

VIRTUAL CONFERENCE

# Diabetes Care 2022 and beyond: Refocus, rebuild, refine

Programme and Continuing  
Professional Development Workbook  
23-24 November 2022



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# Welcome

## Diabetes Care 2022 and beyond: Refocus, rebuild, refine

Dear Colleague,

This continuing professional development (CPD) workbook has been designed to help you to demonstrate the impact of your learning from the sessions in the 18th National Conference of the Primary Care Diabetes Society and to think about how to practically implement CPD initiatives or other actions for your practice. It is envisaged that putting these plans onto paper will help you to be concrete in your thinking and to set reasonable timelines for any goals you wish to realise.

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 of each session, as well as to record each step of the four-stage "CPD cycle": reflection, planning, action and evaluation. Feel free to tear out these sheets and to add them to your portfolio and if you require further sheets, then do make photocopies.

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



**Clare Hambling**

Chair of the Primary Care Diabetes Society



## Getting more out of your workbook

If you wish to record your actions from today's event online, as well as to investigate further online CPD opportunities, please visit [diabetesonthenet.com](https://diabetesonthenet.com) – a free educational resource for UK healthcare professionals.

The Diabetesonthenet.com CPD Centre contains a range of professional development modules, and also offers opportunities for reflection and action planning, as well as a comprehensive printable record of all the CPD work undertaken on the site.

To use the CPD Centre you will need to log in or register for a free [Diabetesonthenet.com](https://diabetesonthenet.com) account.



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# PCDS

Primary Care Diabetes Society

Time	Session	Speaker
08.30 - 09.15	<b>Registration</b>	
09.15 - 09.25	<b>Chair's Introduction</b>	Clare Hambling
09.25 - 10.10	<p><b>Improving outcomes for your patients with cardio-renal disease</b></p> <p>This is a promotional symposium sponsored and organised by AstraZeneca. AstraZeneca has provided a sponsorship grant 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 symposia presentations.</p>	Dr Yassir Javaid
10.10 - 10.40	<b>The ongoing impact of the pandemic on diabetes care</b>	Jonathan Valabhji
10.40 - 11.00	<b>Slumdog researcher: PCDS Lifetime Achievement Award for Professor Kamlesh Khunti</b>	Kamlesh Khunti
Refreshments		
11.30 - 12.10	<b>Masterclass rotation 1</b>	
	<b>1. How to: Manage high HbA1c</b>	Jane Diggle, Pam Brown
	<b>2. How to: Test and manage lipid levels</b>	Hannah Beba, Kevin Fernando
	<b>3. How to: Use data to optimise care</b>	Clare Hambling, Naresh Kanumilli
Lunch and exhibition viewing		
13.10 - 13.55	<p><b>Meet the Experts: Practicalities and guidance for managing adult patients with type 2 diabetes with or without comorbidities</b></p> <p>This promotional symposium session is developed and funded by the Boehringer Ingelheim and Lilly Alliance for UK HCPs only. Boehringer Ingelheim and Lilly Alliance products will be discussed at this meeting.</p> <p>NP-GB-103313   October 2022</p>	Dr Sarah Jarvis, Professor Michael Cummings and Dr Ameet Bakhai
13.55 - 14.35	<p><b>Masterclass rotation 2</b></p> <p>Please note: These sessions are a repeat of all Masterclass 1 (see above)</p>	
Refreshments		
15.00 - 15.35	<b>Mental health: Looking after yourself and those you look after</b>	Rose Stewart
15.35 - 16.05	<b>The Sleeping Giant: Type 2 Diabetes &amp; Sleep Disorders</b>	Kevin Fernando
16.05 - 16.50	<p><b>Clinical use of GLP-1 RAs (Glucagon-like peptide-1 receptor agonists) in adults living with Type 2 Diabetes</b></p> <p>Novo Nordisk products will be discussed. Prescribing Information and Adverse Event reporting will be available at the meeting. This session has been organised and funded by Novo Nordisk. For Healthcare professionals only.</p> <p>Job code: UK22DI00371   November 2022</p>	Adam Francis and Amar Ali
16.50 - 17.20	<b>AGM</b>	
Day 1 conference close		

Time	Session	Speaker
08.30 - 09.00	<b>Registration</b>	
09.00 - 09.30	<b>Developing new models of care</b>	Waqas Tahir, Sam Seidu
09.30 - 10.00	<b>Preparing people with diabetes for surgery</b>	Ketan Dhatariya
10.00 - 10.45	<b>Latest evidence supporting the use of Flash glucose monitoring in people with diabetes</b> <small>Symposium organised and supported by Abbott Laboratories Ltd.</small>	Dr Emma Wilmot
Refreshments		
11.15 - 11.55	<b>Masterclass rotation 1</b>	
	<b>1. How to: Talk about diet</b>	Lesley Hamilton, Sarah Alicea
	<b>2. How to: Diagnose and manage high blood pressure</b>	Richard McManus, Helen O'Neil
	<b>3. How to: Detect diabetic retinopathy early</b>	Steve Bain, Becky Thomas
Change around time		
12.00 - 12.40	<b>Masterclass rotation 2</b>	
	<b>1. How to: Talk about diet</b>	Lesley Hamilton, Sarah Alicea
	<b>2. How to: Diagnose and manage high blood pressure</b>	Richard McManus, Helen O'Neil
	<b>3. How to: Detect diabetic retinopathy early</b>	Steve Bain, Becky Thomas
Lunch and exhibition viewing		
13.40 - 14.25	<b>The Long-Term Impact of Type 2 Diabetes</b> <small>This symposium slot has been organised and funded by Lilly.</small>	Chair: Dr Shahzada Khan Speakers: Dr Amar Ali, Dr Heather Bell
14.25 - 15.05	<b>The obesity epidemic</b>	David Hughes
15.05 - 15.50	<b>New NICE guidance: What does it mean for primary care?</b>	Naresh Kanumilli, Paul Newman
15.50	<b>Chair's concluding remarks</b>	Clare Hambling
Conference close		

