



**British Society for  
Paediatric Endocrinology  
and Diabetes**

## BSPED October 2020

### **Covid-19**

We hope you and your families are staying 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 produced a [statement regarding Glucocorticoid replacement and COVID-19 infections](#) to guide in the management of patients with adrenal insufficiency and have also issued a [position statement on schools returning after COVID-19 for patients with diabetes](#).

## SAVE THE DATE



Registration for our Annual Meeting will open in January 2021, please save the date (20-22 October 2021) and keep an eye on the [website](#) for further details!

# News from the BSPED Office

## Clinical Committee vacancy: Diabetes Nurse and AHP Representative Your chance to represent paediatric diabetes

Following feedback, we are opening up our new diabetes role on the Clinical Committee to Allied Health Professionals as well as nurses working in paediatric endocrinology.

If you'd like to represent diabetes nurses and AHPs in the [Clinical Committee's important work](#) and be involved in the development of guidelines and clinical resources, we'd love to hear from you.

Applications will be reviewed and the successful candidate selected by the Executive Committee.

For more details, please [see the role profile](#) and contact the BSPED office if you would like any further information.

Applicants should send a completed [nomination form](#) and their CV, together with a max 200 word covering letter supporting their suitability for the position. All documents should be submitted electronically to the BSPED Office ([bsped@endocrinology.org](mailto:bsped@endocrinology.org)) by **2 November 2020**.



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## BSPED AGM 2020 – to be held virtually, 12 November

The 2020 Annual General Meeting of the BSPED will take place at **17:15-18:15 on Thursday 12 November virtually via an online link**. All members are welcome to attend and we look forward to updating you on the activities of the society.

[Please register here to attend the meeting.](#)

Please note that only members who have paid their 2020 membership fee before the Annual General Meeting may vote during the meeting. All members should have received a unique link to Rapid Renewal (quick, secure online payment system) to renew, or you can [log in to your secure member area and renew online now](#).

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## 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.



## Benefactor Spotlight

The BSPED is very grateful for the support of our benefactors, without which the work of the Society would not be possible. We are pleased to introduce you to our 2020/2021 benefactors, albeit this year via our newsletter rather than at our annual meeting. Thank you to all of the following for their ongoing support:

### Partner:



*Novo Nordisk is a leading global healthcare company, founded in 1923 and headquartered in Denmark. Our purpose is to drive change to defeat diabetes and other serious chronic diseases such as obesity and rare blood and endocrine disorders. We do so by pioneering scientific breakthroughs, expanding access to our medicines and working to prevent and ultimately cure disease. Novo Nordisk employs about 43,100 people in 80 countries and markets its products in around 170 countries. For more information, visit [novonordisk.co.uk](https://www.novonordisk.co.uk), [Facebook](#), [Twitter](#), [LinkedIn](#), [YouTube](#).*

### Gold:



**Silver:**



*Diurnal is a European, globally focused specialty pharmaceutical company dedicated to addressing major unmet clinical and patient needs in hormone replacement.*

*Our mission is to create effective products for the lifelong treatment of rare and chronic endocrine disorders, including Congenital Adrenal Hyperplasia, Adrenal Insufficiency, Hypogonadism and Hypothyroidism.*

*Our expertise and innovative research activities focus on circadian-based endocrinology. Since 2004, we have created a specialised pipeline of product candidates within the endocrine area, with the primary goal of improving patient outcomes and lives.*

***Diurnal – creating new therapies for patients with chronic hormone-related rare diseases***



*Sandoz, a division of the Novartis group, is a global leader in generic medicines, and is committed to playing a leading role in driving access to medicines worldwide. Sandoz contributes to society's ability to support growing healthcare needs by pioneering a variety of approaches to help people around the world access high-quality medicine.*

*Sandoz Limited  
Park View, Riverside Way  
Watchmoor Park, Camberley  
Surrey GU15 3YL*

*Tel: +44 (0)1276 698 020  
Email: [mailbox.sandoz-gb@sandoz.com](mailto:mailbox.sandoz-gb@sandoz.com)  
Web: [www.sandoz.uk.com](http://www.sandoz.uk.com)*

**Bronze:**



# Trainee Update

## Annual Retreat for Trainees in Endocrinology

This year's ARTE, postponed from its usual May date, was held virtually on 26<sup>th</sup> September with an excellent line-up covering topics of biochemistry, type 2 diabetes, thyroid disease, DSD and Noonan syndrome. Thank you to all the speakers for such interesting sessions, to Dr Shaikh for putting it together and to Novo for their support.

