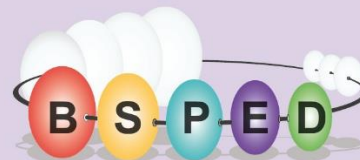


British Society for  
Paediatric Endocrinology  
and Diabetes

BSPED July 2025

# BSPED 2025



**Wednesday 12 - Friday 14 November 2025**

Cutler's Hall, Sheffield

52nd ANNUAL MEETING



## JOIN US FOR THE BSPED ANNUAL CONFERENCE!

Join us in Sheffield from **12 - 14 November** at the 52<sup>nd</sup> BSPED Annual Conference to share knowledge and connect with other professionals working in paediatric endocrinology and diabetes. Below we've listed some confirmed highlights to date.

[Register for the BSPED Annual Meeting and the CME Training Day](#)

**Early Bird registration deadline for discounted fees: Tuesday 16 September (11:59 BST)**

### **Innovation in Paediatric Endocrinology programme highlights:**

- **AI in growth and pituitary disorders - where are we now?** – Paul Dimitri, Consultant in Paediatric Endocrinology at Sheffield Children's NHS FT
- **Living with hypothalamic obesity - our story** – Benj Hemingway gives an account of his experience as a parent of someone living with the disease
- **Debate of use of growth hormone in idiopathic short stature** – Justin Davies, Professor of Paediatric Endocrinology at University of Southampton, vs. Helen Storr, Professor and Honorary Consultant in Paediatric Endocrinology at Queen Mary University of London
- **Psychological aspects of living with complications of excess weight** – Stephen Jones, Principal Clinical Psychologist at Sheffield Children's Hospital NHS FT

- **Current and new pharmacological therapies in weight management** – Neil Wright, Consultant Paediatrician at Sheffield Children's Hospital NHS FT
- **Lessons learned from the National Paediatric Diabetes Audit** – Fiona Campbell, Consultant Paediatrician at Leeds Teaching Hospital NHS FT
- **Conference Dinner** – The evening will include a drinks reception, a three-course dinner, followed by entertainment (tickets sold separately)

[View the full programme](#)

## News from the BSPED Office

### Final Reminder BSPED Awards – Submit your applications by Monday, 4 August 2025



This is a final reminder that applications for the [BSPED Research & Innovation Award](#) and the [Nurse & AHP Awards](#) are due by **5pm on Monday, 4 August 2025** – make sure you submit your application to the BSPED Office before the deadline!

The **BSPED Research & Innovation Award** is ideal for those seeking to pilot new ideas, gather preliminary data, or enhance clinical practice in paediatric endocrinology and diabetes. Up to £15,000 is available to support translational or clinical research, innovative service delivery projects and equipment purchases, surveys, or educational initiatives.

**The Nurse & AHP Awards** support innovative projects led by nurses and allied health professionals and service development, education, and quality improvement initiatives. It's a fantastic opportunity to conduct a small project, attend training and expand the impact of your work in paediatric endocrine and diabetes care.

If you have any questions, please contact us at [bsped@endocrinology.org](mailto:bsped@endocrinology.org).

We look forward to receiving your applications and supporting your innovative work!

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### Last call to complete the Research SIG Member Survey

You may be aware that the BSPED research group is currently functioning as a paediatric endocrine (not diabetes) SIG (Specialist Interest Group). The research group met in March and May and is planning the best way to progress further. The group has discussed broad aims and objectives and would like to hear views from a wide range of members about the preferred function of this group. The lead for this group will be advertised later once the aims and objectives have been finalised.



To help with this, we are reaching out to you for a short survey that will take less than 2 minutes to populate. Your responses will help inform potential objectives and workstreams for the group. Please [complete the survey](#) by 8 August 2025 – this is your last call to submit your response.

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### **Virtual peer review – get involved as a reviewer**

The BSPED Peer Review process provides centres with an excellent opportunity to learn from other centres, to gain support for resource requests and to ensure that they are operating to standards. As a peer reviewer, you also gain experience, ideas and an insight into service management at other centres.

