

20th National conference of the Primary Care Diabetes Society

NCC Birmingham

6-7 November 2024



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Programme: Day 1

Time	Session	Speaker
08.20 - 09.00	Registration & refreshments	
09.00 - 09.30	Chair's introduction and NHS England/State of the Nations update	Clare Hambling
09.30 - 10.10	See beyond sugar: uncovering risk in type 2 diabetes This is a promotional symposium sponsored and organised by AstraZeneca, intended for GB HCPs only.	Ketan Dhatariya
10.10 - 10.45	Multiple long-term conditions	Kamlesh Khunti
Refreshments & exhibition viewing		
11.15 - 12.00	Masterclasses rotation 1	
	1. Lifestyle	Pam Brown
	2. Type 3c (pancreatogenic) diabetes	Su Down and Vicki Alabraba
	3. CGM	Sarah Gregory and Julie Lewis
	4. Preparing for surgery and perioperative care	Ketan Dhatariya
Lunch and exhibition viewing		
13.00 - 13.10	Poster results	
13.10 - 13.20	Lifetime Achievement Award presented to new winner	Neil Munro
13.20 - 14.00	Bridging the gap: Addressing CV risk in adults with T2D and CKD This promotional symposium session is developed and funded by Boehringer Ingelheim and Lilly Alliance for UK HCPs. Boehringer Ingelheim and Lilly Alliance products will be discussed at this meeting.	Mike Cummings and Judy Winter
14.00 - 14.05	Move to masterclasses	
14.05 - 14.50	Masterclass rotation 2 (repeated)	
Coffee and exhibition		
15.20 - 15.55	Obesity management	Stephanie de Giorgio
15.55 - 16.35	CGM in Primary Care: Moving Beyond Glucose Monitoring This session has been organised and funded by Dexcom	Marc Evans and David Strain
16.35 - 17.05	Chronic kidney disease	Andrew Frankel
17.05 - 17.20	AGM	
17.20 - 17.30	Conference close	



Programme: Day 2

Time	Session	Speaker
08.30 - 09.00	Arrival & refreshments	
09.00 - 09.35	The bookends of pregnancy	Helen Murphy
09.35 - 10.10	Cancer	Tahseen Chowdhury
10.10 - 10.50	Evidence based impact of CGM in Type 2 diabetes- Facts and Practicalities This session has been organised and supported by Abbott Laboratories Ltd.	Ramzi Ajjan
Refreshments & exhibition viewing		
11.20 - 12.05	Masterclasses rotation 1	
	1. SGLT2 inhibitors: When, how and when not to start	Hannah Beba, Waqas Tahir and Stephen Wheatcroft
	2. Serious mental illness	Peter Bagshaw
	3. Diagnosis and classification of diabetes	Angus Jones
	4. Health inequalities	Sam Seidu
12.05 - 12.10	Masterclass change around time	
12.10 - 12.55	Masterclass rotation 2 (repeated)	
Lunch and exhibition viewing		
13.55 - 14.10	Lifetime Achievement Award presentation	David Millar-Jones
14.10 - 14.50	Patient Case Workshop: where do incretins fit into T2D guidelines? This is a promotional symposium intended for HCPs in GB funded by Lilly. Lilly products will be discussed. Prescribing Information will be available during the session. Lilly has provided a sponsorship towards this conference, however have had no input, control, or influence over the agenda, speaker selections, presentations, or collateral content, except for this symposium session and its affiliated speakers. PP-TR-GB-0655 November 2024	Yassir Javaid and Shazli Azmi
14.50 - 15.25	CV in type 2 diabetes for primary care	Ameet Bakhai
15.25 - 16.00	Lipids Q&A	Rani Khatib, Hannah Beba and Rahul Mohan
16.00 - 16.10	Chair's closing remarks	



Biographies

CHAIR BIOGRAPHY



Clare Hambling

General Practitioner, Norfolk, Chair of the PCDS and National Clinical Director for Diabetes and Obesity, NHS England

Clare is a GP with an interest in diabetes and the current Chair of PCDS. Working in West Norfolk, Clare has developed a particular interest in the care of older people living with diabetes and reducing healthcare inequality experienced for vulnerable people. She is the GP Clinical Lead for diabetes for the Norfolk and Waveney STP, chair of the West Norfolk Diabetes Network and Clinical Lead for Long Term Conditions for West Norfolk CCG. She also has an interest in medical education and is a senior GP tutor (undergraduate) at the University of Cambridge. Away from work, Clare relaxes by enjoying music, singing in the Ely Consort chamber choir and playing violin with Ely Sinfonia (when time allows!).



