

Poor control of type 2 diabetes in the UK

Only 20% of people diagnosed with type 2 diabetes in the last 4 years have good control of their glucose, cholesterol and blood pressure and only 14% of patients were offered education shortly after diagnosis of type 2 diabetes. Diabetes UK is supporting a series of educational events at 80 locations across the UK for people with type 2 diabetes and is expecting 10,000 people to attend them over the next 2 years. (http://www.diabetes.org.uk/About_us/News/Just-one-in-five-recently-diagnosed-with-Type-2-diabetes-have-it-under-control/)

Diagnosing diabetes with nanotechnology

An inexpensive finger prick test to diagnose type 1 diabetes, which uses microchip technology to identify the presence of diabetes-related auto-antibodies, has been reported in *Nature Medicine*. (<http://www.nature.com/nm/journal/vaop/ncurrent/full/nm.3619.htm>).

VibraTip for detection of diabetic neuropathy

NICE guidance suggests more evidence is needed to support the routine use of VibraTip to detect peripheral neuropathy either alone or in addition to existing technologies. Umesh Dashora of ABCD is a lead expert advisor in the guidance. To contribute to the consultation, see the NICE website: <http://www.nice.org.uk/Guidance/GID-MT211/Consultation>

More people may be eligible for weight loss surgery

The NICE guidance, currently in draft stage, might lower the threshold BMI at which obese patients with recent onset type 2 diabetes can be considered for weight loss procedures from BMI 35 to 30. Certain ethnic groups may qualify for this surgery at even lower BMI. This could mean about half a million eligible people may access the op-

tion leading to a potential cost of £6 to £15 billion to the nation. The recent three-year STAMPEDE results showed that obese diabetic patients with BMI <35 enjoyed the same benefit of surgery as those with BMI >35. The NICE draft for consultation can be accessed on the NICE website <http://www.nice.org.uk/guidance/gid-cgwave0682/resources/obesity-update-draft-guideline-nice2>

Google's smart lens

Novartis is going to develop Google's Smart Lens which measures glucose in the wearer's tears and wirelessly relays the information (one reading per second) to a mobile phone or a personal computer. (<http://www.diabetes.co.uk/news/2014/jul/novartis-to-work-on-googles-diabetes-smart-contact-lenses-90977329.html>).

Membership survey

The 2014 ABCD membership survey closed on 1st August – thanks to all who participated – the collated responses will be used by the ABCD committee to plan the coming year's activities. If you're unsure of the range of ABCD activities, check them out on the first page of the survey: <https://www.surveymonkey.com/s/WLRJMBT>

ADA and Alcatraz

For some diabetologists the highlight of this year's meeting of the ADA was an 'escape from Alcatraz'. On a breezy June morning 20 intrepid swimmers braved the strong currents and chilling waters of San Francisco Bay. The first two to shore were Team GB's Rob Andrews (Bristol) who was soon joined by John Wilding (Liverpool), and BJDVD's associate editor Parth Narendran (Birmingham) completed the line-up. The trio raised £1180 for the Diabetes Research and Wellness Foundation; there is still time to donate: (<https://www.justgiving.com/RobJohnandParthEscapefromAlcatraz>).

RCP position statement

In July the RCP published a position statement on the care of young adults (20-25yrs) and

Abbreviations and acronyms

ABCD	Association of British Clinical Diabetologists
ADA	American Diabetes Association
BJDVD	British Journal of Diabetes & Vascular Disease
BMI	body mass index
GLP-1	glucagon-like peptide-1
NICE	National Institute of Health and Care Excellence
QOF	Quality and Outcomes Framework
RCP	Royal College of Physicians
SGLT2	sodium glucose co-transporter 2

adolescents (10-19yrs), noting the need for developmentally appropriate approaches and individualisation of care. https://www.rcplondon.ac.uk/sites/default/files/yaa_position_statement_-_final_endorsed_by_council_july_2014.pdf

Insulin chart winner

The Rowan Hillson insulin safety award for the 'best in class' insulin prescription chart was a Joint British Diabetes Societies for Inpatient Care initiative to promote safer insulin prescribing practice. Dr Hillson chaired the judging panel which considered all charts to be of a high standard. The winning chart was submitted by Dr Jenny Clayton, Nottingham University Hospitals NHS Trust. For full results and charts see http://www.diabetologists-abcd.org.uk/IBDS/insulin_chart_winners.pdf

