



**British Society for
Paediatric Endocrinology
and Diabetes**

BSPED December 2018

Thank you

Thank you to all our members for your ongoing support of and involvement in the Society. Together we improve the care of children and young people with endocrine disorders or diabetes mellitus, by raising standards through training, education, research, funding and the development of best practice. We're delighted to see the membership of the Society continue to grow and become more diverse and to have so many of you involved in our committees and activities. We look forward to continuing our work with you next year. In the meantime, we send you season's greetings and wish you all the very best for 2019.

BSPED 2018

Thank you once again to all members who joined us in Birmingham for this year's conference.

CPD Certificates

Certificates of attendance should now have been sent out to those who completed the event evaluation form. Please contact the [BSPED Office](#) if you have not received yours.

Abstracts

All submitted abstracts from the meeting can be found here: <https://www.endocrine-abstracts.org/ea/0058/.htm> and speaker summaries can be found here: <https://www.bsped.org.uk/meetings/bsped-meetings/2018/speaker-summaries/>

The 47th BSPED Annual Meeting will be held in Cardiff, at Cardiff City Halls on 27-29 November 2018. BSPED 2019 will be hosted by Justin Warner, who is already working hard with the rest of the Programme Organising Committee to pull together an excellent programme of sessions. Your feedback is always valued so please do get in touch if you have ideas for the conference.

News from the BSPED Office

New life time achievement award – submit your 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 2018 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!

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 news 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, pediatricians 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 interest in being involved in the group, please contact bsped@endocinology.org .

New Trainee Rep position on Clinical Committee – opportunity to apply

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**.

Paediatric endocrine nurses email list

In November, Lee Martin took office as BSPED’s Paediatric Endocrine Nurse Representative, following on from Stephanie Kerr’s successful 3 years in office. Thank you to Steph for all her hard work and to Lee for picking up the mantle.

If you are a paediatric endocrine nurse BSPED member and would like to join Lee’s paediatric endocrine nurses email group for all the latest updates, please email him at lee.martin@bartshealth.nhs.uk

2018 AGM Minutes

The 2018 annual general meeting of the British Society of Paediatric Endocrinology and Diabetes was held on 8 November 2018 and the minutes are now available in the [Members’ Area of the BSPED website](#).

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 are reminded that we will no longer accept standing orders from August 2019.

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 at the end of the month and therefore the post will be open for nominations, with the call being made via the RCPCH website in December/January (<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. Deadline for the application is **31st January 2019**. For more information, visit the [vacancy page on our website](#).

Protected GRID Training Time Survey

If you have not had a chance to fill in the survey, this remains open until Christmas. It would be most beneficial to capture data from as many deaneries as possible.

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.

Wishing everyone a Merry Christmas and Happy New Year.

S Ching Chen & Hoong-Wei Gan
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 receive an email from bspeddsd@gmail.com after Christmas 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](#).

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 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

Request for peer reviewers - ROHHAD Syndrome research funding

ROHHAD Syndrome is an extremely rare life threatening disease that means Rapid Onset Obesity, Hypoventilation, Hypothalamic Dysregulation and Autonomic Nervous System Dysfunction. Sadly, in many cases children diagnosed are unlikely to reach adulthood. The primary physician is almost always an endocrinologist.

Our charity was founded to help raise awareness and funds for medical research into ROHHAD Syndrome. We are delighted that funds are now available to begin [research into the disease](#) and we are now receiving proposals for funding.

As with other medical research it is important that the proposals for funding undergo an independent professional peer review. ROHHAD is extremely rare, so whilst it is difficult for us to be able to establish a full committee for peer review, we have committed to there being no less than two peers. We are hoping that this is something you can help us with.

At this stage, we would be looking for candidates to peer review any proposals we receive during this first round of application funding. The closing date for applications is 31 January 2019. We aim to complete peer review by 15 March and release the funds no later than 28 April 2019.

If you are able to help us, please contact me using the details below:

Elisabeth Hunter

Co-Founder / Chairwoman

ROHHAD Association

SC045645

07917225276

01389 753900

elisabeth.rohhadassociation@gmail.com

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.l.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.

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://eprintserver.medengine.com/meeting-report-london/>.



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

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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.



Meetings and courses

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>

Advanced Technologies and Treatments for Diabetes

20-23 February 2019 – Berlin, Germany

The 12th International Conference on Advanced Technologies & Treatments for Diabetes (ATTD 2019) is your opportunity to stay up to date and hear the latest cutting-edge advances in our field.

The scientific program will bring together leading international experts to discuss breakthroughs in diabetes treatments, technological innovations and showcase the latest developments in new insulin analogues, delivery systems, pumps, glucose sensors, closed-loop systems and much more.

Get ready for the latest news in our ever-growing field.

<https://attd.kenes.com/2019#.XBJIUIX7TIU>

Monogenic Diabetes Training Course

1-2 July 2019 – University of Exeter

This 2-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

- **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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