



British Society for
Paediatric Endocrinology
and Diabetes

BSPED May 2021



48th BSPED Annual Meeting - BSPED 2021

We are looking forward to welcoming you to the 48th BSPED Annual Meeting, which will be held virtually on **24-26 November 2021**.

We are working hard behind the scenes to create a cutting-edge scientific programme covering practical aspects of paediatric endocrinology and diabetes, underpinned by robust science and key national and international trials.

Don't forget that abstract submissions are 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](#) for further information on how to submit your abstract.

Further details on registration, programme announcements and key deadlines for your diary will be announced shortly. Please keep an eye on the website, or [join the mailing list to be kept up to date](#).

News from the BSPED Office

Vacancy opportunity: BSPED CME Officer

We have a vacancy for a BSPED member to become the Society's next CME Officer. If you're passionate about the ongoing education of paediatric endocrinologists and diabetologists, organised and keen to share your expertise, we would love to hear from you. As BSPED CME Officer, you would be responsible for organising the CME Day at the high profile BSPED Annual Meeting, as well as the endocrine component of the RCPCH meeting.



For more information please see [the role profile](#) or contact the BSPED Office.
Application deadline: **31 August 2021**.

The vacancy has arisen due to the end of the extended term of office of Dr Anitha Kumaran.

To apply

Please send a completed and signed [nomination form](#) (proposed and seconded by BSPED members) to the BSPED Office at: bsped@endocrinology.org to arrive no later than 23:59 BST on 31 August. Please include your CV and approx. 200 word supporting statement with your nomination form. Faxed forms cannot be accepted. The successful applicant will be selected by the Executive Committee. We look forward to hearing from you.

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



In February 2021 it was my pleasure to be the local organiser for the first virtual BSPED Peer Review. Although this took considerable time and work to complete I would encourage other units to participate.

The support from the BSPED office, and from Indi Banerjee and John Schulga in particular, prior to the review was superb, always happy to respond to my rookie queries. The Self-Assessment form is detailed and comprehensive; measuring compliance with the stated BSPED Standards. Getting all the evidence ready takes time so you do need to make sure your centre gives enough notice to complete this. It was a useful exercise to formally check our local compliance against these Standards as I probably wouldn't have got round to doing this in such detail without this prompt!

On the day, the Peer Review team were great. They were engaging, inquisitive and appropriately probing. I personally found it a supportive and constructive experience and had very positive comments from my local colleagues who were involved on the day. Timing was tight, so I'd recommend to only invite key colleagues who can add most to the review.

The report following the Peer Review was detailed and constructive and has provided really useful suggestions on improvements that can be made. This will prove to be a helpful document in further discussions with my local management team and a detailed snapshot against which to plan for the future. I am very grateful for all the work the BSPED Peer Review Team put into this.

Fiona Ryan, Oxford



We are pleased 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.

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.



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

8th European Society of Endocrinology (ESE) Young Endocrinologists & Scientists (EYES) Meeting

EYES is the early career arm of the European Society of Endocrinology and their 2021 meeting, which was to be held in Birmingham, will be a virtual conference. The meeting will run from 3rd to 5th September 2021. Abstract submission deadline: Friday 28th of May. Further information can be found on the conference website via either this link <https://tinyurl.com/eyes-meeting-2021> or on the attached newsletter. The European Society of Endocrinology (ESE) description of the event can be accessed here: <https://www.ese-hormones.org/events-deadlines/e-se-events/eyes-2021-meeting/>

Paediatric Regional Endocrinology Teaching and Training – Yorkshire (PRETT-Y) day

The next PRETT-Y training day will be Tuesday 29th June 2021. The topic is Diabetes and will include talks around service delivery, rare forms of diabetes and well-being so should hopefully tick some harder to meet SPIN boxes. We are sticking with a virtual meeting again as the date is so close to when restrictions will hopefully be eased. To reserve a place and for a copy of the programme please email me elspethferguson@nhs.net

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.

Awards, Achievements and Appointments

We would like to congratulate Dr Georgina Williams who has been appointed as a Consultant in Paediatric Endocrinology and Diabetes at the Noah's Ark Children Hospital, Cardiff, Dr Amanda Peacock who has been appointed as Consultant in Paediatric Endocrinology and Diabetes at The Great North Children's Hospital, Newcastle and Dr James Law who has been appointed as a Consultant in Paediatric Endocrinology and Diabetes at Nottingham Children's Hospital. We wish them all the very best in their careers.

Virtual Paediatric Endocrine Teaching (VPET)

The VPET sessions are continuing to run twice a month. If you would like to be added to the VPET mailing list or would like further information please email vpet.trainees@gmail.com.

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.

James Law & Rachel Boal

BSPED/ RCPCH CSAC Trainee Representatives bspedtrainerep@gmail.com

News from the Clinical Committee

BSPED Priming Guidelines*

A recent national audit and Delphi consensus process among members of the BSPED confirmed an agreement to priming with sex hormones prior to growth hormone provocation tests in children in the peri-pubertal age for suspected growth disorders. The following guidelines are derived from consensus based on current agreed clinical practices and published literature:

<https://www.bsped.org.uk/media/1875/bsped-priming-guidelines-v3-16521.pdf>



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](#).

