



## Chair's Bulletin, October 2015

Cricket has finally given way to varieties of football and the summer holidays are a distant memory. Rumours that I had been kidnapped by the Pirates of Penzance are without foundation. I have merely delayed writing this bulletin because so much was happening, and I wanted to include as much as possible.

### NICE

NICE has published updated guidance for the management of type 1 diabetes in adults: <https://www.nice.org.uk/guidance/ng17>. The inclusion of recommendations about incorporating technologies will prove challenging for CCGs and for specialist pump teams. ABCD had delayed publication of its position statement on the management of type 1 diabetes to ensure consistency with the NICE guideline. The writing group of Patrick Sharp, Anne Kilvert, Emma Bingham and Umesh Dashora is reconvening to finish the task as soon as possible.

One recommendation that attracted comment was to start a basal-bolus regimen at the time of diagnosis, using twice daily Levemir® as the basal insulin. Helen Hopkinson, Chair of UK-DAFNE Executive Board would like to survey ABCD consultant members about their views on insulin starting regimens. The link is: [https://www.surveymonkey.com/s/Type\\_1\\_diabetes\\_insulin\\_regimen\\_survey](https://www.surveymonkey.com/s/Type_1_diabetes_insulin_regimen_survey)

By contrast NICE eventually agreed to consult for a second time on its updated guidance for the management of adults with type 2 diabetes. ABCD's responses to the first and second consultations are on the website. Thanks to members who contributed comments for inclusion, and to Dinesh Nagi for preparing our submission.

### ABCD Committee Time Out

The committee had a very productive Time Out on 7<sup>th</sup> September. We welcomed Alison Gallagher and Karen Adamson. Jyothis George has now resigned from committee to accommodate a (good) career change. I am grateful to him, particularly for his contribution to the Academic Subcommittee. He has promised to leave the New Investigators' Course, now co-badged with ABCD, in good hands.

I am pleased to announce the formation of the national **Insulin Pump Network**, which will be hosted by ABCD, filling the void left by the demise of NHS Diabetes. We were tempted to name it 'UKIPNetwork', but thought it better to go with 'IPN-UK'! It already has a very neat logo. We have created a new corporate support scheme for pump and device companies which we believe will bring in the funding for the network. The inaugural conference will be held in Manchester on 21<sup>st</sup> April, immediately before the

ABCD spring conference, and will be open to members of multidisciplinary specialist insulin pump teams. Emma Wilmot and colleagues are working on the programme and on resources for the network. Please monitor the website for further information.

Committee approved a redesigned corporate membership scheme presented by our Treasurer, Tony Robinson, to replace the 'sliding scale' meeting support scheme that was introduced 5 years ago. Since then ABCD has moved forward and acquired its own journal, BJDVD. The new scheme includes entitlements to advertise in the journal and to purchase reprints at reduced rates.

Russell Drummond has assembled an excellent programme for our **2015 autumn conference at RCP London on 5-6<sup>th</sup> November. If you haven't already registered please do so as soon as possible.** Immediately after conference we are welcoming another cohort of SpRs of the highest calibre to Gerry Rayman's popular meeting. The best research project presentation wins £1000! Although I am sure no incentives are necessary, committee has approved the publication of abstracts submitted to the ABCD conferences in BJDVD. In future the academic subcommittee will score and rank them. The best two will be included in the programme as oral presentations. We will also explore the possibility of an abstract supplement for our conferences in future.

On 18<sup>th</sup> February 2016 ABCD and RCP London are proud to present a conference 'Managing Multi-morbidity'. Although this has displaced the joint meeting with the Renal Association, diabetes and renal disease features on the programme with new guidelines on the topic expected very soon. Do consider registering for this via the RCP website.

From 2016 the autumn ABCD conference will start on Thursday afternoon and will incorporate a symposium on a topic of relevance and interest to the membership. We hope this will encourage more members to attend the conference dinner and even stay over.

### **The King ('s Fund Course) is dead, long live 'Consultanthood'**

Dev Singh and colleagues from YDEF have designed, advertised and filled a Management and Leadership Course for 2015. We have severed the longstanding King's Fund link that served us well for years, having confidence in our ability to provide accredited training that from next year will be delivered as a series of single day events that members can select from. The course in November is a transition arrangement that will allow us to road test the concept with (mainly) SpRs. We are grateful to Boehringer-Ingelheim for their support. The Education and Professional Development Subcommittee is working on a similar offering for established consultants.

### **BJDVD**

Your journal is thriving under Paul Grant's leadership, so much so that Cliff Bailey and Caroline Day, founder editors of BJDVD, whose experience and wisdom in the transition phase has been invaluable, have felt able to step down as editors and directors. I have conveyed my thanks on behalf of ABCD to Caroline and Cliff who have agreed to join Ian Campbell as Consultant Editors. It is likely that the journal will change its name to BJD in the future. This seems to have the support of committee, and I think that VD is best avoided if possible!