## CHAIR BIOGRAPHY



### **Clare Hambling**

#### **General Practitioner, Norfolk, and Chair of the PCDS**

Clare is a GP with an interest in diabetes and the current Chair of PCDS. Although interested in all things diabetes, particular interests include diabetes in the older person and exploring how we can use data to drive excellence in care, reduce unwarranted variation and address health inequalities. She is the Clinical Lead for the National Diabetes Audit (Core Primary Care Data) and a member of the Advisory Group for the National Diabetes in Pregnancy Audit. In Norfolk & Waveney, she is the GP Clinical Lead for diabetes and Co-Clinical Lead for Population Health and Care, including for the multi-award winning Protect NoW programme. She has recently supported an educational collaborative between PCDS and EDEN to promote education in diabetes technology for primary care clinicians.

Away from work Clare keeps fit by running, and recently participated in the Great North Run, fundraising for good causes and relaxes by enjoying music, singing in the Ely Consort chamber choir and playing violin with Ely Sinfonia (when time allows!).

# Improving outcomes for your patients with cardio-renal disease

🕒 09.25 - 10.10

## Abstract:

1. Discussing the relationship between cardiovascular and renal disease
2. Educate around the care of people with cardio-renal disease

## SPEAKERS



**Dr Yassir Javaid** MA (Cantab) FRCP FRCGP PGDip Cardiology,

**GPwSI Cardiology**

Dr Javaid qualified from Cambridge University and completed his VTS training in Northampton. He has a specialist interest in cardiology and echocardiography and was a clinical lead in the Northamptonshire Community Cardiology service, which had a focus on patients with heart failure and valve disease. He was named Pulse "GP of the Year" in 2015 for his work in reducing stroke emergency admissions in the East Midlands. He is also a council member of the British Heart Valve Society, accredited member of the British Society of Echocardiography and on the editorial board for the British Journal of Cardiology.

## SPEAKER BIOGRAPHIES

10.10 - 10.40

The ongoing impact of the pandemic on diabetes care



### Jonathan Valabhji

**National Clinical Director for Diabetes and Obesity; Consultant Diabetologist and Professor of Practice (Diabetes)**

Professor Jonathan Valabhji is National Clinical Director for Diabetes and Obesity at NHS England, Consultant Diabetologist at Imperial College Healthcare NHS Trust and Professor of Practice (Diabetes) at Imperial College London. As well as a practicing clinician and researcher, he leads the NHS England Diabetes and Obesity Programmes, including the NHS Diabetes Prevention Programme, which in 2018 saw England become the first country to achieve universal population coverage with an evidence-based Type 2 diabetes prevention programme, with over one million people now referred in, and latest analyses demonstrating reduced Type 2 diabetes incidence both in attendees and at English population level. He qualified in 1990 from St Bartholomew's Hospital Medical College, London, and in 2019 was awarded OBE in the Queen's New Year Honours List for services to diabetes and obesity care.

10.40 - 11.00

**Slumdog researcher: PCDS Lifetime Achievement Award for Professor Kamlesh Khunti****Kamlesh Khunti****Professor of Primary Care Diabetes and Vascular Medicine, University of Leicester**

Kamlesh Khunti is Professor of Primary Care Diabetes and Vascular Medicine at the University of Leicester, UK. He is Co-Director of the Leicester Diabetes Centre and leads a research group that is currently working on the early identification of, and interventions with, people who have cardiometabolic disease or are at increased risk of developing cardiometabolic diseases. His work has influenced national and international guidelines on the screening and management of people with diabetes. He has led a programme of work during the Covid-19 pandemic and is a member of UK Government's Scientific Advisory Group for Emergencies (SAGE) and Chair of the SAGE Ethnicity Sub-panel. Professor Khunti is also Director of the UK National Institute for Health Research (NIHR) in Applied Research Collaborations (ARC) East Midlands, Director of Centre for Ethnic Health Research and Director of The Real World Evidence Unit. He is an NIHR Senior Investigator and Principal Investigator on several major national and international studies. He has published over 1000 peer-reviewed articles. Professor Khunti is a Fellow of the Academy of Medical Sciences and is currently an advisor to the Department of Health, Member of the International KDIGO on diabetes & CKD and Clinical Advisor for the National Institute for Health and Care Excellence (NICE) and Steering Board Member of the Primary Care Study Group of the European Association for the Study of Diabetes. He is the National NIHR ARC Theme Lead for Multimorbidity and National Lead NIHR ARC lead for Ethnicity and Diversity. He is Chair of the American Diabetes Association Therapeutic Inertia Initiative and Chair of National Diabetes Audit Research Group. He is Past Chair of the Department of Health-RCGP Committee on Classification of Diabetes and is Past Chair of the NICE Guidelines on Prevention of Diabetes. He is also Honorary Visiting Professorial Fellow with Department of General Practice, University of Melbourne. In addition, he is Co-Director of the Diabetes MSc at Leicester University. He has won numerous awards nationally and internationally.



