

ENDODIABOLOGY

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NORTHEAST NEWSLETTER FOR SPECIALTY TRAINEES AND BOSSSES IN THE NORTH EAST

OCTOBER 2018

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StR PLACEMENTS (from September 2018)

RVI

Altayeb Abdalaziz ST5
Ramesh Vanka ST5
U Javed ST5 (LTFT)
S Tee- LTFT-ST5 (will join from May 2019)
C Napier –LTFT-ST7(?03.10.18)
Yasir Mamoojee (Post CCT, LTFT 60%- grace period)

James Cook University Hospital

Owain Leng – ST6
M Azmi – ST6 S Ashraff- ST7 (until 28/11/18)

Friarage

Vacant

Northumbria

Mona A (ST4)
Vacancy
Vacancy (community)

Gateshead

Mavin MaCauley ST7 (04.01.19)

Darlington

Vacancy

Durham

Yasir Ishan (ST4)

South Tyneside

V Lal

Sunderland

Ahmed Al-Sharefi ST6

Vacancy

North Tees

S Artham ST7 (CCT31.12.18)

Vacancy

Research with numbers

Sviatlana Zhyzhneuskaya
Kerri Devine

Trainees on Northern Endocrine Network

Dr Leng and Dr S Tee

Trainee representatives at STC

Dr K Devine, TBC

Trainee leads on management forum

Dr S Tee, Dr Vanka, Dr Abouzaid

Trainee leads on CME committee

Dr Lal, Dr Javed , Dr Laing Leng , Dr Al sharefi

HEE NE SIM steering group trainee rep

Dr O Leng

MEETINGS / LECTURES / ANNOUNCEMENTS

- **7th November 2018** ½ day SpR G(I)M teaching, Freeman Hospital. Contact Sue Archibald 0191 223 1247 sue.archibald@nuth.nhs.uk SEE DATES BELOW FOR REST
- **19th – 20th November 2018** BES 2018. Glasgow SEC. Contact www.endocrinology.org/meetings
- **20th November 2018** RCP Updates in Medicine, Centre for life. Contact Sue Archibald 0191 223 1247 sue.archibald@nuth.nhs.uk
- **6th-8th March 2019** Diabetes UK APC. ACC Liverpool. Contact www.diabetes.org.uk/conference
- **23rd -26th March** ENDO 2019 New Orleans, USA. Contact endostaff@endo-societ.org or www.endo-society.org/scimeetings
- **8th-10th April 2019** SfE Clinical Update, Birmingham. Contact www.endocrinology.org/meetings
- **7th -11th June 2018** American Diabetes Association 79th Annual Scientific Sessions, San Francisco, USA. Contact meetings@diabetes.org

TRAINING ISSUES

Documenting CCU and ITU experience It is essential that trainees document their CCU and ITU experience. This is best done by keeping a summary log of the cases seen on CCU and ITU and linking it with reflection or assessment. This should then be signed off by your Educational Supervisor to be of any use at the G(I)M PYAs.

MRCP Diabetes & Endocrinology This exam has to be completed and passed by all trainees appointed after August 2007 before their PYA. We recommend sitting it ASAP and well before your PYA.

The Kelly-Young MRCP Diabetes & Endocrinology Prize This prize is awarded annually at NERRAG to the youngest in terms of training year StR passing the MRCP Diabetes & endocrinology exam. Richard Quinton secures the funding of £400 and it is named after 2 distinguished former Endocrinologists in the region, Bill Kelly and Eric Young.

Critical incident/complaint If you are involved in a critical incident or if reporting an incident concerning training issues please inform your supervisor and the TPD. Ensure they are reflected upon in your portfolio

Portfolio Completion It is essential for trainees to engage with their portfolio on a regular basis and record learning. It is also essential to record the numbers of patients seen as news or reviews for clinics, on-call, ambulatory care. It is essential to record the number of specialty clinics undertaken. Undertaking this activity means that your Educational Supervisor should be able to engage with the portfolio so as to provide you that assessment for ARCP purposes.

