

GRAMPIAN DIABETES MCN



2024 PROFESSIONAL CONFERENCE

Wednesday 18th September

The Aberdeen Altens Hotel, Cove Bay

EVENT PROGRAMME

08:15 REGISTRATION & REFRESHMENTS

09:00 WELCOME & INTRODUCTION

09:10 INTELLIGENCE LED DIABETES CARE & HEALTH INEQUALITIES

Dr Alasdair Jamieson, GP Partner and Grampian Diabetes MCN Clinical Lead

09:25 CLOSED LOOP PATIENT EXPERIENCE

Professor Sam Philip, Consultant Physician

09:45 WORKSHOP SESSION 1

See workshop brochure on following pages

10:30 NETWORKING & REFRESHMENTS

11:00 HEALTHIER FUTURES DIABETES EDUCATION & SUPPORT

Emma Darling, Public Health Practitioner Advanced / Healthier Futures Diabetes Prevention Framework Project Manager, Emily Moffat, Health Psychologist, Diabetes and Leanne Gardner, Community Dietitian

11:45 WORKSHOP SESSION 2

See workshop brochure on following pages

12:30 LUNCH

Please take time to visit exhibitors.

13:45 QUALITY PRESCRIBING

Dr Jane Dymott and Dr Susan McGeoch, Consultants in Diabetes and Endocrinology

14:15 WORKSHOP SESSION 3

See workshop brochure on following pages

15:00 REFRESHMENTS

15:10 PODIATRY PATHWAY DEVELOPMENT

Dr Hannah Robertson, Consultant Diabetes and General Medicine and Leigh Porter Aberdeen Lead Podiatrist/NHSG Diabetes Podiatry Co-ordinator

15:30 PARTNERSHIP WITH SPORT & LEISURE PROVIDERS

John O'Kane, Chief Executive Officer, Moray Leisure Centre, Claire Wright, Health & Wellbeing Officer, Live Life Aberdeenshire and Andrinne Craig, Health Communities Manager, Sport Aberdeen

16:00 CLOSING REMARKS

[CLICK HERE TO REGISTER](#)

Financial support for this meeting has been provided through the purchase of exhibition space by Abbott Diabetes Care, Ascensia Diabetes Care, AstraZeneca UK, Bayer plc, Boehringer Ingelheim Ltd, Chiesi Ltd, Daiichi-Sankyo UK, Eli Lilly and Company (UK), GlucoRx, Menarini, Novo Nordisk and Viatrix. None of the companies have had any involvement in the agenda, speaker selection or content. Please note that the exhibitors will be present with promotional stands.

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WORKSHOP BROCHURE

WORKSHOP A: SUGAR AND SALT: UPDATES ON DIABETIC KIDNEY DISEASE

Dr Shona Methven, Consultant Nephrologist

There have been major steps forward in the management of diabetic kidney disease in recent years. We will discuss the new (and old) evidence-based treatments and the practicalities of prescribing them.

WORKSHOP B: DIABETES AND HEART DISEASE

Dr Santosh Raga, Consultant Cardiologist and Dr Roby Rajan, Consultant Endocrinologist

An overview of cardiac complications of diabetes.

WORKSHOP C: ACCESSING THE DIABETES PSYCHOLOGY SERVICE

Christina Ellwood, Health Psychologist and Katie Thomson, Trainee Health Psychologist

Who we are, what we offer, who can benefit from our interventions and discussing supported self-management with your patients.

WORKSHOP D: UPDATE ON LIPID LOWERING THERAPIES

Dr Karen Mitchell, Consultant Chemical Pathologist

Brief update on currently available medications for primary and secondary prevention of CVD. Presentation and Q&A session.

WORKSHOP E: THE DIABETES CHECKUP - 9 KEY CARE PROCESSES

Jacqui McGillivray, Senior Diabetes Specialist Nurse

Update on the 9 Key Care Processes from National Institute for Health and Clinical Excellence (NICE) that each patient with Diabetes should receive annually.