11.30–12.10 and 13.55–14.35

**Masterclass 1: How to: Manage high HbA1c****Jane Diggle****Specialist Diabetes Nurse Practitioner, West Yorkshire**

Jane qualified with a BSc (Hons) in Nursing in 1990 (Leeds) and has over 20 years' experience working as a practice nurse in West Yorkshire before specialising in diabetes within a general practice setting. She is an independent prescriber and has gained MSc modules in Insulin Management and New & Advanced Therapies from Leicester University.

She was appointed Co-Vice Chair of the Primary Care Diabetes Society in 2016 and has been part of the committee since 2010 ([www.pcdsociety.org](http://www.pcdsociety.org)). She is Joint Editor-in-Chief for Diabetes and Primary Care journal, regularly publishes articles on practical aspects of diabetes care and was instrumental in developing and writing Six Steps to Insulin Safety (a free e-learning module launched in 2016, recently updated and available at <https://diabetesonthenet.com/cpd-modules>).

Jane is committed to promoting the vital role played by primary care in diabetes management and to the sharing of knowledge, skills and expertise to support colleagues to deliver high quality diabetes care.

**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 Joint Editor-in-Chief of Diabetes and Primary Care journal and jointly edits Diabetes Distilled with Kevin Fernando. 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.

**Resources relevant to this session:**

How to manage high HbA1c in people with type 2 diabetes

11.30–12.10 and 13.55–14.35

**Masterclass 2: How to: Test and manage lipid levels**



**Hannah Beba**

**Consultant Pharmacist, Leeds Health and Care Partnership**

Hannah Beba is a consultant pharmacist at Leeds Health and Care Partnership. Hannah is co-chair of the United Kingdom Clinical Pharmacy Associations Diabetes and Endocrine Committee and sits on the Diabetes UK Committee of Healthcare professionals.

Hannah was a 2018 Diabetes UK Clinical Champion and is an associate lecturer at Newcastle University.

Hannah retains a predominantly clinical role and has been independently practicing in clinics for many years. Integrated care is a huge area of interest for her and how this might help deliver more holistic care to people living with diabetes closer to home.



**Kevin Fernando**

**GPwSI in CVRM and Medical Education, North Berwick Health Centre**

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.



**Resources relevant to this session:**

At a glance factsheet: Lipids, cardiovascular risk and treatment targets

11.30–12.10 and 13.55–14.35

**Masterclass 3: How to: Use data to optimise care**



**Clare Hambling**

**General Practitioner, Norfolk, and Chair of the PCDS**

See page 4 for bio.



**Naresh Kanumilli**

**GPwSI in Diabetes and Cardiology, Manchester**

Dr Naresh Kanumilli has worked as a GP in south Manchester for the past 18 years, and he has a specialist interest in diabetes and cardiology. He is actively involved with the ongoing integration agenda in order to provide patients with seamless care between primary and secondary care. He is also the community diabetes consultant at Manchester University Foundation Trust.

Dr Kanumilli is the Clinical Network Lead for Diabetes for Greater Manchester & East Cheshire; he is also Primary Care Research Lead for Diabetes. He is also actively involved in GP and nurse training.



**Resources relevant to this session:**

At a glance factsheet: How to read a cardiovascular outcome trial (CVOT)

# Meet the Experts: Practicalities and guidance for managing adult patients with type 2 diabetes with or without comorbidities

🕒 13.10 - 13.55

**Join the panel as they review case studies on type 2 diabetes with or without comorbidities and discuss how we can improve clinical outcomes for adult patients with type 2 diabetes.**

## SPEAKERS



**Professor Michael Cummings** MD FRCP FRCP (Edin)

**Consultant and Honorary Professor in Diabetes and Endocrinology  
Portsmouth Hospitals NHS Trust Queen Alexandra Hospital**

Professor Michael Cummings is a Consultant and Honorary Professor in Diabetes and Endocrinology at the Portsmouth Hospitals NHS Trust Queen Alexandra Hospital. He is also an active member of the British Medical Association and Diabetes UK.

Professor Cummings played a lead role in developing the Dysglycaemia, Oxidative Stress and the Vascular Endothelium (DOVE) project at Portsmouth University. Many findings from this work have been presented at national and international meetings and accepted in peer-reviewed journals for publication.

Professor Cummings' major areas of interest in diabetes are linked to cardiovascular disease and risks (in particular, dyslipidaemia and microalbuminuria), pancreatic exocrine insufficiency in diabetes, the effects of diabetes on pregnancy and erectile dysfunction. He also has a specialist endocrine interest in thyroid nodules and hypogonadism. His research interests are in endothelial dysfunction, oxidative stress, dysglycaemia and lipid metabolism.