From the TPD

GMC Survey 2018: Dear all I am delighted to share the feedback about our speciality from the GMC NTS 2018. The results speak for themselves but it's important I take this opportunity to thank each and every clinician involved in providing high quality speciality training. Trainee's engagement is key and they have consistently taken lead on various aspects to make it a true trainee led trainer supported training programme.

NTS results:

1. The training programme was ranked within the top 3 ranks nationally in the GMC Trainee survey 2018 in **15 of the 19** domains.
2. The training programme was ranked 1st nationally in the GMC Trainee survey 2018 in **7 of the 19** domains.
3. The Programme ranked 1st nationally in
 1. overall satisfaction
 2. Clinical supervision OOH
 3. Team work
 4. Induction

5. Feedback
 6. Regional teaching and
 7. Study leave
4. The programme ranked 2nd nationally in
 1. Clinical supervision
 2. Reporting systems
 3. Work load
 4. Hand over
 5. Educational governance &
 6. Local teaching
 5. The programme ranked 3rd nationally in
 1. Adequate experience and
 2. Educational supervision
 6. Nationally the lowest score in Induction (2016) has improved to 1st rank. 18 out of 19 domains were in top 5 ranks nationally
 7. The programme is only one nationally not to have any pink or red outliers.

Thank you to all the STC members and all the consultants at RVI lead by Stuart Little and Simon Pearce who brought about necessary changes that helped the trainees to acquire competencies in various aspects of sub speciality training. We managed to improve the feedback and get rid of previous years red outlier score.

Summary of Local Trainees Survey 2018 (Led by STC trainee reps): The feedback is mainly from units which has more than one trainee. Overall the feedback from speciality point of view has been rated as extremely positive. All of them rated quality of training as good or excellent, overall satisfaction was rated satisfied or very satisfied. Trainees rated opportunity to attend various speciality clinics as excellent. Opportunity to attend regional teaching and take required study leave was rated very positive. None mentioned facing undermining or bullying behaviour. Majority of the negative comments were related to impact of G(I)M on calls on speciality training. Difficulty to obtain G(I)M assessments from G(I)M consultants has been raised as well. I will feedback this to training units via respective STC members.

Recruitment: National second round interviews for speciality registrars happened on September 18th at Bristol. I and Dr Little were on the interview panel. We went out to recruit minimum 9 posts. 43 candidates were interviewed for potential 48 posts.

We were successful in appointing

1. Dr Mir Mudassir Ali – likely start Jan 2019
2. Dr Razi Ahmed – likely start Feb 2019
3. Dr Waqar Ahmed – Likely start Feb 2019.

Recruitment 2019: we are due to interview on March 27th 2019 for Round 1 of academic year 2019-2020. Interviews will be held at St James Park Newcastle. Please let me have your availability to be on the interview panel.

Management session for trainees: I along with my good friend Dr Naineni, GP and Faculty at Brighton Medical School were involved in training of registrars in Human Factors in Healthcare and Listening in Healthcare.

My sessions focussed on key HF based themes such as team working, decision making process, fatigue and situational awareness. They were taught using well established HF models in relations to daily clinical work.

Dr Naineni covered “Listening in twenty-first century health care”. There is lot of evidence to affirm that effective listening is fundamental to personal, professional, organisation development and success. Despite this, listening is not covered in depth in the educational

training activities. As we all know listening effectively is becoming extremely difficult due to significant barriers amongst which time constraints and ever increasing workload are the major barriers. It can be argued that the need for effective listening in healthcare is more now than ever. With this premise we integrated listening education and training into registrar management forum. Feedback reflects that it has been well received.

