



Taking it forward to the future: Finally a new direction

DoubleTree by Hilton, Glasgow
29 October 2024



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Taking it forward to the future: Finally a new direction

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.



Samina Ali

Advance Practice Pharmacist, NHS
Greater Glasgow & Clyde



Lyndsey McConnell

GPwSI in Diabetes, Argyll



Paul Newman

GP, Glasgow





Time	Session	Speaker
08.30 - 08.55	Registration, refreshments & exhibition viewing	
08.55 - 09.00	Welcome and introduction	
09.00 - 09.45	<p>Patient Case Workshop: where do incretins fit into T2D guidelines?</p> <p>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.</p> <p>PP-TR-GB-0652 October 2024</p>	Kashif Ali and Patrick Holmes
09.45 - 10.15	New medicines: The present and future	Hannah Beba
10.15 - 10.45	Debate: Triple therapy – do you treat to HbA_{1c} or secondary outcomes?	Kashif Ali and Naresh Kanumilli
Refreshments & exhibition viewing		
11.10 - 11.40	AI prescribing: Let's go off-piste. Clinician versus machine	Chris Sainsbury
11.40 - 12.15	Outstanding Contribution Award – 100 years of hypoglycaemia	Brian Frier
12.15 - 13.00	<p>Improving access to cardiorenal protection in T2DM: implementing NICE guidance and Optimising CKD management in patients with T2D in primary care – let's talk practicalities</p> <p>This is a promotional symposium sponsored and organised by AstraZeneca, intended for GB HCPs only.</p>	Jack Fairweather and Gillian Booth
Lunch and exhibition viewing		
13.50 - 14.30	Masterclasses rotation 1	
	1. CGM made simple	Su Down and Nicola Milne
	2. Cancer and diabetes	Paul Newman and Sheena Fraser
	3. Complex cases: We could do better	Lyndsey McConnell
	4. Obesity management and strategies	Samina Ali
14.30 - 14.35	Masterclass change-around	
14.35 - 15.10	Masterclasses rotation 2	
Coffee and exhibition		
15.40 - 16.10	Lipids how low do you go?	Naveed Sattar
16.10 - 16.40	Diabetes Distilled – The latest news and updates in primary care diabetes	Pam Brown
16.40 - 16.45	Conference close	



SPEAKER BIOGRAPHIES



Kashif Ali

GP Partner and Primary Care Lead for Diabetes MCN, Greater Glasgow and Clyde

Kashif qualified in 2001 from the University of Glasgow and has been practicing as a GP since 2005. He is currently a partner at the Nithsdale Merryvale Group and primary care lead for Diabetes in NHS Glasgow. He is a GP trainer and a Diabetes UK Clinical Champion.

Kashif has an interest in Diabetes and Obesity and holds SCOPE (Strategic Centre for Obesity Professional Education) certification.



Samina Ali

Advance Practice Pharmacist, NHS Greater Glasgow & Clyde

Samina works as an advanced practice pharmacist in Glasgow South with a specialist interest in diabetes. She runs diabetes clinics in Glasgow South and at a practice in Ayrshire & Arran.

She is the chair of the Diabetes Specialist Interest Group for pharmacists. She is the primary care development lead on the UK Clinical Pharmacist Association diabetes and endocrinology group and is also on the Primary Care Diabetes Society committee. Locally, she sits on the NHS Greater Glasgow & Clyde Diabetes MCN Equality of Access, type 1 diabetes and type 2 diabetes groups. She is the main author for the diabetes programme at the Commonwealth Pharmacy Association.



Hannah Beba

Consultant Pharmacist, Leeds

Hannah Beba is a consultant pharmacist at Leeds Health and Care Partnership, part of West Yorkshire Health and Care Partnership. Hannah is co-chair of the Diabetes UK Council of Healthcare Professionals and is an active member of the Primary Care Diabetes Society committee. Closer to home Hannah is a clinical leader in West Yorkshire Health and Care Partnership and chairs the Diabetes Steering Group and the Expert Reference Group for Cardio-Renal and Metabolic Medicine in Leeds.

Hannah was a 2018 Diabetes UK Clinical Champion and is a tutor for the Warwick MSc in Diabetes.

Hannah works clinically across the healthcare system, having weekly clinics for type 1 diabetes at Leeds Teaching Hospitals, for complex type 2 diabetes for Leeds Community Healthcare and for outreach to identified primary care networks using a population health management approach.

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.



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.



