



Diabetes Disentangled

Programme and Continuing
Professional Development Workbook

DoubleTree by Hilton, Glasgow Central
25 October 2022



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Diabetes Disentangled

Dear Colleague,

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

You will see that for each presentation a worksheet has been provided for you to fill in. Do make use of the space to note down any key learning points from each session, as well as to record each step of the four-stage "CPD cycle": reflection, planning, action and evaluation.

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



Kevin Fernando

GPwSI in Diabetes & Medical
Education, North Berwick, and Scottish
Representative of the PCDS



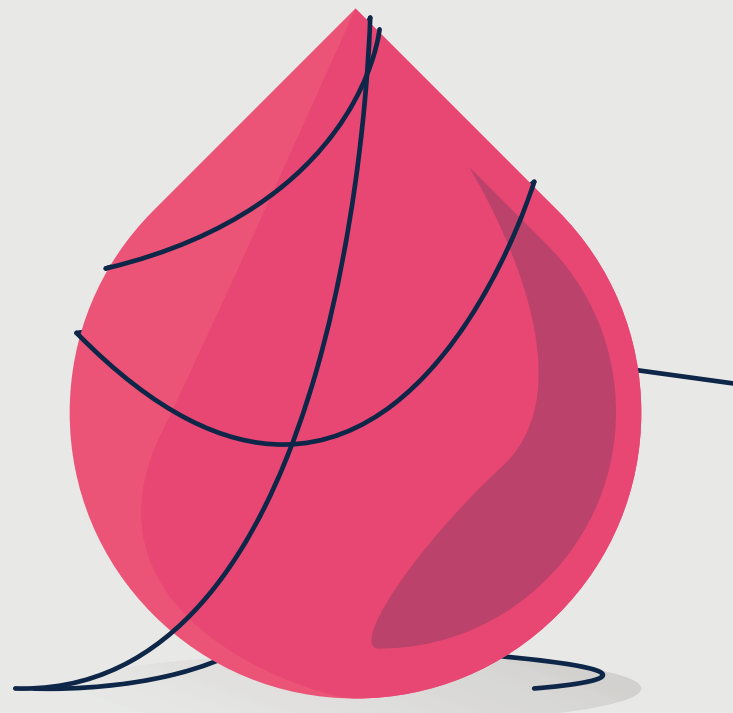
Lyndsey McConnell

GPwSI in Diabetes, Argyll



Paul Newman

GP, Glasgow



Time	Session	Speaker
08.00 - 09.00	Registration, refreshments and exhibition viewing	
09.00 - 09.05	Chair's welcome and introduction	Kevin Fernando
09.05 - 09.50	Meet the Experts: Practicalities and guidance for managing adult patients with type 2 diabetes with or without comorbidities <small>This promotional symposium session has been developed by the Boehringer Ingelheim and Lilly Alliance, and funded by Lilly for UK Healthcare professionals only. Boehringer Ingelheim and Lilly Alliance products will be discussed during this presentation. NP-GB-103311 October 2022</small>	Dr Heather Bell, Dr Greg Jones, Chair: Dr Patrick Holmes
09.50 - 10.25	Health inequalities in Scotland	Suzy Scarlet
10.25 - 11.00	Future Therapies now	Paul Newman
Refreshments and exhibition viewing		
11.25 - 12.00	The Sleeping Giant: Type 2 Diabetes & Sleep Disorders	Kevin Fernando
12.00 - 12.45	Delivering Cardiorenal Protection In Primary Care – Putting Evidence Into Practice <small>This is a promotional symposium slot sponsored by AstraZeneca</small>	Dr Gemma Currie, Mr Iain Speirts
Lunch and exhibition viewing		
13.35 - 14.20	Masterclass rotation 1	
	1. Taxing taxonomy of diabetes	Lyndsey McConnell
	2. One size doesn't fit all: deprescribing in diabetes	Samina Ali
	3. How to talk about diet	Sarah Alicea
	4. Lipids & Hypertension in Type 2 Diabetes	Kevin Fernando
14.25 - 15.10	Masterclass rotation 2	
	1. Taxing taxonomy of diabetes	Lyndsey McConnell
	2. One size doesn't fit all: deprescribing in diabetes	Samina Ali
	3. How to talk about diet	Sarah Alicea
	4. Lipids & Hypertension in Type 2 Diabetes	Kevin Fernando
Refreshments and exhibition viewing		
15.40 - 16.10	Mental health: Looking after yourself and those you look after	Rose Stewart
16.10 - 16.40	Diabetes Distilled	Pam Brown
16.40 - 16.45	Chair's concluding remarks	Kevin Fernando
Conference close		

Biographies

SPEAKER BIOGRAPHIES



Sarah Alicea

Senior Diabetes Dietitian, Barts Health NHS Trust



Samina Ali

Pharmacist

Samina works part time as a prescribing support pharmacist in Glasgow South with a specialist interest in diabetes. She runs diabetes clinics in her practices in Glasgow South and also at a practice in Ayrshire & Arran. She sits on the NHSGGC Diabetes MCN Equality of Access group and is a member of the UKCPA Diabetes and Endocrinology committee.



Pam Brown

GP, Swansea

After qualifying from Edinburgh University, Pam Brown 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 along with colleagues, teaches this new specialty to medical students and GPs and facilitates programmes locally.

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. These incorporate blended learning – online discussion fora, Zoom tutorials and, prior to COVID, face-to-face international workshops.



Kevin Fernando

GPwSI in Diabetes and Medical Education, North Berwick

Kevin Fernando 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.



Lyndsey McConnell

GPwSI in Diabetes, Argyll

Lyndsey McConnell is a general practitioner working in Mallaig in the Scottish Highlands. She also works as a GPwSI in Diabetes at the Diabetes Centre at Gartnavel Hospital in Glasgow. She has completed an MSc in Diabetes. She is a committee member on the Scottish sub-committee of PCDS.

