



British Society for  
Paediatric Endocrinology  
and Diabetes

BSPED January 2020

**BSPED 2020**  
11-13 NOVEMBER 2020  
ICC Belfast

**B**ridging  
**E**xperience  
**L**earning  
**F**rom  
**A**nalysis  
**S**ucceeding  
**T**ogether

48th ANNUAL MEETING

### BSPED 2020

The 48th BSPED Annual Meeting will be held in Belfast, at the impressive ICC venue on **11-13 November 2020**.

Registrations and abstract submissions will open in February 2020. The deadline for abstract submissions is **Thursday 25 June 2020 (23:59 BST)**. Please add these key deadlines into your diary!

BSPED 2020 will be hosted by Noina Abid, who is already working hard with the rest of the Programme Organising Committee to pull together an excellent programme of sessions.

Please contact [bsped@endocrinology.org](mailto:bsped@endocrinology.org) if you have any questions about the event.

Please note: Our [DKA Guideline](#) has been updated, please see the [Clinical Committee section](#) for more information.

## News from the BSPED Office

### Training Opportunity for BSPED Peer Reviewers

The BSPED Peer Review is keen for members to become peer reviewers and improve the quality of paediatric endocrine care across the UK. In addition to the information and training material available on the website, there is an opportunity for two members to receive formal peer review training within the Diabetes Peer Review Training process on **10 February** 1000 -1630 at RCPCH London. Many aspects of peer review are generic and transferrable between diabetes and paediatric endocrinology. If you are interested, please e-mail the [BSPED](#) as soon as possible.

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### New appointments: Clinical Committee and Programme Organising Committee Chairs

Following a call for nominations and ballot by the Executive Committee, we are pleased to announce the following two appointments:

- **Dr Talat Mushtaq** (Leeds) will become BSPED Clinical Committee Chair when Tabitha Randell completes her term of office in May 2020. He will shadow Tabitha as Chair-elect until then.
- **Dr Sentil Senniappan** (Liverpool) is the new BSPED Programme Organising Committee Chair. Current interim-Chair Justin Davies is in the process of handing over to him.



Our thanks and congratulations go to Talat and Senthil.

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### Vacancies closing: Chairs of NIHR, CRN, Diabetes UK and BSPED Clinical Studies Groups 1 x endocrine; 1 x diabetes

Following the very sad loss of Carlo Acerini, the [NIHR, CRN, Diabetes UK and BSPED Diabetes and Endocrinology Clinical Studies Group](#), which had been making tangible progress in prioritising and promoting research, will have two separate chairs: one for the diabetes group and one for the endocrine group. We would be very pleased to receive applications from current group members, or other colleagues with the qualities required for these important roles. Please apply by **31 January**.

The aims of the groups are:

- to identify research priorities for children with endocrine and diabetes conditions and ensure that their views are central to the development of future research;
- to support new study proposals;
- to advise NIHR CRN on study feasibility and study delivery;
- to support early career researchers with study design, signposting to clinical resources
- to work with family groups and industry to advocate for children
- to represent BSPED at European networks such as EUCADET, EnprEMA, Endo-ERN, Connect4Children

We meet at 2 face to face meetings a year, with telephone conferences in between.

You can find further details about the role and application process on the relevant link:

[Endocrine CSG Chair](#)

[Diabetes CSG Chair](#)

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### **ACCEA Awards 2019 - applications**

Apply to the BSPED for citations by **6 March 2020**.

The Advisory Committee on Clinical Excellence Awards has opened its 2020 national awards round, with a closing date of 9th April.

We expect the BSPED will be able to submit a limited number of citations in support of applicants from our members for new and renewal Bronze, Silver and Gold level Awards. This process is being managed for the BSPED by Tim Barrett. The entire BSPED process for receiving draft applications, assessing them and submitting citations to ACCEA will need to be complete well before the deadline for ACCEA applications.

Please use the application forms on the [ACCEA website](#) (open 13 February).

