

AUGUST 2022

Endo diabology

Editor: Owain Leng o.leng@nhs.net

Honorary editors:

Arut Vijayaraman, Shaz Wahid, Petros Perros

NORTHEAST NEWSLETTER
for TRAINEES & TRAINERS

WELCOME

I hope everybody has managed to have some form of break over the summer; the last couple of years have been a challenge for all of us I am sure, and we are all in need of some rest and relaxation. One of the main hopes I have for Endodiabology is that it continues to serve as a reminder of all the great work and successes from across the region that have been achieved despite the difficulties of recent times.

My favourite thing about putting together Endodiabology are the many happy reminders of how lucky I feel such committed and talented colleagues here in the North East. This issue is no different, and it is a fantastic privilege to get the chance to celebrate the likes of Petros Perros, Shafie Kamaruddin and Philip Home in these pages (see 'Updates from across the Region' for more info).

It is also a privilege to see colleagues I trained with gain their CCT and take up consultant positions in the region. This progress has left a few vacancies in trainee leadership positions I believe, and I can honestly recommend these to the next generation. Getting involved with CME, MERIT, NEEN, STC, website or Endodiabology are great ways to develop and demonstrate leadership and to be involved in shaping the future of the D&E in the region. Do get involved, you won't regret it!

Thanks once again for your help and support, it is ever appreciated,

Owain

Keep up to date!

follow us on Twitter
and check in with the
regional website



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An Update from the TPD

Srikanth Mada

I am delighted to share some good news in this edition of Endodiabology.

GMC NTS survey results 2022: The NTS survey was carried out in April/May 22. I am still awaiting the result of the national training survey. I will share them with you all as soon as I have a detailed analysis. Thank you to all the trainers and trainees who continue to support the GMC NTS survey.

ARCP 2022: Thank you for all the colleagues who supported the ARCP process. We had a successful ARCP in May 2022. 17 trainees had their ARCP in May 2022, out of which 2 were signed off as outcome 6, 12 achieved outcome 1 or 8, two were awarded outcome 2 and one was awarded outcome 3.

The quality of training was no different from pre-covid times and all trainees successfully managed to meet their training requirements and majority managed to perform well above ARCP requirements.

Appraisal process: The appraisal system continued for second year in a row. Appraisal system remained independent of ARCP process and received positive feedback.

Every trainee on the programme has had dedicated 1 hour appraisal with a panel that had minimum 3 consultants. This allowed us to uncouple the ARCP review process and concentrate on trainee development process.

New Training Post: HEE NE D&E has been allocated one additional training number. Thank you for the trusts who have expressed interest in supporting to host the additional spr post. The process was reviewed by Head of the school team and allocated to CDDFT (DMH site). Well done to the CDDFT team.

New curriculum Aug 2022: the GMC has signed off new Diabetes and Endocrinology due to be implemented from Aug 2022. Link to draft can be accessed via: <https://www.jrcptb.org.uk/specialties/endocrinology-and-diabetes-mellitus>

All the trainees currently in the programme, who are not ST7 will be moving into new curriculum from Aug 2022.

News from National eportfolio team:

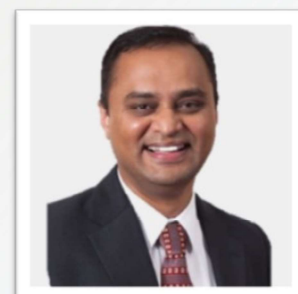
- Expected implementation time line 2022:
- New curriculum – August 2022
- Multiple consultant report – August 2022
- New Educational supervisor's report: Q4 2022/ Q1 2023
- Summary of progression page – Q2/Q3 2023

Here is the link for JRCPTB new curricula webinar to get info about the launch of new training curricula. <https://player.rcplondon.ac.uk/live-sign-in/curricula-launch-webinar>

Programme Support Officer (SPO) D&E: Ella Costello has been appointed as new D&E SPO to support the programme. Warm welcome to her and she can be reached on email: Ella.Costello@hee.nhs.uk. I take this opportunity to thank Mrs Laura West for all the support she has offered to all the trainers and trainees over the years. Great work and some will miss her lovely cakes too!