When not working she enjoys both road and mountain biking and in the winter she is a keen skier.



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.



Rose Stewart

Consultant Clinical Psychologist

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. Rose 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.



Suzy Scarlett

GP in Edinburgh and primary care lead of NHS Lothian diabetes MCN

Suzy Scarlett is a GP and GP trainer in a deprived pocket of north west Edinburgh serving a diverse population. She uses a lifestyle medicine approach in her day to day work since taking the British Society of lifestyle medicine diploma. She previously worked as primary care lead for the East of Scotland Partnership for T2DM prevention and remission, supporting the work of the core team delivering the principles of the Healthier Futures framework locally. She has been working with NHS Lothian MCN since earlier in the year and is looking forward to delving further into health inequalities in Scotland, with a diabetes and deprivation slant at the PCDS conference.

This promotional symposium session has been developed by the Boehringer Ingelheim and Lilly Alliance, and funded by Lilly, for UK Healthcare professionals only. Boehringer Ingelheim and Lilly Alliance products will be discussed during this presentation.

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

🕒 09.05 - 09.50

SPEAKERS



Dr Greg Jones

Consultant Physician in Diabetes & Endocrinology

Greg Jones, MBChB, MD, FRCP (Glasgow), is a Consultant Physician in Diabetes & Endocrinology at Gartnavel General Hospital and Queen Elizabeth University Hospital Glasgow and was appointed as a consultant in 2001. He is an Honorary Associate Clinical Professor at the University of Glasgow.

Dr Jones graduated in medicine from the University of Dundee in 1991 and undertook general medical training in Coventry, England, and specialist training in Edinburgh, Scotland. He was a Wellcome Clinical Research Fellow at Edinburgh University. He was awarded a Doctorate by the University of Glasgow in 2019. Dr Jones's principal research interests are pharmacotherapy in type 2 diabetes, service delivery and inpatient diabetes care.

Dr Jones has a wide experience as a leader in medical education. He was previously Training Programme Director for Diabetes and Endocrinology and Chair of Academic Foundation Medicine for Scotland and is currently Associate Postgraduate Dean and Chair of Trainee Development and Wellbeing Service for Scotland.

Dr Jones was previously Clinical Director of Emergency Care and Specialist Services for West Glasgow (2009–13). He has been a contributor to Scottish Intercollegiate Group Network guidelines and Scottish Government Working Group on Diabetes, acts as a specialist advisor to the Scottish Medicines Consortium (SMC) and is an approved assessor for the DVLA. He has a wide experience in delivering diabetes teaching to healthcare professionals.

Dr Jones has authored over 100 book chapters, editorials, research papers and abstracts in the area of diabetes.



Dr Heather Bell
GP Principal

Dr Heather Bell 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 Patrick Holmes
GP Partner

Dr. Holmes has been a GP Partner at St. George's Medical Practice, Darlington for 22 years. He is a local clinical commissioner for diabetes. Trustee & committee member for the Primary Care Diabetes Society. Primary Care Diabetes NIHR Research lead for the North East. Associate Editor for Diabetic Medicine. He has also worked as a GPwSI in Diabetes for County Durham and Darlington Foundation Trust. Clinical interests - adult type 2 diabetes, cardiovascular disease prevention & chronic kidney disease.

Diabetes Disentangled

Date of meeting: **25 October 2022** | Location of meeting: **Glasgow**

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: **Health inequalities in Scotland**

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:

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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: _____

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Name:

Presentation title: **Future therapies now**

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

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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

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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:

This is a promotional symposium slot sponsored by AstraZeneca

Delivering Cardiorenal Protection In Primary Care – Putting Evidence Into Practice

🕒 12.00 - 12.45

SPEAKERS



Dr Gemma Currie

Consultant in Diabetes and Endocrinology at Glasgow Royal Infirmary

Dr Currie is a consultant in diabetes and endocrinology at Glasgow Royal Infirmary where her clinical interests are Type 2 diabetes and diabetic kidney disease. She holds an NRS Research Fellowship and her current academic interests include biomarkers for prediction and prevention of diabetic kidney disease, and sex differences in the development of diabetes complications and their treatment.



Mr Iain Speirits

Advanced Pharmacist Clinical Cardiology, NHS Greater Glasgow & Clyde

After graduating MPHARM University of Strathclyde (2001) and community pre-registration, Iain qualified as a pharmacist in 2002. He has worked in cardiology for over a decade and concentrates his time on outpatient clinics for left ventricular systolic dysfunction and heart failure, with many publications on the subject.

The latter half of his week is spent in general practice undertaking patient-facing and remote clinical reviews for chronic disease management and associated polypharmacy. His therapeutic area of interest is CaReMe, which constitutes a highly significant proportion of prescribing and monitoring in primary care. His current workstream is CKD, aiming to optimise preventative BP, lipid-lowering and nephroprotective pharmacotherapy.

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

Name:

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

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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:

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Date of meeting: **25 October 2022** | Location of meeting: **Glasgow**

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Name:

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:

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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 Disentangled

Date of meeting: **25 October 2022** | Location of meeting: **Glasgow**

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

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Date:

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Name:

Presentation title: **Diabetes Distilled**

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?

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15th SCOTTISH CONFERENCE OF THE PCDS
Primary Care Diabetes Society

The following companies will be exhibiting at this event:



AstraZeneca 

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COMMUNICATIONS

This conference was developed by the PCDS in conjunction with OmniaMed Communications. The sponsoring companies have had no input into the conference agenda, speaker selection or presentations, with the exception of the symposium sessions, for which the respective sponsoring companies are fully responsible.