



**British Society for  
Paediatric Endocrinology  
and Diabetes**

## BSPED February 2020

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

**48th ANNUAL MEETING**

Bridging  
Experience  
Learning  
From  
Analysis  
Succeeding  
Together

### **BSPED 2020**

BSPED 2020 will be held in Belfast, at the ICC on 11 - 13 November 2020. The Meeting 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.

The ICC Belfast is an accessible venue, right on your doorstep! By hosting BSPED 2020 in Belfast, BSPED has unlocked the Meeting for the whole UK.

Belfast enjoys excellent travel links at affordable prices, making it really easy to join us at the BSPED Annual Meeting. If you are attending as a group you can benefit from exclusive flight discounts.

Take a look at our extensive breakdown of travel options and [start planning your trip to Belfast](#).

### **Registration – now open!**

Registration for the Meeting is now open. [Register today](#) to save with the registration early bird rate. Early bird registration deadline: **23 September 2020** (23:59 BST).

### **Prepare your abstract**

Abstract submission is now open. Presenting at BSPED 2020 is fantastic opportunity to share your work with over 450 of your peers. The abstract categories for 2020 are:

- Adrenal
- Basic science
- Bone
- Diabetes
- Gonadal, DSD and reproduction
- Late effects of cancer treatment
- Learning from Mistakes
- Miscellaneous / other
- Obesity
- Pituitary and growth
- Thyroid
- CME abstract – please note this will be considered for the CME Training Day ONLY

Abstract submission deadline: **25 June 2020** (23:59 BST)

[Learn more](#) or [set a reminder in your calendar](#).

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

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

## News from the BSPED Office

### 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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### ACCEA Awards 2020 - 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 7 May.

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](#).

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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## **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.

# Trainee Update

## Annual Retreat for Trainees in Endocrinology 2020

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

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## WhatsApp Journal club

Our second WhatsApp national journal club took place this week. If you would like to join future events, 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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## Feedback on training

We are looking at ways in which we can get more feedback on trainees' experiences of GRID and SPIN training while minimising additional survey requests. We will trial a post-CCT questionnaire for GRID trainees and a questionnaire for SPIN trainees 6-months after starting. Any specific training issues should continue to be raised through the usual pathways. Please look out and respond to invitations.

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## Diabetes UK Family Weekends

Diabetes UK are running their family weekends again, which are 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. 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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## 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>.  
*Deadline for applications: tomorrow, 28<sup>th</sup> February 2020*

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## BSPED Trainee Mailing List and Noticeboard being updated

We send regular email updates on courses, job opportunities and information on training to trainees who on our mailing list. 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 tomorrow, **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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## 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:

30 April for Clinical Committee on 11 May 2020

# Announcements

## **New BPSU study on ‘Glucocorticoid induced adrenal suppression’**

A new 25 month surveillance study looking at the incidence of symptomatic adrenal suppression (AS) in children under 16 years of age arising because of current or previous Glucocorticoid (GC) therapy is about to begin in the UK and Ireland. Glucocorticoid induced AS will appear on the orange card in April 2020. If the diagnosis is awaiting confirmation, the child should still be reported.

This study will help to determine how many children and young people are affected by AS and adrenal crises because of GC medication. By documenting the number of cases of symptomatic AS and / or adrenal crisis in the UK and looking at the background to each event we hope to improve access to appropriate education for families and healthcare professionals. This should help to reduce the likelihood of patients developing symptoms due to AS in future

More information about the study is available in the [flyer](#) and [protocol card](#).

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## **ESPE 2021 call for programme suggestions**

Moving to May in 2021 in support of the September International Meeting (IMPE) in Buenos Aires, the 60th Annual ESPE Meeting will be somewhat different from previous Meetings. Following the theme of "Sustainable Excellence in Endocrinology" **ESPE Connect 2021** will focus on career development, training and forming collaborations. As a result, the programme will feature fewer symposia and more practical session types such as How do I... and Meet the Expert, in addition to a range of working groups.

Overall this meeting will be slightly more focussed on CME activities. To tailor the program for ESPE Connect 2021 closer to the needs of attendees, we have decided to also reach out to national societies.