BSPED runs a [virtual peer review process](#), saving time for all involved.

**We are looking for individuals to help with the review process**, including nurses and DGH paediatricians, as well as tertiary consultants. If you would like to be a peer reviewer, please get in touch and we will match you with a centre and date that works for you.

**We also encourage trainees to get involved with the reviewing process** – supporting the lead clinician with note taking and documentation, to build up experience.

Thank you to all involved in the Newcastle and Alder Hey reviews earlier this year. Glasgow and other centres are being booked in for the rest of 2025 and 2026. We will be in touch with centres who are due their next review and welcome proactive contact from centres.

We will be adding the redacted reports from the peer reviews to the members-only area of the BSPED website to help centres learn from each other.

Further details of the review process and what it entails can be provided.

Please get in touch with Peer Review Officer **Dr Guftar Shaikh** on [Guftar.Shaikh@ggc.scot.nhs.uk](mailto:Guftar.Shaikh@ggc.scot.nhs.uk)

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**Medical colleagues** – if the nurses working with you do not receive this newsletter, please encourage them to join the BSPED, and contact the BSPED nurse representatives for further information: Peter Laing [peter.laing@alderhey.nhs.uk](mailto:peter.laing@alderhey.nhs.uk) and Karen Thompson [karen.thompson@belfasttrust@hscni.net](mailto:karen.thompson@belfasttrust@hscni.net)

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### **Make the most of your membership benefits**

The BSPED is an official endorsing society of the journal [Endocrinology, Diabetes & Metabolism Case Reports](#) (EDMCR). EDMCR is a unique, open access



Endocrinology,  
Diabetes & Metabolism  
**CASE REPORTS**

resource that publishes and links together case reports, enabling practitioners to communicate findings, share knowledge and convey medical experiences efficiently and effectively; furthering both medical education and clinical practice.

Members of BSPED receive a 25% discount on the Article Publication Charge (APC) when their paper is accepted for publication in *EDM Case Reports*.

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### Help us keep in touch

As the BSPED communicates with members by email, please ensure that you notify the BSPED Office if your email address changes at [bsped@endocrinology.org](mailto:bsped@endocrinology.org).



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## Trainee Update

### COURSES AND EVENTS:

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#### **BSPED CME Day, 12<sup>th</sup> November, Sheffield**

The BSPED Continuing Medical Education (CME) day is being held on Wednesday 12<sup>th</sup> November in Sheffield. This day will include educational sessions on a range of endocrinology and diabetes topics. Registration is currently open and a limited number of Conference Attendance Grants are available for trainees.

[Registration | BSPED](#)

A trainee dinner will be held over the course of BSPED (date TBC).

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#### **VPET (Virtual Paediatric Endocrine Teaching)**

Previous VPET sessions have been added to the BSPED website members area and are now available on demand. VPET relies on trainees and consultants to deliver valuable teaching sessions. Please email [vpet.trainees@gmail.com](mailto:vpet.trainees@gmail.com) to sign up to deliver a session (providing your name, topic and facilitating Consultant (if delivered by a trainee)) or if you would like to be added to the mailing list.

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#### **DSD Special Interest Group (DSD SIG)**

Trainees are invited to attend DSD SIG meetings. For queries regarding participation and opportunities for case presentations, trainees can contact Dr Nadia Amin ([nadia.amin3@nhs.net](mailto:nadia.amin3@nhs.net)) or Dr Zainab Mohamed ([zainaba.mohamed@nhs.net](mailto:zainaba.mohamed@nhs.net)).

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## **ANNOUNCEMENTS:**

### **Trainee representatives for regional diabetes networks needed**

All Regional Diabetes Networks, as part of the National Children & Young People's Diabetes Network, are seeking trainee representatives. If you are interested in applying for one of these roles, please contact the Network Manager of your regional network. Emails for all Network Managers can be found via: [NCYPD Network](#).

In addition, trainees are encouraged to join their regional networks during training as a useful learning opportunity. Please discuss with your supervisor or email your regional network manager to ask to be added to the regional circulation list.

