



# Diabetes in Ireland

Programme and Continuing Professional Development Workbook

Crowne Plaza Dublin Airport  
 15 April 2023



*Lilly*

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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.

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# Diabetes in Ireland

Dear Colleague,

This combined programme and continuing professional development (CPD) workbook has been designed to help you to demonstrate the impact of your learning from the Irish PCDS Conference and to think about how to practically implement CPD initiatives and any key learning points for your practice. It is anticipated that putting these plans onto paper will help you to acknowledge them as goals for your future practice and achieve them within a realistic time period.

You will see that for each presentation a worksheet has been provided for you to fill in. Do make use of the space to note down any key learning points from each session, as well as to record each step of the four-stage "CPD cycle": reflection, planning, action and evaluation. After the conference, feel free to tear out these sheets and to add them to your portfolio and, if you require further sheets, then do make photocopies.

We hope that you will find this booklet a useful tool for your professional development.



**Lisa Devine**

GP, Wicklow, and Irish  
Representative of the PCDS



**Joanne Lowe**

Diabetes Nurse Specialist, Dublin  
South East/Wicklow, and Irish  
Representative of the PCDS



# Programme

Time	Session	Speaker
08.45 - 9.30	<b>Registration, refreshments and exhibition viewing</b>	
09.30 - 09.40	<b>Chairs' introduction</b>	Joanne Lowe and Lisa Devine
09.40 - 10.25	<b>Long Term Impact of Type 2 Diabetes</b> <small>This is a non-promotional symposium slot organised and funded by Lilly.</small>	Kevin Fernando and Joanne Lowe
10.25 - 11.00	<b>Diabetes National Clinical Programme: What's new?</b>	Derek O'Keeffe
Refreshments and exhibition viewing		
11.25 - 12.10	<b>Managing diabetes in the elderly</b>	Lisa Devine
12.10 - 12.45	<b>New international guidelines: What do they mean for clinical practice?</b>	Stephen Lawrence
Lunch and exhibition viewing		
13.35 - 14.20	<b>Masterclass rotation 1</b>	
	<b>1. Practical Prescribing Pearls for Diabetes medications</b>	Ronan Canavan
	<b>2. Glucose monitoring</b>	Stephen Doran
	<b>3. The new type 2 diabetes prevention programme</b>	Liz Kirby
14.25 - 15.10	<b>Masterclass rotation 2</b>	
	<b>1. Practical Prescribing Pearls for Diabetes medications</b>	Ronan Canavan
	<b>2. Glucose monitoring</b>	Stephen Doran
	<b>3. The new type 2 diabetes prevention programme</b>	Liz Kirby
Refreshments and exhibition viewing		
15.30 - 16.10	<b>Community-based clinical exercise programmes</b>	Noel McCaffrey
16.10 - 16.40	<b>Diabetes Distilled</b>	Kevin Fernando
16.40 - 16.45	<b>Chairs' concluding remarks</b>	Joanne Lowe and Lisa Devine
Conference close		



# Biographies

## CHAIR BIOGRAPHIES



### **Lisa Devine**

#### **GP**

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. She has Postgraduate qualifications in Palliative care, Paediatrics, Musculoskeletal Medicine and Diabetes, which has become her primary special interest. She enjoys representing the Irish General Practice point of view on regional and national Diabetes and Chronic Disease Management Committees in Ireland and internationally in her role as a Primary Care Diabetes Society Committee member.

She enjoys contributing to medical education via teaching in the practice, chairing and speaking at local and national conferences and through tutoring and organisation roles on postgraduate educational programs. She writes a monthly column for GP Notebook.



### **Joanne Lowe**

#### **Diabetes Nurse Specialist**

Joanne Lowe is a community diabetes nurse for the Integrated Care Programme in Dublin South East and Wicklow. At present she is interim service planner with the National Clinical Programme for diabetes.

Prior to her current roles she trained as a nurse in Birmingham. She has since worked in a variety of settings including as a practice nurse, researcher, nurse advisor and in secondary care.