Su Down
Nurse Consultant in Diabetes, Somerset

Su Down is a Nurse Consultant in Diabetes and is the Clinical Lead for the Diabetes Service in Somerset. Her diabetes nursing career began in 1989, when she set up the diabetes specialist nursing service in South Somerset. Su took up the role of Nurse Consultant in 2005 and has played a key part in redesigning the diabetes services across Somerset. Her role includes the delivery of a pregnancy service within one of the acute hospital trusts in Somerset and delivering virtual clinics in general practice and with the district nursing service. Finally, Su is a member of the PCDS Committee and Editor-in-Chief of the Journal of Diabetes Nursing.



Sheena Fraser
GP Partner, Waverley Park Medical Practice

I am a GP partner and trainer in the South side of Glasgow. I have a special interest in Dermatology, Minor surgery, lifestyle medicine and Microbiome science. I have a diploma in lifestyle medicine. In 2018 I discovered that over half the cells in my body were microbial and I set out to discover the importance of human microbiomes. I spent 4 years co-writing "gut Microbiome for clinicians" - the only online course for clinicians on the gut microbiome - with my fellow bugs enthusiast Dr Siobhan MacCormack. This was published in August 2022. Siobhan and I then started "microbiome Medics Podcast" in Dec 2022 which currently reaches over 7.5 thousand listeners. I am passionate about a lifestyle approach to medicine and integrating microbiome science into daily clinical practice.

**Naresh Kanumilli****GP with a Special Interest in Diabetes and Cardiology, Manchester**

Dr Naresh Kanumilli has been a GP in south Manchester for the past 20 years and he has a specialist interest in Cardio Kidney and Metabolic disease.

He is a Diabetes UK Clinical Champion, a community consultant in Diabetes at the Manchester University foundation Trust and Chair of the Diabetes Board for Greater Manchester. He has a very keen focus on management of chronic conditions in the community and hence has been actively involved in setting up and running community-based clinics both in cardiology and diabetes. He is actively involved with the current integration agenda to provide patients with seamless care between primary and secondary sectors. He is also keen to ensure that the patients are seen at the right time, in the right place and by the right person. He is the Clinical Network Lead for Diabetes across Greater Manchester and East Cheshire. He has developed the diabetes strategy for Greater Manchester and actively involved in the development of pathways and strategies for long term conditions within the new ICS structure. He is the Honorary primary care research lead for Diabetes at the Greater Manchester CRN. The focus of the role is to get primary care involved in research and help the development of real-world studies. He is also a committee member of the Primary Care Diabetes Society. He is also on the board of trustees for the South Asian Health Foundation. He is also actively involved in GP training and the training of nurses. He has presented at numerous conferences both on clinical and nonclinical topics. He is also a director in the charity Vision Beyond Autism that looks after children and young adults with Autism.

**Lyndsey McConnell****GPwSI in Diabetes, Argyll**

Dr 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.

**Nicola Milne****DiAST Nurse Lead, Brooklands and Northenden PCN**

Nicola qualified as a Registered General Nurse in 1988 and as a Midwife in 1991, moving into primary care in 2002, where she worked as a Practice Nurse with a special interest in diabetes for sixteen years until April 2018.

Nicola moved to establish a Community Diabetes Education and Support Team within central Manchester which was a finalist in the Diabetes Quality in Care Awards in 2022.

As a co-author of the document Best Practice Diabetes Care within the Primary Care Network, Nicola is currently putting the evidence from this document into practice as the DiaST (Diabetes Support Lead) across a PCN in south Manchester.

Nicola is also the Diabetes Specialist Nurse Lead for the Greater Manchester and East Cheshire Strategic Clinical Network and was Chair of the Diabetes UK Professional Conference Organising Committee for Liverpool 2019, and member of the NICE Diabetes Guidelines suite 2019-2020.

Additional roles include, being a Committee Member of the Primary Care Diabetes Society, an Editorial Board member of Diabetes and Primary Care and The Journal of Diabetes Nursing and a course tutor for Iheed for the Diabetes Diploma modules.

Nicola is committed to the value of all primary care HCPs as first point of contact and the development of all roles, in partnership with the multidisciplinary team, is crucial in supporting prevention, education and optimal management of diabetes.

**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 Treasurer of the Primary Care Diabetes Society (PCDS) and has been the coorganiser and co-chair of the PCDS Scottish annual conference since 2018. 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.

**Chris Sainsbury****Consultant Physician at Greater Glasgow & Clyde**

Chris Sainsbury is a Consultant Physician / Diabetologist in NHS Greater Glasgow and Clyde, and has honorary academic positions at the University of Birmingham (Senior Research Fellow) and the University of Glasgow (Senior Clinical Lecturer). He is a CSO Innovation Fellow/NRS Senior Research Fellow, and is Clinical AI Lead at My Way Digital Health. His research is focused on the application of machine learning methods to clinical data. Ongoing projects include: reinforcement learning in primary care data (CPRD) to predict optimum therapeutic choice; the use of generative machine learning methods to extract causal knowledge and generate synthetic data; using routinely collected data-driven approaches to identify individuals who would benefit from therapeutic intervention.