If you are planning to apply for a new national award, and would like a citation from the BSPED, please email your completed application form, together with a 250 word summary of why BSPED should support your application, to [T.G.Barrett@bham.ac.uk](mailto:T.G.Barrett@bham.ac.uk), cc'ing the BSPED Office on [bsped@endocrinology.org](mailto:bsped@endocrinology.org). This will help our BSPED panel to write your citation.

Please email your application by **Friday 6 March**. This will allow Tim time to circulate your application to a panel of members for scoring and ranking.

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### **BSPED membership renewal**

All members have received their membership renewal request for 2019/20. If you have been meaning to renew your membership, please do so ASAP, to avoid your membership lapsing in February. You can renew by following your unique, safe and secure payment link in your renewal email, or by logging into the BSPED [members' area](#). If you require your payment link to be re-sent, or have difficulty access the members area, please contact the [BSPED office](#). If you have any updates to your contact information or if you are now a consultant and need to change your membership category, please also contact the BSPED Office. We would like to thank members for their continued support of the Society.

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### **And finally...**

Many congratulations to BSPED member Professor Amanda Drake who has been awarded a Personal Chair in Epigenetics and Metabolism at the University of Edinburgh.

We are always pleased to hear about news such as this, so if there is something you think we should be celebrating, please do let the BSPED Office know.

# Trainee Update

## Annual Retreat for Trainees in Endocrinology 2020

The date for ARTE 2020 will be Friday 15<sup>th</sup> May to Saturday 16<sup>th</sup> May 2020. Annual CSAC appraisal will occur before. Further information will be sent out nearer the time.

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## Feedback on training

Over the coming months, we will be looking at ways in which we can get more feedback on trainees' experiences of GRID and SPIN training, while minimising any additional surveys and questionnaires. We would like to trial a post-CCT questionnaire for GRID trainees and a questionnaire for SPIN trainees 6-months after starting SPIN. Any specific training issues should continue to be raised through the usual pathways. Please look out for, and respond to, any invitations to help us identify problems and make changes.

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## WhatsApp Journal club

Our first monthly WhatsApp national journal club discussing paediatric diabetes and endocrinology papers took place earlier this month and was extremely successful! We are currently planning the next session and please do let us know if you would like to volunteer to run one! This will continue to run through WhatsApp, at least initially. If you would like to join please email us with your phone number and we will add you to the journal club group. Please be aware this will mean your phone number will be visible to all other members of the WhatsApp group.

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## Diabetes UK Family Weekends

Diabetes UK are running their family weekends again and are looking for volunteers. This is a great opportunity to meet families and young people outside of the clinic setting. If your application form is accepted, you will be invited to an interview before going on a weekend. The first weekend of 2020 will be 17<sup>th</sup>-19<sup>th</sup> April with more dates to follow. More information is available at [www.diabetes.org.uk/how\\_we\\_help/type-1-events/volunteering](http://www.diabetes.org.uk/how_we_help/type-1-events/volunteering)

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## Endocrine clinical research fellow post Manchester

The Royal Manchester Children's Hospital is one of the largest paediatric endocrine centres in the UK with Nationally Commissioned Services in Hypophosphatasia and Congenital Hyperinsulinism. Previous fellows in the department have obtained MPhil degrees from similar posts and have gone on to obtain grid jobs. The job contains no out of hours work and offers clinical experience combined with 1-2 days per week research. Further information available at: [https://www.jobs.nhs.uk/xi/vacancy/?vac\\_ref=915892160](https://www.jobs.nhs.uk/xi/vacancy/?vac_ref=915892160) and anyone interested can contact [Philip.Murray@mft.nhs.uk](mailto:Philip.Murray@mft.nhs.uk) directly.