Joanne in her spare time lectures and represents the Republic of Ireland on the Primary Care Diabetes Society committee.



## SPEAKER BIOGRAPHIES



### **Stephen Doran**

#### **Chief Pharmacist, HSE-Medicines Management Programme**

Stephen Doran is a Chief Pharmacist with the HSE-Medicines Management Programme (MMP), after joining the HSE-MMP in March 2018. Prior to this Stephen worked in community pharmacy.

Stephen has worked on initiatives including reimbursement application systems and the development and operation of managed access protocols for medicines, as well as the HSE-MMP preferred blood glucose test strips for adults with type 1 and type 2 diabetes mellitus.



### **Kevin Fernando**

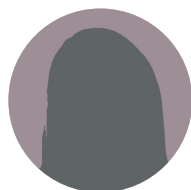
#### **GPwSI in Diabetes and Medical Education**

Kevin is a part-time GP Partner working at North Berwick Health Centre, near Edinburgh. Kevin is also Scottish lead of the Primary Care Diabetes Society, Content Advisor for WebMD Medscape Global & UK and a co-founder of GoggleDocs.

Kevin graduated from the University of Edinburgh in 2000 and holds both MRCGP and MRCP(UK) qualifications and has completed a Master's degree in diabetes which he passed with distinction.

Kevin has been elected to Fellowship of the Royal College of General Practitioners, the Royal College of Physicians of Edinburgh and also the Academy of Medical Educators for his work in diabetes and medical education.





### **Liz Kirby**

#### **Clinical Specialist Dietitian and Project Manager on the National Diabetes Prevention Programme for the Republic of Ireland**

I work as a Clinical Specialist Dietitian with the Office for Diabetes Self-Management Education and Support as part of the Integrated Care Programme for Chronic Disease. Since 2021, I have led the development, pilot testing and roll out of the New National Diabetes Prevention Programme for the Republic of Ireland and I now support its implementation nationally.

I have over 20 years' experience as a clinical dietitian working in both health promotion and primary care for the Health Service Executive. I have also worked in an education & advocacy role with Diabetes Ireland. I have a special interest in the prevention of chronic disease and the role of behavioural change interventions especially in the area of Type 2 Diabetes and Diabetes Prevention. I have been involved in the delivery of structured patient education and self-management education and support to adults with Type 2 Diabetes for over 15 years. I am committed to the delivery of evidence based practice and ensuring excellence in the provision of education, training and support to both service users and healthcare professionals in the areas of diabetes, diabetes prevention and self-management education and support.



### **Stephen Lawrence**

#### **GP, Associate Clinical Professor**

Stephen Lawrence's interest in metabolic medicine was sparked by completion of his BSc in Chemical Pathology as a medical student. He has a passion for critical appraisal of evidence-based-medicine.

He is an Associate Clinical Professor in diabetes at University of Warwick Medical School with roles as Course Director for the Diabetes MSc, module lead for 'Applied Pharmacology and Therapeutics in Diabetes Care' and 'Preventing diabetes complications - an evidence-based approach'. He is former Primary Care Medical Advisor for Diabetes UK and Clinical Diabetes Lead for the Royal College of General Practitioners. He works in a GP practice in Kent.



### **Noel McCaffrey**

#### **CEO, ExWell Medical (multicentre) and Cappagh National Orthopaedic Hospital**

Dr Noel McCaffrey is founder and CEO of ExWell Medical, a social enterprise that offers structured, medically-led exercise programmes in community settings to people with diverse chronic illnesses, on referral from health care professionals. He is also a consultant in Sports Medicine in Cappagh National Orthopaedic Hospital where he runs a musculoskeletal injury clinic and is a Foundation Fellow of the Faculty of Sports and Exercise Medicine.

His main passion is ExWell and he is committed to the mission of making the service available through partnerships to everyone in Ireland and beyond who would benefit from it.



