



British Society for
Paediatric Endocrinology
and Diabetes

BSPED April 2021



48th BSPED Annual Meeting - BSPED 2021

The 48th BSPED Annual Meeting will be held virtually on **24-26 November 2021**. The Meeting will be online, to ensure that everyone can attend, despite ongoing social distancing measures and concerns over travel.

Programme suggestions welcome

We are still planning a programme incorporating the range, quality and relevance that you would expect from a BSPED Meeting and we would really value your input into the development of the BSPED programme. All your ideas and suggestions will be compiled by the BSPED 2021 Meeting team and returned to the Programme Organising Committee (POC) for discussion. The deadline for the submission of your suggestions is **Monday 3 May 2021 (23:59 BST)**, so [please click here to have your say!](#)

Abstract submissions open

We are also excited to announce that abstract submissions are now open and will close on **Thursday 8 July 2021 (23:59 BST)**. Abstracts at BSPED 2021 will be presented virtually as oral communications or posters, across a variety of categories within paediatric endocrinology and diabetes. Accepted abstracts will also be published online in *Endocrine Abstracts*: a fully citable, open-access resource of presentations from endocrinology conferences. Please [visit the BSPED 2021 Meeting page here](#) for further information on how to submit your abstract.

News from the BSPED Office

Research and Innovation Awards 2021 – applications open

Applications for the [2021 BSPED Research and Innovation Awards](#) are open, with a deadline of **7 September**.

This year, there will be **two BSPED Research and Innovation Awards granted up to a maximum of £20,000 each**. The total amount for each grant can be allocated to one recipient or split between 2 or more projects.



The BSPED welcomes applications for projects that are intended to:

1. Promote and support academic research by its members by providing funding to:
 - Obtain preliminary data which will support an external funding application
 - Conduct a small project or
 - Purchase equipment
2. Promote and support surveys of rare diseases
3. Promote and support surveys of clinical innovations
4. Promote and support educational projects

The BSPED strongly encourages any BSPED member to submit a proposal including nurses, research fellows, specialist trainees, DGH consultants, allied health professionals and Clinical Networks.

We look forward to receiving your [applications](#), which should be submitted to Awards Committee Chair Professor [Helen Storr](#) by **7 September** (5pm BST).

BSPED Paediatric Endocrine and Diabetes Nurse and Allied Health Professionals Award 2021 – applications open

Applications are now open for this year's [BSPED Paediatric Endocrine and Diabetes Nurse and Allied Professionals Award](#). The purpose of the award is to reward and support an innovative development or initiative within the paediatric endocrine or diabetes settings. Applicants can be nurses or allied health professionals working in either of these fields and **there are two awards available this year**.



You could win £1000 towards implementing or researching an initiative which aims to directly improve the care of children and young people with endocrine or diabetes diagnoses.

For more information, please [see the BSPED website](#) and submit your applications to the BSPED Office by **7 September** (5pm BST).

BSPED Virtual Peer Review process

You will be aware of the BSPED Virtual Peer Review process which started with reviews of Oxford and Belfast. We are excited that a number of centres have come forward to be reviewed in the coming months. We welcome all other centres to contact the BSPED office if they are interested. For those who would like to know how the BSPED has established an international benchmark in ensuring the quality of paediatric endocrinology services through peer review, please read the recent publication in *Hormone Research in Paediatrics*: <https://pubmed.ncbi.nlm.nih.gov/33789302/>

Chaperone guidelines and documentation for intimate examinations

The BSPED Executive Committee has discussed current chaperone guidelines with both the GMC and the RCPCH following some historical allegations. While the GMC will not retrospectively apply the current guidance, it is important to follow it now and going forwards. [The guidance can be found here](#). We would like to remind members always to offer a chaperone for intimate examinations, to note that you have done so and to note also if the chaperone is declined. Some trusts are already using a stamp/documentation on notes to record that the relevant conversations have been held. We have uploaded an example from Birmingham Children's Hospital for your use in [Word](#), [Excel](#) and [PowerPoint](#).

Opportunity: BSPED Wales representative for Clinical Studies Group

Professor John Gregory has now stepped down as the Welsh representative for the Paediatric Endocrine Clinical Studies Group (CSG). We wish him a very happy retirement after many years of service to the CSG and to paediatric endocrinology as a whole. This means we are looking for a keen Welsh representative who will make significant contributions to research in paediatric endocrinology through the CSG. We invite interested candidates to apply with a short paragraph to bsped@endocrinology.org.