Professor Cummings is Co-Diabetes Lead for the Wessex Comprehensive Local Research Network and until recently, Programme Director for Specialist Registrar training in Wessex. He lectures widely on diabetes- and lipid-related topics and has published extensively on these areas, including lipid metabolism. He is Associate Editor of Practical Diabetes and Subeditor of Diabetes Digest.



**Dr Ameet Bakhai** MBBS, MD, FRCP, FESC, FFCI

**Research Director & Consultant Cardiologist, Royal Free London NHS Trust**

Ameet Bakhai is a R&D Director & Consultant Cardiologist at the Royal Free London NHS Trust UK, a Harvard Scholar, a Fellow of European Society of Cardiology and a steering group member for the UK Research and Development leaders group.

He has enabled innovation of drugs, devices and diagnostics in multiple cardiac areas of heart failure, atrial fibrillation, acute coronary syndromes and risk factor reduction for cardiovascular events. He is a founder, author and has published over 100 papers and received a national award for a decade of work in clinical cardiovascular research from the Royal College of Physicians and is recognised for his passions in Clinical Trials & Research, Technology Innovation, Health Economics and Digital Integration.

## CHAIR



**Dr Sarah Jarvis MBE**

**Fellow of the Royal College of General Practitioners (FRCGP); GP and medical broadcaster**

Dr Sarah Jarvis MBE trained at Cambridge and Oxford Universities before becoming a GP partner in 1990 in an inner-city practice in London. She was a partner there for over 27 years (and GP trainer for over 25 years), before moving to work as a GP locum. Sarah has been the Clinical Director of/Clinical Consultant to the health education website Patient.info since 2013. Sarah has chaired the Healthcare Committee of the cholesterol charity HEART UK and been a member of the advisory board for the British Journal of Cardiology.

She was awarded an MBE in the 2018 New Year's honours list for services to general practice and public understanding of health. In 2021, Sarah was appointed visiting Professor of General Practice at the University of Huddersfield.

**15.05–15.35**

**Mental health: Looking after yourself and those you look after**

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**Rose Stewart**

**Consultant Clinical Psychologist, Wrexham Maelor Hospital**

Dr Rose Stewart is a multi-award winning Consultant Clinical Psychologist working in North Wales. She is the acting Diabetes Psychology lead for Wales and the chair of the UK Diabetes Psychology Network. She writes guided self-help books for people living with diabetes (the Talking Type 1 range), is a Diabetes UK Clinical Champion and member of the Council of Healthcare Professionals, and lectures at Swansea and Bangor universities. Dr Stewart uses a range of third-wave therapeutic approaches to work with high-risk client groups, and has particular interests in working with young adults, the roles of shame, compassion and empowerment for people with long-term conditions, and creating psychologically informed care systems.

**15.35–16.05**

**The Sleeping Giant: Type 2 Diabetes & Sleep Disorders**

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**Kevin Fernando**

**GPwSI in CVRM and Medical Education, North Berwick Health Centre**

See page 9 for Kevin's biography.

# Clinical use of GLP-1 RAs (Glucagon-like peptide-1 receptor agonists) in adults living with Type 2 Diabetes

🕒 16.05 - 16.50

## Abstract:

- Recognising the importance of a pro-active holistic approach to management of Type 2 Diabetes
- Exploring the clinical use of GLP-1 RAs in adults with Type 2 Diabetes
- Providing practical guidance on the initiation and monitoring of a GLP-1 RA
- Case study discussion on implication of updated EASD / ADA consensus guidelines

## SPEAKERS



### Adam Francis

#### Lead PCN Clinical Pharmacist

Adam is the Lead Clinical Pharmacist for iGPc PCN, which comprises of 6 practices in Liverpool. Since qualifying as a pharmacist, Adam has gained experience working across community pharmacy, hospital and primary care sectors. He has been working in general practice since 2017 and has a specialist interest in Type 2 Diabetes Mellitus, recognising the value that clinical pharmacists can add to patient care. He completed his clinical diploma and qualified as a Non-Medical Prescriber in 2018. Adam runs regular structured medication review clinics, supporting the management of patients with long-term conditions and resolving problematic polypharmacy issues. He has a keen interest in education and training, presenting pharmaceutical diabetes talks at local events and held sessional teaching for undergraduate students at LJMU.



### Dr Amar Ali

#### GP and GPwSI in diabetes

Dr Amar Ali, trained in Sheffield and completed GP training in 2010. Following on from the training retained a role in diabetes research and development at Royal Blackburn Hospital. Thereon developed an interest in diabetes and education. Now works as a GP and GPwSI in diabetes in a community clinic and is also active in research in primary care.

Interests include medical education, diabetes and obesity management and translating current evidence into clinical practice. Previous involvement in diabetes prevention programme in Lancashire and South Cumbria and Quality contracts with the local CCG and PCN.

09.00–09.30

## Developing new models of care



### Waqas Tahir

#### GPwER Diabetes

Dr Waqas Tahir is a GP partner in Affinity Care, a multi-site partnership covering 65,000 patients. He also works as a GPwER in Diabetes, advising and teaching local GPs and nurses. As Clinical lead for Diabetes, he has been leading the re-design of diabetes services, clinical guidelines, outcome measures and quality indicators across Bradford & Craven with a focus on cardio-metabolic pathways.