See beyond sugar: uncovering risk in type 2 diabetes

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

🕒 09:30-10:10

SPEAKERS



Ketan Dhatariya

Consultant in diabetes, endocrinology and general medicine

Hon Professor of Medicine

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 the current Chair of the Association of British Clinical Diabetologists. He is the Chair of the Examining Board for the UK Specialist Clinical Exam in Diabetes and Endocrinology. He is the immediate past chair of the Joint British Diabetes Societies 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 immediate past president of the Diabetes and Endocrine section of the Royal Society of Medicine. He is an Associate Editor of Diabetic Medicine.

Prof Dhatariya has almost 200 peer reviewed publications, 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

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



Biographies: Day 1

SPEAKERS BIOGRAPHIES



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 Director of Leicester Diabetes Centre, 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 leads a programme of work on cardiometabolic diseases and multimorbidity. He was recently appointed as Director of the first NIHR Global Health Research Centre for Multiple Long-Term Conditions and Co-lead for the Cross NIHR Collaboration for Multiple Long-Term Conditions. He is the national NIHR ARC Lead for Multimorbidity and leads the national training programme for Multimorbidity. 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. He has published over 1400 peer-reviewed articles. He is Chair of the American Diabetes Association Therapeutic Inertia Initiative and is currently a Member of the KDIGO Diabetes and CKD Guidelines and a Member of the ADA Standards of Care Guidelines for Diabetes. He has won numerous awards nationally and internationally and was awarded the Commander of the Order of the British Empire (CBE) in the 2022 New Year's Honour's List for services to health.



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 an Editorial Advisor for the Diabetes and Primary Care journal 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 Diploma courses in the UK, Ireland, the Middle East and Japan. Pam has recently won cluster funding to deliver lifestyle medicine to people with NAFLD/MASLD.



Vicki Alabraba

Diabetes Specialist Nurse, Leicester Diabetes Centre

Vicki has been a diabetes specialist nurse since 2005, with experience across both primary and secondary care. She has a MSc in Diabetes Practice and is an independent prescriber.

Vicki currently works within the Eden team at Leicester Diabetes Centre, where she writes, develops and delivers diabetes education to primary care HCPs both locally and nationally. She also works clinically as a DSN and diabetes lead in primary care.

Vicki is a member of the DSN Forum UK leadership team and part of the voluntary MDT Diabetes 101 team. She has a keen interest in type 2 diabetes in primary care, diabetes technology, type 3c diabetes and diabetes service development.

Vicki was awarded the Quality in Care (QiC) Diabetes Healthcare Professional of the Year in 2020 and won two further QiC Diabetes awards in 2021 with the Diabetes 101 team.



Sarah Gregory

Diabetes Advanced Nurse Practitioner, Mocketts Wood & Northdown Surgery

Sarah has worked in diabetes care since 2000, setting up an in-patient diabetes service, as well as developing and leading a community diabetes service, and developing education courses through local charities as well as EDEN (Leicester Diabetes Centre). She completed her MSc in Diabetes Management in 2011, followed by her Nurse Prescribing in 2012. She is a Diabetes UK Clinical Champion, as well as one of the Clinical Champion Community members since 2021. Sarah has also had organisational roles for DPC, as well as judging responsibilities for in-patient awards, QiC and the Diabetes UK Professional Conference. She has published papers on renal care, community diabetes care, competency standards for associate practitioners as well as the use of technology in the frail and vulnerable patient groups. She has worked as a research educator the EDEN team at Leicester Diabetes Centre, co-developing the 'CARES' programme, and left her role as Clinical Lead for the Medway community diabetes team in 2023. Having left her role as Clinical Lead for a community diabetes team, she now works with two GP surgeries, having the primary responsibility for the complex management of those with Type 2 diabetes, as well as being an educator for the PITStop team.

**Julie Lewis****Nurse Consultant, Primary Care Diabetes, Central Area, North Wales**

Julie Lewis has worked in diabetes services since 2002, as a Researcher, a Diabetes Specialist Nurse and a Clinical Lead for Diabetes in her health board. Julie has since returned to clinical practice in her current role as a Primary Care Nurse Consultant. Julie represents Wales diabetes nursing on various national committees and is a founder member of the Welsh Academy for Nursing in Diabetes. Julie has a particular interest in healthcare professional education and holds honorary contracts for module development, teaching and peer review with Swansea and Bangor Universities and with DAFNE (Dose Adjustment for Normal Eating). Julie Lewis joined the PCDS committee in 2019.

