

# Grampian Diabetes MCN Professional Conference

Wednesday 17th September 2025

The Aberdeen Altens Hotel



## Event Programme

08:15	Registration & Refreshments	
09:00	<b>Welcome &amp; Introduction</b> Dr Emma Houghton, GP, Associate Medical Director and Deputy RO Primary Care, NHSG	
09:10	<b>Intelligence Led Diabetes Care</b> Dr Alasdair Jamieson, GP Partner and Grampian Diabetes MCN Clinical Lead	
09:30	<b>Type 2 Prevention - SIGN Guidance</b> Jacqueline Walker, Moray Dietetic Lead and Laurie Eyles, Professional Adviser, Diet & Healthy Weight Team, Scottish Government	
09:45	<b>Meet the Together Type 1 Community</b> Róisín O'Donovan, Youth Coordinator, and Caitlin Beaton, Youth Worker, Together Type 1 Team, Diabetes Scotland	
10:00	<b>Workshop Session 1</b>	<b>See following pages for details</b>
10:45	<b>Networking &amp; Refreshments</b>	
11:15	<b>Foot MDT &amp; Patient</b> Dr Hannah Robertson, Consultant Diabetes and General Medicine and Leigh Porter Aberdeen Lead Podiatrist/NHSG Diabetes Podiatry Co-ordinator	
11:30	<b>Eye Screening Processes and Links to Primary Care</b> Dr Cynthia Santiago, Associate Specialist/Lead Ophthalmologist, Diabetic Eye Screening and Claire Shearer, Service Manager, Diabetic Eye Screening	
11:45	<b>Workshop Session 2</b>	<b>See following pages for details</b>
12:30	<b>Lunch - A three-course hot buffet lunch will be provided</b>	
13:30	<b>Diabetic Kidney Disease</b> Dr Shona Methven, Consultant Nephrologist	
14:15	<b>Workshop Session 3</b>	<b>See following pages for details</b>
15:00	<b>Diabetes Snapshots</b> <ul style="list-style-type: none"><li>• <b>ANIA Diabetes Remission</b> - Dr Alasdair Jamieson, GP Partner and Grampian Diabetes MCN Clinical Lead</li><li>• <b>Future of Diabetes Care</b> - Prof Sam Philip, Consultant Physician</li></ul>	
15:45	<b>Closing Remarks</b>	<b><a href="#">Click here for more information and to book your place</a></b>

Financial support for this meeting has been provided through the purchase of exhibition space by TBC. 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: TREATMENT CHOICES IN TYPE 2 DIABETES

**Dr Jane Dymott & Dr Susan McGeoch, Consultants in Diabetes, Endocrinology and General Medicine**

Treatment options for glycaemic control in people with T2D are increasingly complex. Using case studies we will discuss next steps after metformin for people new to glucose lowering agents, but also when to consider some of the newer agents for people with long standing t2D, including when to consider SGLT2 inhibitors and GLP1 and GLP1/GIPs.

### WORKSHOP B: MY DIABETES MY WAY: SUPPORTING SELF-MANAGEMENT FOR PEOPLE WITH DIABETES

**Dr Scott Cunningham, Senior Lecturer and Brian Allardyce, Development Manager**

The workshop will provide an overview of the My Diabetes My Way platform, showing the various resources and educational content, alongside access to medical records. The team will also explain the awareness information materials that are available, and how they can help support you in getting your patients engaged.

### WORKSHOP C: PLANNING FOR PREGNANCY? HOW CAN WE ALL CONTRIBUTE TO PREPARATION AND SUPPORT?

**Leah McCauley, Diabetes Dietitian, and Dr Wendy Watson, Diabetes Consultant**

Supporting women with diabetes to plan for a safe and healthy pregnancy

- . The risks of unplanned pregnancy and how to reduce the risks
- . Practical tips for those delivering pre-pregnancy care
- . Case discussions and current pathways – This workshop will focus mainly on Type 2 diabetes but we may also discuss some information on Tye 1 Diabetes / Previous GDM.

### WORKSHOP D: BRIDGING THE GAP: SUPPORTING YOUNG PEOPLE WITH DIABETES THROUGH LIFE TRANSITIONS

**Jenny Crofts, Senior Diabetes Specialist Nurse, Brett Hillson, Diabetes Specialist Nurse and Helen Barnes, Diabetes Specialist Nurse**

This workshop will consist of an informal discussion about the challenges that young people may face during their transition from paediatrics to the Young Persons Clinic and on to the adult service. Various life transitions will be covered, such as changes to consent, increasing independence, coping with exams, leaving school and starting university or employment, drugs and alcohol, etc., along with signposting to where young people can get support with their diabetes management, and the services that the Young Persons Diabetes Specialist Nurses can offer.