New Digital and Information Officer on Clinical Committee

We're pleased to announce that Dr Angela Lucas-Herald (Glasgow) will join the Clinical Committee in May 2021, focusing on how BSPED's information and news is communicated and managing our social media channels.

Thank you Angela for sharing your knowledge and expertise with the BSPED and thank you to Dr Neil Hopper for completing an extended term of office in this role.



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.

Trainee Update

CSAC Reviews and ARTE 2021

Due to the pandemic, CSAC reviews will be taking place remotely again this year on 21st May 2021. We would normally have the ARTE meeting at the same time but, again, we plan to have this virtually later in the year. The provisional date for the ARTE meeting is the 9th of October to avoid ESPE and BSPED.

Association of Children's Diabetes Clinicians Trainee Day

This year's ACDC trainee day will take place on the 18th June 2021 via zoom and will be free of charge. The programme and registration is available at <http://www.a-c-d-c.org/forthcoming-acdc-meetings/>. On registration, joining details will be sent by email prior to the event.

Virtual Paediatric Endocrine Teaching (VPET)

The VPET sessions are continuing to run twice a month and now include journal club sessions replacing the previous WhatsApp Journal Club. If you know of other online sessions being run that trainees can join, please email us at 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.

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).

Awards, Achievements and Appointments

In previous years the BSPED Trainee section has been used to celebrate trainees' achievements and appointments to consultant posts. We are reintroducing this and would be grateful if you could email bspedtrainerep@googlemail.com anything you would like included.

To get things started we would like to congratulate Dr Toby Candler who has been appointed as a Consultant in Paediatric Endocrinology and Diabetes at the Bristol Royal Hospital for Children and Dr Suma Uday who has been appointed as a Consultant in Paediatric Endocrinology and Diabetes at Birmingham Women's and Children's Hospital. We wish them both all the very best in their careers.

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). 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

News from the Clinical Committee

MHRA Alkindi alert

MHRA have issued advice about warning families regarding the potential risk of acute adrenal insufficiency in children when switching from hydrocortisone tablet formulations to Alkindi granules. [Details are available here.](#)



Continuous glucose monitoring in pregnant women with T1DM

The Scottish Health Technology Group (SHTG), on request from The Scottish Diabetes Group (SDG), has reviewed the evidence surrounding the use of CGM in pregnant women with T1DM, and has provided recommendations for NHSScotland. [Please read these recommendations here and share as appropriate.](#)

New Evorel Patches patient information leaflet

On our website you will find the [newly published BSPED patient information leaflet](#) which details how to correctly use Evorel Patches for female hormone replacement therapy. The leaflet has been put together by the BSPED Clinical Committee. For any enquiries please direct them to bsped@endocrinology.org

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.](#)

Revised NICE guidelines re DKA



The Clinical Committee of BSPED is aware that NICE has published its revised guidance on the management of Type 1 and Type 2 Diabetes in Children and Young People (CG 18). We are also aware that this revised NICE guidance differs from the current interim BSPED guidance on the website with respect to the fluid management of DKA.

The Clinical Committee plans to review this situation very quickly but does not feel that the current [BSPED DKA guidance](#) needs to be removed from the website while this review and revision takes place.

Meanwhile, the [DKA Flowchart and DKA Calculator](#) are now available for use via the [BSPED Guidelines web page.](#)

Paediatric Steroid Treatment Card for Adrenal Insufficiency

The BSPED Clinical Committee is pleased to announce that the Paediatric Steroid Treatment Card for Adrenal Insufficiency has been reviewed and updated. It provides a succinct steroid management plan for illnesses, emergency injections and blood sugar & electrolyte correction. It is available to [view or download from the website](#). Please encourage your patients to use this – BSPED is keen to encourage uniform practice and improve the care of children and young people with Adrenal Insufficiency.



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](#).

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.

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.

Submitting items to the Clinical Committee

In order to manage the full agenda of this busy committee we would request that any items that members would like to be reviewed by the Clinical Committee should be submitted to the committee through the BSPED Office in good time. Please see below the deadline dates for submission for the upcoming Clinical Committee meeting:

17 May for Clinical Committee meeting in **June 2021**

Announcements

ACCEA Consultation Update

The Advisory Committee on Clinical Excellence Awards has launched a [consultation](#) on reform of the national CEA scheme with the aim of introducing a new scheme from April 2022.