**Ketan Dhatariya****Consultant in diabetes, endocrinology and general medicine****Hon Professor of Medicine**

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 the current Chair of the Association of British Clinical Diabetologists. He is the Chair of the Examining Board for the UK Specialist Clinical Exam in Diabetes and Endocrinology. He is the immediate past chair of the Joint British Diabetes Societies 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 immediate past president of the Diabetes and Endocrine section of the Royal Society of Medicine. He is an Associate Editor of Diabetic Medicine.

Prof Dhatariya has almost 200 peer reviewed publications, 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

**Neil Munro****Retired GP**

Dr Neil Munro was a GP partner at Capelfield surgery, Claygate between 1984 and 2013. During this time he also worked in specialist hospital based diabetes clinics and was associate specialist in diabetes at the Chelsea and Westminster hospital, London until 2015.

He was chairman of Primary Care Diabetes Europe (PCDE) from 2000-2005 and had been involved in PCDS since its inception. He co-founded Primary Care Diabetes, the first global primary care diabetes journal cited on Medline. He was visiting professor in the Department of Clinical and Experimental Medicine at Surrey University until his retirement. He lectured nationally and internationally at generalist and specialist meetings. He published extensively in diabetes and was on the editorial boards of primary care and specialist care journals.

**Stephanie de Giorgio****GP and director of All About Obesity**

Dr de Giorgio is a GP who has an academic interest in obesity medicine and the management of obesity. She has written the RCGP e-learning module and has written and teaches the NB Medical Obesity course for GPs and primary care clinicians. She has presented at the European Society for the Science of Obesity conference and teaches widely on the topic at clinical events.

She is also a director of All About Obesity, a 3rd sector advocacy and education organisation.



This session has been organised and funded by Dexcom

CGM in Primary Care: Moving Beyond Glucose Monitoring

🕒 15.55–16.35

SPEAKERS



Marc Evans (Chair)

Consultant diabetologist, University hospital Llandough, Cardiff

Prof Evans is a consultant diabetologist at the university hospital Llandough in Cardiff, where he has been in post since 2003. He has a very active research interest, particularly in the fields of health economics, health outcomes, epidemiology and pharmacoepidemiology. He has published over 200 peer reviewed papers and abstracts across these fields and has also supported various HTA submissions for differing novel therapies across a variety of disease areas. He is currently Editor-in-chief of Diabetes Therapy, a journal specifically focused on therapeutic issues in diabetes.



David Strain

Associate Professor of Cardiometabolic Health, University of Exeter Medical School

Prof David Strain is an Associate Professor of Cardiometabolic Health at the University of Exeter Medical School, an honorary consultant in medicine for the older adult, Head of the academic department for healthcare for older adults and the chair of the British Medical Association's Board of Science. His main research focus is the health of older adults with diabetes. He has expertise in exploring the mechanism that some medications give benefits for people with diabetes beyond their effect on sugar and blood pressure, to determine if we can better select the medication for each patient. He has performed the only study to date demonstrating the feasibility of individualizing targets for older adults across Europe. This has informed the new UK guidance document for the management of older adults with diabetes and frailty, of which he was lead author. Within this remit, he engages in multidisciplinary research portfolio, supervising renal physicians, cardiologists, radiographers, basic scientists as well as geriatricians.

**Andrew Frankel****Consultant Physician and Nephrologist, Imperial College Healthcare NHS Trust**

Andrew has been working as a consultant nephrologist at Imperial College Healthcare NHS trust since 1995. He has extensive experience in managing all aspects of kidney disease but has a particular interest in relation to the management of diabetes in the context of kidney disease. Andrew has maintained a significant research interest in relation to diabetes and kidney, both in terms of how diabetes affects the kidneys leading to deterioration in kidney function, but also in relation to how the presence of kidney disease influences the management of diabetes.

He is published in relation to assessment of renal complications in people with diabetes and obesity. He has also played a significant role in the development of UK national guidelines on the management of diabetes in the context of kidney disease.

Andrew is joint editor of the UK Kidney Association guidelines on the use of SGLT2i in adults with chronic kidney disease. He is also an educational leader supporting the next generation of doctors, having been the director Imperial's Foundation School from its inception to 2010, London lead for Foundation Training 2010 to 2013 and Postgraduate Dean for South London from 2013 and 2018.



