



**British Society for
Paediatric Endocrinology
and Diabetes**

BSPED November 2018



Thank you!

Thank you to all members who joined us in Birmingham for another very successful annual meeting. We had more delegates than ever before and were pleased to be able to present such a varied and engaging programme. We would like to thank everyone who contributed to making the event a success, including our POC, speakers, chairs, abstract submitters, sponsors and, of course, our convenors, Renuka Diaz and Tim Barrett.

Conference dinner

Conference dinner attendees were able to enjoy the splendor of Birmingham Council House, just a stone's throw from the Rep Theatre and overlooking Centenary Square. A delicious three-course meal, wine, fabulous interactive entertainment from the Nachda Sansaar Bhangra Dancers and floor-filling tunes meant that the evening was a great opportunity for colleagues and friends to relax, catch-up and learn some new moves!

Evaluation survey and certificates

All delegates who attended BSPED 2018 should have received a unique email link to complete their online evaluation form. The deadline for completion of the evaluation survey will be tomorrow, **Friday 30 November 2018**. Please complete the survey to help us continue to develop and improve the BSPED conference. Once you have completed the survey, marking your session attendance, you will receive your certificate within 14 days of the survey closing date.

Abstracts

All abstracts from the meeting can be found here: <https://www.endocrine-abstracts.org/ea/0058/.htm>

Congratulations to all our awards winners!

BSPED Research & Innovation Award

Awarded to: Li Chan

Title: Adrenal rescue of Familial Glucocorticoid Deficiency using donor specific reprogrammed cells in mice.

Awarded to: Toby Candler

Title: Epigenetic regulation of thyroid function: examining the potentially modifiable effect of differential PAX-8 methylation on thyroid function in children in The Gambia.

BSPED Paediatric Endocrine Nurse Award

Awarded to: Rebecca Broadbent

Title: Developing an E-information resource tool for young people (YP) at Transition to Adult Services.

Best Basic Abstract

Awarded to: Adam Stevens

Abstract no: 0067

Title: Gene expression signatures in children with growth hormone deficiency (GHD) and Turner syndrome (TS) predict response to growth hormone.

Best Clinical Abstract

Awarded to: Antonia Dastamani

Abstract no: 0097

Title: Clinical Outcomes of Focal Congenital Hyperinsulinism - A UK Perspective.

Best Poster

Awarded to: Sana Ali, Heather Stirling

Poster no: 0008

Title: Incidental morphological findings on bone age radiographs: their importance in clinical diagnosis.

Best CME Presentation

Awarded to: Xanthippi Tseretopoulou

Title: Differentiating between SIADH and NSIAD in an infant presenting with hyponatremia.

And Kate Pickup for winning the Twitter Photo Competition!



Save the date

BSPED 2019

27–29 NOVEMBER

Cardiff City Halls

47TH ANNUAL MEETING



News from the BSPED Office

New life time achievement award – call for nominations

The BSPED has launched a new Lifetime Achievement Award. The award is named The James M Tanner Award, in honour of the British paediatric endocrinologist best known for his seminal growth studies and development of the Tanner scale. This is the most prestigious BSPED award, given in recognition of an outstanding overall contribution to the field of paediatric endocrinology and diabetes.



This award acknowledges many facets, including excellence in leadership, scientific research, teaching and mentorship. Launched at the BSPED Annual Meeting in Birmingham, it will be awarded each year at the BSPED Annual Conference.

Nominations for the 2019 Award are welcomed from all BSPED members and should be submitted by **28 February 2019**. All details and a nomination form can be found in the [Awards section of our website](#).

We look forward to receiving your nominations!

UK Standards for Paediatric Endocrinology 2018

The 2010 UK standards for paediatric endocrinology have been revised and updated. Members are invited to comment on the revised draft standards. [The draft standards can be found here](#) (log in with your member number and password).

Please send comments to bsped@endocrinology.org by **31 December 2018**.

New BSPED Special Interest Groups – get involved

The BSPED supports a number of [Special Interest Groups \(SIGS\)](#). Two new BSPED SIGS have recently been formed and expressions of interest for new members of the groups, and a coordinator of the DKA SIG, are welcomed. Please find further information below.

DKA SIG

There has been much interest in setting up a Special Interest Group to look at the current management of diabetic ketoacidosis (DKA). The group will review the BSPED DKA guidelines and clinical management of DKA. BSPED Diabetes Officer Fiona Campbell will be setting up a meeting of the group at the RCPCH in London in early 2019. If you would like to join, or indeed lead, this group, please contact bsped@endocrinology.org.