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## **Edinburgh Clinical Academic Training (ECAT) programme**

Edinburgh Clinical Academic Training (ECAT) programme is open to trainees from anywhere in the UK. ECAT provides a fantastic opportunity to undertake a PhD in Edinburgh. Further information is available at [www.ecat.ed.ac.uk](http://www.ecat.ed.ac.uk) Enquiries should be directed in the first instance to the ECAT Administrator, Joanne Ness: [ecat@ed.ac.uk](mailto:ecat@ed.ac.uk) For further particulars and to submit an application, please go to [https://www.vacancies.ed.ac.uk/pls/corehrrecruit/erq\\_jobspec\\_version\\_4.jobspec?p\\_id=050851](https://www.vacancies.ed.ac.uk/pls/corehrrecruit/erq_jobspec_version_4.jobspec?p_id=050851).

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## **ISPAD Science School for Physicians 2020**

The ISPAD annual Science School for Physicians, which brings together young researchers from around the world, will take place in Stratford upon Avon in September 2020. The participants spend a week engaging with current world experts in all areas of diabetes and will present their own ongoing or proposed research programmes for discussion. Further information is available at: <https://www.ispad.org/page/ISPADSchool>

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## **BSPED Trainee Mailing List and Noticeboard being updated**

We are updating our mailing list. Everyone on the mailing list should have received an invitation to complete a short survey to make sure you are getting the emails most relevant to you. Anyone who has not replied by the end of January will be removed from the mailing lists. If you have not received it, or would like to start receiving updates on courses, job opportunities and information on training, please contact us via the email address below. Updates are also posted on our online noticeboard, which is hosted on Trello ([www.trello.com](http://www.trello.com)). Please email for further details of how to join or if you have feedback on any training issues.

James Law & Rachel Boal

BSPED/ RCPCH CSAC Trainee Representatives [bspedtrainerep@gmail.com](mailto:bspedtrainerep@gmail.com)

# News from the Clinical Committee

## DKA Guideline

An [updated guideline for the management of DKA in children and young people](#) is available, having been revised by the BSPED Special Interest Group in diabetic ketoacidosis following a series of meetings. The relatively limited evidence regarding the management of DKA has been reviewed. Where there is appropriate evidence these guidelines have been based on such evidence. For many aspects of the management of DKA the evidence base is limited and where there is limited evidence, consensus recommendations have been consolidated.



The DKA Flowchart and DSK Calculator are being updated in line with this reviewed guideline and will be available via the [BSPED Guidelines web page](#) in due course.

Thank you to all involved in this project.

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## Hydrocortisone Audit

Following a MHRA directive, the BSPED is surveying its members on the use of muco-adhesive buccal hydrocortisone in the treatment of Adrenal Insufficiency. [The survey takes only a minute to complete](#). Thank you to those who have already completed this survey. We would be grateful if all responses could be submitted by **28th February 2020**.

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## Increlex safety update

Ipsen has issued a safety update for Increlex 10 mg/ml solution for injection. Please [read this update on our website](#) regarding risk of benign and malignant neoplasia.

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## BSPED Special Interest Groups

The BSPED is currently able to support one additional SIG, in accordance with the [terms of reference](#).

A proposal for a new SIG may be made by any BSPED member, with written support from at least one other BSPED member. The proposer(s) must make a clear case for its establishment detailing: the need (and lack of existing body to meet this need), mission of the group, expected output of the group and expected longevity of the group. The proposal must be accompanied by at least one expression of interest for a potential coordinator of the group. Proposals should be sent to the [BSPED Office](#) for review by the Executive Committee and Clinical Committee Chair.

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## Statement regarding Brexit

The BSPED aligns with the statement from the RCPCH regarding Brexit, [which can be read on the RCPCH website](#).

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## A call for BSPED members to assist with the peer review process.

We are excited that the next round of peer reviews has started. Peer Review Officer Indi Banerjee is asking paediatric endocrinologists, DGH paediatricians with endocrine interest and specialist nurses to help with centre reviews. If you would like to take part in this important quality improvement process, please visit the [peer review web page](#) for more information and contact [bsped@endocrinology.org](mailto:bsped@endocrinology.org). Your interest will be gratefully received. We have training videos and centre guidance resources to assist all reviewers.