Biographies: Day 2

SPEAKERS BIOGRAPHIES



Helen Murphy,

Professor of Medicine (Diabetes & Antenatal Care), University of East Anglia, Norwich

Dr Helen Murphy is a Professor of Medicine (Diabetes and Antenatal Care) at the University of East Anglia, a practicing clinician (Norfolk & Norwich University Hospital NHS Foundation Trust), and Chair of the National Pregnancy in Diabetes (NPID) audit. She co-led the CONCEPTT Continuous Glucose Monitoring (CGM) trial, which led to changes in clinical practice. Her recent work demonstrates that pregnancy-specific hybrid closed-loop (CamAPS FX) is transforming the management of T1D before, during and after pregnancy.



Tahseen Chowdhury

Consultant in Diabetes and Honorary Professor in Diabetes, Royal London Hospital

Tahseen Chowdhury is a Clinician in the Department of Diabetes and Metabolism at the Royal London Hospital, in the East End of London. He runs a large specialist Diabetes and Metabolism unit, dealing with diabetes particularly amongst the Bangladeshi community of Tower Hamlets. He has a research / clinical interest in diabetes in South Asians and diabetic kidney disease, and has authored many publications, including books entitled "Diabetes in South Asian people: Explained", "Fatty Liver" and "Diabetes Management in Clinical Practice". He also runs the metabolism programme for medical students at Barts and the London School of Medicine and Dentistry, London. He qualified from the University of Birmingham and trained in Birmingham and Manchester, before becoming a Consultant Physician in 2000.

This session has been organised and supported by Abbott Laboratories Ltd.

Evidence based impact of CGM in Type 2 diabetes- Facts and Practicalities

🕒 10.10-10.50

SPEAKERS



Ramzi Ajjan

Professor of Metabolic Medicine and a Consultant in Diabetes/Endocrinology at Leeds University and Leeds Teaching Hospitals Trust

Prof Ramzi Ajjan (FRCP, MMed.Sci, PhD) is a Professor of Metabolic Medicine and a Consultant in Diabetes/Endocrinology at Leeds University and Leeds Teaching Hospitals Trust. He obtained his PhD from the University of Sheffield and completed his clinical training in Diabetes and Endocrinology at Leeds Teaching Hospitals. He was successful at obtaining a Clinician Scientist Award from the NIHR in 2005 and developed a spectrum of basic, translational and clinical research studies. His work collectively aims to reduce cardiovascular complications in diabetes by improving glycaemia and ameliorating the thrombotic environment in this condition. His clinical studies are focused on optimising glycaemic control while his translational work aims to uncover novel therapeutic targets to reduce the hypofibrinolytic environment, a key abnormality in diabetes and which increases the risk of vascular thrombotic events. He has over 150 publications including original articles, reviews and book chapters.

**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.

**Waqas Tahir****GPwER Diabetes, Bradford**

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 place 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.

**Stephen Wheatcroft****Professor of Cardiometabolic Medicine, University of Leeds and Consultant Cardiologist, Leeds Teaching Hospitals NHS Trust**

Steve Wheatcroft is Professor of Cardiometabolic Medicine at the University of Leeds and Consultant Cardiologist at Leeds Teaching Hospitals NHS Trust. He divides his time between discovery/translational scientific research and clinical cardiology (coronary intervention). Steve leads a vascular biology research group in Leeds focused on the effects of diabetes and insulin resistance on the cardiovascular system. Working at one of the UK's highest volume heart attack centres, his clinical interests are in coronary artery intervention, acute coronary syndromes and cardiovascular risk reduction. Working with colleagues in diabetes and clinical pharmacy, he recently established a Cardiometabolic clinic focusing on people with recent myocardial infarction who have diabetes. Steve is currently chair of CaReMe-UK, the Cardio-Renal-Metabolic collaboration between the British Cardiovascular Society, Association of British Clinical Diabetologists, UK Kidney Association, Primary Care Cardiovascular Society and Primary Care Diabetes Society.



Peter Bagshaw

General practitioner, National clinical engagement lead DEMON (AI in dementia) network, co-host Health and Self-care podcast, Somerset

Peter Bagshaw has been a GP in for over 30 years, most recently as GP lead at Minehead Medical Centre. He has been the Mental Health, Learning disability and Dementia Clinical Lead for Somerset ICB, Director of the South West Dementia Clinical Network for Dementia, and a member of the National Improvement and Assessment Framework board. He writes for Pulse magazine and is a regular speaker at conferences

His outside interests include painting, quantum mechanics and karate. He has written a novel, "Daggers of the mind", and is co-author of the NHS Older People's Mental Health: a Practice Primer.



