

# 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 / HF 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

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 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, AstraZeneca UK, Chiesi Ltd, Daiichi-Sankyo UK, GlucoRx, Menarini, Novo Nordisk and Viatris. 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.

# GRAMPIAN DIABETES MCN

## 2024 PROFESSIONAL CONFERENCE



### 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 Grene Jagna-An, 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.



# GRAMPIAN DIABETES MCN

## 2024 PROFESSIONAL CONFERENCE



### 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**

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 and Una Hendry**

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.

# GRAMPIAN DIABETES MCN

## 2024 PROFESSIONAL CONFERENCE



### 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.