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## Declaration of interests for guideline endorsement

If you would like a guideline to be endorsed or supported by the BSPED, we ask that you first complete a [declaration of interests form, which can be found here](#).

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## Patient information leaflets

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

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## 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.

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## 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:

17 February for Clinical Committee on 3 March 2020  
30 April for Clinical Committee on 11 May 2020



# Announcements

## Calling all paediatric endocrinologists who look after a child with Wolfram syndrome

Wolfram syndrome is a monogenic diabetes disorder, diagnosed if diabetes mellitus and optic atrophy occur in children under 16 years of age. There are also rarer, partial forms of the syndrome.

Do you have a child with this syndrome in your clinic?

If so, please do get in touch. There is an NHSE national MDT service based in Birmingham that provides annual review by all relevant specialties, screening for complications, and advice on management. There is also an ongoing international clinical therapeutic trial to slow the progression of the disease.

For more information please contact service lead Prof Timothy Barrett [tim.barrett1@nhs.net](mailto:tim.barrett1@nhs.net) or Dr Renuka Dias [r.dias1@nhs.net](mailto:r.dias1@nhs.net)



The Child Growth Foundation (CGF) is a charity dedicated to improving the health and wellbeing of children and adults affected by growth conditions caused by endocrine issues or congenital abnormalities. They do this by delivering information and support, by working with health professionals to improve awareness & patient outcomes, by funding research to raise understanding and provide better treatments and by delivering an annual convention that brings together families affected by growth conditions and health professionals from all over the UK.

The CGF can offer support to the healthcare profession in a number of ways:

The **helpline** - 0208 995 0257- is one of the most valuable services and offers detailed and extensive telephone and email support and assists in answering the many questions that can arise.

The **fact sheets and guides** provide information on a number of growth conditions and can help patients to clearly understand the implications of the diagnosis they have been given. These information resources are available for download from the CGF website: [childgrowthfoundation.org](http://childgrowthfoundation.org). Alternatively, hard copies can be sent out to health professionals and clinics on request; if hard copies are needed the contact email is:

[info@childgrowthfoundation.org](mailto:info@childgrowthfoundation.org)

The CGF also provides a regular **e-newsletter** containing updates to health professional letting them know about information & research updates and details of opportunities for patients to be involved in research. To sign up to this e-newsletter, please visit: [childgrowthfoundation.org/healthcare-professionals/](http://childgrowthfoundation.org/healthcare-professionals/)



The CGF also welcomes support from healthcare professionals and gratefully receives contributions on treatments and updates that can be published in its twice-yearly newsletter.

Each year the CGF runs an **Annual Convention** with around 100 families attending and a large number of health professionals attend to provide talks about research and treatment. If you would like to find out about the Convention, either to attend or present a talk, then please email [info@childgrowthfoundation.org](mailto:info@childgrowthfoundation.org)

The CGF has been supporting patients and families for over 40 years and a great deal of our success has been by working collaboratively with health professionals. If you would like to support our work, or find out how you can help, please get in touch: [info@childgrowthfoundation.org](mailto:info@childgrowthfoundation.org)

Neil Hunter Marketing & Fundraising Manager  
Jenny Child Membership & Parent Support Manager

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### **RCN Career and Competency Framework for Children and Young People's Endocrine Nurse Specialists - revised**

The *RCN Career and Competency Framework for Children and Young People's Endocrine Nurse Specialists* has recently been revised and is now available on the RCN website at <https://www.rcn.org.uk/professional-development/publications/pub-007-287> .

We would like to thank Christine Desmond from the Royal Berkshire Hospital for all her hard work in ensuring its success. Children's endocrinology covers a wide range of illnesses and disorders, varying from minor disorders to severe life-threatening conditions. The need for specialist children's endocrine services is paramount, and it is suggested that patients would benefit from the care provided by specialist children's endocrine nurses. This framework has been designed to help guide endocrine nurse specialists with decisions and inform appropriate care of a child or young person and their family.