***Use of and comments regarding guidelines**

BSPED guidelines have been commissioned and endorsed by the BSPED and reflect the Society's views on best practice for the majority of patients with that condition. However, each patient should be considered as an individual in the context of their condition and other medication and therefore the readers' discretion is required in the application of their use. Every effort has been made to ensure the factual accuracy of the contents but no liability can be accepted for any litigation, claims or complaints arising from the use of the 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:

1 June for Clinical Committee meeting on **22 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>

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.

Vacancy: Clinical Fellow in Endocrinology and Diabetes

Birmingham Women's and Children's Hospital Foundation Trust is seeking to recruit an enthusiastic, motivated individual to join the endocrinology and diabetes team on a fixed term contract for 12 months initially, with the potential to extend to 24 months.

This full-time tertiary training post is for a maximum of 2 years, designed to train the applicant to tertiary level, as defined by ESPE and BSPED (www.bsped.org.uk). This post is either a post-CCT fellowship or an *Out Of*

Programme Experience (OOPE) post, subject to approval by the applicant's local deanery. The post involves a large outpatient clinic commitment covering the whole spectrum of paediatric endocrinology and diabetes, including highly specialised clinics, as well as inpatient care covering patients on wards and the Medical Day Care Unit. The successful candidate will, throughout the duration of the clinical fellow post, have a timetable that allows for protected CPD and will be supported to get involved in clinical audit. There is no on call commitment for this post.

This post will be advertised on <https://www.jobs.nhs.uk/>. Interviews will be held via Zoom w/b 28th June 2021 via ZOOM.

For further information, please contact Dr Ruth Krone, Consultant Endocrinologist and Clinical Lead on 0121 333 8197 or via email ruthkrone@nhs.net.

Vacancy: Clinical Fellow in Metabolic Bone Disease

Birmingham Women's and Children's Hospital Foundation Trust is seeking to recruit an enthusiastic, motivated individual to join the metabolic bone team on a fixed term contract for 12 months initially, with the potential to extend to 24 months.

This is a full-time NHS training post in a tertiary training centre for paediatric endocrinology and diabetes. The applicant will join a busy and progressive team delivering paediatric endocrinology and bone services within Birmingham, the West Midlands and beyond.

The fellow post is funded as part of the nationally funded, highly specialised service for complex and atypical osteogenesis imperfecta.

This full-time tertiary training post is for a maximum of 2 years, designed to train the applicant to tertiary level, as defined by ESPE and BSPED (www.bsped.org.uk). This post is suitable for either a post-CCT fellowship or an Out Of Programme Experience (OOPE), subject to approval by the applicant's local deanery. Applicants are expected to have previous paediatric endocrine exposure, and research experience and interest. The post has two main components; 50% of the time is committed to outpatient clinic commitment covering paediatric endocrinology and metabolic bone disease, including highly specialised clinics; the other 50% is for clinical research. There is no commitment to diabetes, acute/general paediatrics, hospital@night and on-call involved.

This post will be advertised on <https://www.jobs.nhs.uk/>. Interviews will be held via Zoom w/b 28th June 2021 via ZOOM.

For further information, please contact Dr Vrinda Saraff, Consultant on 0121 333 8197 or via email vrinda.saraff@nhs.net

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/RMNMV2G>

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.

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.

2021 annual endocrinology meetings

- [European Society of Paediatric Endocrinology \(ESPE\)](#): 22-26 September 2021 (online)
 - [Society for Endocrinology BES](#): 8-10 November, Edinburgh
 - [British Society for Paediatric Endocrinology & Diabetes \(BSPED\)](#): 24-26 November 2021 (online)
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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/>

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 specialty. 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/national-clinical-cases/national-clinical-cases-2021/>

PRETT-Y (Paediatric Regional Teaching and Training - Yorkshire)

29 June 2021, Online

The next PRETT-Y (Paediatric Regional Teaching and Training - Yorkshire) day will be on Tuesday 29th June 2021. It will be a virtual meeting and the topic is diabetes.

If you would like to reserve a place or further information, including a copy of the programme, please email elspethferguson@nhs.net

Obesity Update 2021

30 June- 1 July 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.

**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~~ Postponed until 2022**

Unfortunately, at this time, COVID-19 still remains prominent in the public health sphere. Therefore, as the safety and well-being of all of the Dexeus Forum's participants, faculty and staff are our highest priority, we believe it is best to postpone the congress to a later date.

The Dexeus Women's Health Foundation has decided to postpone its 45th International Forum focusing on issues in Women's Health to 2022.

The face-to-face 2022 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/>

World Endocrine & Obesity Conference

19-20 November 2021, Bangkok

Theme: Endocrine Care through Innovation and Discovery

<https://endocrine.episirus.org/>

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.

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