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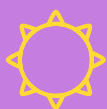
PCDO
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Complex needs, clear priorities: Evolving diabetes care

Doubletree by Hilton, Glasgow
28 October 2025



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Time	Session	Speakers
08.00 – 08.55	Registration, refreshments and exhibition viewing	
08.55 – 09.00	Chairs' introduction	Samina Ali, Lyndsey McConnell & Paul Newman
09.00 – 09.45	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-1326 – October 2025	Kashif Ali & Nadia Malik
09.45 – 10.30	Keynote speaker: What can we learn from diabetes clinics in India?	Dr Ranjit Unnikrishnan
10.30 – 11.10	Masterclass rotation 1 1. Lipid management – case studies 2. Type 3c (pancreatogenic) diabetes 3. Managing the harder to reach population 4. "What we don't ask"	Paul Forsyth Su Down Andrea Williamson Jane Diggle & Nicola Milne
11.10	Refreshments and exhibition viewing	
11.40 – 12.20	Chronic kidney disease: Primary care's key role	Andrew Frankel
12.20 – 13.05	Lipid optimisation in people with diabetes 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.	Russell Drummond
13.05	Lunch and Exhibition viewing	
14.00 – 14.40	Diet, lifestyle, obesity and type 2 diabetes	Jason Gill
14.40 – 15.20	Masterclass rotation 2	Various
15.20	Refreshments and exhibition viewing	
15.45 – 16.15	Real-life practicalities of GLP-1 RAs and their impact	Naresh Kanumilli
16.15 – 16.45	Diabetes Distilled	Pam Brown
16.45	Conference close	



SPEAKER BIOGRAPHIES



Samina Ali

Advance Practice Pharmacist, NHS Greater Glasgow & Clyde

Samina works as an advanced practice pharmacist in Glasgow South with a specialist interest in diabetes. She runs diabetes clinics in Glasgow South and at a practice in Ayrshire & Arran.

She is the chair of the Diabetes Specialist Interest Group for pharmacists. She is the primary care development lead on the UK Clinical Pharmacist Association diabetes and endocrinology group and is also on the PCDO Society committee. Locally, she sits on the NHS Greater Glasgow & Clyde Diabetes MCN Equality of Access, type 1 diabetes and type 2 diabetes groups.

She is the main author for the diabetes programme at the Commonwealth Pharmacy Association.



Pam Brown

GP, Swansea

After qualifying from Edinburgh University, Pam has been a GP in Swansea for more than 35 years and throughout that time she has been passionate about using nutrition and lifestyle coaching in diabetes, obesity and cardiovascular disease prevention and treatment. 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 and GPs and facilitates programmes locally. Pam and colleagues have recently commenced sharing their lifestyle medicine knowledge in cancer prehab clinics.

Pam presents at educational meetings and writes about diabetes, obesity and nutrition for primary care teams and the public. She is an Editorial Advisor for the *Diabetes & Primary Care* journal and edits *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 teaches on the University of Warwick/iHeed Diabetes Diploma courses in the UK, Ireland, the Middle East and Japan. Pam has recently won cluster funding to deliver lifestyle medicine to people with NAFLD/MASLD.

Pam sits on the PCDO Society committee, as Obesity Lead.



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. Finally, Su is a member of the PCDO Society committee and Editor-in-Chief of the *Journal of Diabetes Nursing*.



Paul Forsyth

Consultant Pharmacist in Cardiology

Paul is currently Consultant Pharmacist in Cardiology (NHS Golden Jubilee and NHS Greater Glasgow & Clyde). His main specialist interests are cardiology (mainly heart failure and coronary heart disease) and pharmacist workforce development. He has authored over 50 peer-reviewed publications on these topics, including two RCTs, a European clinical consensus statement on peripartum cardiomyopathy, and various quantitative and qualitative studies. He also sits on various national strategic cardiology and pharmacy groups.



Andrew Frankel

Consultant Physician and Nephrologist, Imperial College Healthcare NHS Trust

Andrew has been working as a consultant nephrologist at Imperial College Healthcare NHS trust since 1995. He has extensive experience in managing all aspects of kidney disease but has a particular interest in relation to the management of diabetes in the context of kidney disease. Andrew has maintained a significant research interest in relation to diabetes and kidney disease, both in terms of how diabetes affects the kidneys leading to deterioration in kidney function, but also in relation to how the presence of kidney disease influences the management of diabetes.

He is published in relation to assessment of renal complications in people with diabetes and obesity. He has also played a significant role in the development of UK national guidelines on the management of diabetes in the context of kidney disease.

Andrew is joint editor of the UK Kidney Association guidelines on the use of SGLT2i in adults with chronic kidney disease. He is also an educational leader supporting the next generation of doctors, having been the director of Imperial's Foundation School from its inception to 2010, London lead for Foundation Training 2010 to 2013 and Postgraduate Dean for South London from 2013 and 2018.



Naresh Kanumilli

GP with a Special Interest in Diabetes and Cardiology, Manchester

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

He is a Diabetes UK Clinical Champion. He is a community consultant in Diabetes at the Manchester University 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 the patients are seen at the right time, in the right place and by the right person. He is the Clinical Network Lead for Diabetes across Greater Manchester and East Cheshire. He has developed the diabetes strategy for Greater Manchester. He 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 CRN. The focus of the role is to get primary care involved in research and help the development of real-world studies.

