

# Beyond the numbers: Addressing what matters most to the person with diabetes

Hilton Templepatrick, Belfast

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## Beyond the numbers: Addressing what matters most to the person with diabetes

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 Scottish 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 in writing 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.

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



**Heather Bell**

GP Principal and Northern Irish Representative of the PCDS



**Lesley Hamilton**

Diabetes Network Manager and Northern Irish Representative of the PCDS



Time	Session	Speaker
08.30 - 09.00	<b>Registration, refreshments &amp; exhibition viewing</b>	
09.00 - 09.05	<b>Chairs' introduction</b>	Heather Bell and Lesley Hamilton
09.05 - 09.50	<b>Understanding obesity using the 5 A's management framework</b> <small>This is a non-promotional symposium funded by Lilly</small>	Eimear Darcy
09.50 - 10.35	<b>Oncology and palliative care</b>	Su Down
Refreshments & exhibition viewing		
10.55 - 11.40	<b>Masterclasses rotation 1</b>	
	<b>1. Networking</b>	Elaine King
	<b>2. Diet</b>	Alison Birch
	<b>3. Continuous glucose monitoring</b>	Heather Bell
	<b>4. Podiatry</b>	Jennifer Madden
11.40 - 11.45	Masterclass change-around	
11.45 - 12.30	<b>Masterclasses rotation 2</b>	
Lunch and exhibition viewing		
13.30 - 14.15	<b>Managing kidney risk in T2DM and the role of the General Practice Pharmacist</b> <small>This is a promotional symposium sponsored and organised by AstraZeneca, intended for NI HCPs only</small>	Richard McCrory, Glynis McMurtry & Maura Corry
14.15 - 15.00	<b>Insulin dilemmas</b>	Neil Black
Coffee and exhibition		
15.20 - 16.00	<b>Psychology</b>	Becky Haughton
16.00 - 16.30	<b>Breaking news, brought to you by Diabetes Distilled</b>	Pam Brown
16.30 - 16.35	<b>Chairs' concluding remarks</b>	Heather Bell and Lesley Hamilton

## CONFERENCE CHAIRS



**Heather Bell** MB BCH BAO (HON) MRCP DCH DRCOG DFSRH

### **GP Principal**

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 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**

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 the Diabetes UK Clinical Champion Programme and is currently secretary for the PCDS committee.

## SPEAKER BIOGRAPHIES

**Alison Birch****Diabetes Specialist Dietitian**

Alison graduated from Ulster University in 2011, she has worked as a Diabetes Specialist Dietitian for 11 years. During that time Alison has trained as a DAFNE and DESMOND educator. Alis has also completed her Medicines Management masters modules, and she is a supplementary prescriber (SP). Alison is passionate about sharing simple but positive nutrition, diet and lifestyle messages to those living with diabetes and she is a big believer in early intervention and teaching self-management skills to our patients is key. The value in early structured patient education cannot not be emphasised enough.

**Neil Black****Consultant Physician & Clinical lead, Endocrinology & Diabetes**

Neil graduated from Queens University Belfast in 1999 with Honours and trained in Endocrinology and Diabetes in Northern Ireland, graduating MD 2007.

He has been a consultant physician in Altnagelvin Hospital, Derry/Londonderry since 2009, in acute medicine and then full time endocrinology and diabetes. He has been Assistant Director for Acute Services at Altnagelvin Hospital, clinical lead for WHSCT for the NIECR, and is currently Clinical Lead for his specialty, Chief Clinical Information Officer for WHSCT, Chair of the Regional Steering Group for NIECR and Chair of encompass My Care Patient Portal Group. He is clinically active in general medical and specialty clinical care.

He is heavily involved with the plans for the implementation of the encompass Project in WHSCT and the region. He has assisted at both South Eastern Trust and Belfast Trust Go Lives and is currently assisting preparation for Northern Trust.



## **Pam Brown**

**GP, SA1 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.



## **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 PCDS Committee and Editor-in-Chief of the Journal of Diabetes Nursing.



## **Rebecca Houghton**

### **Consultant Clinical Psychologist**

Rebecca Houghton is a Consultant Clinical Psychologist specialising in the provision of psychological care for adults living with long-term physical health conditions, and more specifically diabetes. Rebecca's interest in the applications of psychological theory and practice began when working in Birmingham Children's Hospital in 1995 before she had embarked on clinical training. Since then, the application of psychological theory and practice within physical health has remained her passion, initially working with children, young people and their families with long-term conditions and since 2007 working with adults living with diabetes.

