



**British Society for  
Paediatric Endocrinology  
and Diabetes**

## BSPED March 2020

### Covid-19

We understand this is an unprecedented and difficult time for our colleagues across the country. We hope you and your families all stay well, and wish everyone the very best as you manage a complex mix of priorities. While the evidence suggests that, fortunately, the virus has a milder impact on children, we of course encourage you all to stay up to date with and follow the latest information from the government and World Health Organisation. We have also produced a [statement regarding Glucocorticoid replacement and COVID-19 infections](#) to guide in the management of patients with adrenal insufficiency.

The BSPED Office has relocated to work from home, but staff continue to support BSPED and its members during these difficult times and members can contact them by phone and email as usual.

We send you all our very best wishes.

### BSPED 2020

BSPED 2020 will be held in Belfast, at the ICC on 11 - 13 November 2020, hosted by Noina Abid. Details are below and on our website. We completely understand the pressure placed on everyone at this challenging time and the situation surrounding COVID-19 continues to be dynamic. With this in mind we will keep the early bird and abstract deadlines under close review. Any changes will be advised through the BSPED website.



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 of the UK.

Belfast enjoys excellent travel links at affordable prices, making it easy to join us at the BSPED Annual Meeting. If you are attending as a group you can benefit from exclusive flight discounts. [Travel information is provided on our website.](#)

### Registration – now open

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

### Prepare your abstract

Abstract submission is 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.

## News from the BSPED Office

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

### BSPED paediatric endocrine peer review

In view of the Covid-19 pandemic, all BSPED peer reviews have been postponed and will be rescheduled at a later date. Centres are requested to contact the assigned peer reviewers to arrange this after July 2020.

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### BSPED Special Interest Groups

The BSPED is currently able to support two additional SIGs, 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 suspended

The Advisory Committee on Clinical Excellence Awards (ACCEA) is aware of the increasing impact of coronavirus (COVID-19) on all NHS staff.

Royal Colleges, employers, ACCEA committee members and applicants are concerned about the time needed to apply for an award and for employers to sign them off, which may be at the expense of clinical priorities.

ACCEA have therefore suspended applications for the 2020 national Clinical Excellence Awards competition. There is now no need to complete an application or for employers to sign off those already submitted.

ACCEA will implement contingency plans for new applications. They will also ensure that those whose awards expire in April 2021 are not disadvantaged by being unable to submit a renewal application.

Any applications already drafted will be saved. The online form will remain available until 5pm on Tuesday 24 March so that applicants can download their work.

Further details will be provided after discussions with ministers and ACCEA committees.

# Trainee Update

## Annual Retreat for Trainees in Endocrinology 2020 - Cancelled

ARTE 2020 is cancelled in view of the current situation with Covid-19. The CSAC team are looking into ways of holding virtual CSAC reviews on Friday 15th May 2020. Further information will become available over the next few weeks. All GRID trainees, including trainees out of programmes should have received an email containing the CSAC paperwork. If not please email [bspedtrainerep@gmail.com](mailto:bspedtrainerep@gmail.com) and we will forward this on.

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## Other cancelled events

The ACDC Trainees Day (10 July) has also been cancelled (those who have paid will be refunded) as have the vast majority of other gatherings. Please look out for details from event organisers and if events are reorganised, we will pass on any information we get. Please make sure you're signed up to get trainee updates (see below).

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## WhatsApp Journal club

Our second WhatsApp national journal club took place recently. 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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## BSPED Trainee Mailing List and Noticeboard being updated

We send regular email updates on courses, job opportunities and information on training to trainees who are 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](#) very soon.

Thank you to all involved in this project.

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## BSPED statement on Glucocorticoid replacement and COVID-19 infections

Following a large number of enquiries received by centres, the BSPED has issued the following statement:

Children and young people who have hormone problems and in particular who are taking steroids (hydrocortisone, prednisolone, dexamethasone) because their adrenal glands do not work properly (steroid replacement therapy) are at no more risk of catching COVID-19 than other children.

However, it is very important that all medicines are given regularly and at the doses recommended by your doctor. Make sure you have got enough medicine at home, without stockpiling, and that you follow sick day rules if you /your child becomes unwell.

Further information is available at:

NHS: <https://www.nhs.uk/conditions/coronavirus-covid-19/>

RCPCH: <https://www.rcpch.ac.uk/resources/covid-19-resources-general-public>

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## Hydrocortisone Audit

Following a MHRA directive, the BSPED is has surveyed its members on the use of muco-adhesive buccal hydrocortisone in the treatment of Adrenal Insufficiency. Thank you to those who completed this survey. The Clinical Committee is currently reviewing the results report prior to circulation.

## **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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## **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](#). Please do share with your colleagues ahead of the study starting in April.

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## **NICE Thyroid cancer guideline: advert for endocrinologist (full committee member)**

The National Guideline Centre (NGC) has been commissioned by NICE to develop a NICE guideline on Thyroid cancer: <https://www.nice.org.uk/guidance/indevelopment/gid-ng10150>

NICE are currently recruiting an endocrinologist (full committee member role) and a chemical pathologist (topic expert co-opted member) for this Guideline committee. The advert details can be found at <https://www.nice.org.uk/get-involved/our-committees/join-a-committee/member--thyroid-cancer---assessment-and-management>

The closing date is **9 April** at 5pm. The interviews will be held via phone on 11 May.

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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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Endocrinology,  
Diabetes & Metabolism  
CASE REPORTS



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## Meetings and courses

We have made every effort to check whether meetings have been postponed or cancelled due to Covid-19 and have updated the details below where possible. We would however recommend that you check with the website/organiser of any event you plan to attend this year.

### **POSTPONED UNTIL 2021**

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

~~6-8 April 2020~~ 2021, 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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### **CANCELLED**

#### **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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### **POSTPONED UNTIL 2021**

#### **International Congress of Auxology**

~~27-31 May 2020~~, 3-6 June 2021, 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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## **New Developments and Controversies in the Management of Thyroid Cancer**

**26 June 2020, London (TBC)**

In view of the recent developments relating to COVID-19, we want to reassure everyone that Aesculap Academia are in close liaison with the organising committee and are monitoring the situation with regard to whether or not this meeting can go ahead.

As soon as we have any further information we will post onto the Aesculap Academia website and will contact delegates as immediately.

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 (TBC)**

The Local Organising Committee and the BRS have been closely monitoring the continuing developments regarding Covid-19 in the UK. Although the annual meeting is still many months away it is clear that the impact of the current situation will last for some time. Bearing this in mind, we are currently evaluating all options for the annual meeting in Manchester in July 2020. We will be in touch with more information as soon as it is available. For members who have submitted abstracts to this meeting, please note notification regarding your abstract will be delayed.

Our paramount concern is the health and wellbeing of participants, and we continue to follow the recommendations of national and international public health authorities. We thank you for your patience and understanding at this difficult time.

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 (TBC)**

TSI2020 & TSSS [UK] are reviewing the current guidelines, in this ever-changing situation. The wellbeing of our guests is of the highest importance. At the moment TSI 2020 and TSSS UK events will go ahead as scheduled. We hope the worst will be over by July 2020. Please see the links below and follow them for more details.

This is a constantly changing situation. We cannot foresee what will happen. However, we will continue to review it on a regular basis.

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

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## **Inherited disorders of glucose homeostasis (controversies in hypoglycaemia)** **14-16 October 2020, Manchester**

Hypoglycaemia and hypoglycorrhachia 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**

- **POSTPONED: European Congress of Endocrinology:** New date TBC
- **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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