He has a particular interest in translating evidence into practice, cardio-metabolic medicine, multi-morbidity and the role of technology and innovation in the delivery of patient care. He is a standing member of the NICE Indicator Advisory Committee as well as the clinical diabetes lead for West Yorkshire Health and Care Partnership. In the latter role, he has taken an avid interest in reducing health inequalities and championing diabetes awareness and prevention across the region. He has recently been appointed as the primary care clinical lead for diabetes clinical networks (Y&H) to support local health systems improve quality outcomes for their communities, reduce variation and drive improvement across the region.



### Sam Seidu

#### GP and Primary Care Academic Diabetologist, Leicester

Sam Seidu is a Professor in Primary Care Diabetes and Cardio-metabolic Medicine at the University of Leicester, UK. He is currently the vice-chair for Research for Primary Care Diabetes Europe (PCDE).

He is a board member of the Primary Care Diabetes Society of UK and is also currently a Clinical Lead and mentor for diabetes in the Leicester, Leicestershire and Rutland Integrated Care System. In 2021, he was named the most outstanding early career researcher by the Royal College of General Practitioners.

He is a practicing Leicester City General Practitioner, a Partner, lead undergraduate tutor and GP trainer at the Hockley Farm Medical Practice.

He is an associate editor of the Primary Care Diabetes journal.

His research aims:

1. Medication safety in diabetes and cardiometabolic diseases in the elderly population.
2. Quality improvement in diabetes care in primary care settings.
3. Addressing health inequalities in diabetes care.

Research Interests:

He is also working in the area of therapeutic inertia in people with diabetes to understand the causes, outcomes, and possible solutions.



09.30–10.00

**Preparing people with diabetes for surgery**



**Ketan Dhatariya**

**Consultant in Diabetes, Endocrinology and General Medicine and Hon Professor of Medicine, Norfolk and Norwich University Hospitals NHS Foundation Trust**

Ketan Dhatariya qualified in London in 1991. He did his diabetes and endocrinology training in and around London. For 2 years during his training he was also a part time General Practitioner in the evenings. He took some time out of his training to spend a year doing intensive care medicine and anaesthetics. After he finished his diabetes training in 2001 he went to do research in endocrinology at Mayo Clinic in Minnesota, USA. He was appointed as a consultant in diabetes, endocrinology and general medicine at the Norfolk & Norwich University Hospital in 2004, and Honorary Professor of Medicine at the University of East Anglia in 2019. He is a full time clinician and his predominant areas of interest are inpatient diabetes and the 'diabetic foot'. He leads one of the largest foot clinics in the East of England.

He has several national roles in the UK. He is currently the chair of the Joint British Diabetes Societies for Inpatient Care Group where he has led or co-authored several national guidelines on the management of various aspects of inpatient diabetes care. He is the Chair of the Examining Board for the UK Specialist Clinical Exam in Diabetes and Endocrinology. He is the immediate past president of the Diabetes and Endocrine section of the Royal Society of Medicine. He is an Associate Editor of Diabetic Medicine and the BMJ Diabetes. He is also a committee member of the Association of British Clinical Diabetologists.

Prof Dhatariya has over 175 peer reviewed publications, over 120 abstracts, and has published several book chapters on inpatient diabetes, peri-operative diabetes care or on the diabetic foot. He was awarded a PhD on inpatient diabetes in 2017 by the University of East Anglia.

# Latest evidence supporting the use of Flash glucose monitoring in people with diabetes

🕒 10.00 - 10.45

## SPEAKERS



**Dr Emma Wilmot** MB ChB BSc (hons) PhD FRCP

**Consultant Diabetologist, University Hospitals of Derby and Burton NHS Foundation Trust; Honorary (consultant) Assistant Professor, University of Nottingham; Founder, Diabetes Technology Network UK Honorary Associate (clinical) Professor**

Emma Wilmot is a Consultant Diabetologist with specialist interests which include Type 1 diabetes, insulin pump therapy and diabetes technology, young adults with diabetes and antenatal diabetes care.

She was awarded the University of Leicester medal for excellent PhD performance in 2013 for her PhD "Type 2 diabetes in younger adults" and was appointed as an Honorary (consultant) Assistant Professor at the University of Nottingham in 2018. She is principal investigator on diabetes research trials.

She is the founder of the ABCD Diabetes Technology Network UK. As chair she previously led the delivery of educational events for multidisciplinary diabetes teams and the development of a suite of national diabetes technology 'best practice' guides, in addition to online modules for people living with diabetes. Emma is an elected Association of British Clinical Diabetologists (ABCD) committee member and DAFNE structured education executive board member. She is a member of the National Diabetes Audit Insulin Pump Expert Reference Group and has also been involved in the #languagematters movement.

11.15–11.55 and 12.00–12.40

**Masterclass 1: How to: Talk about diet**



**Sarah Alicea**

**Clinical Lead Diabetes Dietitian, Royal Free London NHS Trust, Barts Health NHS Trust**

Sarah works in London as a Clinical Lead Diabetes Dietitian and ACP (pending credentials) for adults and children.

