

NICE announces delay to publication of updated guideline on the management of type 2 diabetes in adults

ABCD has been informed that the Guideline Development Group has considered the feedback received from stakeholders and has made 'substantial changes' to the draft recommendations. Publication is now scheduled for August 2015. ABCD has signed a letter on behalf of stakeholders asking NICE to consider making the revised draft available for consultation before publication.

Dr O' Hare and others recently published an editorial in BJDVD with comments on the strengths and problems of the guideline for type 2 diabetes (strengths: guidance on life style, education, monitoring and targets; problems: guidance on use of glitazones and glinides as second-line therapy, use of GLP-1 agonists for people with BMI >35 kg/m², advice to continue GLP-1 based therapy only with weight and HbA_{1c} reduction criteria and restriction of use with insulin for specialist only, preference for NPH over long-acting insulin analogues).

<http://bjdvd.co.uk/index.php/bjdvd/article/view/47>

Towards guidelines for safe exercise and carbohydrate adjustment

Dr R Andrews and P Narendran, with the help of Prof Davies's Team in Leicester, I Gallen and D Nagi plan to develop/pilot an education programme for patients and healthcare professionals to guide insulin and carbohydrate adjustment for safe and effective exercise. A survey is being set up to collect data on the current status of education of people with type 1 diabetes on exercise and on resources provided or signposted to patients. The aim is to generate guidelines which will be accessible to all centres that contribute. We are particularly keen to survey nurses, dietitians and registrars, so please tell your local teams. The survey is here:

<https://www.surveymonkey.com/s/EXTOD1>

ABCD-sponsored Diabetes Team of the Year Award at the BMJ Awards 2015

Rob Gregory (ABCD Chair) and Russell Drummond attended the awards ceremony on 6 May to present certificates to the finalists, and the trophy to the winners, the South Asian Health Foundation, Birmingham for their South Asian Diabetes Education Programme. The shortlisted teams in diabetes and other fields of medicine are shown here:

<http://thebmjawards.bmj.com/38529>

5th Quality in Care 2015 diabetes programme launches at Diabetes UK

The above award is now open for entries to recognise and award best initiatives to improve diabetes care, education and management.

<http://www.qualityincare.org/awards/diabetes>

Diabetes prevention drive

NHS England has launched its first national drive to help prevent diabetes in the UK. The aim is to reduce the number of people who are expected to develop diabetes by 2025 (from 4 million).

<http://www.england.nhs.uk/2015/03/12/diabetes-prevention/>

More complications in young diabetes patients

A new report from 9th March has shown that more children and young people with type 1 diabetes in England and Wales are exhibiting early signs of long term complications. The Annual National Paediatric Diabetes Audit has shown that only 16.1% of young people with type 1 diabetes aged 12 and older are getting the seven annual checks they need. The report also shows that 27.5% of patients have high BP, >7% have microalbuminuria, >14% have retinopathy and 20–25% are obese. HbA_{1c} was classed as "excellent" in 18.4% of patients. Children from disadvantaged backgrounds and ethnic minorities have

Abbreviations and acronyms

ABCD	Association of British Clinical Diabetologists
ABPI	Association of the British Pharmaceutical Industry
BMI	body mass index
BP	blood pressure
CCG	Clinical Commissioning Group
GLP-1	glucagon-like polypeptide-1
JBDS-IP	Joint British Diabetes Societies for Inpatient Care
NHS	National Health Service
NICE	National Institute for Health and Care Excellence

worse outcomes.