We are currently welcoming suggestions for the programme and your input is gratefully received via [this survey link](#) or by emailing [espe2021@bioscientifica.com](mailto:espe2021@bioscientifica.com) with the subject "ESPE Connect 2021 programme suggestion".

We value your input into the development of the ESPE Connect programme. All your ideas and suggestions will be compiled by the ESPE Meeting Team and returned to the Programme Organising Committee (POC) for discussion at the first programme meeting for ESPE 2021.

Our Programme Organising Committee looks forward to hearing your ideas.

Please send your suggestions until 30th April 2020.

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## **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)

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## Vacancy: Consultant Paediatrician with special interest in Diabetes, East Kent

We are looking to recruit a Consultant General Paediatrician with diabetes as a special interest.

This is a 10PA post and the successful candidate will be part of the Excellent East Kent Hospitals Children's Diabetes Team and the work includes outpatient work, support for newly diagnosed inpatients and attendance at Team and London and South East Network meetings.

The General Paediatric responsibilities include participating in acute on call, emergency pathway support shifts (2pm-9pm on site), Consultant of the Week responsibilities as well as general outpatient activities. We also have a Level one Special Care Baby Unit and on call work includes supporting the Unit and neonatal emergencies on Labour Ward.

The base Hospital will be QEQM, Margate for general paediatric emergency duties and the majority of clinic-based work (although there may be a need to do clinics at our other sites).

To view the full advert, [visit NHS Jobs](#)

For further details / informal visits contact:

Dr Abigail Price on 01843 225544 Ext 7255046 ([abigailprice@nhs.net](mailto:abigailprice@nhs.net)).

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Endocrinology,  
Diabetes & Metabolism  
CASE REPORTS



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# Meetings and courses

## **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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**Annual British Thyroid Association Meeting**  
22 May 2020, London

Details to be added to website soon.

<https://www.british-thyroid-association.org/who-is-the-british-thyroid-association/annual-bta-meeting>

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**International Congress of Auxology**  
27-31 May 2020, Croatia

The congress will feature more than 15 scientific sessions covering current research in human growth from conception to maturity. The first 1000 days forms a natural initial focus along with the growth and development implications of infant feeding, exercise in childhood and adolescence, the effects of environmental pollution, and the diagnosis and treatment of growth disorders. For human biologists, anthropologists, educators, neonatologists, paediatricians, family practitioners and health workers dealing with all aspects of child and adolescent development this congress will be a great opportunity to review your current research and future directions.

<https://isga2020.conventuscredo.hr/>

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**23<sup>rd</sup> Postgraduate Course on and Growth Disorders**  
31 May – 5 June,

Arranged by the Department of Women's and Children's Health, Karolinska Institutet, Stockholm, Sweden.

<http://pgc2020.swedish.domains/>

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**New Developments and Controversies in the Management of Thyroid Cancer**  
26 June 2020, London

This is a multidisciplinary meeting which will interest surgeons, endocrinologists, oncologists, CNSs, AHPs and trainees.

[https://uk.aesculap-academy.com/go/?action=AkadEventData&event\\_id=273184&evdate=3953621](https://uk.aesculap-academy.com/go/?action=AkadEventData&event_id=273184&evdate=3953621)

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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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## **Inherited disorders of glucose homeostasis (controversies in hypoglycaemia)**

### **14-16 October 2020, Manchester**

Hypoglycaemia and hypoglycorrachia are common in medicine. Failure to recognise a low blood or brain sugar and treat appropriately can lead to severe and permanent damage. This 2 day course for metabolic specialists and endocrinologists is aimed at exploring some of the more complex, primarily genetic causes, where either diagnosis or management is particularly challenging.

Each topic will take the form of a workshop where brief introductory talks to set the context will be followed by discussion of actual cases where they delegates have found either diagnosis or management has been difficult.

<http://www.rrd-foundation.org/en/course/inherited-disorders-glucose-homeostasis-controversies-hypoglycaemia/101>

## 2020 annual endocrinology 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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