Sarah co-authored guidelines for primary care diabetes, endorsed by PCDS, NHS Confederation, and Diabetes UK. She works as a NICE Quality Standards diabetes committee member. Sarah is part of the 2021-23 Diabetes UK Clinical Champions cohort and co-ordinates diabetes events on behalf of the British Dietetic Association.

Sarah is a Type 1 diabetes and eating disorders (TIDE) specialist; part of the NHS England pilot. She leads a TIDE HCP education programme and contributed to the 2022 MEED guidelines (Royal College of Psychiatrists).

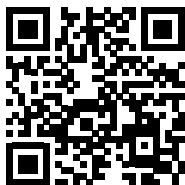


**Lesley Hamilton**

**Diabetes Network Manager, Western Trust**

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.

She has been involved in regional working groups for the Diabetes Network in NI, has completed Diabetes UK Clinical Champion Programme and is currently secretary for PCDS committee.



**Resources relevant to this session:**

At a glance factsheet: Lifestyle discussions for people with type 2 diabetes: An overview

11.15–11.55 and 12.00–12.40

**Masterclass 2: How to: Diagnose and manage high blood pressure**



**Richard McManus**

**Professor of Primary Care Research, University of Oxford**

Richard McManus is a GP and Professor of Primary Care Research in Oxford. His main research interests are in the prevention of cardiovascular disease including in the context of co-morbidities and multiple long-term conditions.

He is Chief Investigator on an NIHR Programme Grant around Postnatal Self-Management of Blood Pressure following Pregnancy Hypertension and leads the self-management theme of the Oxford Thames Valley ARC. He is joint Chief Investigator of the OPTIMISE2 trial assessing deprescribing antihypertensives in the over 75s. He is recognised internationally for his work on self-monitoring and self-management of hypertension and leads a multidisciplinary team undertaking randomised controlled trials in primary care and pregnancy.

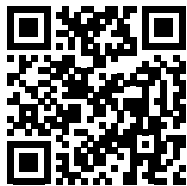
He chairs the Blood Pressure Monitoring Working Party of the British Hypertension Society and has provided expert advice to NICE (2011 & 2019 Hypertension Guideline) and the European Society of Cardiology/European Society of Hypertension (2018 & 2024 European Hypertension Guidelines).



**Helen O'Neil**

**Senior Clinical Pharmacist Frailty and Diabetes, South Tyneside and Sunderland NHS FT**

Helen is an Advanced Practice Frailty Pharmacist with a specialist interest in diabetes working at South Tyneside and Sunderland NHS Foundation Trust. Helen is also a committee member of the UKCPA diabetes group and an NIHR ARC NENC Practice Fellow researching frailty and diabetes.



**Resources relevant to this session:**

How to diagnose and treat hypertension in type 2 diabetes

11.15–11.55 and 12.00–12.40

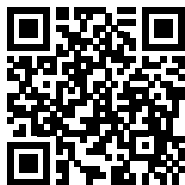
**Masterclass 3: How to: Detect diabetic retinopathy early****Steve Bain****Professor of Medicine (Diabetes), Singleton Hospital & Institute of Life Science, Swansea**

Steve Bain is Professor of Medicine (Diabetes) in Swansea University and Honorary Consultant Physician, Swansea Bay University Health Board (SBUHB), Wales. He is also Assistant Director of Research & Development for SBUHB, and Clinical Lead for the Diabetes Unit, Swansea University.

He completed his undergraduate training at St John's College, Cambridge, and then was clinically trained at King's College Hospital, London. On qualifying in 1983, he went on to hold junior appointments in London and the Midlands. His research centred on the genetics of type 1 diabetes, and he was granted a Medical Research Council Lectureship. In 1993, he became a Senior Lecturer/Honorary Consultant Physician at Birmingham Heartlands Hospital, Birmingham, UK, with promotion to Reader in Diabetic Medicine in 1998. Professor Bain became a Fellow of the Royal College of Physicians, UK, in 1996 and was appointed to a newly created Chair in Medicine (Diabetes) in the University of Wales Swansea in 2005. His clinical interests include new therapies for diabetes and the provision of diabetes services within the community. He has been Chief Investigator for several global multi-centre trials investigating novel therapies for diabetes.

**Becky Thomas****Senior Research Officer (Retinopathy), Swansea University Medical School**

Prior to completing her PhD on the epidemiology of diabetic retinopathy and optimal screening intervals at Cardiff University Medical School in 2015, Becky was a senior grader at the diabetic eye screening Wales since its inception in 2003. Since then, she has lead the research programme for diabetic retinopathy in the diabetes research group in Swansea University School of Medicine. Becky has helped develop retinopathy screening programmes in Mauritius and Trinidad with both Peru and Bermuda next. Becky is currently the PI for a study looking at the impact of covid-19 and the cessation of screening in Wales.

**Resources relevant to this session:**

At a glance factsheet: Diabetic retinopathy

# The Long-Term Impact of Type 2 Diabetes

🕒 13.40 - 14.25

## SPEAKERS



### **Dr Amar Ali**

#### **GPwSI at the community Diabetes Service and CCG lead for diabetes**

Dr Amar Ali graduated from the University of Sheffield in 2005. After completing GP training in 2010 he joined Oakenhurst Medical Practice as a partner. He has an active interest in diabetes research and education. Currently he works as a GPwSI at the community Diabetes Service and is the CCG lead for diabetes. He is also working as clinical lead for the Lancashire and South Cumbria NHS Diabetes Prevention Programme.