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### **Trainee involvement in Peer Review Process**

The BSPED's national Peer Review programme started in 2011 and is seeking interested trainees to get involved with the reviewing process, supporting the lead clinician with note taking and documentation. This would provide an excellent learning opportunity and is open to any interested trainees from around the country, not limited to areas which are due a peer review.

If interested, please find further information here ([BSPED | Peer Review](#)) and contact Peer Review Officer Dr Guftar Shaikh ([Guftar.Shaikh2@nhs.scot](mailto:Guftar.Shaikh2@nhs.scot))

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### **New SPIN Trainee Representative**

Helen Couch has been selected as the new SPIN Diabetes Trainee Representative through the RCPCH (maternity cover for 12 months).

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### **Trainee representative vacancy**

The College Specialty Advisory Committee (CSAC) will shortly be advertising for a new GRID Diabetes and Endocrinology Trainee Representative role through the RCPCH. This will be advertised on the RCPCH website.

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### **BSPED website updates**

The training and development section of the BSPED website has recently been updated, with information on the Paediatric Endocrinology and Diabetes subspecialty training pathway.

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### **BSPED Trainee Mailing List**

We send regular email updates on courses, job opportunities and information on training to trainees who are on our mailing list. Please email [bspedtrainerep@gmail.com](mailto:bspedtrainerep@gmail.com) for further details of how to join or if you have feedback on any training issues.

CSAC Diabetes and Endocrine Trainee Representatives:

Katherine Hawton  
Salma Ali  
Helen Couch

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## News from the Clinical Committee

### Updated Patient Leaflets

We have recently updated two patient leaflets which can be found on the website. Please refer to these updated versions when discussing with patients and families.

[Pros and Cons of Growth Hormone Therapy](#) and noting the change in name of Diabetes Insipidus to [Arginine Vasopressin Deficiency](#).

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### NICE Guidelines

The Clinical Committee has submitted comments on the following NICE consultations in the recent months and will keep you informed of the outcomes:

- Overweight and obesity management guideline
  - Semaglutide for overweight and obesity
  - Scoping Workshop and Consultation Invitation (All C&C): Achondroplasia (4 months and over) - vosoritide
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### Patient information resources

A reminder that the BSPED has produced a suite of patient information leaflets covering a number of conditions and designed to give general information about a patient's condition and treatment. To access these leaflets for your patients, as well as the BSPED Adrenal Insufficiency Card, please visit the [Patient Information section of our website](#).



You can also find links to relevant [patient resources](#), such as patient support groups on our website.

Meanwhile, [www.explain.me.uk](http://www.explain.me.uk) was developed as part of a project to improve communication between young people, their parents/carers and healthcare professionals in endocrine clinics. The website is looked after by BSPED. [We'd love to know how you use this with your patients](#).

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## Translations of Adrenal Insufficiency Steroid Card

With thanks to our members and their colleagues, we now have the following translations available for the BSPED Adrenal Insufficiency Card:

**++NEW Mandarin ++**

Slovakian

Arabic

Greek

Polish

Romanian

Turkish

Urdu



CAN YOU HELP? So far, we have translators for the following languages but we are seeking reviewers for these:

- **French**

**Please note that you do not need to be a BSPED member to assist with translations.**

If you are fluent in another language (or already have a translation within your trust) and could help us build our suite of translated cards, please get in touch with [Christine Desmond](#) who is coordinating this project. We would like to find two members for each language so that one can translate the card and the other check/review the translation.

[All translated cards will be available on the BSPED website](#), once reviewed and approved.

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## 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.

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## Submitting items to the Clinical Committee

In order to manage the full agenda of this busy committee we request any items that members would like to be reviewed by the Clinical Committee should be submitted through the BSPED Office in good time.

**Please submit items by 1 August 2025 for the Clinical Committee meeting.**

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## Including your survey in the newsletter

If you would like to include a survey in a BSPED newsletter to encourage responses from BSPED members, it must first be reviewed by the BSPED Clinical Committee.