This consultation asks for your views on:

- increasing the number of new CEAs
- removing time-based 'progression' between the award levels, with the level of awards linked to the impact of achievement
- changes to the domains for assessing national CEA applications
- the role of citations and ranking by accredited national nominating bodies and specialist societies
- retaining the 5-year award period, but ending the current renewals process for awards
- how to ensure award holders maintain excellence during the period covered by a CEA

The deadline for responses is **12:15am on 16 June 2021**.

<https://www.gov.uk/government/consultations/reforming-the-national-clinical-excellence-awards-scheme>

SfE Leadership & Development programme

The Society for Endocrinology has recently launched a new [Leadership & Development Awards Programme](#), to recognise and nurture emerging talent in endocrinology and help Awardees become the future leaders of our discipline.

This three year programme, for clinicians and scientists, will provide Awardees with unique opportunities to network with established endocrinologists, learn more about how the Society works and how it is governed, how the committees work and what its strategic aims are. The selection process is designed to give everybody an equal opportunity to become more involved, and to ensure that all categories of our membership are well represented in the future.

Now in its third year, we are finding that most applications are coming from scientists and clinical academics, and so **we would really appreciate your help to encourage your non-academic clinical colleagues to apply** and to not be discouraged by the application form. Each category is reviewed separately and so all have an equal opportunity of success.

Applicants for the **Clinicians-in-Practice** category, must be members of the Society and up to 12 years from attainment of MBBS with at least 3 publications (may include clinical cases) as first, co-first or as senior author. Applicants may take one year of parental leave per child into account. We welcome applicants here both with previous academic experience and currently working in a non-academic position, as well as colleagues who have no previous academic experience.

Applications for the Leadership & Development Awards Programme are open **until 14 May 2021**.

[Full details of the selection process, benefits and how to apply are on our website.](#)

Should you have any questions before applying, please contact awards@endocrinology.org

Vacancy: Academic Clinical Lecturer, University of Southampton

We would like to notify the BSPED that the Faculty of Medicine, University of Southampton wishes to appoint an Academic Clinical Lecturer (ACL), Platform science and Bioinformatics. The ACL can be linked to Child Health and the diagnosis and personalised management of growth and genomic imprinting disorders. Clinical training will be tailored to the requirements of the trainee, and can encompass training at centres to ensure successful GRID Training.

For more details contact:

Dr Justin Davies, consultant paediatric endocrinologist, Southampton Children's Hospital
justin.davies@uhs.nhs.uk

Professor Graham Roberts, Professor of Paediatric Allergy and Respiratory Medicine, University of Southampton.

Pubertal induction in Turner syndrome - oral or transdermal 17 β -estradiol?

¹Malcolm Donaldson, ²Debbie Matthews and ³Aneta Gawlik

¹Section of Child Health, Glasgow University School of Medicine

²Department of Child Health, **Newcastle** upon Tyne Hospitals NHS Foundation Trust, UK

³Department of Pediatrics and Pediatric Endocrinology, School of Medicine in Katowice, Poland

Most girls with Turner syndrome require pubertal induction - but the regimen giving the best outcomes is not yet clear. Both the international 2016 "Cincinnati" and the BSPED-led UK 2017 guidelines recommend giving 'natural' oestrogen, i.e. 17 β -estradiol, rather than synthetic oestrogens such as Ethinylestradiol, via the oral or transdermal route (1,2).

The Turner Syndrome Working Group (TSWG) of ESPE has proposed a novel strategy whereby clinicians and families are invited to choose one of two agreed regimens – oral or transdermal – and obtain consent for information during the 3-year induction period to be shared (3). This proposal represents a departure from the traditional randomised clinical trial model, which has proved unachievable given the difficulty obtaining funding for rare conditions such as Turner syndrome.

Realising the TSWG proposal has raised two principal challenges - finding the appropriate platform for data collection and sharing; and obtaining the low doses of oral and transdermal 17 β -estradiol recommended by the Cincinnati and BSPED guidelines.