### **Derek O'Keeffe**

#### **Consultant Physician (Endocrinology), University Hospital Galway, and Professor of Medical Device Technology, University of Galway**

Prof Derek O'Keeffe is a Physicianeer, he holds dual first-class honors degrees and doctorates in Engineering and Medicine. He was a Fulbright Scholar at Harvard, a Green Templeton Scholar at Oxford and is a graduate of the Endocrinology Clinical Fellowship at the Mayo Clinic, USA. As well as multiple academic publications, he holds biomedical patents and several international research prizes. He has previously worked with NASA placing a sleep experiment onboard the International Space Station and was their flight surgeon for a NEEMO Aquarius mission.

He has explored over 110 countries, volunteered extensively & was awarded The Outstanding Young Person of the World by Junior Chamber International. He is a Black Belt Taekwondo Instructor, Qualified Pilot, Advanced Scuba Diver & Triathlete. In 2022 he designed an award winning Cardiovascular themed garden for Bloom in the Phoenix Park.

He was recently awarded a first-class honors MBA degree and is the new HSE National Clinical Lead for Diabetes. He is a Consultant Physician (Endocrinologist) at University Hospital Galway and is the Professor of Medical Device Technology at the University of Galway.



This is a non-promotional symposium slot organised and funded by Lilly.

## Long Term Impact of Type 2 Diabetes

🕒 09.40 - 10.25

### SPEAKERS



**Dr Kevin Fernando**  
**GPwSI in CVRM and Medical Education**

Kevin is a part-time GP Partner working at North Berwick Health Centre, near Edinburgh. Kevin is also Scottish lead of the Primary Care Diabetes Society, Content Advisor for WebMD Medscape Global & UK and a co-founder of GoggleDocs.

Kevin graduated from the University of Edinburgh in 2000 and holds both MRCGP and MRCP(UK) qualifications and has completed a Master's degree in diabetes which he passed with distinction.

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**Dr Joanne Lowe**  
**Diabetes Nurse Specialist**

Joanne Lowe is a community diabetes nurse for the Integrated care programme in Dublin south east and Wicklow. At present she is interim service planner with the National Clinical Programme for diabetes.

Prior to her current roles she trained as a nurse in Birmingham. She has since worked in a variety of settings including as a practice nurse, researcher, nurse advisor and in secondary care.

Joanne in her spare time lectures and represents Republic of Ireland on the primary care diabetes society committee.

This session is intended for ROI Healthcare professionals only. Lilly has provided sponsorship for the delivery of the conference and have only had input into the symposium session they have sponsored. Please note this session is not eligible for accreditation.

Job code: PP-LD-IE-0085 | Date of preparation: March 2023

The Lilly logo, featuring the word "Lilly" in a red, cursive script font.





# Diabetes in Ireland

Date of meeting: **15 April 2023** | Location of meeting: **Dublin**

This worksheet has been developed by the organisers to help you identify key learning points from the conference, and to provide a framework for clarifying and recording CPD initiatives that you carry out as a result of this learning.

**Name:**

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Presentation title: **Diabetes National Clinical Programme: What's new?**

## 1. Identifying key learning points

**What were the key learning points from this presentation?**

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## 2. Reflect: Self-appraisal or assessment

**What are your personal and organisational needs related to this session?**

**What could be changed or improved in your practice as a result of what you have learnt?**

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## 3. Plan: Designing a professional development plan

**What are the possible CPD initiatives related to the needs identified above?**

**What kind of activities could you include to help you address the changes identified above in your practice**  
(e.g. discussions with colleagues, patient records review, interest group meetings, secondments, deputising)?

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**4. Act: Putting the plan into action**

Record a stepped action plan below for implementing the changes identified in section 2 in your practice:

Next steps to take	Date of implementation

**5. Evaluate: Reviewing the results and assessing their impact**

What have you done as a result of this process? What was successful? Did you encounter any problems?  
 Would you do anything differently if you repeated the activity?

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How has the initiative impacted upon patient care?

