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Conference**

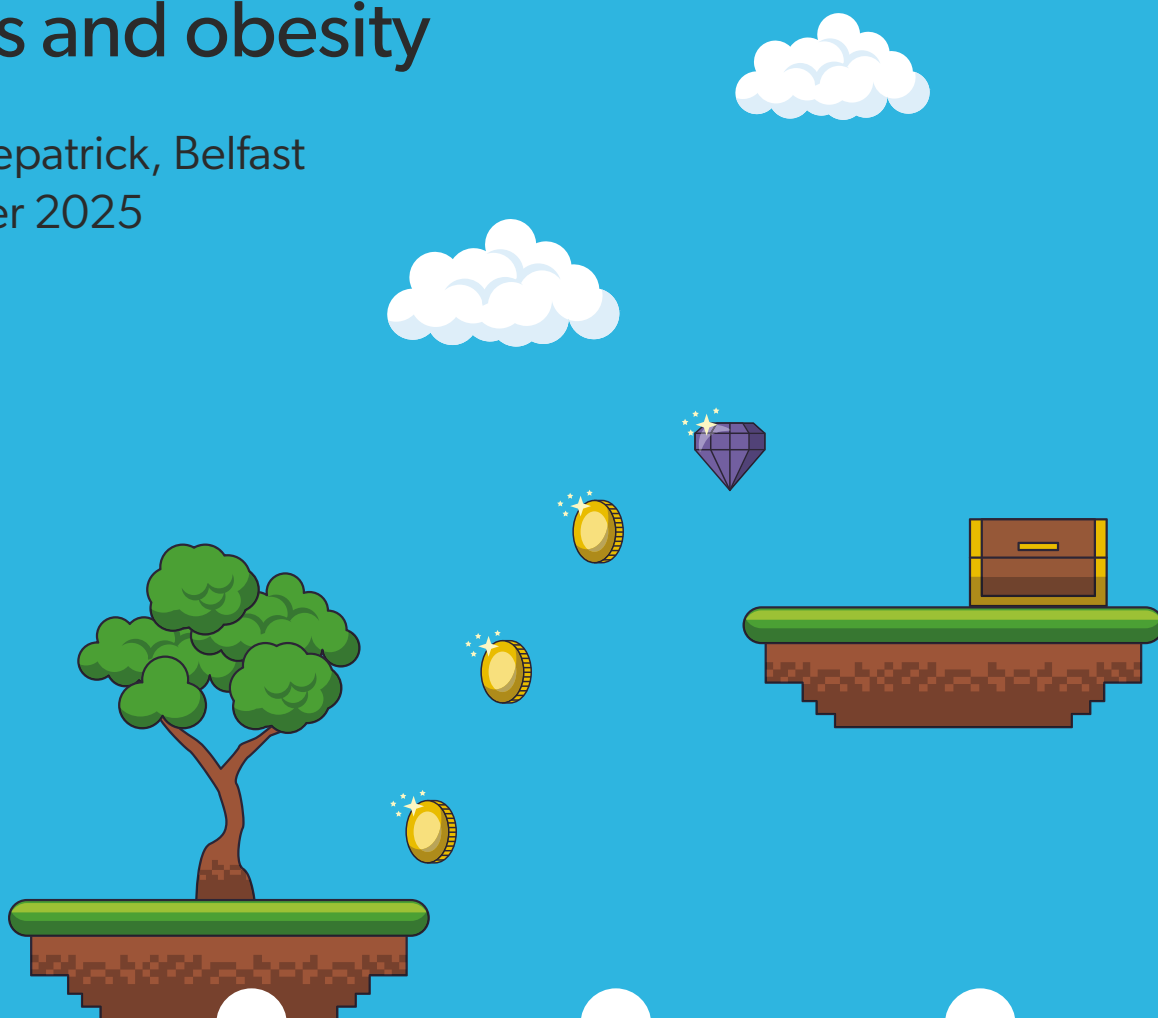
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# From risks to results: Optimising outcomes in diabetes and obesity

Hilton Templepatrick, Belfast  
25 September 2025





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Time	Session	Speakers
08.30 – 09.00	<b>Registration, refreshments and exhibition viewing</b>	
09.00 – 09.05	<b>Chairs' introduction</b>	Heather Bell, Lesley Hamilton
09.05 – 09.50	<b>Lilly Promotional Symposium</b> 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-1284   September 2025	Emma McCracken, Ciara Mulligan 
09.50 – 10.35	<b>HFpEF – navigating the diagnosis and management</b>	Alastair Gray
10.35	Refreshments and exhibition viewing	
10.55 – 11.40	<b>Masterclass rotation 1</b> <b>1. Ask a psychologist: What works in behaviour change?</b> <b>2. Cardio-renal-metabolic health</b> <b>3. Diet and lifestyle</b> <b>4. Continuous glucose monitoring</b>	Laura McGowan Eimear Darcy Lesley Hamilton Mairead McClintock
11.45 – 12.30	<b>Masterclass rotation 2 (as above)</b>	
12.30	Lunch and exhibition viewing	
13.30 – 14.15	<b>Are statins enough? Rethinking Lipid Management in diabetes</b> This promotional symposium has been organised and funded by Daiichi Sankyo UK Ltd and is intended for UK healthcare professionals only. Daiichi Sankyo medicines will be discussed.	Laura Cox, Eimear Darcy 
14.15 – 15.00	<b>Obesity: Language matters</b>	Gerry Barrett
15.00	Refreshments and exhibition viewing	
15.20 – 16.00	<b>Liver disease in diabetes</b>	Leanne Stratton
16:00 – 16.30	<b>Lipid management</b>	Hannah Beba
16.30 – 16.35	<b>Chairs' concluding remarks</b>	Heather Bell, Lesley Hamilton
16.35	Conference close	



