

**British Society for
Paediatric Endocrinology
and Diabetes**

BSPED March 2025

REGISTRATION COMING SOON!

The 52nd Annual BSPED Meeting will take place in Sheffield, from **12 – 14 November 2025**. Please mark the date in your diaries. Further information will be announced soon.

News from the BSPED Office

Call for nominations:

We are pleased to announce the call for nominations for the following positions:

CME Officer

We have an important role available to replace Dinesh Giri as CME Officer. The main role of this position is to organise and facilitate (supported by Professional Conference Organiser) the BSPED's annual Continuing Medical Education (CME) Day, which is held on the first day of the BSPED Annual Meeting. You would also be a member of the Programme Organising Committee for the BSPED Annual Meeting, and organise the endocrine component of the RCPCH meeting each year. This role is aimed at someone passionate about education and developing the careers of trainees.

Paediatric Diabetes Nurse Rep

We are currently recruiting for a Paediatric Endocrine Nurse Rep as Peter Laing and Karen Thompson's terms of office will come to an end. If you are motivated by providing exciting and relevant content for Nurses at the BSPED Annual Meeting then this is the role for you. You will be a central point of contact for the PENS community keeping nurses up to date on news from the BSPED and relevant bodies. This role can be held by two people to share the workload!

Both roles are for 3 years and would start from November 2025.

More details about both positions can be found here <https://www.bsped.org.uk/about/committee-vacancies/> and the deadline is **Monday 30th June 2025**.

2025 Awards coming soon!

As we plan to launch the **2025 Awards in April** we asked Christine Desmond, (BSPED Nurse and AHP Award winner in 2022) to tell us how her project *“Successful Integration of the Complex Excess Weight (CEW) nursing role into the Paediatric Endocrine Nursing Service”* was impacted by winning the award.



The development of services for CYP living with severe obesity has been a significant challenge due to the complexity of the medical and psychosocial complications affecting this vulnerable group, the rapid escalation in demand for these services, the lack of skilled specialist medical professionals to meet this rising demand, and the lack of ring-fenced commissioning. NHSE commissioned the Complications of Excess Weight (CEW) services in 21 locations nationally as part of a CYP transformation project which started in 2021. Although many endocrine and diabetes professionals had training and experience in managing patients with severe obesity, the detailed biopsychosocial model of holistic care required by the NHSE transformation project remained undefined but included safeguarding, behavioural support, social support and psychology skills. There was a challenge in recruiting the wide range of staff required to deliver this model. It was unclear whether CEW MDTs should be integrated with other stakeholder services such as diabetes and endocrinology teams, general paediatrics and community paediatrics or whether the CEW should be a stand alone specialist service. The CEW service at Southampton started in 2022 with the leadership and guidance of Dr Nikki Davis the clinical lead for Paediatric Endocrinology and the CEW South East Network. The vision was to integrate the CEW nursing role into the Paediatric Endocrine Nursing Service.

Development of the new CEW nursing role-

Developing a learning pathway for CEW - This involved attending clinics, completing online learning packages, and familiarising the team with medications and auxology requirements for CEW to empower PENS to manage this group of patients. There was also extra learning via the team psychologist around important aspects of understanding of CEW families including stigma, inequality, the importance of language, eating disorders, neurodiversity, poverty proofing and patient engagement

Equipment and auxology - PENS were trained to measure waist circumference, neck circumference, calculate and understand the importance of bioimpedance measurements and calculate percentage excess weight.

Novel therapies and prescribing - The development of patient information leaflets with the paediatric pharmacist for medications that could be used for CEW patients. I ensured that all PENS familiarised themselves with these to be able to advise on side effects and dosing regimens.

Results of biochemical investigations - I ensured the team understood the various biochemical assessments needed for the CEW patient. This has supported PENS understanding and knowledge of the importance of a consistent approach to diagnosing and managing aspects of insulin resistance and metabolic syndrome which we can now also implemented across the endocrinology obesity cohort.