- Your survey should be reviewed by the Clinical Committee at a stage where it can still be amended and before it is circulated elsewhere.
- The Clinical Committee meets four times per year and the deadlines for submission of agenda items are published in the newsletter.
- Your survey should be submitted to [the BSPED Office](#), in Word format.
- The introduction to the survey should explain its purpose and the closure date of the survey.
- The survey will either be approved for inclusion in the newsletter as it is, or feedback will be provided to the author.
- 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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## Process for endorsement and development of clinical guidelines and standards

The BSPED Clinical Committee is committed to supporting its members in creating robust, evidence-based guidelines. The Committee is not resourced to independently develop national clinical guidelines, but will serve as a key stakeholder in guideline development relevant to paediatric diabetes and endocrinology and will take responsibility for endorsing guidelines produced by other organisations. **In order for a standard or guideline to be endorsed by the BSPED, the procedure set out on our website must be followed.** This involves the early involvement of the Clinical Committee in the development of the document. [The Endorsement Process is available on our website.](#)

## Announcements

### Consultant Post in Paediatric Endocrinology and Diabetes at Nottingham Children's Hospital

An exciting opportunity has arisen to join the Paediatric Endocrinology and Diabetes team at Nottingham Children's Hospital, part of Nottingham University Hospitals NHS Trust.

The team are seeking a dynamic and committed Consultant to contribute to the delivery of high quality, evidence-based care for children and young people across the East Midlands.

[Find out more and apply for the role](#). Closing date for applications is 13 August 2025.

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#### **Pre-Type 1 diabetes update - BSPED survey**

Thank you to everyone who completed the survey, *A UK healthcare professional survey on the islet autoantibody status of children and young people with pre-stage 3 type 1 diabetes, on behalf of the British Society for Paediatric Endocrinology and Diabetes*. The survey is open access, so please find out more and [complete the survey](#).

The survey helped identify the need for healthcare professional education and a UK-specific guideline to support both a screening and follow-up management pathway. The pathway is available through your local Networks whilst the manuscript is under review, or from Rachel Besser ([rachel.besser@ouh.nhs.uk](mailto:rachel.besser@ouh.nhs.uk)).

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#### **Updated guidelines on gonadotropin induction of male puberty**

In case you missed it, the [Protocol for Induction of Puberty with Gonadotropins in Adolescent Males with GnRH or Gonadotropin Deficiency](#) has been updated and published (13.05.2025) as part of this manuscript in Human Reproduction Open can be found on the BSPED website.

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#### **New CGM For Insulin Dosing Comparison Charts Now Available**

An easy-to-understand [comparison chart](#) which includes study design, clinical accuracy, and regulatory approval status of CGM Systems is now available on the Diabetes Specialist UK Forum UK website. The chart is updated on a bi-monthly basis by the DSN so if you have any suggestions, proposed amendments, or would like to endorse the chart, please do get in touch: [dsnforumuk@gmail.com](mailto:dsnforumuk@gmail.com)

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## Meetings and courses

#### **Growth Disorders 2025: Current Challenges, Solutions, and Recommendations 30 April to 31 October 2025**

The independent Medical Communications Agency, MedEA will organise a package of educational events in 2025 entitled Continuing Medical Education (CME) Activities Tackling Identified Learning Needs in Growth Disorders. These activities have been endorsed by the BSPED and will be CME accredited. For more information click [here](#).

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**Challenges in Adolescent Endocrinology**  
**Education Centre UCLH, London NW1 2PG**  
**12 September, 10am-6pm**

A symposium compiled by Gary Butler and Caroline Brain exploring important day to day issues in adolescent endocrine clinical practice which are so rarely discussed. Presentations are by local, national and international experts.

**Registration:** Deposit of £15 to secure a place.

**Contact [adolescentendocrinology@gmail.com](mailto:adolescentendocrinology@gmail.com) to secure a place today.** Please contact [garybutler1@nhs.net](mailto:garybutler1@nhs.net) if you have any questions or issues securing your place.