<http://www.rcpch.ac.uk/system/files/protected/page/2014%20NPDA%20Report%201%202014%20FINAL.pdf>

Diabetes app challenge final four revealed

The judges have chosen the best four apps to improve diabetes as finalists in a competition organised by Plymouth University with Diabetes UK. People are now being urged to vote for the winners. The four finalists are:

- BetterBGs, a real-time food and medication dose advisory system
- EasyDiabetes, a complete organiser for teens with diabetes
- BWell Sugars System, a data logging and tracking tool
- Dap'n', a game designed to support medical adherence

<http://diabetestimes.co.uk/app-challenge-hots-up/#sthash.AG3UBVp7.dpbs>

Postcode lottery on diabetes education leading to "devastating complications"

A parliamentary group has identified poor diabetes education delivery as an important source of complications and a drain on resources. A new report 'Taking control: Supporting people with diabetes to look after their condition', published by the MPs in March 2015, raises concerns that only 16% of people newly diagnosed with diabetes are offered a structured course on how to man-

age their diabetes more effectively and only 3% actually attend such a course. The report also highlights the key obstacles. Some CCGs are not commissioning formal education courses in their areas and when these courses are offered, they are not conveniently timed for patients or promoted well by the health care professionals. The report presents evidence of the lack of support to patients after diagnosis, e.g. refresher courses, online support and more informal learning, such as peer-to-peer groups.

http://www.diabetes.org.uk/About_us/News/MPs-Post-code-lottery-on-diabetes-education-leading-to-devastating-health-complications-and-huge-costs-to-NHS/

Sanofi's Toujeo® (U300 glargine) receives positive opinion from European regulatory authority

A new concentrated insulin U300 glargine will soon be marketed as Toujeo® by Sanofi following a positive recommendation from the EMA Committee for Medicinal Products for Human Use (CHMP). The positive recommendation is based on the EDITION trials, which showed that U300 glargine was as effective as the U100 formulation but was associated with a lower incidence of hypoglycaemia, particularly at night.

http://en.sanofi.com/Nasdaq_OMX/local/press_releases/toujeo_receives_positive_opini_1897975_27-02-2015!13_15_43.aspx

New thresholds for diagnosis and treatment of diabetes in pregnancy

NICE (Feb 2015) has revised its guidance about the threshold for diagnosis of gestational diabetes. The new diagnostic cut-offs are fasting plasma glucose ≥ 5.6 mmol/L or a 2-hour plasma glucose ≥ 7.8 mmol/L. The new target for pre-meal glucose is now set at 5.3 mmol/L and for 1-hour post-meal glucose at 7.8 mmol/L. The incidence of all types of diabetes in pregnancy (type 1 type 2 or gestational diabetes) has increased recently due to a number of factors including lifestyle changes and increasing obesity. This will have major resource implications for many trusts.

<https://www.nice.org.uk/news/article/new-thresholds-for-diagnosis-of-diabetes-in-pregnancy>
<https://www.nice.org.uk/guidance/ng3>

NICE guidelines on implantable duodeno-jejunal liner

"Current evidence on the safety and efficacy of implantation of a duodenal-jejunal bypass liner for managing type 2 diabetes is limited in quality and quantity. Therefore the procedure should only be used in the context of research".

<https://www.nice.org.uk/guidance/ipg518>

U500 audit pilot

Many thanks to the ABCD members who have contributed their data for the U500 pilot audit. This will help us quantify U500 use and its reasons in the UK. It will also help us understand when and how we can use the higher strength insulins which are going to be available very soon in the UK. Umesh Dashora and Andrew Macklin will soon be contacting teams who are using U500 in a number of patients to gather more information.

Rowan Hillson Insulin Safety award 2015

Prof Mike Sampson, Chair JBDS-IP, is due to announce the annual Rowan Hillson Insulin Safety Award for 2015. It will aim at identifying best practices in the country to reduce hypoglycaemia episodes in hospitals. Please be on the lookout for the announcement and submit your entry to Christine Jones, JBDS-IP coordinator. Umesh Dashora, Erwin Castro and Debbie Stanisstreet of the Insulin Safety group will co-ordinate the competition on behalf of JBDS-IP.

New report on diet and physical activity from the House of Commons Health Committee

A new report has emphasised the importance of diet and exercise for general health, irrespective of body weight.