Angus Jones

Professor/Consultant Physician, University of Exeter/Royal Devon University Healthcare NHS Trust

Angus Jones is a clinician scientist who combines research in diabetes with work as a consultant physician. His research interests are in precision approaches to the management of diabetes, with a focus on practical approaches that can impact clinical practice now or in the near future. This includes approaches to improving clinical classification of diabetes, both through optimising use of classification biomarkers such as C-peptide and islet autoantibodies, and through development of prediction models to combine clinical features and biomarkers to guide diabetes classification and treatment. This work has informed national and international guidance in this area. Additional interests include developing stratified approaches to treatment of type 2 diabetes and, as Director of a related NIHR Global Health Group, approaches to effective diabetes diagnosis, monitoring and classification in low resource settings.



Sam Seidu

GP and Primary Care Academic Diabetologist, Leicester

Professor in Primary Care Diabetes and Cardio-metabolic Medicine, University of Leicester, United Kingdom. Vice-Chair for Research for Primary Care Diabetes Europe (PCDE). Board member of the Primary Care Diabetes Society of UK. Clinical Lead and mentor for diabetes in the Leicester, Leicestershire and Rutland Integrated Care System. Associate Editor, Primary Care Diabetes Journal



David Millar-Jones

GP, Cwmbran

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

This is a promotional symposium intended for HCPs in GB funded by Lilly. Lilly products will be discussed. Prescribing Information will be available during the session. Lilly has provided a sponsorship towards this conference, however have had no input, control, or influence over the agenda, speaker selections, presentations, or collateral content, except for this symposium session and its affiliated speakers.

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

🕒 14.10–14.50

SPEAKERS



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 also the primary care Cardiovascular lead for the East Midlands Clinical Network from 2013-2020. He was named Pulse “GP of the Year” in 2015 for his work in reducing stroke emergency admissions in the East Midlands. He is on the editorial board for the British Journal of Cardiology and a trustee of Heart Valve Voice.



Shazli Azmi

Consultant in Diabetes and Endocrinology and Honorary Senior Clinical Lecturer at Manchester University NHS Foundation Trust and the University of Manchester

Shazli Azmi is a Consultant in Diabetes and Endocrinology and Honorary Senior Clinical Lecturer at Manchester University NHS Foundation Trust and the University of Manchester. She has a specialist clinical interest in the management of complex type 2 diabetes and micro/macrovascular complications. Her research interest is in diabetic neuropathy, small fibre neuropathy and neuropathic pain. Her previous work detailed metabolic and neuropathy phenotyping in subjects with obesity, impaired glucose tolerance and diabetes mellitus and the development of a surrogate marker for neuropathy. Dr Azmi’s current research is primarily focused on surrogate end points for human diabetic neuropathy and other peripheral neuropathies. She has >60 peer reviewed publications and is currently co-supervisor for 2 PhD students. She is on the editorial board for Clinical Therapeutics and Diabetes Therapy. She currently holds a MRC/NIHR CARP (Clinical Academic Research Partnership) fellowship.

**Ameet Bakhai****Consultant Cardiologist and Cardiovascular R&D Director at the Royal Free London NHS Trust UK**

Ameet Bakhai is a Consultant Cardiologist and Cardiovascular R&D Director at the Royal Free London NHS Trust UK, a Harvard Scholar, and a Fellow of the Royal College of Physicians

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 a recognised for Clinical Trials & Research, Technology Innovation and Medical Education.

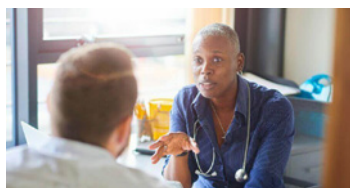
**Rahul Mohan****GPwER Diabetes, West Bridgford Medical centre, West Bridgford. Nottingham**

Rahul Mohan is a GP in Rushcliffe, Nottinghamshire, who works as the GP Lead for the Community Diabetes Service alongside DSNs. As a GP educator and trainer for the past 14 years, he has helped GPs, DSNs, pharmacists and practice nurses to gain further confidence and skills in delivering improved diabetes care. Rahul regularly delivers training sessions on Eden diabetes courses locally. He is currently Chair of the Diabetes and Technology Task and Finish group on glucose monitoring for NHS Nottingham and Nottinghamshire ICB, where his focus is on reducing postcode variation whilst lobbying for measures that would improve access for hard-to-reach populations.