Congratulations: Well done to Dr Yasir Ishan and Dr Mona Abouzaid on successfully completing the training programme. Good luck for your career as new consultant.

M. S. Mada



TRAINEE PLACEMENTS

September 2022—2023

Specialist Trainee Postings

Trainee allocation to units Aug/sept 2022 – Sept 2023
Change over date 2022 : September 5th

James Cook University Hospital

- Syed Alvi (ST4)
- Razan Rashid (LTFT)(ST6/7)
- Helen Leaf (LTFT)(St4/5)
- Oluwatosin Kayode (ST4)

North Tees and Hartlepool Hospitals

- Muna Guma (LTFT)(ST5/6)
- Hassan Pervez (ST6)

Darlington Memorial Hospital

- Irfan Khan(ST6)
- Abuzar Awadelkareem (ST4)

University Hospital Of North Durham

- Mudasir Ali (ST6/7)

North Tyneside General Hospital

- Lydia Grixti (ST4/5)

Wansbeck General Hospital

- Hady Gad (ST5/6)

Queen Elizabeth Hospital

- Japhet Olamari (ST4)

South Tyneside District Hospital

- Ayat Bashir(ST3)

Sunderland Royal Hospital

- Waqar Ahmed (ST6)

Newcastle Hospitals

- Razi Ahmed (ST 5/6)
- Pan Sint (ST5)
- Omer Osman (ST5)
- May Loo (ST5/6)
- Muhammed Tahir (ST6)
- Kerri Devine (ST6)

TRAINEE LEADERSHIP ROLES

NEEN StR representatives

Vacant

STC trainee representative

Kerri Devine & Razan Rashid

CME committee

Mudassir Ali, Waqar Ahmed, Irfan Iqbal Khan,
Muhammad Hassan Pervez

MERIT coordinators

May Loo, Muhammad Tahir Chohan

NEEN Website Trainee Editor

Vacant

TRAINING COMMITTEE

Programme Director

Srikanth Mada srikanth.mada@nhs.net

Education CME Leads

Ashwin Joshi ashwin.joshi@chsft.nhs.uk
Azmi Mohammed azmi.mohammed1@nhs.net

Quality Management Lead

Peter Carey peter.carey1@nhs.net

Consultant Members

Catherine Napier c.napier@nhs.net
Jean MacLeod jean.macleod3@nhs.net
Asgar Madathil asgar.madathil@nhct.nhs.uk
Salman Razvi salman.razvi@nhs.net
Paul Peter paulpeter@nhs.net
Sath Nag sath.nag@nhs.net

StR Representatives: Kerri Devine, Razan Rashid

Training Update

Virtual CME

The CME programme has been continued to be successfully delivered via MS Teams. was delivered using Microsoft Teams. Recent virtual CME sessions have benefited from prominent national leaders including Sheffield's Prof John Newell-Price, Cardiff's Prof Aled Rees, Manchester's Dr Annice Mukherjee and Liverpool's Prof John Wilding in the programmes, along with excellent contributions from experts within the region.

A regional technology symposium for our trainees, organised by Mudassir Ali, was held in Newcastle this May. The session aimed to address some of the training needs that had been partly exacerbated by the disruption of the pandemic. This is an excellent example of a trainee-led initiative, supported and encouraged by our local experts.



Important Dates:

Out of Sync ARCP : December 13th 2022

ARCP: May 4th and 5th 2023

G(I)M: July 2023

Trainer & Trainee meeting 2023: June 7th 2023

Other educational opportunities:

- ⇒ ABCD conference, 7-8th September 2022, Birmingham
- ⇒ RCPE Diabetes & Endocrinology Symposium, 6th October, Hybrid Event
- ⇒ SfE 14- 16 November November, Harrogate
- ⇒ Diabetes UK 26th -28th April 2023, Liverpool

Training Tips

Documenting CCU & 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 with reflection or assessment. This should then be signed off by your Educational Supervisor so it can be used for the G(I)M ARCP process

Critical incidents

If you are involved in a critical incident please inform your supervisor and the TPD. It is important to reflect on incidents in your portfolio, but seek advice on how to best do this from your educational supervisor.

Training Insight: an Endocrine Laboratory Rotation

Our Practice of endocrinology relies heavily on accurate laboratory measurements. Small changes in hormone levels, biomarkers or molecular markers can be an earlier indicator of disease than the appearance of physical symptoms.

