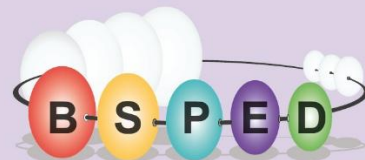


British Society for
Paediatric Endocrinology
and Diabetes

BSPED May 2025

BSPED 2025



Wednesday 12 - Friday 14 November 2025

Cutler's Hall, Sheffield

52nd ANNUAL MEETING



REGISTRATION NOW OPEN!

The BSPED 52nd Annual Meeting will take place on 12–14 November 2025 in Sheffield.

The Programme Organising Committee are busy putting together an exciting scientific and clinically relevant programme reflecting the latest advancements in technology, treatments, and personalised medicine. We will be covering a range of topics including the management of early diabetes, the use of new MC4R agonists, Artificial Intelligence, PCOS and CHI. There will also be sessions with patients to show their lived experiences.

Why attend:

- Innovative learning: discover the latest advancements and research
- Networking opportunities: connect with leading experts and colleagues from around the globe
- Showcase your research: present your work and get feedback from other professionals
- Social programme: network and catch-up with fellow colleagues at the Welcome Reception and Conference Dinner

This is your chance to be part of a community dedicated to advancing paediatric endocrinology and diabetes.

This year's theme is 'Innovation in Paediatric Endocrinology', and with building of Sheffield's brand-new National Centre for Child Health Technology currently underway, we're excited to be hosting the meeting in a city that is driving innovation in healthcare technology for children.

[Register and submit your abstract now.](#)

News from the BSPED Office

BSPED is now on LinkedIn

We are pleased to advise that BSPED is now on LinkedIn. Please make sure you [follow us on LinkedIn](#), and help us share news and content from the BSPED to your network.



BSPED Awards Applications Open – NEW FORMAT!

Applications for the **BSPED Research & Innovation Award** and the **Nurse & AHP Awards** are open. **We encourage you to take a look at the new format of the Nurse & AHP Awards.** The Nurse & AHP Awards now offer funding for projects, equipment, service evaluations, and training opportunities to enhance clinical knowledge and service development.

There will be **two awards of £1,500 available** and the awardees will be invited to **share their project outcomes or learnings with the BSPED network** via a report for the newsletter or a presentation at the annual meeting.

For the **BSPED Research and Innovation Awards** there will be **two awards granted up to a maximum of £15,000 each**. The total amount for each grant can be allocated to one recipient or split between 2 or more projects.

Deadline for submissions is Monday, 4 August 2025. We hope to see more applications with this new format so please help by **sharing this with your amazing colleagues and encouraging them to apply!**

Call for nominations:

Digital and Information Officer - Maternity Cover

Whilst our existing Digital and Information Officer, Sarah McCarrison, is on maternity leave we are seeking someone to support the social media for the BSPED in the run up to the Annual Meeting in November. The role would involve identifying relevant content from the monthly BSPED newsletter and adding to the social channels (X & Facebook).

CME Officer

We have an important role available to replace Dinesh Giri as CME Officer. The main role of this position is to organise and facilitate (supported by Professional Conference Organiser) the BSPED's annual Continuing Medical Education (CME) Day, which is held on the first day of the BSPED Annual Meeting. You would also be a member of the Programme Organising Committee for the BSPED Annual Meeting, and organise the endocrine component of the RCPCH meeting each year. This role is aimed at someone passionate about education and developing the careers of trainees.

Paediatric Diabetes Nurse Rep

We are currently recruiting for a Paediatric Endocrine Nurse Rep as Peter Laing and Karen Thompson's terms of office will come to an end. If you are motivated by providing exciting and relevant content for Nurses at the BSPED Annual Meeting then this is the role for you. You will be a central point of contact for the PENS community keeping nurses up to date on news from the BSPED and relevant bodies. This role can be held by two people to share the workload!

The CME Officer and Paediatric Diabetes Nurse Rep roles are for 3 years and would start from November 2025. The Digital and Information Officer (Maternity Cover) will be on a temporary basis until November 2025 starting as soon as possible.

More details about these positions can be found here <https://www.bsped.org.uk/about/committee-vacancies/> and the deadline to apply is **Monday 30th June 2025**.

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 is now running 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. 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.

We are looking forward to the peer reviews for Newcastle, Glasgow and Alder Hey this spring, 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.

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

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 and Karen Thompson karen.thompson@belfasttrust.hscni.net

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

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.



Endocrinology,
Diabetes & Metabolism
CASE REPORTS

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

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.