**Rani Khatib****Consultant Pharmacist in Cardiology and Cardiovascular Research, Leeds Teaching Hospitals NHS Trust**

Consultant Pharmacist in Cardiology and Cardiovascular Research, Cardiology Department, Leeds Teaching Hospitals NHS Trust and Associate Professor at the Leeds Institute for Cardiometabolic Medicine, University of Leeds. Leads multiple local and national Cardiometabolic Risk and Medicines Optimisation projects. National Clinical Champion for Lipid Optimisation at NHS England. Lead author of the national lipid management and statin intolerance pathways. Member of the Cholesterol and Heart Failure EAGs at NHS England. NICE Heart Failure Guidelines & Quality Standards Committee member. Co-Chair of UK Clinical Pharmacy Association Cardiovascular Group. Member of the ESC Task Force on Allied Professionals. Fellow of the European Society of Cardiology. Fellow of the Royal Pharmaceutical Society. Well established researcher with a large portfolio of publications, grants holder, and multiple awards winner.

Diet and lifestyle



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

Brief tools to facilitate discussions on nutrition, exercise, stress, risky substances, sleep and relationships

[Link](#)



At a glance factsheet: Lifestyle discussions: Physical activity and type 2 diabetes

Practical information on recommending physical activity safely in type 2 diabetes

[Link](#)



At a glance factsheet: Lifestyle discussions: Sleep and type 2 diabetes

Understanding common sleep problems and their consequences, and providing advice in primary care

[Link](#)



At a glance factsheet: Lifestyle discussions: Stress and type 2 diabetes

The causes and effects of stress in people with type 2 diabetes, and what healthcare professionals can do to help

[Link](#)



How to improve carbohydrate awareness

All the background information and practical tips needed to discuss carbohydrates with patients

[Link](#)



How to recommend physical activity to people with diabetes safely

Recommendations for safe walking for people with type 2 diabetes

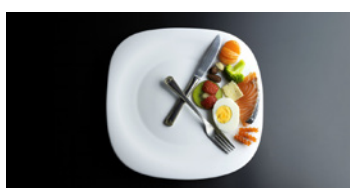
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How to help people with diabetes stop smoking

A structured approach to helping people quit

[Link](#)



At a glance factsheet: Intermittent fasting for the management of weight and diabetes

The definitions, benefits and risks of intermittent fasting, plus tips for supporting people who wish to adopt these methods

[Link](#)



**At a glance factsheet:
Diabetes and oral health**

Key information, advice and resources on the overlooked relationship between type 2 diabetes and gum disease

[Link](#)



**How to manage diabetes
during Ramadan**

What to discuss with a person with diabetes who is considering fasting

[Link](#)

Pharmacotherapy



**How to use SGLT2 inhibitors
safely and effectively**

Using sodium–glucose cotransporter 2 inhibitors safely, effectively and in line with the latest NICE guidance

[Link](#)



**Need to know guide:
SGLT2 inhibitor indications,
doses and licences in adults**

A printable guide to SGLT2 inhibitors, organised by drug and by indication

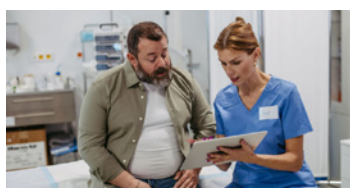
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**How to use GLP-1 receptor agonist
therapy safely and effectively**

The latest guidance and practical tips on the safe use of glucagon-like peptide-1 receptor agonists

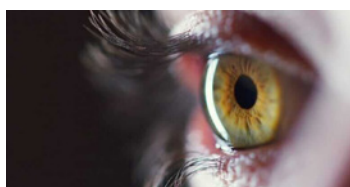
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**At a glance factsheet: Tirzepatide
for management of type 2 diabetes**

Indications, benefits and side effects of tirzepatide, plus tips for prescribing

[Link](#)



**At a glance factsheet: GLP-1
receptor agonists and
diabetic retinopathy**

The evidence regarding diabetic retinopathy in users of GLP-1 receptor agonists, plus recommendations on safe use

[Link](#)



**Prescribing pearls:
A guide to metformin**

Understanding metformin: The essential information in one place

[Link](#)