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## GRID and SPIN Trainees Feedback for CSAC

On the 4th November 2020 the annual Diabetes and Endocrine CSAC meeting will be taking place virtually. Usually at the BSPED conference we would have a trainee meeting before this to discuss any issues to raise at the meeting. If you do have any queries please feel free to contact us on [bspedtrainereps@gmail.com](mailto:bspedtrainereps@gmail.com) or contact either of us individually.

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## Virtual Paediatric Endocrine Teaching (VPET)

The VPET sessions are continuing to run twice a month and now include journal club sessions replacing the previously WhatsApp Journal Club. If you know of other online sessions being run that trainees can join, please email us at [bspedtrainerep@gmail.com](mailto:bspedtrainerep@gmail.com) with the details and we can add them to the online Trello noticeboard.

If you would like to be added to the VPET mailing list or would like further information please email [vpet.trainees@gmail.com](mailto:vpet.trainees@gmail.com).

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## COVID and training including SPIN illustrations

The CSAC have looked at the Diabetes SPIN competencies document to provide additional examples of how competencies might be met during the COVID pandemic and this is now available on the BSPED website (under Training > General with an Interest (Secondary) Training). Competencies still need to be met but the CSAC will apply appropriate flexibility in how they are demonstrated. Similarly, for GRID trainees, we would encourage trainees to think broadly and flexibly about how competencies are met and demonstrated. If you have any concerns or questions, please speak to your supervisors initially or members of the CSAC (our contact details are on the Diabetes & Endocrinology CSAC section of the RCPCH website).

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## BSPED Trainee Mailing List and Noticeboard

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.

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James Law & Rachel Boal  
BSPED/ RCPCH CSAC Trainee Representatives [bspedtrainerep@gmail.com](mailto:bspedtrainerep@gmail.com)

# News from the Clinical Committee

## Survey on Sustanon Use in Infants

The recent BSPED guideline on “testosterone use in infancy and adolescence” contraindicated use of Sustanon in infants as it contains benzyl alcohol (concentration 100mg/ml). The clinical features of benzyl alcohol poisoning (reported with daily doses of >99mg/kg) include progressive metabolic acidosis, slowly progressive bradycardia, gasping respiration, seizures, unresponsiveness, hypotension, cardiovascular collapse and death.

Testosterone propionate recommended in the BSPED guideline is not easily available and has resulted in unnecessary treatment delay in our centre. Another testosterone preparation (testosterone enantate) contains benzyl benzoate (342mg/ml; an ester of benzyl alcohol and benzoic acid) and would be expected to result in higher levels of benzyl alcohol in the body as compared to Sustanon.

Based on a testosterone dose of 25mg prescribed in infants for micropenis, the amount of benzyl alcohol for a 5kg weight infant approximates 2mg/kg per Sustanon-250 dose in comparison to >99mg/kg/day reported to be associated with toxicity. We appreciate you might have used Sustanon-100 (100mg/ml) before it became unavailable. Sustanon-100 did contain benzyl alcohol but we have so far been unable to ascertain benzyl alcohol concentration in Sustanon-100. Anecdotal experience from three tertiary paediatric endocrine centres has suggested no cases of benzyl alcohol toxicity with Sustanon use in infants.

We have prepared a short (2 minutes) survey (approved by the Clinical Committee) to collect data from other UK paediatric endocrine centres. This will help establish whether there is any unreported evidence of benzyl alcohol toxicity due to Sustanon use. We would be very grateful if you can please complete this survey by clicking the link below:

<https://www.surveymonkey.co.uk/r/JL7QSQ2>

Dr Ved B Arya, Ritika R Kapoor and Charles R Buchanan  
Department of Paediatric Endocrinology, King’s College Hospital, London

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## New guideline: A Practical Approach to the Self-Management of Diabetes as an Inpatient for Children and Young People Under 18 years

This new guideline, produced by the Association of Children’s Diabetes Clinicians, has been endorsed by the BSPED and can be [found here](#).