The first part of the training focussed on discussion about the listening concepts, latest listening research and listening models. This session formed launch pad for the second session which focussed on assessment of individual listening competences. For this part I have used ECHO (Effective Communication for Healthy Organisations) Profile. This has a robust validity portfolio. The profile not only helped registrars to be aware of their strengths and challenges about listening but also provided them with tailor-made listening strategies. We discussed ways in which these strategies can be implemented in their busy clinical practice. This is an initial step towards making the healthcare professionals better listeners.

The sessions were interactive and we used practical examples provided by the registrars during discussions. The discussions were lively and relevant.

Senior registrars, appreciating the value of these sessions, requested us to provide the same to the new cohort of registrars next year.

Dates for the diary:

Speciality ARCP 2019: May 7th, 8th and 9th

G(I)M ARCP 2019: May 14th

STC and T&T meeting 2019: June 4th

STC: 14.00

T and T meeting: 16.00

Training Committee Programme Director- Srikanth Mada srikanth.mada@nhs.net; Education CME Leads Ashwin Joshi Ashwin.Joshi@chsft.nhs.uk and Andy James andy.james@newcastle.ac.uk; Quality Management lead-Dr Peter Carey Peter.Carey2@chs.northy.nhs.uk; Consultant member- Richard Quinton, Richard.Quinton@nuth.nhs.uk; Consultant member-Jean MacLeod, Jean.Macleod@nth.nhs.uk; Consultant member-Simon Eaton, simon.eaton@northumbria-healthcare.nhs.uk; Consultant member-Salman Razvi salman.razvi@ghnt.nhs.uk; Consultant member-Paul Peter paul.peter@cddah.nhs.uk; Consultant Member-Sath Nag sath.nag@stees.nhs.uk; Consultant member-Stuart Little stuart.little@nuth.northy.nhs.uk; StR representative- Kerri Devine

NEWS FROM THE NORTHEAST

- Congratulations to Yaasir Mamoojee and Catherine Napier who have been appointed as consultant Endocrinologists at the RVI.
- The 2nd year results of DiRECT will be announced in 2 symposia at the Diabetes UK Annual Professional Conference in March 2019. Prof Roy Taylor been invited to do a plenary lecture at the 2019 American Association of Clinical Endocrinologists meeting.
- Congratulations to Kerri Divine and Aziz Altayeb on being awarded the Kelly-Young prize this year.

LETTERS

Former Endocrinologists at the RVI-Richard Quinton

Before, the current generation of James, Perros, Ball & Quinton as Endocrinologists in Newcastle (our time already running out), there was the generation of Kendall-Taylor, Baylis, Tunbridge and Clark. Before them was the generation of: Hall, Evered & Smart.

Well, Dr David Evered remains alive and well and has just published his first novel, which seems to have been very well received!

https://www.amazon.co.uk/Beyond-Arch-David-Evered/dp/1788039408/ref=sr_1_fkmr1_1?s=books&ie=UTF8&qid=1537174482&sr=1-1-fkmr1&keywords=dr+david+evered

Registrar training dates-Kerri Devine

The following are the mandatory teaching dates for the Registrars for the year 2018-19. Please make a note of them in your diary.

CME January 24th 2019 Thursday- Sunderland Royal Hospital

CME May 28th May 2019 Tuesday- RVI

CME October 2019- JCUH- Date to be confirmed.

GIM teaching (Wednesday pm only)

- Wednesday 7 November 2018
- Wednesday 16 January 2019
- Wednesday 27 March 2019
- Wednesday 15 May 2019
- Wednesday 10 July 2019
- Wednesday 11 September 2019
- Wednesday 6 November 2019

MERIT Teaching (all PM sessions with a named Consultant to lead the session. Date to be confirmed by the respective Registrar at least 8 weeks in advance)

- November 2018 - North Tees
- December 2018- JCUH
- February 2019 - Sunderland Royal Hospital
- March 2019- South Tyneside
- April 2019- RVI
- June 2019 - Northumbria (WGH and NTGH)
- August 2019- Durham/Darlington