Understanding the basic principles of method validation and quality control is essential for us as an endocrinologist. Hence, it is essential to collaborate our effort effectively with the endocrinology lab to have a better understanding.

Exposure to such an area of expertise is, unfortunately, missing for many endocrinology trainees, and they could have a very limited exposure to the complexity of laboratory diagnosis and which will result in the loss of competency in the interpretation of hormonal tests.

The new curriculum highlighted this particular area to be implemented in our learning demands, and therefore, it needs to become a required part of our personal development plan

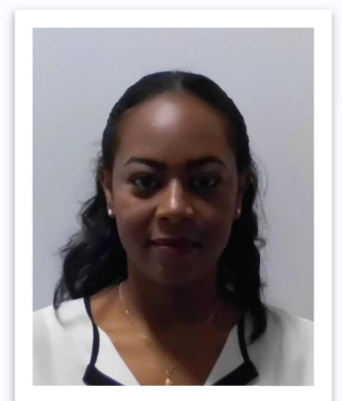
I am looking forward to implementing endocrine laboratory rotation in our training programme.

An excellent and comprehensive programme was produced by the Endocrine Laboratory team at RVI to match my learning objectives during my placement in Endocrine Lab, this includes:

1. The development of analytic methods for assessing endocrine disorders
2. Different immunoassays, main issues with it
3. Mass Spectrometry
4. Analytic validation and clinical reporting

Always remember, that we are important MDT members, therefore, we should have some understanding of this particular area which is linked directly to our speciality which will include (Pathology, radiology and Chemistry). My message is to always be proactive and think about how can we be better.

Finally, I would like to thank Christopher Boot and all the endocrine laboratory members who appreciated such learning opportunities and invested time in me. Special thanks to Dr Catherine Napier and the RVI registrar who supported my idea.



Muna Guma



EARLY-CAREER PHYSICIANS & INVESTIGATORS CONFERENCE

It was my tremendous pleasure to represent my North East region with Kerri Devine as a committee member, in the first Early career Physicians & Investigators Conference (EPIC) in the UK supported by SfE .

Very grateful for such an opportunity to meet and chair excellent PhD postgraduates, clinicians and medical students. Meeting those brilliant colleagues from various deaneries and learning from all these incredible researchers and clinicians has been very inspirational.

EPIC is organised and run entirely by early career researchers and clinicians with the aim of providing a forum for individuals independent of senior figures. This will enable attendees to present their research and network in a peer-focused environment. We have a variety of sessions planned which encompass endocrinology, diabetes and metabolism-related research. The conference is funded by the Society for Endocrinology and is free to attend to all early-career researchers and clinicians in training in the UK.

Muna Guma



Updates from across the region

Appointments

Honours News

Congratulations to Shafie Kamaruddin, who has been recognised with an MBE for his work for the NHS. It is a delight to see the commitment and work of such a well regarded and respected regional colleague be recognised at a national level.



A very warm welcome to **Ahmed Hanafi**, who has moved from the West Yorkshire deanery taken up a consultant post this year at James Cook University Hospital. Many congratulations on your appointment, and welcome to the North East!

Congratulations also to **Mona Abouzaid** for her appointment as a consultant at James Cook University Hospital, and to **Su Ann Tee** in taking up her consultant role at the QE Gateshead. It is always great to see local trainees taking up consultant positions in the region, and we wish them every success.

Philip Home—Insulin, Insight and Internationalism



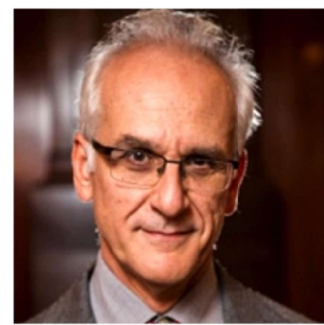
Philip Home and the author at the 2014 conference in Kyoto

Diabetes Care has recognised the huge contribution of **Philip Home** to the field in an extended profile piece. The article charts his career and research impact, but which also sets out the scale of progress in diabetes care that he has been a central player in advancing. It is well worth a read, both to better understand the journey of diabetes care and also as inspiration for the possibi-