## CONFERENCE CHAIRS



### Heather Bell

#### GP Principal and Northern Irish Representative of the PCDOS

Dr Heather Bell is a GP Principal working in Carrickfergus. She graduated from Queens University Belfast in 2004.

She has a special interest in diabetes and joined the Primary Care Diabetes & Obesity Society as a committee member in 2019. She has spoken at numerous national conferences and has an interest in diabetes research.

Besides her interest in diabetes she is passionate about teaching and works as a GP Trainer in her practice and has an interest in women's health, working as a Faculty Registered Trainer in family planning.



### Lesley Hamilton

#### Diabetes Network Manager and Northern Irish Representative of the PCDOS

Lesley Hamilton qualified as a State Registered Dietitian a long time ago after completing a BSc (Hons) course in Nutrition and Dietetics in Aberdeen. She has worked as a Diabetes Dietitian Specialist in Western Trust since 2004. Lesley is currently the Diabetes Network Manager for the Western Trust and tries her best to keep the diabetes jigsaw together. She promotes diabetes multidisciplinary service and integrated care. When the team are desperate for cover, they allow Lesley to cover some diabetes clinics and she enjoys delivering structured patient education programmes and update sessions.

Lesley has been involved in regional working groups for the Diabetes Network in NI, has completed Diabetes UK Clinical Champion Programme and was previously Secretary of the Primary Care Diabetes & Obesity Society.



## SPEAKER BIOGRAPHIES



**Gerry Barratt**  
**Ballivor Co. Meath.**

Obesity, type 2 Diabetes and other conditions have been barriers for Gerry over the years. Managing obesity and the concern of regain remains a daily challenge.

Gerry advocates now as a volunteer with ICPO in the hope to help spread awareness of the lived experience of not only obesity but the need for education and increased knowledge of this recurring disease.



**Dr Eimear Darcy**  
**GP Partner, Omagh**

Dr Eimear Darcy is a GP partner at Grange Family Practice Omagh, having graduated from Queens University Belfast in 2012.

Passionate about Primary Care Type Two Diabetes Cardiovascular-Renal-Metabolic Review (CVRM), she sits on the Northern Ireland Diabetes Formulary Implementation Group and has recently completed a PG Cert in Diabetes with Distinction from the University of Leicester.

She is co-author of the nationally published Medscape Primary Care Type Two Diabetes Cardiovascular Renal Metabolic Review Checklist and the Medscape Chronic Kidney Disease Primary Care hack, which she feels are aspirational care leadership documents giving a road map to Primary Care colleagues for real world implementation.

She was the GP lead for a 2022 Northern Ireland Health Care Awards winning project focused on CVRM thought process implementation in Primary Care.



**Alastair Gray**  
**Consultant Cardiologist**

Dr Alastair Gray graduated in medicine from Queens University Belfast and additionally holds a Masters degree in Pharmacy. His subspecialty interest is advanced heart failure and CIED implantation. Having trained in Northern Ireland he completed an advanced heart failure and cardiac device fellowship in the national transplant centre, Mater University Hospital, Dublin. He remains involved in clinical research and in the development of a pioneering implantable monitor. He has been involved in development of key clinical guidelines. More recently he has established Northern Ireland's first conduction system pacing service and continues to deliver education and proctorship for those keen to develop their skills in this area.



**Mairead McClintock**  
**Diabetes Specialist Nurse**

I have been a qualified nurse for 35 years and have been a Diabetes specialist nurse for the past 22 years in the South West Acute Hospital in Enniskillen, part of the Western Trust.

I work in the acute hospital setting providing diabetes care and advice to in-patients with diabetes and to staff who care for them. I work as part of a team providing diabetes specialist clinics in the out-patient setting. I have a particular interest in insulin pumps, diabetes & pregnancy and the new technologies for managing diabetes. I am a DAFNE trained educator and deliver the DAFNE programme in out-reach facilities in our location.

I was selected as Diabetes UK Clinical Champion in 2018-2020, my project focused on improving Diabetes in-patient care and increasing knowledge and education for staff caring for those living with Diabetes.