**Topics that will be covered:**

- Optimisation of adolescent growth
- How does psychology support help adolescents with endocrine conditions?
- Endocrine genetic conditions in adolescents
- Social and sex chromosome variations and their effect on adolescents' needs
- Calcium and metabolic bone challenges in adolescents

*Novo Nordisk has provided sponsorship to University College London Hospitals NHS Foundation trust to cover the cost of both venue hire and subsistence for this meeting. Novo Nordisk have had no input into the agenda apart from where indicated on the full agenda and have had no involvement in the post symposium dinner.*

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**The 7th International Melanocortin Meeting,**  
**Cambridge**  
**15-17 September 2025**



We are thrilled to announce the return of a landmark event in the field of melanocortin biology – The 7th International Melanocortin Meeting! This is a rare opportunity for scientists and clinical academics from diverse fields, such as obesity, weight management, reproduction, puberty, stress, and pigmentation to converge and share insights within melanocortin biology. [For more information and registration click here.](#)

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**British Thyroid Association – Trainee Educational Meeting 2025**  
**Online**  
**24 September 2025**

The next BTA trainees' educational meeting will be held virtually on **Wednesday 24 September 2025 14.00-17.00**. Although the meeting is primarily for trainees in endocrinology, all grades of healthcare professionals treating patients with thyroid disorders are welcome. Sessions will include bite-sized masterclass talks on the management of common thyroid disorders and case presentations from trainees. [Register your place](#) by **Wednesday 17 September 2025**.

Submissions from trainees are invited to present and discuss interesting cases. Accepted abstracts will be presented as Oral Communication. Submit your Abstract to [emmawatts3@nhs.net](mailto:emmawatts3@nhs.net) by **Wednesday 13 August 2025**.

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**VPEG (Online)**  
**26 September 2025 2-4pm**



This BSPED meeting is designed for consultants delivering paediatric endocrine care (tertiary or special interest) to meet and share learning with each other from interesting endocrine cases. It is expected that primarily consultants will attend the meeting and do the case presentations - PGDIT can present with the presence and support of their consultant.

Please register to attend [via Zoom](#). After registering, you will receive a confirmation email containing information about joining the meeting and please add the event to your calendars as a reminder!

If your team are interested in presenting a case please get in touch with Renuka Dias ([r.dias.1@bham.ac.uk](mailto:r.dias.1@bham.ac.uk)) with email header VPEG. We are looking for at least 3 cases per date.

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**11<sup>th</sup> Congress of the European Academy of Paediatric Societies (EAPS 2025), Lisbon**  
**18-20 October 2025**



EAPS 2025 promises to be an innovative and dynamic gathering, showcasing the latest advancements in paediatrics. While the congress may be a few months away, we are already [accepting abstracts](#) and registration is about to open soon.

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**Preserve and Protect beta cell function in Type 1 Diabetes: A Joint YDEF/Paediatric Training Day**  
**Birmingham**  
**21 October 2025**



Colin Dayan along with colleagues are organising a trainees (adults and paed) day on **“Preserve and Protect beta cell function in Type 1 Diabetes”** on 21 October 2025. This will be around screening, monitoring and disease modifying treatment of pre-T1D. This is a rapidly evolving area with several initiatives across not just the UK but Europe as well. It will be free for trainees to attend. For more information contact Colin Dayan via email: [DayanCM@cardiff.ac.uk](mailto:DayanCM@cardiff.ac.uk).

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**EXTOD Two-Day HCP Conference**  
**Liverpool**  
**24 – 25 November 2025**

EXTOD Healthcare Professionals National Conference will be delivered by EXTOD and organised by SBK Healthcare. This unique forum will equip Diabetologists, Diabetes Specialist Nurses, Dietitians and Paediatricians with the knowledge, inspiration, and practical understanding of how to support Type 1 patients to undertake safe and effective exercise. Find out more about the [HCP Conference](#).

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See more meetings and courses on the [Other Meetings](#) page on the BSPED website.

If you have any meetings, courses or events that you would like to add to this page, please [submit them for review here](#)

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**The BSPED would like to thank Sandoz for their generous support as a BSPED Partner this year:**

**S A N D O Z**