Prescribing pearls: A guide to sulfonylureas

Understanding sulfonylureas:
The essential information in one place

[Link](#)



Prescribing pearls: A guide to DPP-4 inhibitors (gliptins)

Understanding DPP-4 inhibitors:
The essential information in one place

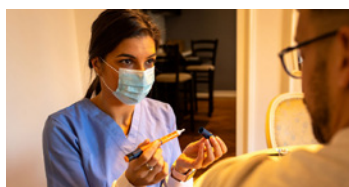
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Prescribing pearls: A guide to pioglitazone

Understanding pioglitazone:
The essential information in one place

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How to minimise insulin errors

The steps that should be taken to reduce the risks involved in the prescribing, preparation and administration of insulin

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How to support best practice injection technique

Essential information to ensure a user's insulin therapy is safe and effective

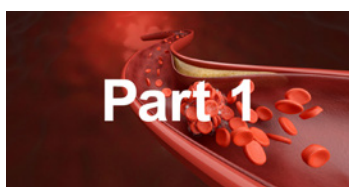
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How to calculate the amount of insulin to prescribe per month

Reducing waste whilst ensuring patients have enough to last

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Q&A: Lipid management – Part 1: Measuring lipids and lipid targets

Questions answered on lipid monitoring, triglycerides, familial hypercholesterolaemia and more

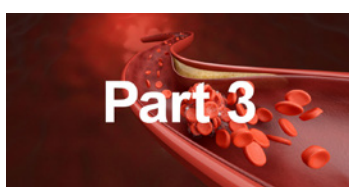
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Q&A: Lipid management – Part 2: Use of statins

Questions answered on statin prescribing and monitoring

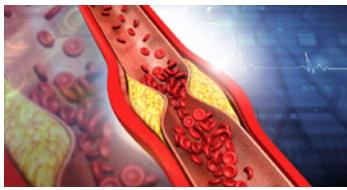
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Q&A: Lipid management – Part 3: Triglycerides and use of non-statin drugs

Questions answered on triglycerides and non-statin drugs

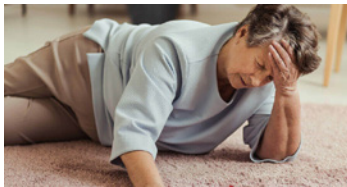
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At a glance factsheet: Newer lipid-lowering therapies in type 2 diabetes

The newer lipid-lowering therapies available, their different modes of action and their place in treatment

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How to prevent, identify and manage hypoglycaemia in adults with diabetes

Essential information on hypoglycaemia, how to prevent it and how to treat it if it occurs

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At a glance factsheet: Impaired hypoglycaemia awareness

Key details of impaired hypoglycaemia awareness and its implications, plus advice on diagnosing and managing it

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At a glance factsheet: Deprescribing in type 2 diabetes

When and how to deprescribe non-insulin glucose-lowering therapies in a safe and patient-centred manner

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Diagnosis



How to correctly diagnose and classify diabetes

Guidance on making the correct diabetes diagnosis in primary care

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How to help people come to terms with a diabetes diagnosis

Modelling diagnosis conversations, understanding emotional responses and providing ongoing support

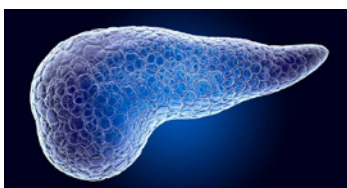
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How to diagnose and manage steroid-induced diabetes and hyperglycaemia

Key information on the identification and management of this common consequence of steroid use

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At a glance factsheet: Recognition and management of pancreatogenic (type 3c) diabetes

Essential information on recognising this often misdiagnosed type of diabetes and its management in primary care

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Devices and technology



How to initiate and support continuous glucose monitoring

An overview of CGM, both real-time and intermittently scanned, for healthcare professionals working within primary care

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At a glance factsheet: Hybrid closed-loop therapy

What are HCL systems and what do we need to know about them in primary care?