Patient support information - We used our experience from producing endocrine information leaflets to develop structured patient information leaflets including the CEW fact sheet. Various aspects of the team communication and information was adapted to improve engagement and minimise anxiety.

Safeguarding - This has been a steep learning curve for all nurses which has involved training on how to frame safeguarding queries , completing referrals and chronologies, attending safeguarding meetings and understanding the complexities for these families. We now have a designated safeguarding nurse in post for CEW who leads on this aspect of the role.

Development of Nurse-led CEW clinics - I formulated detailed proformas to use for CEW clinic including a semaglutide group start . I have been able to implement some of the strategies into the endocrine nurse led clinics, producing a structured weight management prescription using signposts to specialist websites .

CEW data - As CEW is a developing service, outcomes play a vital role in continued funding and patient management. I drew from the PENS team’s previous experience in data collection and management and allocated tasks to ensure that CEW data is uploaded.

Regional and national contributions - I was invited to attend both regional and national NHSE meetings which has supported a consistent approach to develop this service from its foundation. I provide advice and recommendations on how the nursing role can evolve and support the CEW service.

Impact

I have led and co-ordinated with the support of Dr Nikki Davis the successful implementation of the CEW role in the PENS team. I have made this a resilient role by identifying hours in more than one nurse for CEW to enable cross cover and ensure that with the high volume of patient contacts that all nurses are empowered to confidently support patient queries. I believe integration of endocrine and tertiary obesity services has fostered team cohesion and offered opportunities for the whole team to develop important generic skills to manage not only this patient population, but every child now affected by obesity. The award from the BSPED has enabled me to undertake a level 7 coaching qualification which I am currently completing. I would encourage other nurses and AHP to apply for the award as not only has this been an opportunity to reflect on the valuable nursing contributions to both services but also allows us to share practice with our nursing colleagues.

Virtual peer review – get involved as a reviewer

The BSPED Peer Review process provides centres with an excellent opportunity to learn from other centres, to gain support for resource requests and to ensure that they are operating to standards.

As a peer reviewer, you also gain experience, ideas and an insight into service management at other centres.

BSPED is now running a [virtual peer review process](#), saving time for all involved.

We are looking for individuals to help with the review process, including nurses and DGH paediatricians. If you would like to be a peer reviewer, please get in touch and we will match you with a centre and date that works for you.

We also encourage trainees to get involved with the reviewing process – supporting the lead clinician with note taking and documentation, to build up experience.

We are looking forward to the peer reviews for Newcastle, Glasgow and Alder Hey this spring, and other centres are being booked in for the rest of 2025 and 2026. We will be in touch with centres who are due their next review and welcome proactive contact from centres.

Further details of the review process and what it entails can be provided.

Please get in touch with Peer Review Officer **Dr Guftar Shaikh** on Guftar.Shaikh@ggc.scot.nhs.uk

Medical colleagues – if the nurses working with you do not receive this newsletter, please encourage them to join the BSPED, and contact the BSPED nurse representatives for further information: Peter Laing peter.laing@alderhey.nhs.uk and Karen Thompson karen.thompson@belfasttrust@hscni.net

Make the most of your membership benefits

The BSPED is an official endorsing society of the journal [Endocrinology, Diabetes & Metabolism Case Reports](#) (EDMCR). EDMCR is a unique, open access

resource that publishes and links together case reports, enabling practitioners to communicate findings, share knowledge and convey medical experiences efficiently and effectively; furthering both medical education and clinical practice.



Endocrinology,
Diabetes & Metabolism
CASE REPORTS

Members of BSPED receive a 25% discount on the Article Publication Charge (APC) when their paper is accepted for publication in *EDM Case Reports*.

Help us keep in touch

As the BSPED communicates with members by email, please ensure that you notify the BSPED Office if your email address changes at bsped@endocrinology.org.