<http://www.publications.parliament.uk/pa/cm201415/cms-elect/cmhealth/845/845.pdf>

ABCD Mentorship Scheme

The ABCD National Diabetes Consultant Mentorship Programme (NDCMP) continues to grow stronger. Potential mentees who would like to use this programme for personal professional development are welcome to join. The next mentee workshop will be

Tuesday 23 June 2015 and there will be a further one later in the year. If you have been a consultant for 5 years or more and would like to be a mentor, the next mentor meeting is on 23rd April in Cardiff. You do not have to be an ABCD member to be an NDCMP Mentor. For further information please contact: baldev.singh@nhs.net.

<http://www.diabetologists-abcd.org.uk/NDCMP.htm>

Exemption certificate fines

Patients with diabetes and hypothyroidism are entitled for free prescription, but this however requires an exemption certificate that needs to be renewed every 5 years. Many doctors and patients are not fully aware of this. As a result some patients are facing a fine of £100. This action is clearly draconian and could affect many millions of patients. Following interventions from Rob Gregory (ABCD Chair) and others, the NHS Business Authority has agreed to waive these fines if an exemption certificate can be presented in 60 days; those who have already paid fines will be able to claim the money back if they provide evidence they have since obtained a certificate. ABCD members are requested to share this information with their patients.

News from the Juvenile Diabetes Research Forum

A swimming event for all family in the river Thames, massive research support for Dr Melton's success in turning stem cells into insulin-producing β -cells...see these stories and many more at the JDRF site.

http://www.jdrf.org.uk/news/latest-news?gclid=CMKuxe_v0MQCFSXnwgod55kA0A

NHS England's business plan for 2015-16

Among the top 10 priorities are ensuring high quality and affordable specialist care for conditions including obesity and diabetes.

<http://www.england.nhs.uk/about/business-plan/>

The Richmond Group report on care of people with long term conditions

This report from a coalition of 10 charities has highlighted poor access to best quality NHS care for patients with long term conditions. The report emphasises the importance of integrated care and prevention of complications in long term complications. It notes that

half a million people with diabetes remain undiagnosed.

<http://www.richmondgroupofcharities.org.uk/PDFs/richmond-group-vital-signs-report.pdf>

The ABPI Pharmaceutical Diabetes Initiative report on drug use by CCGs

A new report from the ABPI finds that diabetes is a low national priority and there is widespread variation in care and outcomes. CCGs are promoting short-term cost savings at the expense of patient outcomes. It recommends local champions to support CCGs to design diabetes care with an emphasis on outcomes and national leadership to drive improvements.

<http://www.abpi.org.uk/our-work/library/industry/Documents/diabetessnapshot.pdf>

Diabetes, general medicine or both?

Partha Kar reports on a number of service models in the country with their advantages and limitations.

[http://www.practicaldiabetes.com/SpringboardWebApp/userefiles/espidi/file/Jan 2015/SR Kar.pdf](http://www.practicaldiabetes.com/SpringboardWebApp/userefiles/espidi/file/Jan%202015/SR%20Kar.pdf)

Exercise ventures

ABCD Information and Communications Lead, Andy Macklin, has announced, "I will be doing the Wiggle Jurassic Beast cycle ride in May: 101 miles of cycling around the Purbeck hills, with a total of 1.4 miles of vertical ascent. All in one day! I'm raising money for JDRE. I'm also doing it with a person with diabetes for company - he's likely to show me up though! If you'd like to sponsor us, or just see the subtitled Downfall video, then visit:

[http://www.justgiving.com/JurassicBeast.](http://www.justgiving.com/JurassicBeast)"

State of the nation report from Diabetes UK

In this worrying report there is very little improvement in diabetes care in the past year with 40% of patients not receiving the ten essential checks. Young people are in worst health. Treatment targets for glucose, BP and cholesterol are being met only for a third of people. There are recommendations for CCGs to urgently design action plans and performance targets for their population.