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**6. Claim credits for this activity**

Use the table below to record the number of hours spent on this CPD activity, and to indicate whether or not the impact factor can be applied:

**Time taken for this activity (hours).**  
 Each hour equates to one CPD credit: \_\_\_\_\_

**Can you demonstrate the impact of this activity on patient care?**  
 (If yes, multiply the number of hours spent by two) \_\_\_\_\_

**Total number of credits claimed:** \_\_\_\_\_

**Date:** \_\_\_\_\_



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**Name:**

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Presentation title: **Managing diabetes in the elderly**

## 1. Identifying key learning points

**What were the key learning points from this presentation?**

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## 2. Reflect: Self-appraisal or assessment

**What are your personal and organisational needs related to this session?**

**What could be changed or improved in your practice as a result of what you have learnt?**

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**What are the possible CPD initiatives related to the needs identified above?**

**What kind of activities could you include to help you address the changes identified above in your practice**  
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**Name:**

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Presentation title: **New international guidelines: What do they mean for clinical practice?**

## 1. Identifying key learning points

**What were the key learning points from this presentation?**

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## 2. Reflect: Self-appraisal or assessment

**What are your personal and organisational needs related to this session?**

**What could be changed or improved in your practice as a result of what you have learnt?**

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Would you do anything differently if you repeated the activity?

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Can you demonstrate the impact of this activity on patient care?

(If yes, multiply the number of hours spent by two) \_\_\_\_\_

Total number of credits claimed: \_\_\_\_\_

Date: \_\_\_\_\_



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**Name:**

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Presentation title: **Masterclass rotation 1**

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## 1. Identifying key learning points

**What were the key learning points from this presentation?**

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## 2. Reflect: Self-appraisal or assessment

**What are your personal and organisational needs related to this session?**

**What could be changed or improved in your practice as a result of what you have learnt?**

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## 3. Plan: Designing a professional development plan

**What are the possible CPD initiatives related to the needs identified above?**

**What kind of activities could you include to help you address the changes identified above in your practice**  
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**4. Act: Putting the plan into action**

Record a stepped action plan below for implementing the changes identified in section 2 in your practice:

Next steps to take	Date of implementation

**5. Evaluate: Reviewing the results and assessing their impact**

What have you done as a result of this process? What was successful? Did you encounter any problems?  
 Would you do anything differently if you repeated the activity?

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How has the initiative impacted upon patient care?

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**Can you demonstrate the impact of this activity on patient care?**  
 (If yes, multiply the number of hours spent by two) \_\_\_\_\_

**Total number of credits claimed:** \_\_\_\_\_

**Date:** \_\_\_\_\_



# Diabetes in Ireland

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This worksheet has been developed by the organisers to help you identify key learning points from the conference, and to provide a framework for clarifying and recording CPD initiatives that you carry out as a result of this learning.

**Name:**

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Presentation title: **Masterclass rotation 2**

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## 1. Identifying key learning points

**What were the key learning points from this presentation?**

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## 2. Reflect: Self-appraisal or assessment

**What are your personal and organisational needs related to this session?**

**What could be changed or improved in your practice as a result of what you have learnt?**

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## 3. Plan: Designing a professional development plan

**What are the possible CPD initiatives related to the needs identified above?**

**What kind of activities could you include to help you address the changes identified above in your practice**  
(e.g. discussions with colleagues, patient records review, interest group meetings, secondments, deputising)?

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**4. Act: Putting the plan into action**

Record a stepped action plan below for implementing the changes identified in section 2 in your practice:

Next steps to take	Date of implementation

**5. Evaluate: Reviewing the results and assessing their impact**

What have you done as a result of this process? What was successful? Did you encounter any problems?  
Would you do anything differently if you repeated the activity?

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How has the initiative impacted upon patient care?

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**Total number of credits claimed:** \_\_\_\_\_

**Date:** \_\_\_\_\_



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This worksheet has been developed by the organisers to help you identify key learning points from the conference, and to provide a framework for clarifying and recording CPD initiatives that you carry out as a result of this learning.