Trainee Update

COURSES AND EVENTS:

ACDC Annual Conference, 16th May 2025, Birmingham

The 19th ACDC Annual Conference will be held on 16th May 2025 in Birmingham. Register to book your place via the Eventbrite link as tickets will be limited and on a first come first available basis. Delegate fee is £105 for the day and includes a hot lunch buffet. Click link to register for Conference – [Register for 2025 Conference](#)

Programme is available here [2025 ACDC Annual Conference Programme](#)

Emerging Endocrinology & Diabetes Leaders Educational Event, 14th June, Birmingham

Following CSAC reviews on the 13th of June, there will be an educational day (EEE event) for subspeciality trainees, with invited speakers delivering a range of talks combined with case presentations from trainees. This will be held at the Clayton Hotel, Birmingham with more details to follow.

Congenital Hyperinsulinism Conference, 19th June 2025, London and Online.

Join Congenital Hyperinsulinism (CHI) experts from Great Ormond Street Hospital and guest international speakers to explore the journey of an infant with CHI. This meeting provides a vital platform to enhance understanding and clinical awareness of hyperinsulinism, a rare but significant condition affecting infants, children, and young people. Through expert-led presentations and personal narratives, participants will gain insight into the journey from diagnosis to treatment. The programme aims to empower healthcare professionals with the skills to identify and manage hyperinsulinism early, particularly at the bedside. This proactive approach is crucial in preventing potential complications, such as brain injury, associated with delayed or misdiagnosis.

Please book here: [Congenital Hyperinsulinism Conference | Great Ormond Street Hospital](#)

Type 1 Diabetes Early Detection Summit, 9-10th June 2025, Birmingham

This two-day conference is aimed at healthcare professionals as well as the wider multidisciplinary team. It will cover the practicalities of and science underpinning the rapidly changing areas of screening, monitoring and treatment of early T1D.

Register your interest early to secure a place: [Type 1 Diabetes Early Detection Summit](#)

ANNOUNCEMENTS:

Trainee representatives for regional diabetes networks

All Regional Diabetes Networks, as part of the National Children & Young People's Diabetes Network, are seeking trainee representatives. If you are interested in applying for one of these roles, please contact the Network Manager of your regional network. Emails for all Network Managers can be found here: [NCYPD Network](#)

Trainees are encouraged to join their regional networks as a useful learning opportunity. Please discuss with your supervisor or email your regional network manager to be added to the regional circulation list.

Trainee involvement in Peer Review Process

The BSPED's national Peer Review programme started in 2011 and is seeking interested trainees to get involved with the reviewing process, supporting the lead clinician with note taking and documentation. This would provide an excellent learning opportunity and is open to any interested trainees from around the country, not limited to areas which are due a peer review.

If interested, please find further information here [BSPED | Peer Review](#) and contact Peer Review Officer Dr Guftar Shaikh Guftar.Shaikh2@nhs.scot

VPET (Virtual Paediatric Endocrine Teaching)

The next VPET is Tuesday 8th April 2025. Click this link for details of upcoming sessions: [VPET Sessions](#)

VPET relies on trainees and consultants to deliver valuable teaching sessions. Please email vpet.trainees@gmail.com to sign up to deliver a session (name, topic and facilitating Consultant (if delivered by a trainee) or if you would like to be added to the mailing list.

DSD Special Interest Group (DSD SIG)

Trainees are invited to attend DSD SIG meetings. For queries regarding participation and opportunities for case presentations, trainees can contact Dr Nadia Amin nadia.amin3@nhs.net or Dr Zainab Mohamed zainaba.mohamed@nhs.net.

Trainee Mailing List

We send regular email updates on courses, job opportunities and information on training to trainees who are on our mailing list. Please email bspedtrainerep@gmail.com for further details of how to join or if you have feedback on any training issues.

Trainee representative vacancies

The College Speciality Advisory Committee (CSAC) will be advertising vacancies for a Diabetes and Endocrinology Trainee Representative and a SPIN Trainee Representative through the RCPCH in due course.