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## Patient information leaflets

All BSPED patient leaflets have been reformatted and print versions made available. You can find all the available patient leaflets in the [Patient Information section of the BSPED website](#).

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## 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](#) soon.

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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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## Comments regarding guidelines

If you have a query or comment, or would like to raise a concern regarding a BSPED guideline or any guideline on our website, please contact the [BSPED Office](#) who will ensure your message is passed to the BSPED Clinical Guidelines Officer and Clinical Committee.

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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 it 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:

**22 January** for Clinical Committee meeting in **February 2021**

# Announcements

## **Paediatric Training Centres for Africa: Joint Coordinator Vacancy**

ESPE is seeking applications from its members for the post of PETCA/PETCWA Joint Coordinator. This new position has been established to oversee and coordinate the transition phase of ESPE aspects of the [PETCA/PETCWA training programme](#) when Professor Ieuan Hughes, the current ESPE PETCA coordinator, completes his term at the end of 2020. The appointee will work closely with the other Joint Coordinator newly recruited by ASPAE Council and the Coordinator for ISPAD which also supports the programme. The ESPE/ASPAE Joint Coordinator duo will manage and orchestrate a gradual transition phase of financial support from ESPE towards the aim of a self-sustaining model by 2024. It is desirable if the successful applicant has experience of the PETCA/PETCWA programme and the annual ASPAE conference or experience of working in sub-Saharan Africa in some capacity.

For more information and to apply for this role by 9 November, [see the ESPE website](#).

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## **Consultant in Paediatric and Adolescent Endocrinology, University College London Hospital Full-time (10PA), permanent**

This is a new post based at UCLH which involves general, mostly adolescent endocrinology, including a specialist clinic for Turner syndrome adolescents, together with acute and medium-term support for the adolescent oncology/ haematology team. The appointee will also join the team providing endocrine support for adolescents with gender incongruence, joining Prof Gary Butler and the 4 endocrine CNSs who all work in parallel with colleagues in Leeds Children's Hospital. The postholder will have an honorary contract with the Tavistock and Portman Trust whose Gender Identity Development Service (GIDS) leads on the assessment of the young transgender people before and during treatment. There are excellent opportunities too for international liaison in this field and to join the NIHR funded long term follow-up research project with the GIDS. In addition, we have an active and pioneering research programme with the UCL ICH Centre for Adolescent Rheumatology, investigating the effects of hormones on the developing immune system.

Job description and application process on [jobs.nhs.uk](http://jobs.nhs.uk)

For further information contact Gary Butler [garybutler1@nhs.net](mailto:garybutler1@nhs.net) or Peter Hindmarsh [peter.hindmarsh@nhs.net](mailto:peter.hindmarsh@nhs.net)

**Closing date 16th November**

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## **Vacancy: Consultant in Paediatric Endocrinology and Diabetes (FT 10 PAs), London**

Applications are invited for a dynamic, enthusiastic consultant paediatrician to join the Paediatric Endocrine and Diabetes teams at St George's Hospital. This is a full-time (10PA) post.

St George's Hospital is a major teaching hospital in SW London. The Children's service offers a wide range of acute general and specialist tertiary services and was recently rated as outstanding by the CQC.

The postholder will share all duties involved in running this busy paediatric endocrine and diabetes service which receives tertiary, secondary and primary care referrals.

He/she will work with the present team which includes 2 FT Paediatric Endocrinologists. The endocrine team is



supported by 2 FT Paediatric Endocrine CNS, and the diabetes team by 3 WTE (2 FT & 2 PT) paediatric diabetes nurse specialists, 1 paediatric dietician, 1 paediatric diabetes psychologist and 1 designated diabetes coordinator. There is 1 WTE paediatric Endocrine junior doctor at ST6-8 level on the London SW Thames rotation.

St George's paediatric department is a highly rated teaching and training centre and there is opportunity to contribute to undergraduate and postgraduate teaching.

For further information, please contact Dr Assunta Albanese, Paediatric Endocrinologist ([a.albanese@nhs.net](mailto:a.albanese@nhs.net)) and Dr Monti, Paediatric Endocrinologist and diabetologist ([elena.monti@nhs.net](mailto:elena.monti@nhs.net)).

