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.

Meanwhile, please find an announcement below regarding our annual meeting in Belfast.

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 – a message from Justin Davies, BSPED Chair

In light of the current global outbreak of the novel Covid-19 virus, I want to send you my support and best wishes; I hope you, your colleagues and your families are staying healthy through this period of uncertainty.

Given the severity of this situation and considering the speed with which the BSPED 2020 Meeting, due to be held in Belfast this November, will arrive, we have created a dedicated Working Group to discuss the best course of action. It is with sadness that I have to report that the decision has been made to postpone the BSPED meeting until 2021.

While the situation is still evolving and it is unclear exactly what will happen in the weeks and months ahead, we want to help protect frontline medical services by making sure that our delegates remain free to concentrate on caring for patients and avoid exposure to any potential risk. Additionally, we are sensitive to all NHS medical professionals who have had their study leave cancelled indefinitely and are likely to be working hard at the end of the year with clinical work that may be postponed. Our thoughts and best wishes are with you all, and especially those working tirelessly to overcome the challenges presented at this unprecedented time.

Further updates about the postponed meeting will be available on the BSPED website, via the newsletter and on social media feeds in due course. Thank you for your patience and understanding.

We will be working closely with the BSPED Team to discuss plans for other BSPED activities and our AGM in light of the situation. Again, we will of course keep you updated.

Kind regards,

Justin Davies
BSPED Chair
News from the BSPED Office

Please note: Our DKA Guideline has been updated and integrated care pathway developed, please see the Clinical Committee section for more information.

Get all the latest endocrine news

Did you know that the BSPED website displays a regularly updated feed of endocrine and paediatric endocrine news from across the media? Visit the BSPED home page or our dedicated news page to stay up to date with new developments. News from the BSPED is also displayed.

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.

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.

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.

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

CSAC Reviews 2020

Virtual CSAC reviews will be held on Friday 15th May 2020. All GRID trainees, including trainees out of programmes, should have received an email containing the CSAC paperwork. If not please email bspedtraineerep@gmail.com and we will forward this on.

WhatsApp Journal club

BSEPD Trainee WhatsApp Journal Club have been extremely successful so far. We will be sending information out in the near future for the next session. If you would like to join future events, please email bspedtraineerep@gmail.com 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.

Feedback on Diabetes Training

We are looking at ways in which we can get more feedback on trainees’ experiences of diabetes training within SPIN and GRID training. We have already sent out links to current GRID and SPIN trainees.

We will send out a post-CCT questionnaire for those who have completed SPIN training, GRID training or post-CCT diabetes training in the coming weeks. Any specific training issues should continue to be raised through the usual pathways. Please look out and respond to invitations.

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). 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
bspedtraineerep@gmail.com
**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 webpage](https://www.bsped.org.uk) 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/](https://www.nhs.uk/conditions/coronavirus-covid-19/)

**RCPCH**: [https://www.rcpch.ac.uk/resources/covid-19-resources-general-public](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.
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.

Patient information leaflets

All available leaflets are accessible 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.

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
An update from NICE

During this period of emergency, NICE has adapted its priorities to support the NHS, local authorities and the wider health and social care sector to tackle COVID-19. We will only publish guidance that is therapeutically critical or focused on COVID-19-related issues.

The stakeholders and advisory committees involved in the development of our guidelines include a large number of frontline staff. We know that their priority in this crisis is caring for patients. We do not want to draw them away from this vital work.

For this reason, we have cancelled all guideline committee meetings and we will not be publishing any draft or final guidelines until further notice (except for COVID-19 rapid guidelines – see below).

At present we are not able to confirm the revised timelines for each guideline. We will be in touch to provide further information as soon as possible. For more information in the meantime, please visit our dedicated webpage https://www.nice.org.uk/covid-19

We are working closely with NHS England and NHS Improvement to develop rapid guidelines on topics relevant to the management of COVID-19. These will be published weekly and will focus on a range of clinical settings.

In addition, we are producing rapid evidence reviews on medicines used to manage COVID-19 and its symptoms.

All of our COVID-19 guidelines and evidence reviews will be published on the NICE website. Enquiries about this work should be sent to nice@nice.org.uk

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British Thyroid Foundation 2.6 fundraising challenge!

With COVID-19 negatively affecting fundraising income, The British Thyroid Foundation is holding a nationwide event called the 2.6 Challenge which will be taking place from Sunday 26 April, the date the London Marathon was planned for.

All you have to do is come up with an activity based around the numbers 2.6 or 26. The good news is you don’t have to be sporty to take part in a challenge. It can be anything from baking 26 cakes, holding a 26-question virtual quiz night or juggling for 2.6 minutes. All that’s required is your imagination!

Find out more at https://www.btf-thyroid.org/join-the-nation-in-the-26-challenge

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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 will begin this year in the UK and Ireland (postponed due to COVID-19). Glucocorticoid induced AS will appear on the orange card later in the year. 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.
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.

CANCELLED
Annual British Thyroid Association Meeting
22 May 2020, London

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

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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.

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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Royal Society of Medicine: What's new in endocrinology and diabetes 2020?  
14 September 2020, London

This unique meeting will focus on examining the most recent updates in endocrinology and diabetes in 2020.

This intimate and informal event was tailored to enable discussion with acknowledged experts in many different aspects of endocrinology and diabetes, covering hot topics and controversial issues, as well as practical management challenges.

Meeting topics:
- Explore new publications from 2020 chosen by experts in the field
- New technology/investigational strategies
- How new guidance should inform our clinical practice - When to start and stop treatments
- Update on relevant treatment and investigational strategies
- Special situations (eg adolescence)
- New guidelines on commonly seen endocrine situations

https://www.rsm.ac.uk/events/endocrinology-and-diabetes/2019-20/edn03/

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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.


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POSTPONED
New Developments and Controversies in the Management of Thyroid Cancer
26 June 9 December 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

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/

2020 annual endocrinology meetings

- **CANCELLED:** European Congress of Endocrinology (ECE): Likely to be delivered virtually
- **POSTPONED:** European Society for Paediatric Endocrinology (ESPE): New date in 2021 TBC
- **International Congress of Endocrinology (ICE):** 4-7 October 2020
- **POSTPONED:** British Society for Paediatric Endocrinology & Diabetes (BSPED): New date in 2021 TBC
- **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.

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