BSPED Trainee Mailing List

We send regular email updates on courses, job opportunities and information on training to trainees who are on our mailing list. Please email bspedtrainerep@gmail.com for further details of how to join or if you have feedback on any training issues.

CSAC Diabetes and Endocrine Trainee Representatives:

Katherine Hawton

Salma Ali

Tanya Bhagat

News from the Clinical Committee

DKA Calculator

The BSPED Paediatric DKA Calculator (<https://dka-calculator.co.uk/>) has been updated last month. You will notice a new update design with several new features, including:

- A **new retrospective audit data submission process** capturing modifiable factors which led to an episode of DKA, length of DKA episode and cerebral oedema data. Please encourage your teams to submit data, which takes only a minute or two, at the end of each DKA episode. Instructions for how to do this are shown on page 10 of care pathways generated using the calculator. In the future we hope to share this data with departments, network regions and national groups to help guide improvements in care quality and DKA prevention.
- A **new tool to easily calculate the corrected sodium and effective osmolality** from the measured sodium and glucose. Access the tool via a QR code on the serial data sheet of the care pathway, from the calculator home page, or via <https://dka-calculator.co.uk/sodium-osmo>.
- Selection of **DKA severity will now use bicarbonate** if provided by the user. If the bicarbonate and pH indicate different severity levels, the more severe option is used.
- **Additional audit data are now being collected** such as ethnicity, deprivation (IMD) and more. To improve data quality, users are asked to use an NHS number wherever possible when generating a care pathway to allow duplicate episodes to be discarded. The NHS number is not stored but is used to generate a cryptographic hash which preserves patient anonymity (read more about privacy here: <https://dka-calculator.co.uk/privacy-policy>).

You can read the full changelog at <https://github.com/dan-leach/dka-calculator/blob/main/changelog.md>. Please contact Dan Leach admin@dka-calculator.co.uk with any queries or suggestions.

NICE Guideline published: Vamorolone for treating Duchenne muscular dystrophy in people 4 years and over

The Final Guidance entitled Evidence-based recommendations on vamorolone (Agamree) for treating Duchenne muscular dystrophy in people 4 years and over has been published on the NICE website: www.nice.org.uk/guidance/TA1031 on Thursday 16 January 2025.

DMD Care UK has since (with input from BSPED) produced: UK national guidance for clinical monitoring of bone and endocrine outcomes in individuals with DMD on vamorolone and switching from classic glucocorticoid to vamorolone. [This guidance can be found on the Clinical Guidance page of the DMD Care UK website.](#)

Patient information resources

A reminder that the BSPED has produced a suite of patient information leaflets covering a number of conditions and designed to give general information about a patient's condition and treatment. To access these leaflets for your patients, as well as the BSPED Adrenal Insufficiency Card, please visit the [Patient Information section of our website](#).



You can also find links to relevant [patient resources](#), such as patient support groups on our website.

Meanwhile, www.explain.me.uk was developed as part of a project to improve communication between young people, their parents/carers and healthcare professionals in endocrine clinics. The website is looked after by BSPED. [We'd love to know how you use this with your patients](#).



Translations of Adrenal Insufficiency Steroid Card

With thanks to our members and their colleagues, we now have the following translations available for the BSPED Adrenal Insufficiency Card:

- [Slovakian](#)
- [Arabic](#)
- [Greek](#)
- [Polish](#)
- [Romanian](#)
- [Turkish](#)
- [Urdu](#)



CAN YOU HELP? So far, we have translators for the following languages but we are seeking reviewers for these:

- **Mandarin**
- **French**

Please note that you do not need to be a BSPED member to assist with translations.

If you are fluent in another language (or already have a translation within your trust) and could help us build our suite of translated cards, please get in touch with [Christine Desmond](#) who is coordinating this project. We would like to find two members for each language so that one can translate the card and the other check/review the translation.

[All translated cards will be available on the BSPED website](#), once reviewed and approved.