We actively welcome applicants from a BAME background.

To apply for the post please visit <http://www.stgeorges.nhs.uk>. Follow the link 'Work with Us' and 'Job Opportunities' to take you to the list of current job vacancies. Alternatively the application form and job description can also be found on [www.jobs.nhs.uk](http://www.jobs.nhs.uk). **Please be aware that only online applications will be accepted and the post will close once a sufficient number of applicants have been received.**

**St George's Healthcare operates a No Smoking Policy.**

**We are an Equal Opportunities Employer**

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### **New BPSU Study on glucocorticoid 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 October 2020 (including cases seen in September 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 here](#)**

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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.

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### **ACDC Diabetes Webinar Series October-January, Online**

Due to significant challenges in light of COVID-19, a decision has been made to cancel the 15<sup>th</sup> ACDC Annual Conference in January 2021. In order to maintain continued professional development, **ACDC will host a series of diabetes webinars between October 2020 to January 2021 that can be accessed freely for 2 weeks** from the time the webinars are online. Please do visit <http://www.a-c-d-c.org/forthcoming-acdc-meetings/> to register and access the webinars.

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### **ESPE Connect Online 6-14 November 2020, online**

Register free for ESPE Connect Online and access 9 days of the very best paediatric endocrine science from leaders in the field. Our specially developed programme comprises of Symposia, How Do I... sessions, Personal Opinion Future Research talks, the latest Hot Topics and Industry Sponsored Satellites. There will also be interactive live Q&A's at the end of most of the days, meaning you can get your questions answered. With content released every morning at 8am (CET) and available on-demand, ESPE Connect Online allows you to access all of the talks at a time that suits you. What's more, our official Congress App offers you even more flexibility, with all the Meeting content available on your mobile device. [Visit the ESPE Connect Online website](#) for more information and to register.

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### **ICCBH Virtual Forum: Bone Fragility Disorders in Children 18-20 November 2020, online**

The Virtual Forum will comprise invited lectures, meet the expert sessions, workshops, clinical case discussions, oral communications, poster discussions and networking sessions.

The aim is to present and discuss new research in investigative, diagnostic and therapeutic management of patients with bone fragility disorders and to foster the exchange of ideas and discussion of ongoing initiatives.

<https://iccbhonline2020.org/>

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### **11<sup>th</sup> International Symposium on Diabetes, Hypertension, Metabolic Syndrome and Pregnancy 21-21 April 2021, Greece**

Join us in Thessaloniki, Greece, for the 11th edition of the DIP Symposium; a thriving congress bringing together an international community of Maternal Fetal and Neonatal medical specialists.

<http://dip.comtecmed.com/>

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**International Congress of Auxology**  
**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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**IFCAH First Scientific Symposium Research Fund on Congenital Adrenal Hyperplasia**  
**14 June 2021, Paris**

IFCAH is pleased to welcome all researchers and clinicians to share experiences on IFCAH supported project.

<https://ifcah.com/ifcah-first-scientific-symposium-research-fund-on-congenital-adrenal-hyperplasia/>

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**Update in Obstetrics, Gynecology and Reproductive Medicine**  
**4-5 November 2021, Barcelona**

We are delighted to announce that The Dexeus Women's Health Foundation will host its 45th International Forum focusing on issues in Women's Health, to be held in Barcelona, Spain, on 4-5 November, 2021.

This Dexeus Forum will follow in the footsteps of the previous highly successful Forums and will update the current knowledge in Obstetrics, Gynecology and Reproductive Medicine with the key international opinion leaders in each field.

<http://dexeus.comtecmed.com/>

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**2020/21 annual endocrinology meetings**

- [Society for Endocrinology BES \(SfE\)](#): 16-20 November 2020 (now virtual)
- [International Congress of Endocrinology \(ICE\)](#): February 2021 (virtual congress)
- [European Society for Paediatric Endocrinology \(ESPE\)](#): Liverpool, 7-9 May 2021
- [British Society for Paediatric Endocrinology & Diabetes \(BSPED\)](#): Belfast, 20-22 October 2021

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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