Rebecca returned to N.Ireland to take up a Consultant Clinical Psychologist post in the Northern Health and Social Care Trust, with the remit of psychological care for those living with diabetes across the lifespan. In addition to her post, Rebecca has been an active member of Diabetes UK, which has included roles as a Council Member and the Chair of the Northern Ireland Advisory Council for Diabetes UK NI.

Rebecca is the Head of the Clinical Health Psychology Services in the Northern Health and Social Care Trust, a Service providing psychological care to adults living with a range of life long and life limiting conditions.

Rebecca is an active member of her professional body, the British Psychological Society, and has been the Chair for the Faculty of Clinical Health Psychology for the last 4 years. This faculty is the largest professional group of psychologists working in adult physical health across the 4 nations.

Rebecca has a number of ongoing projects focusing on the development of communication skills in health care professionals and outcomes measurement in clinical health psychology.



## **Jennifer Madden**

### **Consultant Podiatrist in Diabetes**

Jennifer Madden is the Consultant Podiatrist for Diabetes working within the Multidisciplinary diabetes foot team in the RVH. She has an overview of the NI regional diabetes foot pathway and works with the regional Principal Podiatrist in delivering the four tiers of the pathway.

She has 28 years' NHS experience, with 15 years in hospital podiatry service as well as working recently within the foot protection team as a clinical principal podiatrist for high-risk and diabetes and then the assistant service manager in Belfast HSC Trust. She has an overview of the hospital and community aspects of the pathway.

# Understanding obesity using the 5 A's management framework

🕒 09:05-09:50

## SPEAKER



**Dr Eimear Darcy**  
GP 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.

## CHAIR



**Dr Heather Bell**  
GP Greenisland



# Managing kidney risk in T2DM and the role of the General Practice Pharmacist

This is a promotional symposium sponsored and organised by AstraZeneca, intended for NI HCPs only

🕒 13:30-14:15

## SPEAKERS



### **Maura Corry**

**Pharmacy Adviser, NI GP federations; Lead General Practice Pharmacist (GPP), North Belfast Federation**

For NI GP federations responsibilities include leading on the training and development of GPPs across Northern Ireland. In North Belfast, I lead a team of 23 GPPs and work as GPP for Salisbury Medical practice running twice weekly clinics for long term conditions, mostly in the area of respiratory and CVRM. I am member of the Pharmacy Forum Education, Research and Training Committee and represents GPPs on the working group for GPNI. I support both the post graduate pharmacy foundation and independent prescribing courses at Northern Ireland Centre for Pharmacy Learning and Development (NICPLD) and have supported education programmes with Northern Ireland Medical and Dental Agency (NIMDTA).



### **Glynis McMurtry**

**Professional Head of Pharmacy, GP Federations**

Glynis McMurtry is the Professional Head of Pharmacy for GP Federations in Northern Ireland and since 2016 has been responsible for the implementation and ongoing delivery of the regional General Practice Pharmacist Project. Having initially worked as a community pharmacist, she has worked in the area of GP practice pharmacy for most of her career having started as one of the first practice pharmacists in NI in 1996. Glynis has also worked within the NI Health and Social Care Board to provide prescribing support to all prescribers in primary care and brings this experience to the General Practice Pharmacist role.

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## SPEAKERS



### **Richard McCrory**

#### **Specialty Doctor, South Eastern Health and Social Care Trust**

Dr Richard McCrory is a Specialty Doctor in Renal Medicine at the Ulster Hospital Renal Unit. He graduated from Queen's University Belfast in 2007 and received his MRCP(UK) in 2010. His clinical work covers all aspects of Nephrology, including Renal Transplantation, Home Dialysis and Renal Supportive Care. Dr McCrory is a year-lead for undergraduate medical simulation in the South Eastern H&SC Trust and undertook research into safety-critical medications (IV fluids, Insulin) and their education. He is involved in promoting Advanced Care Planning for patients with chronic kidney disease, and developing case-based simulation teaching focused on interprofessional collaboration.

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This conference was developed by the PCDS in conjunction with OmniaMed Communications. The sponsoring companies have contributed financial support towards this event but 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. Novo Nordisk has provided sponsorship to the PCDS 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.