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

*BSPED members receive a 25% discount on the article publication charge.*

Share your insights with the medical community by publishing your case report!

Submit online at  
[www.edmcasereports.com](http://www.edmcasereports.com)

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# Meetings and courses

## **3rd International Multidisciplinary Thyroid and Parathyroid Symposium 1 February 2020, London**

The 3rd International International Multidisciplinary Thyroid and Parathyroid Symposium will take place at St Mary's Medical School in London on Saturday 1st February 2020.

This is a part satellite-linked meeting with the Indian Association of Thyroid Surgeons – Chikhaldara Thyroid Surgery Camp.

Innovative topics include:

- New horizons in parathyroid gland management
- Clinical controversies in the execution of parathyroidectomy
- Live operating U.K. Thyroidectomy and APS
- Live operating India – Thyroidectomy with a Cervical Epidural

[https://uk.aesculap-academy.com/go/?action=AkadEventData&event\\_id=3973073&evdate=3973076](https://uk.aesculap-academy.com/go/?action=AkadEventData&event_id=3973073&evdate=3973076)

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## **Postgraduate Course in Paediatric Bone and Calcium Metabolism 5-6th March 2020, University of Birmingham Conference Centre, Birmingham**

Postgraduate Course in Paediatric Bone and Calcium Metabolism aimed at Doctors in training and new Consultants. This will be of particular interest for Paediatric Endocrinologists, Rheumatologists and Nephrologists.

The purpose of this course is to increase knowledge of Paediatric Bone and Calcium Disorders including calcium and phosphate metabolism, hypocalcaemia, hypercalcaemia, bone densitometry, bone biology, vitamin D deficiency, rickets, osteoporosis and miscellaneous bone disorders. The learning method will be lecture-based expert teaching and delegates will be required to bring a relevant case to present. A maximum of 20 delegates will be accepted.

Cost: £400 per delegate (inc. residential fees, meals and refreshments)

To register your interest please contact Marie.McElroy ([mariemcelroy@nhs.net](mailto:mariemcelroy@nhs.net))

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## **Childhood Obesity Conference, 20 March 2020, Alder Hey Children's Hospital, Liverpool**

We are pleased to invite delegates to participate in the forthcoming 'Childhood Obesity Conference' on 20th March 2020 at Alder Hey Children's Hospital, Liverpool. We have put together a very comprehensive program involving national experts working in leading hospitals and colleagues from CCG, council and universities. The conference would be of interest to all professionals working with children and young people with weight management issues. Please feel free to contact Dr Senthil Senniappan ([senthil.senniappan@alderhey.nhs.uk](mailto:senthil.senniappan@alderhey.nhs.uk))

for further details. Program and registration details are available via the link: <https://www.eventbrite.co.uk/e/childhood-obesity-conference-tickets-88089077803>

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### **Ready Steady Go and Hello: Patient empowerment, shared decision making and transition 23 March 2020, Southampton**

The **Ready Steady Go** and **Hello** programmes help empower young people and adults. This is important for all patients, young and old, with a long term condition including those with learning disabilities and those attending Child and Adolescent Mental Health Services (CAMHS).

#### **Aims of the day and topics covered:**

- Familiarise participants with the tools that can help deliver high quality sustainable healthcare for patients and families from childhood, through transition and into adult services e.g
  - Patient empowerment using Ready Steady Go and Hello programmes
  - Patient owned electronic record enabling patients and healthcare professionals to share information on-line e.g. My Medical Record
  - Focussed healthcare professional practice through strategies such as shared decision making/Motivational Interviewing
  - Centralised information resources –a vision/work in progress e.g a virtual assistant
- Discuss the psychosocial impacts of living with a long term condition and explore strategies to address these issues.
- Share examples of good practice and resources and identify areas that require additional resource development