**Naveed Sattar****Professor of Metabolic Medicine**

Naveed Sattar is expert in cardiometabolic disease, with epidemiology, mechanistic and trial expertise. He has contributed to several other randomised lifestyle trials (e.g. DIRECT, UPBEAT, EUROFIT) and multiple trials of pharmaceutical agents in diabetes and obesity. He has also helped on around 10 relevant national / international guidelines. He has authored/co-authored over 1300 published papers and been cited >230K (Google Scholar). He was recipient of the Banting Lecture by Diabetes UK in 2023 and previous recipient of the Camillo Golgi and Minkowski Award Lectures by EASD. He is an Associate Editor for Diabetes Care. In late 2023 he was appointed as the UK Government's new Obesity Mission Chair.



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

🕒 09:00-09:45

SPEAKERS



Kashif Ali

GP Partner and Primary Care Lead for Diabetes MCN, Greater Glasgow and Clyde

Kashif qualified in 2001 from the University of Glasgow and has been practicing as a GP since 2005. He is currently a partner at the Nithsdale Merryvale Group and primary care lead for Diabetes in NHS Glasgow. He is a GP trainer and a Diabetes UK Clinical Champion.

Kashif has an interest in Diabetes and Obesity and holds SCOPE (Strategic Centre for Obesity Professional Education) certification.



Patrick Holmes

GP Partner, Middleton & Dinsdale Medical Practice, Darlington

Dr. Patrick Holmes has been a dedicated General Practitioner (GP) Partner at St. George's Medical Practice in Darlington for over 25 years. He also serves as a Director for the local GP Federation, contributing his extensive expertise to the region's healthcare. With two decades of experience as a local clinical commissioner for diabetes, Dr. Holmes is currently the CPrimary Care Diabetes Clinical Lead for the North-East & North Cumbria Region.

In addition to his clinical roles, Dr. Holmes is the Primary Care Diabetes Research Lead for the National Institute for Health Research (NIHR) in the North East. His commitment to advancing diabetes care is further reflected in his position as Associate Editor for **Diabetic Medicine**.

Dr. Holmes is also an innovator in medical education, co-founding Goggledocs Ltd, a social media-driven medical education company. His previous roles include serving as a GP with Special Interest (GPwSI) in Diabetes for County Durham and Darlington Foundation Trust. Notably, he contributed as an author to the UK Kidney Association's guideline on Sodium-Glucose Co-transporter-2 (SGLT-2) inhibition in adults with kidney disease.

Dr. Holmes' clinical interests focus on adult type 2 diabetes, cardiovascular disease, and chronic kidney disease, areas in which he has built a distinguished career.

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PP-TR-GB-0652 | October 2024





Improving access to cardiorenal protection in T2DM: implementing NICE guidance and Optimising CKD management in patients with T2D in primary care – let's talk practicalities

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

🕒 12:15-13:00

SPEAKERS



Gillian Booth

Senior GP Practice Pharmacist , NHS Tayside

Gillian currently works as a Primary Care Pharmacist in NHS Tayside, with a specialist interest in Diabetes, and sits on the MCN.

Gillian was previously the Diabetes Specialist Pharmacist in NHS Forth Valley and worked as a member of the diabetes team. She was involved in Diabetes / CKD clinics for a number of years and involved in a number of national projects. She has also recently been a member of the SIGN Optimising glycaemic control in people with type 1 diabetes review group and chaired the Pharmacist Diabetes Specialist interest group for a number of years.



Jack Fairweather

Nephrologist & General Physician, University Hospital Monklands NHS Lanarkshire

Jack Fairweather is a nephrologist and general physician based in the Renal Unit at University Hospital Monklands in NHS Lanarkshire.

Jack studied at the University of Glasgow, graduating first in his year in medicine in 2009. He has worked in training rotations around the West of Scotland as well Melbourne, Australia. He has a breadth of experience in education and an interest in training, and undertook a Scottish Clinical Leadership Fellowship with NHS Education Scotland and RCPSG in 2018-19.

His current practice includes acute inpatient renal medicine, general medicine, medical high dependency, kidney care planning and long term dialysis, along with general nephrology. His interests include conservative/supportive care, critical care and emergencies, and vasculitis.

This is a promotional symposium sponsored and organised by AstraZeneca,
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