### **National Audit Office**

I have been interviewed by the National Audit Office which has been collecting evidence to inform its follow-up report on the state of diabetes care in England. The original report resulted in Sir David

Nicholson spending an uncomfortable time being questioned by the Public Accounts Committee. We await the sequel with interest.

### **Rowan Hillson Award**

Umesh Dashora asked me to mention the competition for the second Rowan Hillson Insulin Safety Award. JBDS-IP (co-funded by ABCD) wants you to submit entries on the theme of 'Preventing Severe Hypoglycaemia in Hospital'. The competition has been delayed this year to give those teams who have implemented schemes following their participation in the Mortality and Morbidity RCA Project a chance to gather evidence of benefit. For details of the application process please contact Christine Jones [christine.jones@nnuh.nhs.uk](mailto:christine.jones@nnuh.nhs.uk).

### **M&M Project**

This collaboration has been a great success with a high level of voluntary participation. The findings have been incorporated into a proposal to NCEPOD for 2016. The NaDIA 2015 included a question about whether trusts held a regular diabetes M&M meeting, which will inform CQC inspections in 2016. If your department has not yet established such meetings I would urge you to do so. Finally there will be an opportunity for you to describe your own safety initiatives in an M&M session at the next Diabetes UK PC. No it is not too late to submit an abstract, as the timetable is separate from the main conference. Four abstracts will be selected for oral presentation.

### **Obesity Services in England**

It is clear that the services available across England do not necessarily match the model that was expected to be commissioned. The tricky bit is the CCG-commissioned tier 3 service which includes an MDT with medical input. ABCD members are encouraged to make themselves available to support the establishment of such services in their localities. If you have been frustrated by inability to develop tier 3 obesity services in your area let me or John Wass (RCPL) know, as help may be available.

### **International metabolic surgery meeting**

At the end of September, London hosted a 3 day international conference: the 3rd World Congress on Interventional Therapies for Type 2 Diabetes and 2nd Diabetes Surgery Summit. ABCD research fellow Piya Sen Gupta presented data showing dramatic reduction in hepatic fat on MRI scanning 4 months after Endobarrier insertion. The aim of the surgery summit was to review the latest research and develop new recommendations with regard to metabolic surgery, taking into account the latest evidence. ABCD members Stephanie Amiel and Gerry Rayman are formally involved in the development of these recommendations and Bob Ryder represented us as ABCD guest delegate to observe the proceedings. In due course ABCD will be invited to consider endorsing the recommendations when they emerge.

### **Diabetes and Severe Mental Illness survey questionnaire**

Given the dearth of information on this, you are encouraged to complete the survey questionnaire on diabetes self-management for people with severe mental illness: <https://goo.gl/hMYIeO>

### **New Faces**

**Asif Ali** has been appointed Chair of the SAC for Endocrinology and Diabetes. He is looking at the implications of credentialling for our specialty and we are meeting to discuss this soon. I shall be grateful for your views beforehand.

**Keith Vaz** chaired a meeting of the All Party Parliamentary Group for Diabetes recently. Simon Stevens, CEO of NHS England, was questioned about his intentions for diabetes. He wants to prevent type 2 diabetes, and seven providers of prevention programmes have been identified. The food industry is in his sights for contributing to the obesity epidemic by failing to lower the sugar content of food and drinks. Could we see legislation on this before long? After a series of questions about services for people with type 1 diabetes he convinced me that he did know that it was not the same as type 2 diabetes. He wants to address the variation in diabetes care processes and outcomes across England as demonstrated in the NHS Atlas of Variation 2015. [www.rightcare.nhs.uk/index.php/atlas/nhs-atlas-of-variation-in-healthcare-2015](http://www.rightcare.nhs.uk/index.php/atlas/nhs-atlas-of-variation-in-healthcare-2015)

The APPG has its own website [diabetes-appg.co.uk](http://diabetes-appg.co.uk). The next meeting will be about Doctors and Diabetes.

**Baroness Young** has stepped down as CEO of Diabetes UK. I have enjoyed working with Barbara on matters of mutual interest to DUK and ABCD. Her successor is **Chris Askew**. The ABCD executive team looks forward to meeting him and the DUK team in November. Amongst other things we will be discussing the implications for diabetes care of proposals for a 7-day NHS in England.

The recent Labour Party leadership election saw **Jamie Reed** leave his post, **Andy Burnham** move from Health to Home and **Heidi Alexander** appointed Shadow Health Secretary. Apart from suggestions of PFI 'buy-backs' we await policy developments.....

### **New Lives**

Old(ish, well late middle aged really) diabetologists do not merely fade away, they channel their energies into productive roles. **Adrian Jennings** has been elected to join **Rowan Hillson** on RCPL Council. **Steve Olczac** has agreed to join the select list of ABCD Ambassadors. It is really useful to have people to call on who do not have to give 6 weeks notice to attend events for which 6 days notice would be considered generous.

I hope you have found this bulletin interesting and am always pleased to receive feedback. I look forward to seeing you in November - if you can be spared from the work place.

Rob Gregory  
Leicester