a GP partner in Affinity care and System Lead for Diabetes across Bradford. He is leading the re-design of an integrated community diabetes service, developing clinical protocols, supporting education and focusing on improving patient pathways and outcomes. His roles as WY ICB diabetes lead and Yorkshire and Humber Clinical Networks primary care diabetes lead have enabled him to develop and implement good practices across the region. He is a GP advisor to the Council of Healthcare Professionals of Diabetes UK.

Waqas' passion for diabetes and cardiometabolic disease, combined with the need to reduce clinical variation, led to the development of one of the earliest cardiometabolic pathways to be adopted regionally (WY Healthy Hearts). He is committed to ensuring that primary care is at the forefront of delivering sustainable care for patients with diabetes using innovative solutions and technology. His aim is that best practice becomes the norm.



Cardiorenal risk in type 2 diabetes: a case-based discussion

🕒 14:10–14:50

SPEAKERS



Dr Janaka Karalliedde

Dr Janaka Karalliedde is a Clinical Reader in Diabetes and Cardiovascular Disease in the School of Cardiovascular Medicine & Sciences at King's and Consultant Physician in Diabetes and Endocrinology and Internal Medicine at Guy's and St Thomas Hospital London. He graduated with a distinction in medicine from the University of London and was awarded UK Medical Research Council Clinical Research Training Fellowship and PhD by the University of London for research on the pathophysiology and treatment of cardiovascular disease and renal disease in diabetes. His research training was in Professor Giancarlo Viberti's Research Unit at Guy's Hospital London.

Dr Karalliedde has been awarded research grants from the UK Medical Research Council, Diabetes UK, European Foundation for the Study of Diabetes, International Diabetes Federation, NIHR and Industry for investigator led proof of concept clinical trials. His research is focussed on developing new therapies and treatment targets to reduce cardio-renal disease risk and complications in people with diabetes.

In parallel, Dr Karalliedde leads research projects focussed on cardio-renal disease predictors and bio-markers and their potential for real world application to guide risk stratification of people at high risk of rapid progression of kidney disease.

He trained in Diabetes and Endocrinology at Guy's and St Thomas NHS Hospitals and has clinical expertise in managing patients with renal and cardiovascular complications of diabetes. Dr Karalliedde runs specialist clinics for patients with diabetes related kidney and vascular complications at Guy's and St Thomas' Hospital London and has established community based multi-disciplinary diabetes clinics focussed on early identification of high risk persons and reducing cardiovascular and kidney complications of diabetes.

The following companies will be exhibiting at this event:

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Stands



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Lilly has provided a sponsorship towards this conference, however, have had no input, control or influence over the agenda, speaker selections, presentations, or collateral content, except for the Lilly symposium session.

Novo Nordisk has provided sponsorship to the PCDO towards the running of this conference, in support of continued medical education, and has no influence over any of the sessions. Novo Nordisk has been granted stand space and will be present at the conference.

Sanofi has provided sponsorship towards this independent programme. Sanofi has had no input into the content of the programme or the choice of speakers. Sanofi will be present at the conference and exhibit with a company stand.