CHI SIG

Congenital Hyperinsulinism (CHI) is a rare disease of hypoglycaemia but is the commonest cause for persistent and recurrent hypoglycaemia in young children. Hypoglycaemia due to CHI can have significant brain impact if not treated promptly. Two centres in England are designated CHI centres - Northern CHI [Royal Manchester Children's and Alder Hey Children's Hospital] and Great Ormond Street CHI services.

Many paediatric endocrinology centres in the UK work closely with the CHI centres to ensure identification and management of hypoglycaemia due to CHI. It is important to strengthen such referral networks to provide local care to patients as far as possible while improving the quality of UK wide CHI services. The CHI Special Interest Group (CHI SIG) has been developed as a forum within BSPED to encourage paediatric endocrinologists, paediatricians and neonatologists involved in the management of children with hypoglycaemia to discuss safety and quality of care as well as forge research networks.

There is no restriction to membership of the CHI SIG - all are welcome! If you are interested in being involved in the group, please contact bsped@endocrinology.org.

New Trainee Rep position on Clinical Committee

The BSPED would like to invite a trainee representative to be part of the Clinical Committee – to give trainees an opportunity to contribute to the important work of the Clinical Committee and to ensure the trainees' voice is heard on the Committee. Please see [our website](#) and the Trainees' section of the newsletter below for more details and encourage trainees to apply by **31 January**.

BSPED membership renewal

Members should have received communication from the Society about renewal of your membership for 2018/19. Please use this as an opportunity to update us with your contact details, your areas of interest and which centre you are currently based at. Ensuring these details are correct will also update the [online Members' Directory](#), enabling you to collaborate easily with colleagues.

Those members who pay by standing order will have received a letter regarding moving your membership payments from standing order to rapid online renewal. Please contact the BSPED office if you have any questions regarding this. We will no longer accept standing orders from August 2019.

To take advantage of the reduced member rate registration for the BSPED Conference, please renew your membership today via the [members' area](#), clicking on your profile tab.

If you require your payment link to be resent, or have difficulty accessing the members area, please contact the [BSPED office](#).

Don't miss out on your newsletter

The new EU General Data Protection Regulation (GDPR) came into force in May. To ensure you can still receive your BSPED newsletter and other BSPED information by email, we will be asking you to confirm your communication preferences when you renew your membership online. Please ensure you tick 'General updates about BSPED activities' to continue receiving your newsletter.

Trainee Update

BSPED/ RCPCH CSAC Trainee Representative

Ching will be leaving her role as CSAC trainee representative in December 2018 and therefore the post will be open for nominations, with the call being made via the RCPCH website in December (<https://www.rcpch.ac.uk/get-involved/volunteering/call-nominations-college-posts>). The post is a great leadership opportunity to experience how the CSAC functions within the context of the BSPED and RCPCH, and you will be the voice of all paediatric endocrinology and diabetes trainees (GRID and SPIN) within the CSAC. The role is shared with the other current trainee representative, Hoong-Wei. Do look out for the advert and apply if you are interested!

BSPED Clinical Committee Trainee Representative

An exciting new role as a trainee representative on the BSPED Clinical Committee is being created, to allow trainees to have a role in guideline development, national audit, media representation and dissemination of clinically relevant issues to its membership. The Clinical Committee meets 4 times per year (including twice by teleconference). Applicants must be a trainee member of the BSPED and travel expenses to meetings will be covered by the BSPED. Applications for this role must be received by 31 January 2019. For more information, visit the [vacancy page on our website](#).

BSPED CME Training Day and Trainees' Social

This year's CME training day was attended by >200 delegates, the large proportion of whom were trainees. Topics covered ranged from optimisation of height and management of tall stature to useful tips on how to approach the multidisciplinary management of childhood obesity and high HbA1c. Trainees also presented a variety of interesting cases, and we would like to congratulate Dr. Tseretopoulou (Leeds) for winning the best CME presentation prize. A small group of Grid trainees also met together for an informal social in the evening, which we hope to make an annual event!

Abstracts of all talks and cases presented are available at <https://www.endocrine-abstracts.org/ea/0058/>. See you in Cardiff!