NICE and QOF

A series of annual checks for people with diabetes has been proposed by NICE in its latest QOF indicator menu. The bundled indicator of 8 checks includes routine measurements, recording of smoking status and foot examination. <http://www.nice.org.uk/media/default/Standards-and-indicators/Summary-QOF-menu-August-2014.pdf>

Diabetes support in schools

The Children and Families Act 2014 comes into effect for the new school year. Under this new law schools in England will have a legal duty to support children with long-term

health conditions. Schools will need to have a medical conditions policy in place, an individual healthcare plan (developed in association with parents and healthcare professionals) tailored to meet each child's needs and ensure staff are trained to provide appropriate support. To help schools implement the new ruling when supporting children with type 1 diabetes, Diabetes UK has produced free advice packs which can be ordered from: www.diabetes.org.uk/schools

Pioglitazone safety update

There is no statistically significant increased risk of bladder cancer among patients ever exposed to pioglitazone according to data from a large 10-year epidemiology study which has been submitted to the American, European and Japanese regulatory authorities. Concerns were initially raised on publication of the 5-year interim analysis (Diabetes Care 2011; 34:923-9) showing an increased risk amongst those taking pioglitazone for at least 2 years. Publication of the 10-year data is due later this year.

Diabetes M&M project needs you

ABCD, Diabetes UK, the National Diabetes Inpatient Audit Advisory Group and the National Clinical Director for Obesity and Diabetes are jointly co-ordinating the Diabetes Morbidity and Mortality (M&M) project. The project aims to identify the causes of the currently unacceptable levels of hospital harms experienced by people with diabetes, collate the lessons learned and facilitate events to share experiences and develop action plans.

The project will be launched 1st September, and is seeking local identification and root

cause analysis of at least 6 cases of serious diabetes harms (2 deaths, 4 morbidities) over the next 3 months. All completed data forms must be returned by 9th January 2015 so that further analyses can be undertaken prior to the roll out of the learning events in February. To provide meaningful outcomes the project needs the input of as many hospitals as possible. For more information on participating in this audit go to http://www.diabetologists-abcd.org.uk/Documents/diabetes_MandM_project.pdf or email DiabetesMM@diabetes.org.uk

ABCD meetings

The programme for the Autumn meeting (6th-7th November at Royal College of Physicians, London) is now available: http://www.diabetologists-abcd.org.uk/Shared_Documents/ABCD_meetings/Autumn2014_Programme.pdf

The Spring meeting (23rd-24th April 2015) will be held in Cardiff in association with the Welsh Endocrinology and Diabetes Society in Cardiff.

ABCD nationwide audits of new diabetes therapies

Learning about new therapies in 'real world' clinical use (as distinct from clinical trials) through sharing collective experiences has become a core ABCD activity.

GLP-1 receptor agonists

ABCD members will remember how much was learned from the ABCD exenatide and liraglutide audits: how these agents are actually used in real clinical practice and extending information from that reported in the clinical trials.

In March 2014 the ABCD nationwide exenatide QW Audit was launched – to join the

audit enter data using the N3 link (http://www.diabetologists-abcd.org.uk/n3/ExenatideQW_Audit.htm).

SGLT2 inhibitors

Dapagliflozin is the first SGLT2 inhibitor to become available in Europe and the ABCD nationwide dapagliflozin audit – due to launch September 2014 – will be the first audit of this first-in-class drug in real clinical practice. This will be an opportunity to pool nationwide experiences regarding safety and efficacy as we start using this new type of therapy. For more information and to join the audit contact abcd.audits@diabetologists.org.uk

Very long-acting insulin analogues

Insulin degludec is the only very long-acting insulin analogue currently available. Clinical trials have suggested that it is associated with less hypoglycaemia than other insulins and has allowed for flexible dosing. Trials have also suggested that there is less intra-subject variability than with glargine. We hope that pooling national experience - commencing September 2014 - we will gain insight into whether these potential advantages translate in real clinical practice. For more information and to join the audit contact degludec.audit@diabetologists.org.uk

September launch

All of the new audit tools have bespoke facilities that make it very easy to analyse your own local data and all contributors to the audits will be acknowledged in the publications. (http://www.diabetologists-abcd.org.uk/n3/future_audits.htm)

More information on the dapagliflozin and degludec audits will be published on the ABCD website as they go live in September.