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Cardiovascular disease



How to diagnose and treat hypertension in adults with type 2 diabetes

Diagnosing and treating hypertension in accordance with updated NICE guidelines

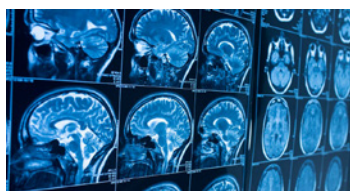
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Need to know: Making sense of blood pressure readings in people with diabetes

A printable guide to blood pressure classification and targets in diabetes

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At a glance factsheet: Stroke and the person with diabetes

Essential information for primary care on improving stroke outcomes in people with diabetes

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How to identify and manage atrial fibrillation

Essential information on screening, diagnosis and anticoagulation to reduce stroke risk

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Need to know: Dosing for direct-acting oral anticoagulants in non-valvular atrial fibrillation

A printable guide to the considerations of prescribing a DOAC drug in atrial fibrillation

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Mental health



How to find the ideal words in consultations

Guidance on using the right language for effective, person-centred care

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How to manage hyperglycaemia in people with severe mental illness

An overview of the information needed to screen, monitor and manage hyperglycaemia in those with severe mental illness

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At a glance factsheet: Mental health and diabetes

At-a-glance information on mental health problems in people with diabetes, including recognising them and their correlation with physical health

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Complications and comorbidities



How to advise on sick day rules

Essential information for managing a person with diabetes during intercurrent illness

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How to manage high HbA_{1c} in people with type 2 diabetes

A practical approach to providing efficient and effective support for people with high HbA_{1c}

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How to assess fitness to drive

Medical and legal requirements based on the March 2021 update of the DVLA's *Assessing Fitness to Drive* guidance

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At a glance factsheet: Diabetic retinopathy

Risk factors for diabetic retinopathy, its pathophysiology and national screening programme, and essential guidance on management

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How to assess feet to prevent foot ulceration in people with diabetes

A step-by-step guide to improving foot care for people with diabetes

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**At a glance factsheet:
Diabetes-related sensory
peripheral neuropathy**

The basics of diabetic neuropathy, including pathophysiology, screening and pain management

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**Need to know guide:
Pharmacological treatment
of painful neuropathy in
adults with diabetes**

A printable guide with prescribing guidance on analgesic drugs for painful diabetic neuropathy

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Charcot arthropathy**

Essential information for recognising and managing this potentially disabling condition

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**At a glance factsheet:
Peripheral arterial disease**

Diagnosis and management of PAD: The essentials for primary care

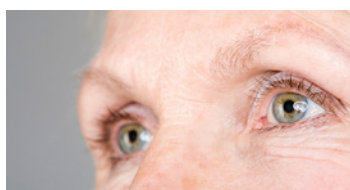
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**How to prepare people with
diabetes for surgery**

Considerations for people with or at high risk of diabetes undergoing surgery, including which information to include when referring

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**How to manage diabetes
in later life**

Clinical considerations when caring for older or frail people with diabetes

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**How to conduct an extended
review for people with
early-onset type 2 diabetes**

A checklist of areas to cover in an extended review of type 2 diabetes in adults aged under 40 years

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**At a glance factsheet: Diabetes
before, during and after pregnancy**

Essential information on reducing adverse outcomes in pregnancies complicated by diabetes

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**How to follow up
gestational diabetes**

The crucial steps to screen for and prevent future diabetes, and cardiovascular disease, in women who develop gestational diabetes

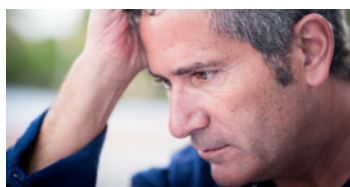
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**At a glance factsheet:
Ketones and diabetes**

Key information, advice and resources on reducing the risk of elevated ketone levels in people with diabetes

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**How to diagnose and
manage erectile dysfunction
in men with diabetes**

Diagnosing and managing this complication that affects over 50% of men with diabetes

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**How to diagnose and
manage testosterone
deficiency in adult men**

While diagnosing and managing testosterone deficiency can be challenging, it is both feasible and rewarding in primary care

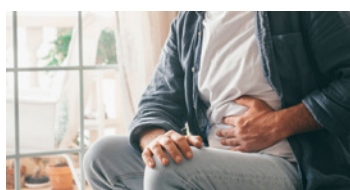
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**At a glance factsheet: Polycystic
ovary syndrome (PCOS)**

When to suspect, how to diagnose and key messages on management

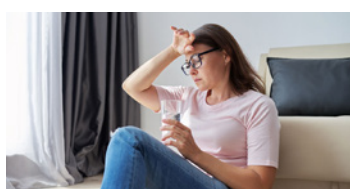
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**At a glance factsheet:
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What causes gastroparesis and what is primary care's role in managing it?

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**At a glance factsheet:
Diabetes and menopause**

The relationship between menopause and type 2 diabetes, and recommendations on optimising HRT in women with diabetes

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