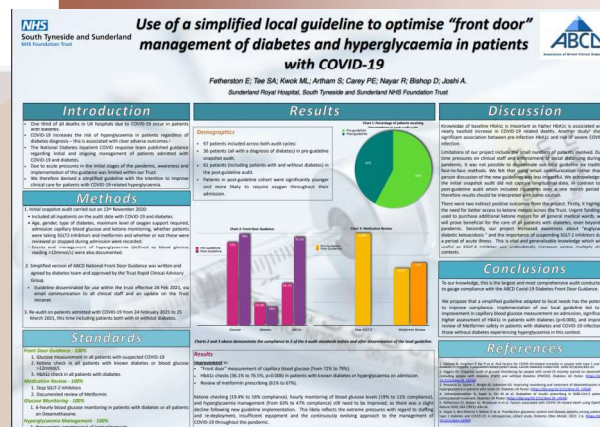
Philip meets President Bill Clinton on the occasion of the Global Diabetes Leaders meeting, New York, 2007.

Petros Perros has had a huge influence on generations of D&E trainees in the North East, as well as his sizable contributions to research and advancing the quality of care. His support for trainees was greatly appreciated. Despite all his academic and clinical successes, he always had the utmost time and regard for his patients, and they accordingly held him in the highest regard in return. His retirement is certainly well-earned, and although he will be sorely missed in Newcastle and the region, we wish him every happiness in his retirement.



Congratulations!

Congratulations to Su Ann Tee, Elizabeth Fetherston, Mei-Lan Kwok, Satish Artham, Peter E Carey, Rahul Nayar, David Bishop and Ashwin Joshi for their prize-winning Quality Improvement Project: *Use of a simplified local guideline to optimise "front door" management of diabetes and hyperglycaemia in patients with COVID-19*. This project was the winner of the British Journal of Diabetes 2021 Quality Improvement Award. Their poster is available to review online: URL: abcd.care/sites/abcd.care/files/site_uploads/Posters/



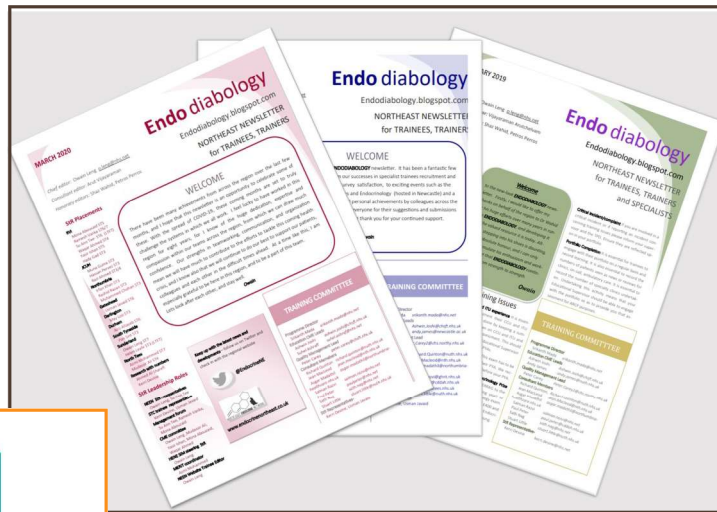
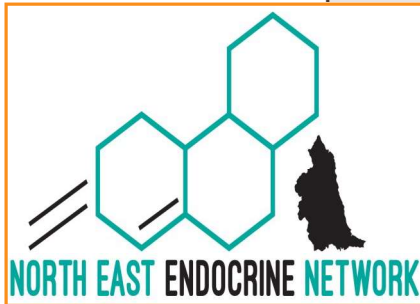
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Please do continue to send details of any news, announcements, letters, or publications to me at: o.leng@nhs.net

Thank you, and stay well!



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Welcome to the North East Endocrine Network

Establishing regional guidance and pathways for endocrine conditions

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TRAINEE REP VACANCY

There is a **vacancy** on the editorial team running the NEEN website and Endodiabolology.

There is a great opportunity to develop our website, progress our social media offering and get involved with production of Endodiabolology!

This is a perfect way to show leadership, network with teams across the region, improve our online offering and develop useful & marketable skills. If you are interested, get in touch with o.leng@nhs.net