Trainee Update

Emerging Endocrinology & Diabetes Leaders Educational Event, 14th June, Birmingham

Following CSAC reviews on the 13th of June, there will be an educational day (EEE event) for subspeciality trainees, with invited speakers delivering a range of talks combined with case presentations from trainees. This will be held at the Clayton Hotel, Birmingham.

Congenital Hyperinsulinism Conference, 19th June 2025, London and Online.

Join Congenital Hyperinsulinism (CHI) experts from Great Ormond Street Hospital and guest international speakers to explore the journey of an infant with CHI.

This meeting provides a vital platform to enhance understanding and clinical awareness of hyperinsulinism, a rare but significant condition affecting infants, children, and young people. Through expert-led presentations and personal narratives, participants will gain insight into the journey from diagnosis to treatment. The programme aims to empower healthcare professionals with the skills to identify and manage hyperinsulinism early, particularly at the bedside. This proactive approach is crucial in preventing potential complications, such as brain injury, associated with delayed or misdiagnosis.

Please book here: [Congenital Hyperinsulinism Conference | Great Ormond Street Hospital](#)

Type 1 Diabetes Early Detection Summit, 9-10th June 2025, Birmingham

This two-day conference is aimed at healthcare professionals as well as the wider multidisciplinary team. It will cover the practicalities of and science underpinning the rapidly changing areas of screening, monitoring and treatment of early T1D.

Register your interest early to secure a place: [Type 1 Diabetes Early Detection Summit](#)

ANNOUNCEMENTS:

Trainee representatives for regional diabetes networks

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 here: [NCYPD Network](#)

Trainees are encouraged to join their regional networks as a useful learning opportunity. Please discuss with your supervisor or email your regional network manager to be added to the regional circulation list.

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)

VPET (Virtual Paediatric Endocrine Teaching)

The next VPET is Tuesday 10th June 2025. Click this link for details of upcoming sessions: [VPET Sessions](#)

VPET relies on trainees and consultants to deliver valuable teaching sessions. Please email vpet.trainees@gmail.com to sign up to deliver a session (name, topic and facilitating Consultant (if delivered by a trainee)) or if you would like to be added to the mailing list.

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) or Dr Zainab Mohamed (zainaba.mohamed@nhs.net).

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 for further details of how to join or if you have feedback on any training issues.

Trainee representative vacancies

The College Speciality Advisory Committee (CSAC) are currently advertising a vacancy for a Diabetes SPIN Trainee Representative (maternity cover) through the [RCPCH](#). The deadline for applications is 9th June 2025. They will also be advertising a Diabetes and Endocrinology Trainee Representative role in due course.

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 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

Tanya Bhagat

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](#).

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
-

DKA Calculator

The BSPED Paediatric DKA Calculator (<https://dka-calculator.co.uk/>) has been updated last month. You will notice a new update design with several new features, including:

- A **new retrospective audit data submission process** capturing modifiable factors which led to an episode of DKA, length of DKA episode and cerebral oedema data. Please encourage your teams to submit data, which takes only a minute or two, at the end of each DKA episode. Instructions for how to do this are shown on page 10 of care pathways generated using the calculator. In the future we hope to share this data with departments, network regions and national groups to help guide improvements in care quality and DKA prevention.
- A **new tool to easily calculate the corrected sodium and effective osmolality** from the measured sodium and glucose. Access the tool via a QR code on the serial data sheet of the care pathway, from the calculator home page, or via <https://dka-calculator.co.uk/sodium-osmo>.
- Selection of **DKA severity will now use bicarbonate** if provided by the user. If the bicarbonate and pH indicate different severity levels, the more severe option is used.
- **Additional audit data are now being collected** such as ethnicity, deprivation (IMD) and more. To improve data quality, users are asked to use an NHS number wherever possible when generating a care pathway to allow duplicate episodes to be discarded. The NHS number is not stored but is used to generate a cryptographic hash which preserves patient anonymity (read more about privacy here: <https://dka-calculator.co.uk/privacy-policy>).

You can read the full changelog at <https://github.com/dan-leach/dka-calculator/blob/main/changelog.md>. Please contact Dan Leach admin@dka-calculator.co.uk with any queries or suggestions.

NICE Guideline published: Vamorolone for treating Duchenne muscular dystrophy in people 4 years and over

The Final Guidance entitled Evidence-based recommendations on vamorolone (Agamree) for treating Duchenne muscular dystrophy in people 4 years and over has been published on the NICE website: www.nice.org.uk/guidance/TA1031 on Thursday 16 January 2025.