GRID Training Issue: %Time Spent in Subspecialty

The RCPCH recommends that for Grid trainees, 70% of clinical training time should be spent within paediatric endocrinology & diabetes, calculated over 20 weeks every 6 months with annual and study leave deducted (<https://www.rcpch.ac.uk/resources/training-guide#clinical-guidance-for-trainees>). A previous survey prior

to this recommendation indicated that many rotas do not meet this standard, and anecdotal reports from trainees have indicated that this continues to be the case. We wish to audit this in order to provide data to both the CSAC and RCPCH Trainees Committee to advocate for more protected subspecialty training time in the face of paediatric middle grade rota shortages. A link to a Google survey has been sent out to all GRID trainees. If you have not received the link, and believe you should have, please contact us via the email address below.

BSPED Trainee Mailing List and Noticeboard

If you are not on the list and wish to receive updates on course, job opportunities, information on training or feedback on any training issues, please contact us via the email address below. Updates are also posted on our online noticeboard, which is hosted on Trello (<http://www.trello.com/>). Please email us for further details of how to join.

Hoong-Wei Gan & S Ching Chen
BSPED/ RCPCH CSAC Trainee Representative
bspedtrainerep@googlemail.com

News from the Clinical Committee

DKA Guideline – Fluid Calculator updated link

Please be advised that the [Fluid Calculator](#) link in the [BSPED Recommended Guideline for the Management of Children and Young People under the age of 18 years with Diabetic Ketoacidosis 2015](#) has been updated and all published versions of the guidelines document should be updated, or your website should directly link to the document hosted on the BSPED website.

DSD Audit

The BSPED Clinical Committee is planning to audit the [Clinical Standards](#) for *Management of Children / Young Persons With a Suspected Disorder of Sexual Development* published by the BSPED in November 2017. The aim will be to understand the structures of DSD care delivery across the UK and benchmark current service provision. No patient data will be collected in this audit.

Specialist centres will shortly be receiving an email from bspeddsd@gmail.com which will contain the link to an online survey auditing current service. This is a short survey and should take around 15 mins to complete.

The audit has been designed by a group working with the BSPED DSD SIG and approved by the Clinical Committee (Audit Officer Dr Indi Banerjee). Data are being collected and evaluated by Dr Danielle Eddy, a current paediatric trainee and Quality Improvement Fellow supervised by Dr Liz Crowne and Dr Mars Skae, Consultant Paediatric Endocrinologists. The audit results will be reviewed by the DSD SIG and Clinical Committee, and individual results will be made available to all those who complete the survey.

We thank you in advance for completing this survey. This audit will be a key step in identifying how we can best support improvements and developments of these highly sensitive and much needed services, and identify how to share best practice.

New patient information leaflets

Pauline Musson has led a project on behalf of the Clinical Committee, to review and update the BSPED patient information leaflets. Leaflets have now been added on Androgen Insensitivity Syndrome, CAH, Cushing's Syndrome and Klinefelter Syndrome.

All available leaflets are available in the [Patient Information section of the BSPED website](#).

Delphi Consensus on Sex Hormone Priming and Glucagon Stimulation Tests

On behalf of the BSPED, we are conducting a Delphi Consensus Process on the use of sex hormone priming and protocol of the Glucagon Stimulation test.

We would like to invite all Consultants involved in tertiary and /or secondary paediatric endocrine care who perform growth hormone testing in their own hospitals to take part. This questionnaire has been reviewed and approved by the BSPED Clinical Committee. It is very short and takes less than 5 minutes to complete!

Please click onto this link or scan the QR code below via your smart phone:

<https://docs.google.com/forms/d/e/1FAIpQLSda7Qjhp8z17dPqXDMJlkXFIEKiQ1xIWY327-ArCw19gSwSA/viewform>



If you prefer a paper version, please email Christina Wei directly.

Please return the questionnaire by 15 December 2018.

Thank you for your help

Christina Wei, Liz Crowne, Peter Clayton, Mehul Dattani
GH Working group, on behalf of BSPED

Email queries via Christina Wei: christina.wei@nhs.net

Surveys

If you would like to include a survey in a BSPED newsletter to encourage responses from BSPED members, please submit your survey to the BSPED Office. The survey will be reviewed at the next Clinical Committee meeting and included in the newsletter if approved. Survey owners should agree to report their findings back to the Clinical Committee 6 months after the survey closes. The BSPED should be acknowledged in any output (guidelines, publications, presentations, etc) resulting from the survey and the BSPED Office informed of the output.

Further updates from the Clinical Committee

The Paediatric Endocrine Standards are currently available for review by BSPED members.

The Clinical Committee is reviewing the Rare Endocrine Tumour guidelines as they are released for consultation.