### **Dr Heather Bell**

#### **GP Principal**

Dr Heather Bell is a GP Principal working in Greenisland Northern Ireland. 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 is passionate about teaching and works as a GP Trainer in her practice. She has an interest in women's health and works as a Faculty Registered Trainer in family planning general practice.

## CHAIR



### **Dr Shahzada Khan**

#### **GP Principal**

Dr Shahzada Khan graduated from King's College School of Medicine and Dentistry in 1999 and has been a practicing East London GP since 2006. He has been a GP Principal in Newham since 2008. From 2011 -2017 he was the CCG Clinical Lead for Diabetes instrumental in the upskilling of healthcare professionals across the borough. Since 2017 Dr Khan has continued as a freelance tutor in diabetes.

In 2019, Dr Khan was awarded the GP Tutor of the Year Award by Barts and the London Medical School. In 2020 he won the award for a second time. Since the beginning of the COVID-19 pandemic, he has successfully delivered webinars about diabetes to a national audience - in total so far recording approximately 3000 HCP logins

14.25–15.05

**The obesity epidemic**



**David Hughes**

**Consultant in Diabetes & Endocrinology, University Hospitals Derby & Burton NHS Trust**

David Hughes is a Consultant in Diabetes, Endocrinology & Bariatric Medicine at University Hospitals Derby & Burton NHS Trust. He is a Honorary Assistant Professor of Endocrinology & Bariatric Medicine at the University of Nottingham. David is also Secretary and Midlands Regional lead for the Association for the Study of Obesity.

15.05–15.50

**New NICE guidance: What does it mean for primary care?**



**Naresh Kanumilli**

**GPwSI, Manchester**

Please see page 10 for Naresh's biography.








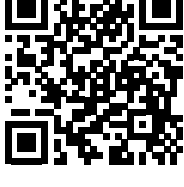

**Paul Newman**


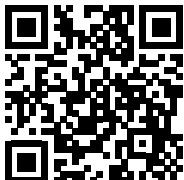

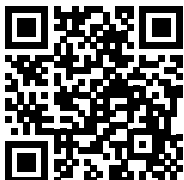
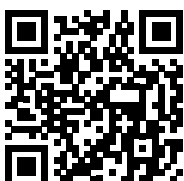
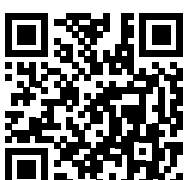
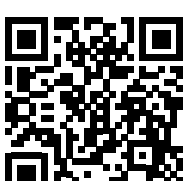
**GP, Glasgow**





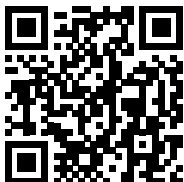


Paul Newman is a GP and trainer based at Waverley Park Medical Practice in Glasgow. He has a special interest in diabetes and was the Chair of the Professional Conference Organising Committee of Diabetes UK, London, in 2018. He is also the GP advisor to the Council of Healthcare Professionals of Diabetes UK as well as one of their Clinical Champions. He is a co-opted committee member of the Primary Care Diabetes Society (PCDS) and has been the coorganiser and co-chair of the PCDS Scottish annual conference for 2018 and 2019, where he has represented the Scottish perspective. 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.



Session	Article title	QR code
<b>The ongoing impact of the pandemic on diabetes care</b>	Collaborating and adapting: How diabetes services have changed during the pandemic	
	Structured diabetes education in 2022	
<b>Slumdog researcher: PCDS lifetime achievement award for professor Kamlesh Khunti</b>	The PCDS Lifetime Achievement Award to Professor Kamlesh Khunti	
<b>How to: Manage high HbA1c</b>	How to manage high HbA1c in people with type 2 diabetes	
<b>How to: Test and manage lipid levels</b>	At a glance factsheet: Lipids, cardiovascular risk and treatment targets	
<b>How to: use data to optimise care</b>	At a glance factsheet: How to read a cardiovascular outcome trial (CVOT)	
<b>Mental health: Looking after yourself and those you look after</b>	How to help people come to terms with a diabetes diagnosis	

Session	Article title	QR code
	At a glance factsheet: Mental health and diabetes	
<b>The sleeping giant: Sleep apnoea</b>	Should we diagnose obstructive sleep apnoea in primary care diabetes clinics?	
	Sleep: How quality and duration affects insulin sensitivity and glucose control	
<b>Developing new models of care</b>	How to deliver best practice in diabetes care across Primary Care Networks	
<b>Preparing people with diabetes for surgery</b>	How to prepare people with diabetes for surgery	
<b>How to: Talk about diet</b>	There is no such thing as a diet for type 2 diabetes... or is there? Part 1	
	There is no such thing as a diet for type 2 diabetes... or is there? Part 2	