DMD Care UK has since (with input from BSPED) produced: UK national guidance for clinical monitoring of bone and endocrine outcomes in individuals with DMD on vamorolone and switching from classic glucocorticoid to vamorolone. [This guidance can be found on the Clinical Guidance page of the DMD Care UK website.](#)

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 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.](#)

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:

[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:

- **Mandarin**
- **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.

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.

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.

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.



Announcements

Dr Rebecca Moon awarded 2025 ESPE Young Investigator award

Congratulations to Dr Rebecca Moon, a GRID trainee and NIHR academic Clinical Lecturer at Southampton, who has won the ESPE Young Investigator award for her work “Vitamin D in Pregnancy: Benefits for Bones and Beyond”.

Not only is this an extremely prestigious international award for Rebecca, it's a success for UK clinical academia in paediatric endocrinology.



Survey: The impact of poverty on children's health

RCPCH and the charity CPAG are working together to further understand how child poverty affects children's health and to push for change.

We are asking paediatricians to [complete this short survey](#) (it should take around 3 minutes). In doing so, you will be helping us to campaign for stronger government action to reduce child poverty and improve health outcomes.

We'll store your answers securely. We destroy all records after six years. For more information see our [privacy policy](#).

[Complete the survey](#)

New CGM For Insulin Dosing Comparison Charts Now Available

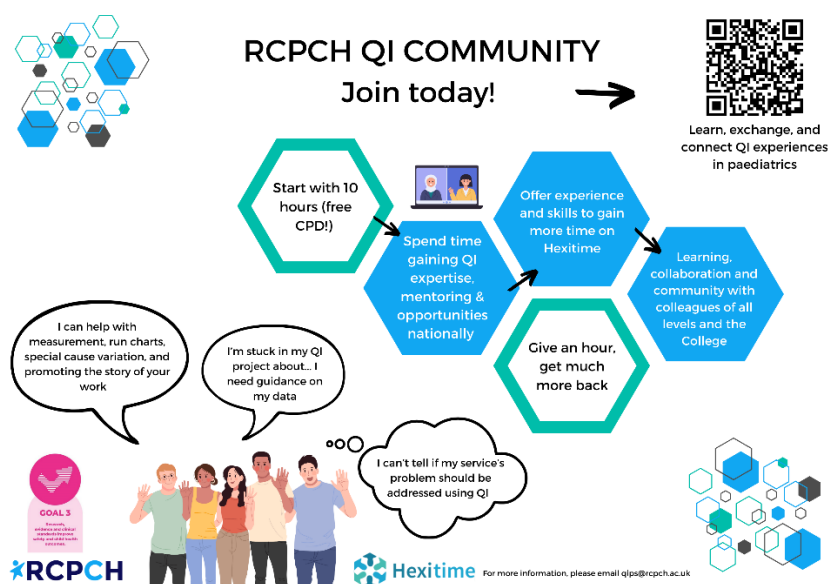
An easy-to-understand [comparison chart](#) which includes study design, clinical accuracy, and regulatory approval status of CGM Systems is now available on the Diabetes Specialist UK Forum UK website. The chart is updated on a bi-monthly basis by the DSN so if you have any suggestions, proposed amendments,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

RCPCH Quality Improvement Community

The Royal College of Paediatrics and Child Health has launched a new [RCPCH QI Community](#), free with RCPCH membership, for all members to exchange expertise, network and collaborate in QI.

The RCPCH QI Community runs on Hexitime, a time-banking platform where people can share knowledge, skills and experiences, and form breakout groups. There's no time commitment and everyone starts by being able to access up to 10 hours of training, time or support from other members. [Join today](#) to see how QI can support your speciality area!

Kind regards,
RCPCH Quality Improvement Team



BPSU Surveillance of ROHHAD Syndrome

Surveillance criteria:

- All existing and new cases (under 16 years) seen in the last few months (in the UK/ROI) with previously unreported cases:
 - Rapid obesity onset after 12 months in a previously healthy child, crossing three major centile lines or showing significant weight gain in family photos.
 - OR family photographic evidence of highly significant weight gain in 12 months, if no baseline weight measurement
 - AND Sleep-disordered breathing requiring overnight respiratory support.

For further information, please visit this [BPSU study](#) or contact Dr Katherine Hawton (Lead Investigator) by emailing ROHHAD@uhbw.nhs.uk.

If you have are a Consultant or SAS doctor, but have not signed up for BPSU reporting cards or have stopped receiving them, please visit: [BPSU - Sign up to receive the eReporting card | RCPCH](#) or email BPSU@rcpch.ac.uk.

BTF Research award 2025

BTF offers a bi-annual research award to support a three-year project into thyroid function or thyroid disorders.