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YDEF NEWS



• **Upcoming courses**

The 3rd Annual YDEF Wales Meeting – 20th November
 In addition to the high educational content in the field of clinical diabetes and research, the event will feature a set of workshops on soft skills with a great opportunity for collaboration and networking. The event is organised locally by Andrew Landsdown, Sally-Ann Price and Mohammad Alhadj Ali

Clinical Research for Clinicians (OCDEM YDEF Emerging Experts) – January 2015
 Here is a course designed to provide practical tips for NHS consultants (and SpRs) to get involved in clinical research. The aim

is to cut through all the jargon and give you a solid grounding on what you need to establish yourself as a successful principal investigator for collaborative studies.

King's Fund Management Course – Winter 2014/2015
Date TBC
 This very popular course is being organised at the moment and the YDEF website will be updated with details presently.

• **YDEF Training Survey** The results of this survey undertaken at the DUK meeting in March this year are published in this issue of BJDVD, let us know your thoughts via twitter to @youngdiab or @BJDVD_Editor

To find out more on the above topics and the work of the YDEF and get involved go to www.youngdiabetologists.org

Diary

2014

3 October

9th Annual Scientific Meeting of the Cardiorenal Forum:
 Cardiorenal disease – glucose, gender, rhythm and risks. Royal College of Obstetricians and Gynaecologists, 27 Sussex Place, Regent's Park, London, NW1 4RG.
<http://www.cardiorenalforum.com/>

29 October

RCPE Diabetes & Endocrinology Symposium. Royal College of Physicians of Edinburgh, 9 Queen Street, Edinburgh, EH2 1JQ.
<http://events.rcpe.ac.uk/events/275/diabetes-endocrinology>

3-5 November

Society for Endocrinology – Clinical Update; The Palace Hotel, Oxford Street, Manchester, M60 7HA.
<http://www.endocrinology.org/meetings/2014/cu2014/index.aspx>

6-7 November

ABCD Autumn meeting. Royal College of Physicians, St Andrews Place, London NW1 4LE.
<http://www.diabetologists-abcd.org.uk/meetings.htm>

7-8 November

ABCD SpR meeting, Royal College of Physicians, St Andrews Place, London, NW1 4LE.
<http://www.diabetologists-abcd.org.uk/meetings.htm>

26-27 November

Acute & General Medicine Conference ExCel Centre, Royal Victoria Dock, London E16 1XL. Discounted registration for ABCD members using code ABCD99.
<http://www.agmconference.co.uk/>

2015

11-12 February

Mongenetic diabetes symposium: Monogenic Diabetes - Right diagnosis, right treatment. RILD Building, RD&E Hospital Wonford, Barrack Road, Exeter, EX2 5DW.
http://store.exeter.ac.uk/browse/extra_info.asp?compid=1&modid=2&depid=42&catid=51&prodid=775

11-13 March

Diabetes UK Professional Conference, ExCel Centre, Royal Victoria Dock, 1 Western Gateway, London E16 1XL, UK.
www.diabetes.org.uk/conference

12 -14 March

5th World Congress on Controversies to Consensus in Diabetes, Obesity and hypertension (CODHy); Hilton Istanbul Bomonti Hotel & Conference Center, Silahsor Cas. No: 42 Bomonti-Sisli, Istanbul, 34381, Turkey. <http://www.codhy.com/2015/Default.aspx>

15-18 April

8th International DIP Symposium on Diabetes, Hypertension, Metabolic Syndrome & Pregnancy. Berlin, Germany.
<http://www.comtecmed.com/dip/2015>

If you are looking for a specific date, sub-specialty or place for conference, one of the following sites might help –

- <http://events.rcpe.ac.uk/>
- <http://www.doctorsreview.com/meetings>
- <http://www.endocrinology.org/meetings/world.aspx>
- <http://www.continuingeducation.net/schedule.php?profession=Physicians>
- <http://www.ese-hormones.org/meetings/World.aspx>
- <http://www.medical.theconferencewebsite.com/conferences/endocrinology-and-diabetes>