[http://www.diabetes.org.uk/Documents/About Us/What we say/State of the nation 2014.pdf](http://www.diabetes.org.uk/Documents/About%20Us/What%20we%20say/State%20of%20the%20nation%202014.pdf)

Diabetes UK launches information prescription scheme

This new scheme will alert the GPs if their patient is not meeting all three treatment targets, namely glucose, BP and cholesterol. A one-page printout with targets and means to achieve them can be tailored to individual patient and be taken away for action.

http://www.diabetes.org.uk/About_us/News/Launch-of-information-prescriptions-for-people-with-diabetes/

National Diabetes Audit report 2 on complications and mortality

The report finds rising incidence of type 1 diabetes, higher mortality for young women and high rates of minor amputations but improvements in the rates of complications of both types of diabetes. There are recommendations for hospital trusts and CCGs in the report.

<http://www.hscic.gov.uk/catalogue/PUB16496/nati-diab-audi-12-13-rep2.pdf>

Recent ABCD Twitter output highlights

ABCD Twitter is a good forum for interesting real time discussion. Here is a flavour of what is being discussed at <https://twitter.com/ABC-Diab>.

Mar 19: Could we follow up thyroid nodules with benign USS appearances less closely? HT @EvidBaseMed_BMJ <http://blogs.bmj.com/ebm/2015/03/18/primary-care-corner-with-geoffrey-modest-md-natural-history-of-thyroid-nodules-and-why-do-we-care/> ...

Mar 12: Only 4 new consultant posts in diabetes/endo UK in 2014 according to the latest manpower survey. #dpc15 This is the lowest on record.

Mar 11: All-cause & cause-specific mortality rates (for diabetes) declined over 2007-2012: unrelated to #QOF <http://www.bmj.com/content/350/bmj.h904> ... HT @bmj_latest

Mar 11: Research into diabetes vaccines (& the UK's first ever trial of a prototype vaccine in children & teenagers) launches today @DiabetesUK APC

Diary 2015

1 July 2015

Diabetic foot disease: Early detection, prevention and modern management

Royal Society of Medicine, 1 Wimpole Street, London, W1G 0AE.

<https://www.rsm.ac.uk/events/edf03>

This conference brings together leading experts to deliver in one day a comprehensive update on diagnosis and modern management of diabetic foot disease. Lectures will cover screening, diagnosis, radiology and treatments. The meeting is open to all health care professionals and will be of particular interest to those working in the field, those new to the field, including trainees from a variety of professions aligned to diabetic foot management, and those involved in developing diabetes foot services.

1 September 2015

Government Technology: Infrastructure, Enablement & Delivery

The Mermaid Conference & Events Centre, London.

http://www.gov-tech.today/index.php?option=com_gtereg&subid={subtag:subid}&refcode=GT15/CA&Itemid=262

5-7 November 2015

5th World Congress on Controversies to Consensus in Diabetes, Obesity and Hypertension (CODHy), Istanbul, Turkey.

<http://www.codhy.com/2015/>

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

<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>

Interesting recent papers

Here is a rapid-fire collection of interesting recent papers in diabetes, with links to full content.

1. Engineered commensal bacteria reprogram intestinal cells into glucose-responsive insulin-secreting cells for the treatment of diabetes

The paper reports on increased insulin secretion by diabetic rats when they were fed human lactobacilli engineered to secrete GLP-1. These rats developed insulin-producing cells in their intestines. This could potentially be an oral treatment for people with diabetes.

<http://diabetes.diabetesjournals.org/content/early/2015/01/27/db14-0635>

2. Association between familial hypercholesterolaemia and prevalence of type 2 diabetes mellitus

The prevalence of type 2 diabetes is lower among patients with familial hypercholesterolaemia in the Netherlands. This may possibly be linked to the cholesterol transport receptor being involved in the aetiopathogenesis of diabetes.

<http://jama.jamanetwork.com/article.aspx?articleid=2190985>

3. Paracetamol: not as safe as we thought? A systematic literature review of observational studies

A report of increased cardiovascular, gastrointestinal and renal mortality, especially at higher doses.