#### **Who is the day for?**

- Anyone involved with patient care in both children and adult services-
  - The multi-disciplinary team
  - Representatives of patient groups
  - Service leads
  - NHS decision makers
  - Commissioners

For more information and registration go to: [www.piernetwork.org/rsgh.html](http://www.piernetwork.org/rsgh.html)

**Attendance is £50 to include refreshments and lunch**

If you have any questions, please contact Dr Arvind Nagra, consultant paediatric nephrologist, clinical lead for transitional care and course organiser, on 023 8120 6254 or via email [readysteadygo@uhs.nhs.uk](mailto:readysteadygo@uhs.nhs.uk)

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### **Ready Steady Go and Hello: Motivational Interviewing Study Day 24 March 2020, Southampton**

**Who is the course suitable for?** For anyone interacting/involved with patients young or old. This includes the multidisciplinary team, commissioners, representatives of patient groups, service leads and NHS decision makers

**Course aims and learning outcomes:**

Motivational Interviewing (MI) is a technique to facilitate behaviour change that uses a guiding/reflective style to engage with patients, clarify their strengths and aspirations, and utilise their own motivations for change, and promote shared decision making.

The day will give you insight into the skills of motivational interviewing for use in everyday practice which will be useful during the 2 to 10 minutes you have with someone in clinic to help them make changes and promote shared decision making.

The study day is informal and focused on giving you practical tools you can use immediately.

There is a **nominal fee of £50** to attend (to include refreshments and lunch) - but the **skills learnt will be priceless!!**

**For more information & registration go to:** [www.piernetwork.org/motivational-interviewing.html](http://www.piernetwork.org/motivational-interviewing.html)

If you have any questions please contact [sharon.witt2@uhs.nhs.uk](mailto:sharon.witt2@uhs.nhs.uk)

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### **Bone Research Society Clinical Training Course**

**6-8 April 2020, Oxford**

This three-day residential training course aims to provide clinicians working in medical specialties such as rheumatology, endocrinology, care of the elderly, gastroenterology, orthopaedics, respiratory medicine and clinical chemistry with the knowledge and understanding to manage patients with osteoporosis and other metabolic bone diseases. The course focus is on practical issues relating to patient management and is strongly recommended for anyone who treats patients with these disorders.

<https://boneresearchsociety.org/meeting/brsosteo2020/>

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### **Bone Research Society Annual Meeting**

**6-8 July 2020, Manchester**

BRS meetings are renowned for their friendly atmosphere and networking opportunities, as well as their high quality and exciting science. The 2020 meeting will feature a broad-ranging programme with sessions on:

- Bone Mechanoadaptation
- Pathological Mineralisation
- Nutrition and the Gut
- Paediatric Bone
- New Approaches/Techniques
- Debate
- Charles Dent Lecture

Workshops:

- Mid Career / New Investigators
- Muscle and Bone
- Rare Bone Disease

<https://boneresearchsociety.org/meeting/manchester2020/>

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## **10th Turner Syndrome International Conference 16-20 July 2020, Stirling University**

The Turner Syndrome Support Society [UK] is proud to host the [10th Turner Syndrome International Conference](#).

We are pleased to announce the conference will be held at Stirling University, Scotland, UK in the beautiful Scottish countryside, over the weekend of 16 to 20 July 2020.

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### **2019-2020 meetings**

- **European Congress of Endocrinology:** 23-26 May 2020
- **European Society for Paediatric Endocrinology:** 10-12 September 2020
- **International Congress of Endocrinology:** 4-7 October 2020
- **British Society for Paediatric Endocrinology & Diabetes:** 11-13 November 2020
- **Society for Endocrinology BES:** 16-18 November 2020

See more meetings and Courses on the [Other Meetings](#) page on the BSPED website.

If you have any meetings, courses or events that you'd like to add to this page, please [submit them for review here](#).

### **Sent by the BSPED Office**

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