Session	Article title	QR code
<b>How to: Diagnose and manage high blood pressure</b>	How to diagnose and treat hypertension in type 2 diabetes	
	Need to know guide: Making sense of blood pressure readings in those with diabetes	
<b>How to: Detect diabetic retinopathy early</b>	At a glance factsheet: Diabetic retinopathy	
	At a glance factsheet: GLP-1 receptor agonists and diabetic retinopathy	
<b>The obesity epidemic</b>	At a glance factsheet: Early-onset and youth-onset type 2 diabetes	
	At a glance factsheet: Lifestyle discussions: Physical activity and type 2 diabetes	
<b>New NICE guidance: What does it mean for primary care?</b>	Diabetes Distilled: Updated NICE guidance on type 2 diabetes: Key points for primary care	

# Diabetes Care 2022 and beyond: Refocus, rebuild, refine

Date of meeting: **23 – 24 November 2022** | Location of meeting: **Online**

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:**

---

Presentation title: **The ongoing impact of the pandemic on diabetes care**

## 1. Identifying key learning points

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

---

## 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?**

---

## 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)?**

---

**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?

How has the initiative impacted upon patient care?

**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:


# Diabetes Care 2022 and beyond: Refocus, rebuild, refine

Date of meeting: **23 – 24 November 2022** | Location of meeting: **Online**

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**Name:**

---

Presentation title: **Slumdog researcher: PCDS Lifetime Achievement Award for Professor Kamlesh Khunti**

## 1. Identifying key learning points

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

---

## 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?**

---

## 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)?

---

**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?

How has the initiative impacted upon patient care?

**6. Claim credits for this activity**

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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:

# Diabetes Care 2022 and beyond: Refocus, rebuild, refine

Date of meeting: **23 – 24 November 2022** | Location of meeting: **Online**

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 1**

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## 1. Identifying key learning points

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

---

## 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?**

---

## 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)?**

---



**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?

How has the initiative impacted upon patient care?

**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:

# Diabetes Care 2022 and beyond: Refocus, rebuild, refine

Date of meeting: **23 – 24 November 2022** | Location of meeting: **Online**

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?**

---

## **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)?**

---

**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?

How has the initiative impacted upon patient care?

**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:

# Diabetes Care 2022 and beyond: Refocus, rebuild, refine

Date of meeting: **23 – 24 November 2022** | Location of meeting: **Online**

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:**

---

Presentation title: **Mental health: Looking after yourself and those you look after**

## 1. Identifying key learning points

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

---

## 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?**

---

## 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)?

---

**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?

How has the initiative impacted upon patient care?

**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:


# Diabetes Care 2022 and beyond: Refocus, rebuild, refine

Date of meeting: **23 – 24 November 2022** | Location of meeting: **Online**

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:**

---

Presentation title: **The Sleeping Giant: Type 2 Diabetes & Sleep Disorders**

## 1. Identifying key learning points

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

---

## 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?**

---

## 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)?

---

**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?

How has the initiative impacted upon patient care?

**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:


# Diabetes Care 2022 and beyond: Refocus, rebuild, refine

Date of meeting: **23 – 24 November 2022** | Location of meeting: **Online**

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**Name:**

---

Presentation title: **Developing new models of care**

## 1. Identifying key learning points

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

---

## 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?**

---

## 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)?

---



**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?

How has the initiative impacted upon patient care?

**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:

# Diabetes Care 2022 and beyond: Refocus, rebuild, refine

Date of meeting: **23 – 24 November 2022** | Location of meeting: **Online**

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**Name:**

---

Presentation title: **Preparing people with diabetes for surgery**

## 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)?**

---

**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?

How has the initiative impacted upon patient care?

**6. Claim credits for this 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:

# Diabetes Care 2022 and beyond: Refocus, rebuild, refine

Date of meeting: **23 – 24 November 2022** | Location of meeting: **Online**

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**Name:**

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Presentation title: **Masterclass rotation 1**

---

## **1. Identifying key learning points**

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

---

## **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?**

---

## **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)?**

---

**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?

How has the initiative impacted upon patient care?

**6. Claim credits for this activity**

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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:

# Diabetes Care 2022 and beyond: Refocus, rebuild, refine

Date of meeting: **23 – 24 November 2022** | Location of meeting: **Online**

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**Name:**

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Presentation title: **Masterclass rotation 2**

---

## **1. Identifying key learning points**

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

---

## **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?**

---

## **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)?**

---

**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?

How has the initiative impacted upon patient care?

**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:

# Diabetes Care 2022 and beyond: Refocus, rebuild, refine

Date of meeting: **23 – 24 November 2022** | Location of meeting: **Online**

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:**

---

Presentation title: **The obesity epidemic**

## 1. Identifying key learning points

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

---

## 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?**

---

## 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)?**

---



**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?

How has the initiative impacted upon patient care?

**6. Claim credits for this activity**

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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:


# Diabetes Care 2022 and beyond: Refocus, rebuild, refine

Date of meeting: **23 – 24 November 2022** | Location of meeting: **Online**

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:**

---

Presentation title: **New NICE guidance: What does it mean for primary care?**

## 1. Identifying key learning points

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

---

## 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?**

---

## 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**

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Next steps to take	Date of implementation

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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:

18<sup>th</sup> NATIONAL CONFERENCE OF THE PCDS  
Primary Care Diabetes Society

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