<http://ard.bmj.com/content/early/2015/02/09/anrheumdis-2014-206914.full>

4. Genetic risk, coronary heart disease events, and the clinical benefit of statin therapy: an analysis of primary and secondary prevention trials

The paper described the risk of coronary heart disease across genetic risk score categories in primary and secondary prevention populations from a number of clinical trials. The benefit of statins is apparently greater in patients who are at high genetic risk of a cardiovascular event.

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(14\)61730-X/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)61730-X/abstract)

5. Reduction of hypoglycaemic events with a behavioural intervention: a randomized clinical trial for paediatric patients with Type 1 diabetes mellitus

Behavioural interventions targeting problem-solving skills could be considered as practical, non-pharmacological strategies to reduce hypoglycaemia in adolescents with Type 1 diabetes, according to a paper published in *Diabet Med*.

<http://onlinelibrary.wiley.com/doi/10.1111/dme.12744/abstract>

6. Relationship between neutrophil-lymphocyte ratio and insulin resistance in newly diagnosed type 2 diabetes mellitus patients

A high neutrophil-lymphocyte ratio may signify the presence of insulin resistance.

<http://www.biomedcentral.com/1472-6823/15/9>

7. Heart failure and mortality outcomes in patients with type 2 diabetes taking alogliptin versus placebo in EXAMINE: a multicentre, randomised, double-blind trial

Alogliptin does not increase the risk of heart failure in patients with type 2 diabetes and acute coronary syndrome.

[http://www.thelancet.com/journals/lancet/article/PIIS0140-6736\(14\)62225-X/abstract](http://www.thelancet.com/journals/lancet/article/PIIS0140-6736(14)62225-X/abstract)

8. The influence of glucagon on postprandial hyperglycaemia in children 5 years after onset of type 1 diabetes

Postprandial glucagon levels are associated with deteriorating β -cell function for the first 5 years after diagnosis of type 1 diabetes.

<http://link.springer.com/article/10.1007%2Fs00125-014-3486-3>

9. Expedited biliopancreatic juice flow to the distal gut benefits the diabetes control after duodenal-jejunal bypass

Biliopancreatic juice in the distal gut may augment GLP-1 secretion and may underlie the benefits of obesity surgery.

<http://link.springer.com/article/10.1007/s11695-015-1633-7>

10. Impact of type 2 diabetes and chronic inflammation on pancreatic cancer

Type 2 diabetes may have a mitogenic influence in the pancreas, stimulating cancer cell proliferation, whereas metformin inhibits cancer cell proliferation.

<http://www.biomedcentral.com/1471-2407/15/51>

11. Social deprivation as a risk factor for late presentation of proliferative diabetic retinopathy

In a cohort study, social deprivation was shown to be associated with late presentation of proliferative diabetic retinopathy. Targeted approaches to prevent blindness may therefore be needed.

<http://www.dovepress.com/social-deprivation-as-a-risk-factor-for-late-presentation-of-proliferative-peer-reviewed-article-OPHTH>

12. Insulin requirement profiles of short-term intensive insulin therapy in patients with newly diagnosed type 2 diabetes and its association with long-term glycemic remission

The total insulin dose was reduced in newly-diagnosed type 2 diabetes patients treated with chronic subcutaneous insulin infusion and this may be associated with better long term glucose control.

[http://www.diabetesresearchclinicalpractice.com/article/S0168-8227\(15\)00111-4/abstract](http://www.diabetesresearchclinicalpractice.com/article/S0168-8227(15)00111-4/abstract)

13. Sensitivity to sweeteners; a modern myth?

Dr Thozhukat Sathyapalan, an executive member of ABCD, has recently completed a clinical trial on the interesting controversy surrounding the use of aspartame. He found no evidence of sensitivity to commonly used artificial sweeteners. Dr Sathyapalan said "We used a variety of state-of-the-art tests to monitor the response of our participants throughout the trial. With customer concern over the safety of this sweetener in food and drink products, the results of this trial should be reassuring to the public". Dr Sathyapalan has also represented ABCD in NICE committees on scoping and combination therapy for empagliflozin and technology assessment of canagliflozin.