### WORKSHOP E: RED FLAGS, REFERRALS & RESULTS: IDENTIFYING AND TREATING THE HIGH-RISK FOOT

**Mark Doherty, Highly Specialist Podiatrist, and Dr Fiona Strachan, Consultant in Diabetes**

Learn when and how to refer a patient with early clinical signs of diabetic foot complications and discover how multidisciplinary team working can benefit your patients.

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### **WORKSHOP F: APPROACH TO THE YOUNGER PERSON (IN THEIR 40S AND YOUNGER) WITH TYPE 2 DIABETES**

**Dr Hannah Robertson, Consultant Diabetes and General Medicine & Dr Alasdair Jamieson, GP Partner and Diabetes MCN Clinical Lead**

This workshop will use an interactive case based approach to highlight treatment in younger people with Type 2 diabetes (considering those in their 40s and younger). We will discuss what we should be thinking about to improve outcomes and optimise quality of life.

### **WORKSHOP G: ULTRA-PROCESSED FOODS**

**Aimee Livingston-Taylor, Community Dietitian**

Definition, types, links to health outcomes, evidence, barriers to change

### **WORKSHOP H: WHAT DO PRIMARY CARE NEED TO KNOW ABOUT PUMPS & CONTINUOUS GLUCOSE MONITORS?**

**Sarah Bruce, Inpatient Diabetes Specialist Nurse**

Designed for clinicians in primary care, this workshop will cover what primary care need to know about diabetes technology. It will help you understand some of the principles of insulin pump and continuous glucose monitoring appreciate aspects of hybrid closed loop systems.

### **WORKSHOP I: WHAT TYPE OF DIABETES IS IT?**

**Dr Alex Graveling, Consultant Physician in Diabetes, Endocrinology and General Internal Medicine**

This will be an interactive workshop based around cases to increase knowledge on how to decide what type of diabetes someone has. Will be focussed on initial diagnosis and will include when to seek further advice or consider additional investigations e.g GAD antibodies and genetics.

### **WORKSHOP J: TURNING GUIDELINES INTO CONVERSATIONS: APPLYING THE MAP MODEL TO SUPPORT TYPE 2 DIABETES PREVENTION**

**Dr Emily Moffat, Health Psychologist, and Jessica Waddingham, Health Psychologist**

This interactive workshop will support healthcare professionals in translating the recently published SIGN 172 guidelines on the prevention and early intervention of type 2 diabetes into everyday practice through effective behaviour change conversations.



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### **WORKSHOP K: ADULT WEIGHT MANAGEMENT PATHWAY – TIER 2 LEVEL SUPPORT/ WEIGHT STIGMA**

**Leanne Gardner, Diabetes Dietitian, and Sophia Robertson, Adult Weight Management Specialist Dietitian**

Learn more about the weight management opportunities available for patients in NHS Grampian. This workshop will provide you with information on what is currently happening and how you can support patients to access these interventions. Find out, from a patients perspective, the challenges faced when seeking support for weight management.

### **WORKSHOP L: MANAGING DIABETES AT END OF LIFE**

**Dr Sarinah Hanna, Palliative Medicine Registrar, Roxburghe House**

The needs of patients can change significantly as they deteriorate. In this workshop we will explore a palliative care approach to managing diabetes in the deteriorating patient and at end of life. We will focus on recognising phase of illness, general palliative care prescribing and current evidence base for managing diabetes in this patient group.

### **WORKSHOP M: GUT HORMONE DRUGS – A TOOL FOR LIFESTYLE CHANGE**

**Charlotte Heppenstall, Diabetes Dietitian and Jan Masson, Lead Diabetes Dietitian**

To discuss the use of GLP1 and GLP1/GIP receptor agonists in the context of modifying behaviour for lifestyle change. We will look at how to make the best use of these drugs to help with facilitating change in diet, exercise and other aspects of lifestyle related health.

### **WORKSHOP N: TYPE 2 DIABETES AND BARIATRIC SURGERY**

**Leah McCauley, Advanced Diabetes Dietician & Claire Donald, Dietician**

This workshop will look at:

- the current referral pathway for the bariatric service
- how our diabetes and bariatric service teams work together to support patients
- case studies