RESEARCH DAY- August 2019 - Date to be confirmed

Leadership training/experience-Shaz Wahid

I was recently asked at the NEDS CME what I would recommend to trainees in gaining leadership experience. I never did any formal training and really did practical stuff supplemented with training courses. I have undertaken focussed CPD throughout my junior doctor training and Consultant era via regional & national conferences, workshops and meetings on the following areas:

- Personal qualities for Leadership;
- Emotional Intelligence;
- Organisational culture and effectiveness;
- Change management;
- Finance in the NHS;
- How to be an effective Clinical Director;
- Health economics;
- The aspiring Medical Director;
- Dealing with difficult people;
- The HFMA Introductory Award in Healthcare Finance;
- Good Clinical Practice in Research;
- Case Manager training;
- Caldicott Guardian training

If you get a chance I would highly recommend joining the Faculty of Medical Leadership and Management. They offer lots of practical advice and courses. There is the formal qualification route in Medical Leadership from certificate to diploma and then masters. The RCP London run an excellent formal qualification as do Durham University. There is also distance learning. Personally I am one of those "I have the T-shirt" folk.

RECENT PUBLICATIONS FROM THE NORTHEAST

- Taylor R, Al-Mrabeh A, Zhyzhneuskaya S, Peters C, Barnes A, Aribisala B, Hollingsworth KG, Mathers JC, Sattar N, Lean MEJ. Remission of human type 2 diabetes requires decrease in liver and pancreas fat content but is dependent upon capacity for beta cell recovery. *Cell Metabolism* 2018. doi: 10.1016/j.cmet.2018.07.003
- Forouhi N, Misra A, Mohan V, Taylor R, Yancy W. Dietary and nutritional approaches for prevention and management of type 2 diabetes. *Brit Med J* 2018;361:Suppl p. 28-35

Boos CJ, Bass M, O'Hara JP, Vincent E, Mellor A, Sevier L, Abdul-Razakq H, Cooke M, Barlow M, Woods DR. The relationship between anxiety and acute mountain sickness. *PLoS One*. 2018 Jun 21;13(6):e0197147.
- Stacey MJ, Woods DR, Brett SJ, Britland SE, Fallowfield JL, Allsopp AJ, Delves SK. Heat acclimatization blunts copeptin responses to hypertonicity from dehydrating exercise in humans. *Physiol Rep*. 2018 Sep;6(18):e13851. doi: 10.14814/phy2.13851.
- Xu C, Cassatella D, van der Sloot AM, Quinton R, Hauschild M, De Geyter C, Flück C, Feller K, Bartholdi D, Nemeth A, Halperin I, Djurdjevic SP, Maeder P, Papadakis G, Dwyer AA, Marino L, Favre L, Pignatelli D, Acierno J, Niederländer NJ, Pitteloud N. 2018 Evaluating CHARGE syndrome in congenital hypogonadotropic hypogonadism patients harboring CHD7 variants. *Genetics in Medicine*. 20: 872-881.
- Al-Sharifi A & Quinton R. 2018 Hiding in a plain sight: a high prevalence of androgen deficiency due to primary hypogonadism among acute medical inpatients with anaemia. *Clinical Endocrinology*. 89: 527-529.
- Balasubramanian R & Quinton R. 2018 Male hormone metabolism. Chapter 8 in: *Oxford Desk Reference in Endocrinology*, HE Turner, R Eastell & AB Grossman, Eds. Oxford University Press [ISBN: 978-0-19-9672837].
- Su Ann Tee , Earn Hui Gan , Mohamad Zaher Kanaan, David Ashley Price , Tim Hoare and Simon H S Pearce . An unusual cause of adrenal insufficiency and bilateral adrenal masses in *Endocrinology, Diabetes & Metabolism Case Reports*. DOI: <https://doi.org/10.1530/EDM-18-0030>

NEXT NEWSLETTER Due out February 2019 so keep the gossip coming.