<http://journals.plos.org/plosone/article?id=10.1371/journal.pone.0116212>



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YDEF NEWS

**YOUNG
DIABETOLOGISTS
& ENDOCRINOLOGISTS**
EDUCATION • REPRESENTATION • COMMUNICATION

YDEF ready to spring into action

• Committee News

The start of the season brought new changes to the YDEF. We welcomed fresh minds in the form of our newest members; Adam Nicholls, Suchitra Raj and Laura Rich (see below). Sadly this meant we also had to say goodbye to a few others. Augustin Brookes (2013-2015) and Rahat Maitland (2009-2015) will leave the committee and their drive and passion will be sorely missed. Rebecca Lee (2014-2015), despite her short time on the committee was instrumental in developing the Society for Endocrinology specialty leaflet to advise those interested in our speciality.

On top of all these changes we must mention our new chair Ali Chakera who has taken over from Stuart Little and leads YDEF into the exciting year ahead.

• Meet the new committee members



Adam Nicholls

Adam is an ST5 trainee currently working at University Hospital Southampton. His particular interests include intense management of type 1 diabetes, including insulin pumps, continuous glucose monitoring and patient education. He is due to undertake a period of research currently planning a project focussing on growth hormone, which he will begin in August 2015.



Suchitra Raj

Suchitra is a specialist trainee in the Kent, Surrey and Sussex Deanery. She graduated from Newcastle University in 2008 and has had a keen interest for the speciality. Besides representing current trainees as the deanery trainee rep, she is hoping to assist in promoting our speciality and driving recruitment numbers within the deanery. Within the YDEF, she is also keen to support our newer registrars in the programme as they transition into life as a diabetes/endocrine specialty trainee.



Laura Rich

Laura is a diabetes and endocrinology specialist trainee in the Severn deanery. She graduated from Bristol medical school in 2006 and subsequently moved to New Zealand, staying for 3 years before re-locating back to the southwest! She hopes to prolong her training by taking time out to complete a PhD around type 1 diabetes and exercise. She is particularly passionate about improving diabetes education for all grades of junior doctors as well as promoting our speciality

Abbreviations and acronyms

ABCD	Association of British Clinical Diabetologists
D&E	diabetes and endocrinology
NEYD	North Europe Young Diabetologist
YDEF	Young Diabetologists and Endocrinologists Forum

• Upcoming courses

YDEF insulin pump course 20th -22nd May 2015

This pump course is one of the jewels in the YDEF crown and testament to this, we have been oversubscribed with applications and have closed registration for this year. Providing a comprehensive understanding of the right patients, insulin pump devices and their use, this course is a must for those wanting to know how to manage patients with diabetes. Delegates have the opportunity to try pumps for themselves, carbohydrate count, bolus and reset their basal settings. This year delegates will have access to new technology, witness heated debates and be expected to run and manage their own pump service. This year the programme includes talks delivered by leaders in the field including Pratik Choudhary and Alistair Lumb to name but a few.

The NEYD meeting 27th – 29th May 2015

A joint meeting between trainees in Denmark, The Netherlands and UK to highlight the best research in a relaxed, informal atmosphere and cultivate research links between all three. This year's meeting will be held in the Netherlands and promises to be another highlight of the YDEF calendar. There are still spaces available for trainees from the UK so why not submit your abstract on our website to have a chance at free attendance at this year's meeting.

ABC of D&E

New for this year is the updated YDEF course aimed at new members of our speciality (ST3 and ST4 trainees). This course will provide a foundation for our new trainees and introduce them to the exciting world of diabetes and endocrinology as they start their journey to consultancy. YDEF are currently in the process of finalising this course so keep an eye on our website and newsletters for further updates.

Dr Ali Chakera
Email: Ali.chakera@nhs.net

YDEF is dedicated to all diabetes and endocrine trainees and are open for new members to register on our website. Take advantage of our regular newsletters and up to date advertising of a wide variety of courses and meetings to complement your training.

As always, we are continuously looking to develop and propagate our speciality so do not hesitate to contact us if you have any suggestions or questions! www.youngdiabetologists.org