

Putting it all together: Treatment of the whole person

Leonardo Hotel, Cardiff
22 May 2025

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AstraZeneca has provided sponsorship towards this independent Programme. AstraZeneca has had no editorial input into or control over the agenda content development or choice of speakers, nor opportunity to influence, except for the AstraZeneca sponsored symposium presentation.

This conference was developed by the PCDS in conjunction with OmniaMed Communications. The sponsoring companies 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
08.30 – 09.00	Registration, refreshments and exhibition viewing	
09.00 – 09.05	Welcome and introduction	Sarah Davies
09.05 – 09.50	Patient Case Workshop: where do incretins fit into T2D guidelines? This is a promotional symposium developed and funded by Lilly for UK Healthcare Professionals. 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-1091 May 2025	Partha Kar, Sharon Tovey
09.50 – 10.30	Diabetes in Wales in 2025	Julia Platts
10.30 – 11.05	Cardio-metabolic-renal management in type 2 diabetes	David Millar-Jones
11.05	Refreshments and exhibition viewing	
11.25 – 12.00	Obesity management	Dev Datta and Rachael Smart
12.00 – 12.45	Implementing cardiorenal risk-based care across Wales This is a promotional symposium sponsored and organised by AstraZeneca, intended for UK HCPs only.	Dr Alexa Wonnacott
12.45	Lunch and exhibition viewing	
13.35 – 14.20	Masterclass rotation 1 1. Insulin: Initiation and adjustment 2. Novel approaches to promote engagement 3. MASLD: Liver disease and obesity 4. Discussing therapies and finding the balance	Su Down Caroline Ashwood Sarah Davies David Millar-Jones and Sian Bodman
14.20	Masterclass change-around	
14.25 – 15.10	Masterclass rotation 2 (as above)	
15.10	Refreshments and exhibition viewing	
15.30 – 15.40	Lifetime Achievement Award	
15:40 – 16:10	Type 3c diabetes	Su Down
16.10 – 16:35	Diabetes Distilled	Pam Brown
16.35	Conference close	



CONFERENCE CHAIR



Sarah Davies

GPwSI in Diabetes

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, PCDO Society committee member and a presenter for NB Medical Hot Topics, leading their diabetes course.



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.



Sian Bodman

Senior Nurse for Diabetes

As an experienced Specialist Nurse in Diabetes, I am currently responsible for a team of primary and secondary care diabetes specialist nurses. I prescribe and hold a Master's degree. The whole DSN team provide care to patients in both settings and education programmes to improve knowledge and skills of staff within our Health Board, who currently have over 40K people diagnosed with diabetes as well as provide structured diabetes education to improve self-management skills and empower patients.



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.



Dev Datta MB BCH MD FRCP FRCPath

Consultant in Metabolic Medicine, Cardiff, UK. Visiting Professor, University of South Wales

After completing medical school in Cardiff, Dev trained in cardiology and general medicine in Wales and Edinburgh. He was awarded a BHF junior research fellowship at Cardiff University and was subsequently awarded his MD. Having developed an interest in preventative cardiology and vascular medicine, he then completed training in medical biochemistry and metabolic medicine in Cardiff and was appointed as a consultant in 2011.

He is clinical lead for the lipoprotein apheresis service in Cardiff and is medical lead for the Welsh Familial Hypercholesterolaemia cascade testing service. He runs a clinical nutrition service addressing medical complications of eating disorders and is clinical lead for the specialist weight management service in Cardiff. He is a trustee of HEART UK and is course director for the MSc in Preventative Cardiovascular Medicine at University of South Wales.



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.



David Millar-Jones

GP, Cwmbran

David Millar-Jones is a full-time GP in Cwmbran and has established a successful intermediate care service within the locality. He is an Associate Specialist in Diabetes and Lecturer at Cardiff Medical School. This gives him a good working knowledge of secondary care and educational needs and standards. David is also an Executive Committee Member for the Welsh Endocrine Society, whose aim is to direct the Welsh Assembly Government regarding endocrinology in Wales. David stands for good standards of care, structure, education and support within primary care in order for it to be recognised as the principal arena for the management of diabetes. He is a passionate believer in patient-focused care as the way forward in diabetes management. To enable this, he feels that the majority of care should be delivered in the patient's locality. His main work involves engagement with the diabetes community to showcase that the community setting can deliver effective and quality care with good patient satisfaction and achievement of targets. David was Chair of the PCDS between 2011 and 2018 and he remains actively involved in the implementation of the Diabetes Delivery Plan for Wales, as well as in working with political and professional bodies involved diabetes.