Use of and comments regarding guidelines

BSPED guidelines have been commissioned and endorsed by the BSPED and reflect the Society's views on best practice for the majority of patients with that condition. However, each patient should be considered as an individual in the context of their condition and other medication and therefore the readers' discretion is required in the application of their use. Every effort has been made to ensure the factual accuracy of the contents but no liability can be accepted for any litigation, claims or complaints arising from the use of the guidelines.

If you have a query or comment, or would like to raise a concern regarding a BSPED guideline or any guideline on our website, please contact the [BSPED Office](#) who will ensure your message is passed to the BSPED Clinical Guidelines Officer and Clinical Committee.

Submitting items to the Clinical Committee

In order to manage the full agenda of this busy committee we request any items that members would like to be reviewed by the Clinical Committee should be submitted through the BSPED Office in good time.

Please submit items by 22 April 2025 for the Clinical Committee meeting on 14 May 2025.

Including your survey in the newsletter

If you would like to include a survey in a BSPED newsletter to encourage responses from BSPED members, it must first be reviewed by the BSPED Clinical Committee.

- Your survey should be reviewed by the Clinical Committee at a stage where it can still be amended and before it is circulated elsewhere.



- The Clinical Committee meets four times per year and the deadlines for submission of agenda items are published in the newsletter.
- Your survey should be submitted to [the BSPED Office](#), in Word format.
- The introduction to the survey should explain its purpose and the closure date of the survey.
- The survey will either be approved for inclusion in the newsletter as it is, or feedback will be provided to the author.
- Survey owners should agree to report their findings back to the Clinical Committee 6 months after the survey closes.
- The BSPED should be acknowledged in any output (guidelines, publications, presentations, etc.) resulting from the survey and the BSPED Office informed of the output.

Announcements

Job vacancy

Lead Nurse for Paediatric Endocrinology at Southampton

If anyone wants any further information they can contact Christine.Desmond

Christine.Desmond@uhs.nhs.uk or Dr Nikki Davis Nikki.Davis@uhs.nhs.uk

[Job Advert](#)

RCPCH Survey on Digital Health Technologies

The aim of the programme is to develop resources for paediatricians and people working in child health to be able to harness digital health technologies effectively in clinical practice. The resources we want to develop will include:

- 1) A digital health technologies catalogue or library to access which technologies are available to use and how to access them
- 2) A Health Inequalities app that will support clinicians to better identify patients at risk of healthcare inequalities and find suitable healthcare services for them
- 3) A platform for digital health skills learning for clinicians and child health professionals

To help inform the development of these resources for members of the College, we have disseminated three core aligned surveys. The link to all three surveys is here:

<https://www.rcpch.ac.uk/news-events/news/let-us-know-your-experiences-digital-skills-solutions>.

Meetings and courses



Submit your abstract!

Abstract submissions is now open. Submit your work today to present your findings to a national audience, highlighting innovative approaches to improve patient outcomes and fostering collaborations within the paediatric endocrinology community. **Submission deadline is Friday 6 June 2025.**

[Submit now!](#)

This one-day national training event taking place on **4 July 2025** at Hallam Conference Centre, London, has been developed by the BSPED Growth Disorder Special Interest Group to directly address an unmet educational need in this field of paediatric endocrinology.

This meeting will highlight clinically relevant recent updates and advances in the management of childhood growth disorders at all stages of the management pathways. The day will encompass a combination of high-level talks from national growth experts and clinical cases to demonstrate key learning points.

This exciting new event is suitable for trainees, allied health professionals and consultants in paediatrics and paediatric endocrinology.

2025 Paediatric Endocrinology Study Day 2 May 2025, Liverpool

Alder Hey Children's Hospital endocrinology team are proud to announce Paediatric Endocrinology Study Day held in the state-of-the-art institute in the park. Join us for a full day programme consisting of lectures, case studies and q&a's with our experts. This study day is suitable for clinical staff with an interest in paediatric endocrinology.