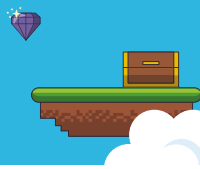
**Emma McCracken**  
**Consultant Diabetes and Endocrinology**

Dr McCracken is a consultant Endocrinologist and Diabetologist based in the South West Acute Hospital in Enniskillen. She graduated from Queen's University Belfast in 2007 and subsequently began her Foundation Training in North Tees and Hartlepool NHS Trust. She returned to her native Northern Ireland for Core and Specialty Training. She took up her current consultant post in September 2016 and has been developing transition and diabetes maternity services within the hospital. She is now leading the reset of local Diabetes and Endocrinology Services in the aftermath of the COVID pandemic.



**Laura McGowan**  
**Psychologist and Senior Lecturer in Nutrition and Behaviour Change**

Dr Laura McGowan is a Chartered Psychologist and Senior Lecturer in Nutrition and Behaviour Change within the Centre for Public Health, Queen's University Belfast, previously working at the Public Health Agency NI and the Health Behaviour Research Centre, University College London. Dr McGowan's programme of research focuses on the development of behavioural interventions for health-promoting behaviours, set against a backdrop of obesity and nutritional challenges in the population. Her research involves varied methods relating to obesity, including prevention, management and weight stigma. Patient and public involvement represents a significant element of her research cycle, working closely with individuals with lived experience of obesity. Dr McGowan is Past Chair of the Division of Health Psychology, NI and led the Association for the Study of Obesity (ASO) Northern Ireland Network from 2015-2025; she now holds a strategic role with ASO delivering the UK Congress on Obesity annually.



**Leanne Stratton**  
**Consultant Hepatologist**

I graduated from Queen's University Belfast in 2010 and completed medical and gastroenterology training in Northern Ireland, alongside a year in the Scottish Liver Transplant Unit in the Royal Infirmary of Edinburgh. I took up my consultant hepatologist post in October 2019.

I am lead for paediatric transition to adult hepatology services, and have been clinical lead of the Regional Liver Unit since January 2023. Alongside my passion for liver transplant, I have developed a keen interest in service development and quality improvement. From this, I have helped to support the development of a nurse-led fatty liver service within the Belfast Trust. I have also led work which led to the close link of the Belfast Trust and the Northern Ireland Blood Transfusion Service (NIBTS) to improve the care of patients with haemochromatosis while also increasing blood donation to NIBTS.



# Are statins enough? Rethinking Lipid Management in diabetes

🕒 13:30-14:15

## SPEAKER



### Laura Cox

**Advanced Practice Clinical Pharmacist in Cardiology and Medicine,  
South West Acute Hospital**

Laura graduated from Queen's University Belfast in 2003 and completed her pre-registration year at Great Ormond Street Hospital. She began her career as a Pharmacist at the Royal Victoria Hospital, providing clinical pharmacy services across multiple specialties, with a particular focus on Cardiology. She later introduced a dedicated clinical pharmacy service within the Endocrine & Diabetes department, supporting patients from admission through to discharge.

While completing an MSc with BHSCT, Laura established a home healthcare service delivering immunomodulators to high-risk patients across Northern Ireland. She also undertook a secondment with the Regional Pharmaceutical Procurement team, leading regional tendering and cost-efficiency initiatives that delivered substantial savings and earned her a nomination for Hospital Pharmacist of the Year.

Currently, Laura is an Advanced Practice Clinical Pharmacist in Cardiology and Medicine at the South West Acute Hospital. With over 20 years of NHS experience, she has developed extensive expertise in managing patients with complex multi-morbidities. She contributes across cardiology inpatient services, cardiac rehabilitation, and heart failure management. In the past year, she has shared in her teams' successes, winning both the Innovation Award at the QI & Innovation Showcase for a shared care model in coronary artery disease, and NI Cardiology Team of the Year 2025.

Alongside clinical practice, Laura is deeply committed to education. She has taught undergraduate and postgraduate medical, nursing, and pharmacy students, receiving recognition as NI Hospital Pharmacist Tutor of the Year. She also tutors and assesses independent prescribing pharmacists with NICPLD across Northern Ireland.

She has recently completed a Practitioner with Specialist Interest Diploma in Cardiology at the University of Bradford, with the aim of translating this training into meaningful healthcare service innovation.



## SPEAKER



### **Dr Eimear Darcy**

#### **GP Partner, Omagh**

Dr Eimear Darcy is a GP partner at Grange Family Practice Omagh, having graduated from Queens University Belfast in 2012.

Passionate about Primary Care Type Two Diabetes Cardiovascular-Renal-Metabolic Review (CVRM), she sits on the Northern Ireland Diabetes Formulary Implementation Group and has recently completed a PG Cert in Diabetes with Distinction from the University of Leicester.

She is co-author of the nationally published Medscape Primary Care Type Two Diabetes Cardiovascular Renal Metabolic Review Checklist and the Medscape Chronic Kidney Disease Primary Care hack, which she feels are aspirational care leadership documents giving a road map to Primary Care colleagues for real world implementation.

She was the GP lead for a 2022 Northern Ireland Health Care Awards winning project focused on CVRM thought process implementation in Primary Care.



The following companies will be exhibiting at this event:



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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.