The first challenge is being met by using the registry platform which has been used by the international DSD (I-DSD) and international CAH (I-CAH) Registries for creating a dedicated Turner syndrome registry (I-TS). The platform, which is run from the Office for Rare Conditions Glasgow, has been in use for over a decade and adheres to the highest standards of data governance. We anticipate that the detailed new module will be operational later this year but in the meantime clinicians can already use the UK ethics approved [information sheet](#) and [consent forms](#) for I-TS to enrol all patients with Turner syndrome including those requiring pubertal induction. A detailed [protocol for the TSWG oral and transdermal regimens](#) is available but clinicians using the BSPED guidelines or similar protocols are also invited to enrol their patients.

The second challenge is more difficult. In the UK, the available 1mg preparations of oral 17 β -estradiol are unsuitable for delivering the low initial doses required. Pharmacies need therefore to order 0.5 mg preparations (e.g. Eustrace, Cetura) which can be halved to 250 mcg, and also make up preparations for girls requiring doses below 250 mcg. There have been problems with supply and manufacture of transdermal preparations over the last 2 years, but these have largely resolved and Evorel 25, Estradot 25 & Estraderm Matrix 25 are currently available in the UK.

The availability problem with suitable oral oestrogen preparations affects not only the UK but other European countries, and is being addressed by Professor Aneta Gawlik from Katowice, Poland on behalf of ESPE. Two questionnaires regarding preparations for pubertal induction in girls with Turner syndrome have been devised. The link for professionals is <https://www.surveymonkey.com/r/TNF3VXT> and the link for patients and families is : <https://www.surveymonkey.com/r/RMNMY2G>

We encourage BSPED members to complete the survey and share the relevant link with their patients and families. We hope that members can start obtaining consent from their patients now for the I-TS registry and enrol these patients in preparation for entering more detailed information on girls undergoing pubertal induction.

References

1. Gravholt CH, Andersen NH, Conway GS et al. Clinical practice guidelines for the care of girls and women with Turner syndrome: proceedings from the 2016 Cincinnati International Turner Syndrome Meeting Eur J Endocrinol. 2017 Sep;177(3):G1-G70.
 2. Matthews D, Bath L, Höglér W, Mason A, Smyth A, Skae M. Hormone supplementation for pubertal induction in girls. Arch Dis Child 2017;102 (10): 975-980.
 3. Malcolm Donaldson, Berit Kiström, Siska Verlinde, Janielle van Alfen-vanderVelden, Aneta Gawlik and Theo Sas on behalf of the Turner Syndrome Working Group for the European Society for Paediatric Endocrinology. Pubertal induction in girls with Turner syndrome; a proposed modern strategy. Hormone Research in Paediatrics 2019;91(3):153-163.
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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.

Hormones in European Health Policies: How endocrinologists can contribute towards a healthier Europe

4 May 2021, Online

The European Society of Endocrinology (ESE) is organising a webinar to present its new White Paper on endocrinology, titled “Hormones in European Health Policies: How endocrinologists can contribute towards a healthier Europe”. The webinar will feature high level policy makers, experts and other interested parties to discuss ‘why hormones matter in EU health policy’.

The event will introduce the interlinkages between endocrinology and COVID-19 and will have specific dedicated sessions for four important health topics: **obesity, cancer, rare diseases and endocrine disrupting chemicals**. For each topic, a discussion will take place between involved policymakers and expert endocrinologists.

The event will take place on Tuesday 4 May 2021 from 10:00 to 12:00 CEST. You can register using [this link](#).

Clinical update in genetics and endocrinology

4-6 May 2021, Online

This three-part webinar will provide an overview of genetics and endocrinology and feature experts across both of these fields.

In the first webinar, experts in the field of genetics and endocrinology will share their knowledge. Speakers include Professor Sian Ellard, Kevin Colclough, Professor Raj Thakker and Professor Sadaf Farooqi.

This meeting is held in association with **The Society for Endocrinology**.

- **Part 2 - Wednesday 5 May 2021**
- **Part 3 - Thursday 6 May 2021**

A certificate of attendance and CPD certificate with **1 CPD credit(s)** per webinar of this series will be issued to those joining the webinars live.

<https://www.rsm.ac.uk/events/endocrinology-and-diabetes/2020-21/edp53/>

WEBINAR: “Childhood Hypoglycaemia –why worry?”

