



Age matters: Diagnostic dilemmas and difficult decisions in T2D - getting it right in primary care

Tuesday 20 May
Leicester, Hilton Leicester

Monday 2 June
Leeds, The Queens Hotel

Tuesday 10 June
Crawley, The Holiday Inn
Gatwick Worth

Tuesday 17 June
Bristol, The Bristol

Tuesday 8 July
Birmingham, Hyatt Regency
Hotel



Sponsored by an educational grant from
Abbott's Diabetes Care Division.



Time	Session	Speakers
12.30 – 13.15	Registration and Lunch	
13.15 – 13.55	Diagnosis: Is it really type 2 diabetes? <ul style="list-style-type: none"> Distinguishing types 1, 2, 3c and other types of diabetes Diagnostic tests Challenging the diagnosis – what to do when the clinical picture changes 	Nicola Milne (Leicester/Leeds/Birmingham), Callum Metcalfe-O'Shea (Crawley), Pam Brown (Bristol)
13.55 – 14.25	What happens next? Treatment priorities <ul style="list-style-type: none"> Short-term goal setting Rescue therapy Diet, lifestyle, remission pathways Reducing the risk of long-term diabetes complications 	David Miller
14.25 – 15.00	Expanding horizons – real world evidence of the FreeStyle Libre 2 system across diverse patient cohorts Sponsored by an educational grant from Abbott's Diabetes Care Division <ul style="list-style-type: none"> Clinical evidence of CGM use in T2D Practical use of CGM in different patient population Interpreting data through case studies in varied patient cohorts 	Jane Diggle, Su Down, Nicola Milne
15.00	Refreshments	
15.30 – 16.00	The young person with type 2 diabetes <ul style="list-style-type: none"> The additional risk associated with early-onset type 2 diabetes The need for aggressive management Pregnancy: preconception and postnatal care How to conduct an extended review: the T2Day programme 	Jane Diggle
16.00 – 16.30	Diabetes and frailty <ul style="list-style-type: none"> HbA1c and glucose monitoring in older people What glucose targets to set, and why Treatment de-escalation and avoidance of hypoglycaemia Management in the community and in care homes 	Su Down or Pam Brown (Birmingham)
16.30	Meeting close	



CONFERENCE CHAIRS



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.

**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.



CONFERENCE SPEAKERS



Pam Brown

GP, SAI Medical Practice, 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 and Diploma in Sport and Exercise 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 continue sharing their lifestyle medicine at local and national levels.

Pam presents at educational meetings and writes about diabetes, obesity and nutrition for primary care teams and the public. Pam was Joint Editor-in-Chief of Diabetes and Primary Care journal until January 2023 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 global programmes.



Callum Metcalfe-O'Shea

Advanced Nurse Practitioner (Diabetes Specialist) and RCN Professional Lead for long-term conditions

As an Advanced Nurse Practitioner specialising in diabetes in primary care, Callum Metcalfe-O'Shea autonomously manages and supports people with type 1 and type 2 diabetes through their care journey.

He has recognised the vital requirements of professionals having access to up-to-date information and sharing practice; therefore, with a local endocrinologist, he formed and now chairs the Norfolk Health Professionals Diabetes Forum, with over 100 members across the ICB. This was recognised by NHS England as best practice and led to the creation of the East of England Practice/Community Nurse Forum, with more than 100 delegates attending across the East of England to share best practice and receive up-to-date training.

Callum has published across different areas of diabetes, including deprescribing, in his role as an editorial board member for Diabetes & Primary Care, the Journal of Diabetes Nursing and the Journal of General Practice Nursing.

Callum serves on the PCDO Society's obesity faculty.

**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.



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Sponsored by an educational grant from
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