**Name:**

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Presentation title: **Community-based clinical exercise programmes**

## 1. Identifying key learning points

**What were the key learning points from this presentation?**

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## 2. Reflect: Self-appraisal or assessment

**What are your personal and organisational needs related to this session?**

**What could be changed or improved in your practice as a result of what you have learnt?**

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**What are the possible CPD initiatives related to the needs identified above?**

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**Name:**

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Presentation title: **Diabetes Distilled**

## 1. Identifying key learning points

**What were the key learning points from this presentation?**

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## 2. Reflect: Self-appraisal or assessment

**What are your personal and organisational needs related to this session?**

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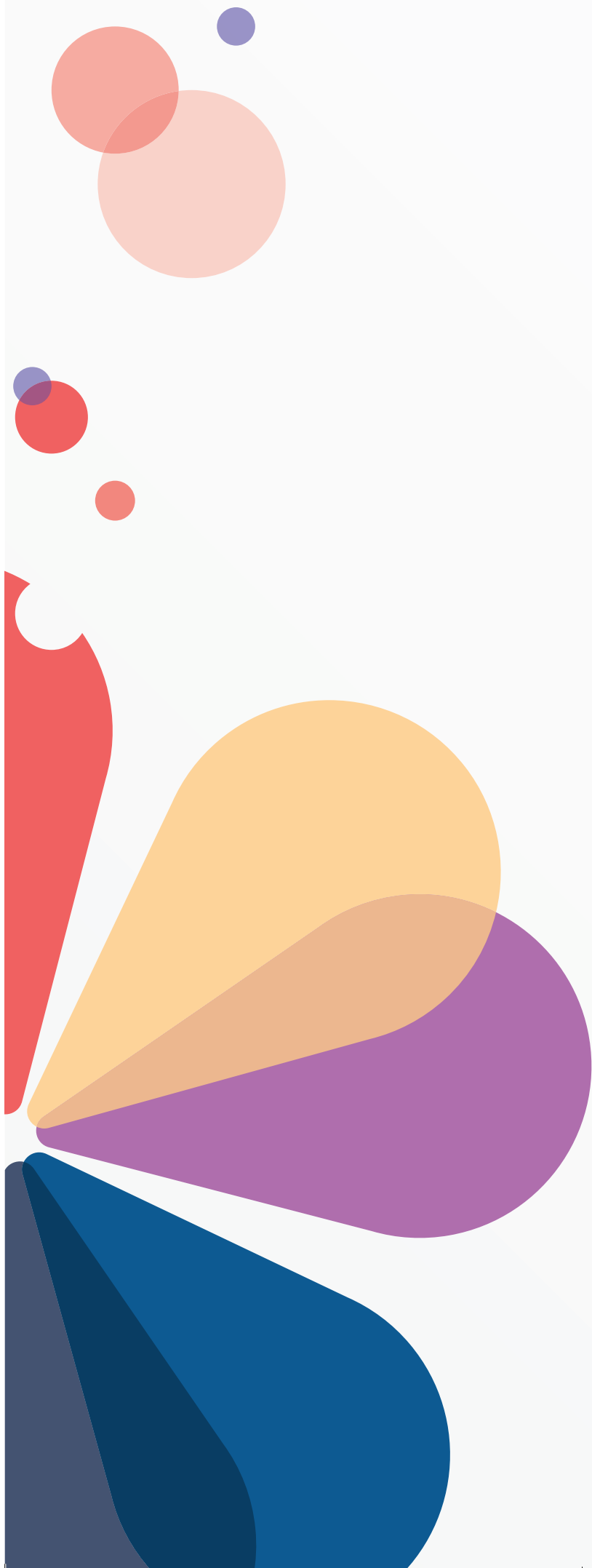












16<sup>th</sup> ALL-IRELAND CONFERENCE OF THE PCDS  
Primary Care Diabetes Society

The following companies will be exhibiting at this event:



*Lilly*

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Stands



Organised by:

**OMNIAMED**  
COMMUNICATIONS

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.