12 May 2021, Online

Webinar Summary & Objectives:

- What is the emergency management of hypoglycaemia? What are the important initial investigations
- What are the causes of hyperinsulinism in childhood? How do they present and how are they diagnosed and managed?

- Which inherited metabolic disorders present with hypoglycaemia in childhood? How do they present and how are they diagnosed and managed?

Speakers: Dr Indi Banerjee, Prof John Walter, Dr Elisabeth Jameson

Register here: https://us02web.zoom.us/webinar/register/WN_7NKck2QeSYUeVulmPp1w

**Liverpool Childhood Obesity Conference,
13-14 May 2021, Online**

A 2 day virtual conference with a range of national and international experts talking on various aspects of childhood obesity including clinical management updates and service provision focusing on a 'whole systems approach'. The conference is free to attend for all health care professionals and policy makers and CPD points/certificate will be made available after the event. For registration, please click https://realchemistry.zoom.us/webinar/register/WN_aixbAgGjRNytpqIHv1c5vA. For the full program or enquiries, please contact Dr Senthil Senniappan, Alder Hey Children's Hospital or by emailing theacademy@alderhey.nhs.uk.

**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/>

**Society for Endocrinology National Clinical Cases
22 June 2021, Online**

Ten cases are presented and the discussions that follow highlight why cases are of interest to the wider endocrine community and how they advance our understanding of the speciality. All additional abstracts accepted by the marking panel will be invited to be displayed as posters.

There is also plenty of opportunity during tea breaks for poster presenters to discuss their cases with peers and senior colleagues.

<https://www.endocrinology.org/events/clinical-cases/national-clinical-cases-2021/>

**Obesity Update 2021
30 June 2021, Online**

We are excited to announce registration for Obesity Update 2021 is now open! Join us virtually over two half-days on Wednesday 30 June and Thursday 1 July 2021, to gain new insights and learn techniques from UK experts in obesity. By doing so you'll gain the skills needed to improve your clinical outcomes.

<https://www.obesityupdate.org/>

**Paediatric Endocrine Nurse (PENS) webinar session - Small for Gestational Age
30 July 2021, Online**

Small for gestational age webinar from by Novo Nordisk, endorsed by BSPED. 1-2pm.
Save the date – more information coming soon.

**World Endocrine & Obesity Conference
8-9 October 2021, Serbia**

Theme: Endocrine Care through Innovation and Discovery
<https://endocrine.episirus.org/>

**ESPE Science Symposium: ‘Congenital adrenal hyperplasia: from molecular medical research to clinical application’
29-30 October 2021, Netherlands**

The ESPE science symposium aims to promote the development of an interactive network between clinicians and researchers, helping to reduce the gap between research and patient care. It will also provide the means to disseminate new scientific knowledge in the community of paediatric endocrinology.

Its focus will be ‘**Congenital adrenal hyperplasia: from molecular medical research to clinical application**’ and it will be supported by the Endo-ERN and the ESPE DSD Working Group.

The symposium will consist of interactive lectures by renowned scientists in the field with the aim of covering the main topics in CAH. We invited top clinical and basic researchers from all over the world with main research focus on CAH. There will also be discussions and networking time in the group.

<https://www.espe-science-symposium-2021.com/>

**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/>

**11th International Symposium on Diabetes, Hypertension, Metabolic Syndrome and Pregnancy
10-14 November 2021, Dubai**

Join us in Dubai, United Arab Emirates, 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/>

Paediatric Endocrine Nurse (PENS) webinar session - Challenges with managing GHD 26 November 2021, Online

Challenges with managing GHD webinar from by Novo Nordisk, endorsed by BSPED. 1-2pm.
Save the date – more information coming soon.

2020/21 annual endocrinology meetings

- [23rd European Congress of Endocrinology \(e-ECE\)](#): 22-26 May 2021 (virtual congress)
- [European Society of Paediatric Endocrinology \(ESPE\)](#): 22-26 September 2021 (online)
- [British Society for Paediatric Endocrinology & Diabetes \(BSPED\)](#): Online, dates TBC

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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The BSPED would like to thank the following benefactors for their generous support this year:

Partner	Gold	Silver	Bronze
		 	<ul style="list-style-type: none">❖ Abbott❖ Ferring Pharmaceuticals❖ Kyowa Kirin❖ Sanofi Diabetes