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WORKSHOP BROCHURE

WORKSHOP F: DIABETIC EYE SCREENING- CARE PROVISION ACROSS GRAMPIAN

Claire Shearer, Service Manager and Julie Moir, Senior Diabetic Eye Screener

An overview of the service, how patients trigger for Diabetic Eye Screening, our demographic and geographical area and the patients journey in the service and onwards to Ophthalmology.

WORKSHOP G: INSULIN PUMPS/TECHNOLOGY

Lisa Stephen, Specialist Dietitian, Sarah Bruce, Diabetes Specialist Nurse and Prof Sam Philip, Consultant Physician

How to prepare for an insulin pump, using an insulin pump and beyond.

WORKSHOP H: ROLE OF DIETETICS IN DIABETES CARE

Connie Macauley, Specialist Community Diabetes Dietitian and Aimee Livingston, Specialist Community Dietitian

This workshop will explore the role of community dietetics in relation to the Vision for Diabetes Care in Grampian. We will discuss some of the key principles and areas of focus.

WORKSHOP I: PHYSICAL ACTIVITY

Leah McCauley and Shona Milne, Diabetes Specialist Dietitians and Abin Abraham, Dietetics Student

This workshop will focus on the effect exercise can have on blood glucose. We will consider useful things to think about in terms of planning for activity in order to help manage blood glucose.

WORKSHOP J: PREGNANCY - THE NEW DIABETES IN PREGNANCY SIGN GUIDELINES

Leah McCauley, Diabetes Specialist Dietitian, Wendy Watson, Diabetic Consultant and Una Hendry, Senior Charge Midwife/Diabetes Specialist Midwife

What is different in the new SIGN guideline? SIGN171: Management of Diabetes in Pregnancy. The guideline provides recommendations of preconception care in women with known pre-existing diabetes, antenatal care for all women with diabetes in pregnancy, risk factors, diagnosis and treatment of gestational diabetes (GDM) and detecting glucose intolerance after pregnancy.

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WORKSHOP BROCHURE

WORKSHOP K: PREVENTING THE PROGRESS OF DIABETES USING THE RIGHT DECISION SERVICE WEBRESOURCE/APP - A PILOT PROJECT

Clara Carr and Yvonne Maclean, Dietitians

Learn about the new Health Improvement Scotland Right Decision Service Pilot in Moray Maryhill GP Practice. Find out about Primary Care search criteria, coding, pilot results including communication preferences in different groups and how this new approach can support people decide on the next step in their prevention or remission journey.

WORKSHOP L: INSULIN PUMPS AND HYBRID CLOSED LOOPS

Stacy Hill, Paediatric Diabetes Specialist Nurse

Introduction to Hybrid Closed Loop and the benefits of using this system in Type 1 Diabetes.

WORKSHOP M: THE PATIENT JOURNEY..... FROM FOOT SCREENING TO ACTIVE FOOT DISEASE

Marie Stirling, Deputy Lead Podiatrist and Kirsty Walker, Principal Podiatrist

This workshop will take a 'back to basics' approach which addresses key questions including: 'What does first line level foot screening and outcomes mean for the patient? What happens when the patient develops a foot ulceration? How can current guidelines support your clinical practice?'

WORKSHOP N: SELF-COMPASSION IN DIABETES CARE

Sophie Mohamed and Jessica Waddingham, Health Psychologists

The aim is to explore how to increase our capacity for compassion towards ourselves and our patients.

WORKSHOP O: APPROACHING ABNORMAL LIVER FUNCTION TESTS IN DIABETES

Dr Fiona Clegg, Clinical Lecturer / Specialty Trainee in Gastroenterology (Hepatology)

During the session we will review the prevalence of liver disease in general and diabetic population, interpreting liver function tests, identifying those at risk using non-invasive techniques and referral pathways.