Naresh is Chair of the PCDO Society and is on the board of trustees for the South Asian Health Foundation. He is also actively involved in GP training and the training of nurses. He has presented at numerous conferences both on clinical and nonclinical topics.

He is also a director in the charity Vision Beyond Autism that looks after children and young adults with Autism.



Lyndsey McConnell

GPwSI Diabetes, Gartnavel General Hospital, Glasgow

Dr Lyndsey McConnell is a general practitioner working in Mallaig in the Scottish Highlands. She also works as a GPwSI in Diabetes at the Diabetes Centre at Gartnavel Hospital in Glasgow. She has completed an MSc in Diabetes. She is a committee member on the Scottish sub-committee of the PCDO Society.

When not working she enjoys both road and mountain biking and in the winter she is a keen skier.



Nicola Milne

DiAST Nurse Lead, Brooklands and Northenden PCN

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 Support) 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 Co-Vice Chair of the PCDO Society.

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.



Paul Newman
GP, Glasgow

Paul Newman is a GP and trainer based at Waverley Park Medical Practice in Glasgow. He has a special interest in diabetes and was the Chair of the Professional Conference Organising Committee of Diabetes UK, London, in 2018. He is also the GP advisor to the Council of Healthcare Professionals of Diabetes UK as well as one of their Clinical Champions. He is Treasurer of the PCDO Society and has been the coorganiser and cochair of the PCDO Scottish annual conference since 2018. In 2006, Paul undertook a clinical sabbatical at the Toronto Western Hospital, Canada. Paul sits on the all-party parliamentary group for diabetes.

Paul is also active in diabetes research, particularly new medications for general practice. As a major contributor to Diabetes UK information prescriptions, Paul teamed up with the FFIT (Football Fans in Training) programme, and was responsible for training coaches to undertake random finger stick glucose measurements to screen for diabetes at football matches.



Dr. Ranjit Unnikrishnan
Vice-Chairman, Dr Mohan's Diabetes Specialities Centre and Patron, Madras Diabetes Research Foundation

Dr Ranjit Unnikrishnan is currently the Vice-chairman and Consultant Diabetologist at Dr Mohan's Diabetes Specialities Centre, and Patron, Madras Diabetes Research Centre, Chennai. He has more than 250 publications in leading international and national journals and chapters in textbooks to his credit. He has been responsible for designing the curriculum of the popular Certificate Course in Evidence Based Diabetes Management (CCEBDM), Certificate Course in Gestational Diabetes Mellitus (CCGDM) and Certificate Course in Diabetic Retinopathy (CCDR) conducted by Public Health Foundation of India (PHFI) that has trained more than 15,000 doctors across India. His main research interests include diabetes in the young, and diabetic kidney disease.



Andrea Williamson
Professor of General Practice and Inclusion Health

Andrea teaches and trains about the social determinants of health, Inclusion Health practice and trauma informed care.

She leads on research about "missingness" in healthcare and is involved in wider research and policy work to improve care for people experiencing severe and multiple disadvantage. She is a founding member of GPs at the Deep End Scotland.

Andrea is a medical officer in Glasgow Alcohol and Drug Recovery Services, was a GP in the Glasgow Homeless GP practice from 2008 until it closed in 2023, and currently locums in the Glasgow Youth Health Service.



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Type 2 Diabetes and Obesity Care: Learnings from real life cases

🕒 09:00–09:45

SPEAKERS



Kashif Ali

GP Partner and Primary Care Lead for Diabetes MCN, Greater Glasgow and Clyde

Kashif qualified in 2001 from the University of Glasgow and has been practicing as a GP since 2005. He is currently a partner at the Nithsdale Merryvale Group and primary care lead for Diabetes in NHS Glasgow. He is a GP trainer and a Diabetes UK Clinical Champion.

Kashif has an interest in Diabetes and Obesity and holds SCOPE (Strategic Centre for Obesity Professional Education) certification.



Nadia Malik

Clinical Pharmacist

Nadia Malik is a clinical pharmacist with over 14 years of experience across community and primary care settings. She currently works as a practice pharmacist at Queens Park Medical Centre, driving service improvements in diabetes, CKD, and lipid management. A national presenter and co-founder of the TeesValley Diabetes Interest Group, Nadia also contributes to professional education through CPPE and Teesside University. She is an independent prescriber and holds postgraduate qualifications in diabetes care. Nadia is an active UKCPA committee member and has authored several peer-reviewed articles on diabetes services, medication shortages, and polypharmacy in cardio-renal-metabolic disease.

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PP-TR-GB-1326 | October 2025





Lipid optimisation in people with diabetes

🕒 12:20–13:05

SPEAKER



Dr Russell Drummond

Consultant in Diabetes and Endocrinology, Glasgow Royal Infirmary

Russell Drummond studied in Aberdeen and Glasgow and trained in Glasgow and London and has been a Consultant in Diabetes and Endocrinology since 2007. Since 2010 he has been working at The Glasgow Royal Infirmary and over the years has held national and UK roles in diabetes.

The following companies will be exhibiting at this event:



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