Julia Platts

Consultant in Diabetes and Medicine, National Clinical Lead for Diabetes in Wales, University Hospital Llandough and Cardiff University

Julia Platts graduated from St Bartholomew's Hospital, London in 1989. She undertook her Diabetes and Endocrinology speciality training in Wales and became a Consultant in Diabetes and Endocrinology in Glan Clwyd Hospital, North Wales, in 2002. During this post she developed a particular interest in diabetes in pregnancy and type 1 diabetes. In 2008 she moved to the University Hospital of Llandough, Cardiff. She has a keen interest in type 1 diabetes and developing pump services. In addition to these interests, she is keenly interested in structured education, transitional services and foot services. She works for Cardiff University, developing and lecturing for the Diabetes Diploma in the UK and overseas. She was appointed as the National Clinical Lead for Diabetes in Wales in 2014 and has responsibility for helping to deliver the National Diabetes Delivery Plan in Wales. She is also enthusiastically involved in all aspects of services for prevention, detection and management of diabetes. She believes that while COVID-19 has brought many challenges, the restoration of service phase brings opportunities for new and improved services.



Rachael Smart

Clinical Lead, Cardiff and Vale Weight Management Services

Rachael leads the development of weight management services within Cardiff and Vale UHB. Qualifying as a Dietitian in 1997 she has had extensive experience in delivering clinical care over her 28-year career, in both L2 and L3 Specialist services.

For the last 4 years Rachael has been working as pathway lead, further progressing established services as well as developing the dietetic service to the Healthy Pregnancy clinic. She has also established the Children and Young people's weight management service, called AFAL – Active Families Active Lives.

Rachael is passionate about developing non-stigmatising, non-judgemental, compassionate services for people living with obesity.



Patient Case Workshop: where do incretins fit into T2D guidelines?

🕒 09:05-09:50

SPEAKER



Professor Partha Kar

National Specialty Advisor, Diabetes with NHS England and co-lead of Diabetes GIRFT with NHS Improvement.

Professor Partha Kar has been a Consultant in Diabetes & Endocrinology at Portsmouth Hospitals NHS Trust since 2008 and was the Clinical Director of Diabetes from 2009 to 2015, being part of a multiple national award-winning department due to its services and care provided. He is the pioneer of the Super Six Diabetes Model, which aims to deliver diabetes care differently and is recognised as one of the good examples of integrated care.

In his additional roles as National Specialty Advisor, Diabetes, at NHS England and co-lead of Diabetes GIRFT with NHS Improvement, Partha has led on multiple projects in diabetes, including guidelines and data projects around COVID-19 and diabetes; making the Freestyle Libre available on the NHS across the country; the NHS Right Care Diabetes pathway; the diabetes Language Matters document; the NHS Choices Type 1 diabetes web resource; the introduction of frailty into QOF treatment targets for diabetes care; making CGM available to all pregnant patients with type 1 diabetes; development of the Diabetes Technology Pathway; setting up pilot projects for diabulimia treatment in London & Wessex; and the introduction of the Low Carbohydrate app into the NHS Apps Library.

Other work has involved input in updating of driving guidelines in relation to use of technology in those living with diabetes; helping to develop a virtual reality programme to improve hospital safety; and starting work on increased mental health access for people with diabetes across the NHS.

An avid user of social media such as Twitter (@parthaskar) to engage with patients, Partha was recognised as a "Social media Pioneer" by HSJ in 2014. He also writes a monthly blog for the BMJ, has a personal blog ("Sugar and Spice: Wish all things were nice") and a podcast ("Sweet Talking"). He is also a co-creator of TAD (Talking About Diabetes – TED talks from those with type 1 diabetes) and the Type 1 Diabetes comics, and has set up Type 1 Diabetes: Rise of the Machines – an event on closed-loop/DIY technology.



CHAIR

**Sharon Tovey**

**Lead Diabetes Research Nurse, Clinical Research Centre, Southmead Hospital,
NHS Trust**

Sharon Tovey manages a successful and well established research team. Sharon and her team were awarded Pharma Times Research Site of the Year in 2009. There are currently 19 diabetes and 9 bariatric studies being delivered within her team, conducting different pre-licensing studies. For 3 years Sharon worked as a Bariatric specialist nurse assessing and educating patients for potential bariatric surgery.

Sharon has worked as part of the Diabetes Research Team at Southmead Hospital for the past 20 years, as a Diabetes Specialist Nurse. Sharon works part-time in primary care as a specialist nurse, managing patients with type 1 and type 2 diabetes.

Sharon is very experienced in teaching both patients and colleagues about GLP1 and GIP drugs, including how to manage initiation, side effects and how to maintain a healthy diet.

The following companies will be exhibiting at this event:

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