The Clinical Committee intends to start the next cycle of Peer Review in the new year.

Submitting items to the Clinical Committee

In order to manage the full agenda of this busy committee we would request that any items that members would like to be reviewed by the Clinical Committee should be submitted to the committee through the BSPED Office in good time. Please see below the deadline dates for submission for the upcoming Clinical Committee meeting:

31 January for Clinical Committee in February 2019

Announcements

BSPED funded African PETCA Fellow

Dr Amos Msekandiana has been sponsored by the BSPED to attend the PETCA (Paediatric Endocrinology Training Centre for Africa) programme in sub-Saharan Africa. The programme aims to provide specialty training in endocrinology and diabetes to paediatricians who have completed their general paediatric training. The funding provided by the BSPED supports the fellow's travel, accommodation and subsistence.

Amos started the course in April and is the first paediatrician to receive paediatric endocrinology training in Malawi.

Amos tells us a bit about himself here:

I exclusively had my education in sub Saharan Africa but in various countries. I did undergraduate studies at Malawi College of Medicine, University of Malawi from 2001 to 2007, Master of Medicine in Pediatrics and Child Health in Kilimanjaro, Moshi at Kilimanjaro Medical University(KCMC) from 2013 to 2017. I had the privilege to undertake courses such as the East African Diploma in Hygiene and Tropical Medicine at the London School of Hygiene and Tropical Medicine (2015).



My clinical experience includes an internship in Malawi, post medical school graduation at Kamuzu Central Hospital in Lilongwe District under the Ministry of Health from June 2008 to December 2009. I was then posted to Blantyre District as District Medical Officer (DMO) for two years and then at Dowa District where I worked as District Health Officer (DHO). In August 2012 I joined the Pediatrics Department of Kamuzu Central Hospital where I worked for a while before I undertook pediatrics residency training in Tanzania at KCMC. After graduating from KCMC in July 2017, I was posted to Mzuzu Central Hospital (main referral facility in northern region of Malawi within the Ministry of Health Malawi Government) where I am currently the head of the Pediatrics and Child Health Department.

Meanwhile, 2017 BSPED supported fellow Monica Apollo returned to Nairobi in October to complete the final phase of the course.

The BSPED has agreed to support a further PETCA fellow in 2019.

UK IGF-1 user group meeting

We are keen to resume the UK IGF-1 user group activities and convene a meeting in the next few months. If you have patients treated with rhIGF-1 therapy and/or would like to attend this group could you please email Dr Helen Storr h.i.storr@qmul.ac.uk and Prof Mehul Dattani Mehul.Dattani@gosh.nhs.uk

Paediatric Endocrinology Clinical Research Fellowship post

Centre for Endocrinology, William Harvey Research Institute (WHRI), Barts and the London School of Medicine and Dentistry, Queen Mary University and Barts Health NHS Trust, London.

We are seeking a clinically qualified paediatrician in training who intends to pursue sub-specialty paediatric endocrinology and diabetes training. This post encompasses tertiary clinical paediatric endocrinology training and a fixed period of supervised translational research leading to a higher degree. For further information/enquiries, please contact: Dr Helen Storr, Reader and Honorary Consultant in Paediatric Endocrinology, h.i.storr@qmul.ac.uk.

Director of Endocrinology and Diabetes at The Royal Children's Hospital (RCH), Melbourne, Australia



An exciting opportunity exists for a Director of Endocrinology and Diabetes at The Royal Children's Hospital (RCH), Melbourne, Australia.

The RCH provides secondary, tertiary and quaternary care to children and young people and their families across Victoria, Tasmania, southern NSW and parts of South Australia. The RCH is the designated statewide provider of services including paediatric trauma, rehabilitation and forensic medicine. The hospital employs approximately 5,000 staff and has an annual budget of \$620 million and operates out of a purpose-built, multi-award winning building. When it comes to training and research we partner with the very best. Our campus partners, the Murdoch Childrens Research Institute and The University of Melbourne Department of Paediatrics.

The Department of Endocrinology and Diabetes is one of the largest of its type in Australia, with a reputation for being an international leader in clinical care, research and training in paediatric endocrinology.

This is a key role with responsibility for:

- Medical leadership of all RCH endocrinology and diabetes services in line with the RCH wide vision and strategy.
- Overall leadership, strategic and operational performance of the department and its clinical, research and education services as determined by agreed key performance indicators at state, national and international levels.
- Ensuring that the department consistently provides the highest quality care, education and research, whilst maintaining a sound and sustainable financial position, strong staff engagement and support, plus developing and maintaining effective relationships with the community and consumers of care.