<https://www.eventbrite.co.uk/e/paediatric-endocrinology-study-day-tickets-1241922145569?aff=oddtcreator>

EXTOD workshops for HCP for 2025

The one-day HCP event and Patient Day will be held in London (Watford), while our two-day event will take place in Liverpool. The HCP events are CPD-approved. Below are the links to the three events:

- Friday, 9 May, EXTOD One-Day HCP Conference (London): [Link](#)
 - Saturday, 10 May, EXTOD Patient Day (London): [Link](#)
 - 24-25 November, EXTOD Two-Day HCP Conference (Liverpool): [Link](#)
-

**Joint Congress of ESPE & ESE, Copenhagen
10-13 May 2025**



We are extremely excited to be hosting the first ever joint Congress between the **European Society for Paediatric Endocrinology (ESPE)** and the **European Society of Endocrinology (ESE)** on 10-13 May 2025. This truly joint landmark event, '*Connecting Endocrinology Across the Life Course*', brings together paediatric and adult endocrine specialists from across Europe and the rest of the world to meet, collaborate and celebrate endocrinology at The Bella Centre in Copenhagen, Denmark. <https://espe-ese-congress2025.org/>

**Early Type 1 Diabetes Summit
9-10th June 2025, Birmingham**

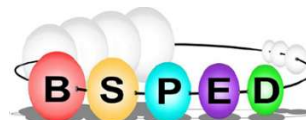
This two-day conference is aimed at practicing healthcare professionals, doctors as well as the wider multidisciplinary team within the UK, and will cover the practicalities of and science underpinning the rapidly changing area of **screening, monitoring and treatment of early T1D**.

With internationally renowned speakers, including Marian Rewers (Denver), Emanuele Bosi (Milan), Colin Dayan (Cardiff), this meeting will bring together paediatric and adult diabetes specialists to meet, share ideas, exchange knowledge and research in the emerging field of early Type 1 Diabetes.

There is a nominal registration fee of £20 so please do save this date for your diary.

<https://uobevents.eventsair.com/type-1-diabetes-early-detection-summit/>

**VPEG (Online)
19 June 2025 2-4pm**



**British Society for
Paediatric Endocrinology
and Diabetes**

This meeting is designed for consultants delivering paediatric endocrine care (tertiary or special interest) to meet and share learning with each other from interesting endocrine cases. It is expected that primarily consultants will attend the meeting and do the case presentations - PGDIT can present with the presence and support of their consultant.

Please register your interest in attending using the links below. After registering, you will receive a confirmation email containing information about joining the meeting and please add the event to your calendars as a reminder!

If your team are interested in presenting a case on either date please get in touch with Renuka Dias (r.dias.1@bham.ac.uk) with email header VPEG. We are looking for at least 3 cases per date.

[Thursday June 19th 2025 2-4pm](#)

**11th Congress of the European Academy of
Paediatric Societies (EAPS 2025), Lisbon
18-20 October 2025**



EAPS 2025 promises to be an innovative and dynamic gathering, showcasing the latest advancements in paediatrics. While the congress may be a few months away, we are already [accepting abstracts](#) and registration is about to open soon.

The 7th International Melanocortin Meeting,
Cambridge
15-17 September 2025



We are thrilled to announce the return of a landmark event in the field of melanocortin biology – The 7th International Melanocortin Meeting! This is a rare opportunity for scientists and clinical academics from diverse fields, such as obesity, weight management, reproduction, puberty, stress, and pigmentation to converge and share insights within melanocortin biology. [For more information and registration click here.](#)

See more meetings and courses on the [Other Meetings](#) page on the BSPED website.

If you have any meetings, courses or events that you would like to add to this page, please [submit them for review here](#)

Sent by the BSPED Office
BSPED c/o Bioscientifica Ltd
Starling House,
1600 Bristol Parkway North,
Bristol, BS34 8YU
bsped@endocrinology.org
Tel: 01454 642258

The BSPED would like to thank Sandoz for their generous support as a BSPED Partner this year:

S A N D O Z