Applications for the 2025 award of £35,000 are open from 1 March 2025.

What is it for: The award can be used to supplement existing projects or to help get research ideas started. Funds are available for consumables, running costs and equipment.

Who is eligible to apply: UK-based researchers. We particularly welcome applications from early career researchers.

Further details and the application process can be found on the BTF website here: [BTF research award](#)
Or you can get in touch with us at BTF by email: research-award@btf-thyroid.org

RCPCH Survey on Digital Health Technologies

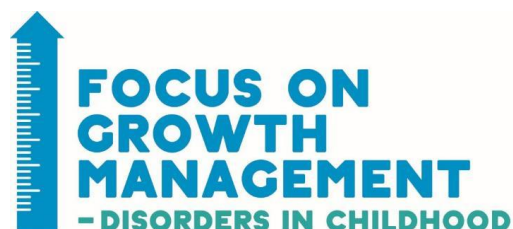
The aim of the programme is to develop resources for paediatricians and people working in child health to be able to harness digital health technologies effectively in clinical practice. The resources we want to develop will include:

- 1) A digital health technologies catalogue or library to access which technologies are available to use and how to access them
- 2) A Health Inequalities app that will support clinicians to better identify patients at risk of healthcare inequalities and find suitable healthcare services for them
- 3) A platform for digital health skills learning for clinicians and child health professionals

To help inform the development of these resources for members of the College, we have disseminated three core aligned surveys. The link to all three surveys is here:

<https://www.rcpch.ac.uk/news-events/news/let-us-know-your-experiences-digital-skills-solutions>.

Meetings and courses



Submit your abstract!

Join us to connect with national growth experts and explore recent advances in childhood growth at our one-day training event on **4 July 2025 at Hallam Conference Centre, London.**

What to expect:

- Insightful talks that aim to **improve your ability** to recognise, refer, and manage **childhood growth disorders effectively**
- In-depth learning on **how to assess growth in children** and implementing novel growth therapies
- **Hands-on case discussions** that will provide practical insights for your practice
- **Networking opportunities with fellow healthcare professionals**, including consultant paediatricians, endocrinologists, trainees, and nurse specialists.

This exciting new event is **suitable for trainees, allied health professionals and consultants in paediatrics and paediatric endocrinology**, and aims to directly address an unmet educational need in the field of paediatric endocrinology.

For more information and to register, please visit: <https://www.growthmanagementmeeting.org/>

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](#).

Early Type 1 Diabetes Summit 9-10th June 2025, Birmingham

This two-day conference is aimed at practicing healthcare professionals, doctors as well as the wider multidisciplinary team within the UK, and will cover the practicalities of and science underpinning the rapidly changing area of **screening, monitoring and treatment of early T1D**.

With internationally renowned speakers, including Marian Rewers (Denver), Emanuele Bosi (Milan), Colin Dayan (Cardiff), this meeting will bring together paediatric and adult diabetes specialists to meet, share ideas, exchange knowledge and research in the emerging field of early Type 1 Diabetes.

There is a nominal registration fee of £20 so please do save this date for your diary.

<https://uobevents.eventsair.com/type-1-diabetes-early-detection-summit/>

3rd SDMregistries webinar (Online)
12 June 2025 10:30 - 13 June 2025 17:00 BST



The meeting is free to attend and EACCME® accreditation has been applied for.

Website: <https://sdmregistries.org/3rd-sdmregistries-webinar-2025/>

Programme: [Webinar Programme](#)

Register: [Registration Site](#)

VPEG (Online)
19 June 2025 2-4pm



**British Society for
Paediatric Endocrinology
and Diabetes**

This 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 your interest in attending using the links below. 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 on either date please get in touch with Renuka Dias (r.dias.1@bham.ac.uk) with email header VPEG. We are looking for at least 3 cases per date.

[Thursday June 19th 2025 2-4pm](#)

Challenges in Adolescent Endocrinology

What?: A symposium exploring day to day issues in adolescent endocrine clinical practice with local, national and international experts, compiled by Gary Butler and Caroline Brain

When?: Friday 12th September 2025 10.00am-6.00pm

Where?: Education Centre UCLH, London NW1 2PG

Registration: commercial sponsorship obtained. Deposit £15 to secure a place

Contact email: adolescent.endocrinology@gmail.com

Afterwards: optional dinner in local restaurant (self-funded)

Topics to include:

- 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
-

**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.](#)

**11th 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.

**EXTOD Two-Day HCP Conference
Monday 24 – Tuesday 25 November 2025, Hilton Liverpool City Centre**

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](#).

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