Applications close 9 December 2018.

Enquires about this role can be made to Associate Professor Tom Connell, Chief of Medicine by email tom.connell@rch.org.au or by phone +61 39345 4859. For further details, to view the position description and to apply please visit <https://rch.mercury.com.au>

MMPAD London meeting report

This independent meeting was organised by Springer Healthcare IME (part of the Springer Nature publishing group) and supported by an educational grant from Novo Nordisk. The meeting, led by a faculty comprising John Gregory, Francesco Chiarelli, Peter Hindmarsh and Rachel Besser covered: prediction and prevention of

type 1 diabetes in children and adolescents, risks and management of acute and chronic complications and the best treatment options for maintaining optimal glucose control.

The report can be found here <http://eprints.medengine.com/meeting-report-london/>.



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CASE REPORTS



The British Society for Paediatric Endocrinology and Diabetes endorses *Endocrinology, Diabetes & Metabolism Case Reports*.

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Meetings and courses

Clinical Trainer Development: Performance support for doctors in training 30 November 2018 - Leeds

This half day course aimed at senior clinicians, responsible officers, clinical directors, medical directors and clinical leads, focuses on managing doctors in difficulty and difficult doctors.

Through national updates, case studies and in depth interactive sessions, this course will support you to identify concerns early, diagnose the issues and ensure effective intervention and support doctors who are experiencing difficulty or demonstrating difficult behaviours.

By the end of the workshop, attendees will be able to:

- Describe the requirements of the GMC in identifying and managing trainees with difficulties.
- Identify those features which may indicate a trainee with difficulties.
- Describe the possible barriers to intervention.
- Follow formal processes and procedures required when managing trainees with difficulties.
- Address trainee issues and problems more confidently.

Book now: <https://rcpsg.ac.uk/events/didleeds>

13th ACDC Annual Conference 1 February 2019 - Conference Aston, Birmingham

The 13th ACDC Annual Conference will be held at Conference Aston Centre B7 4BL (15 minutes' walk from New Street station).

Please book early as the conference is always oversubscribed and places will be allocated on a first come first served basis.

[2019 ACDC Annual Conference Programme](#)

A registration fee of £95 is payable by all attendees for this conference.

<http://www.a-c-d-c.org/forthcoming-acdc-meetings/>

21st Clinicopathological Conference on Pituitary Disease 4 February 2019 - Royal College of Obstetricians and Gynaecologists, London

Registration: <https://cfsevents.eventsair.com/21stccpd/registration/Site/Register>

Programme coming soon.

Obesity Update 2019

14 February 2019 – RCP, London

Bioscientifica will be hosting Obesity Update 2019 in collaboration with the Society for Endocrinology's Metabolic and Obesity Endocrine Network. This comprehensive update will cover a range of topics around the scientific research and clinical treatment of obesity.

<https://www.bioscientifica.com/event-management/our-events/obesity-update-2019>

Monogenic Diabetes Training Course

1-2 July 2019 – University of Exeter

This two day course on Monogenic Diabetes is aimed at consultants, SpRs and experienced DSNs, and is designed to help busy clinicians recognise and treat patients with MODY and other forms of monogenic diabetes. It will focus on the current practices and new developments in the management of monogenic diabetes.

The programme will include plenary lectures on major topics delivered by Prof. Andrew Hattersley and his team of international experts. Separate small group case-based discussions will focus on key themes. There will be ample opportunity for interaction, networking and multi-disciplinary team development.

<https://www.diabetesgenes.org/monogenic-diabetes-training-course/>

2019 meetings

- **International Congress of Endocrinology:** 1-4 December 2018
- **European Congress of Endocrinology:** 18-21 May 2019
- **European Society for Paediatric Endocrinology Annual Meeting:** 19-21 September 2019
- **International Society for Pediatric and Adolescent Diabetes:** 30 October-2 November 2019
- **British Society for Paediatric Endocrinology and Diabetes:** 27-29 November 2019

We hope that you are familiar with the [Other Meetings](#) page on the BSPED website. This page can be updated by anyone promoting a meeting of interest to the Society. This can be done by visiting <http://www.bioscievents.com/submit/submit.aspx> where details of the meeting can be uploaded and will be added to the BSPED Calendar of Events on the Other Meetings page. If you have any queries about this please contact the BSPED Office at bsped@endocrinology.org.

Sent by the BSPED Office

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