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# Endo diabology

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NORTHEAST NEWSLETTER  
for TRAINEES & TRAINERS

## WELCOME

A very warm welcome to this issue of Endodiabology!

It has been yet another “unprecedented” few months in the NHS. In some ways, that has felt like the constant theme ever since I took on the editorship of Endodiabology back in 2019. From pandemics to industrial action, we have faced more than our fair share of challenges these past few years, and yet despite this I am so proud of the way we have continued to work as community of colleagues, and the support we have managed to offer each other and the patients we serve. I believe this deserves far more recognition than it is often afforded, and I am so grateful for our trainees and trainers in keeping the training program not just afloat but succeeding these past few years. So I was delighted that we managed to have a face-to-face CME event at James Cook in July—and I am certain I was not the only one who left the event feeling optimistic and enthused about the future for the region.

Many thanks once again to all those who have provided contributions to this edition of Endodiabology, your support does make this possible and I continue to be very grateful.

*Owain*

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and check in with the  
regional website



@EndocrineNE



# An Update from the TPD

Owain Leng

It is an honour and a privilege to take on the role of training programme director. It is also a significant responsibility—and I am indebted to Srikanth Mada for handing on a training programme that is performing so well in many important quality metrics (more on that shortly). I know many will want to join me in expressing our thanks to Dr Mada for his efforts, advocacy and his support during his years as TPD. His efforts, along with the efforts of trainers and trainees around the region, are why I can share with you today some good news from the GMC National Training Survey.

**GMC NTS survey results:** Despite the ongoing pressures during this period of recovery from the COVID 19 pandemic, and the ongoing pressures and disruptions of various cycles of industrial action, the GMC survey continues to evidence the quality of training on offer here in the North East. The NTS survey is one of the most important means of feedback and quality assurance we have, and so I am very grateful to all who completed the survey this year. The Diabetes and Endocrinology programme continues to be one of the best training programmes nationally. The programme managed to hold a track of record of providing best training in various domains over last decade. The programme achieved top 3 grades in 13/18 domains, in line with the results of last few years.

Domains Ranked 1 <sup>st</sup>	Domains Ranked 2 <sup>nd</sup>	Domains Ranked 3 <sup>rd</sup>
Work Load	Educational supervision	Overall satisfaction
Teamwork	Reporting systems	Clinical Supervision
Supportive Environment		Rota design
Induction		
Adequate experience		
Educational governance		
Local teaching		
Regional teaching		

**Wellbeing:** We are all aware of the significant pressures that exist in working in the NHS, and it is therefore of importance that we continue to emphasise the importance of prioritising wellbeing and recognising the need to look after work / life balance. I would encourage that we should be giving due consideration to wellbeing and work/life balance as crucial elements of a trainees development, and as such I hope that discussion of these topics should be routine in meetings between trainees and their clinical and educational supervisors. Although supervisors may not be able to answer every query, they have a wealth of experience and contacts and can point trainees in the right direction in a timely fashion. It is important trainees do not struggle on alone though—so please feel free to contact me regarding any issues or concerns your local supervisors may not be able to help with. There is also information available on policies, guidelines and support on the Health Education England website that it is worth signposting to: [madeinheene.hee.nhs.uk/lead\\_employer\\_trust/policies](https://madeinheene.hee.nhs.uk/lead_employer_trust/policies)

**ARCP 2023:** A huge thank you to all who contributed to the ARCP process again this year, and it was another very successful ARCP process with fourteen trainees awarded an “outcome 1” and one trainee awarded an “outcome 2”. The quality of training has remained very high, and thank you to the trainees both for the work you have been putting into your training and the additional work to capture it in the eportfolio.

**Appraisal process:** The uncoupling of the ARCP process from formative annual appraisal has been to my mind one of the real successes of the training programme in recent years. It has allowed a more educationally focused, personalised and holistic catch up with trainees that is separated from the ARCP checklist decisions regarding progression. It has allowed a real focus on encouraging development, and it is an innovation I will be continuing this coming academic year. The process requires the support of trainers around the region, and I am as ever very grateful for this.

**The “new” curriculum :** As we all get used to delivering the new diabetes and endocrinology curriculum, can I suggest that trainers and trainees keep a close eye on the JRCPTB decision aid that will help ensure we keep on track with the mandatory elements required for successful ARCP outcomes. If there are any queries about the new curriculum, please do get in touch. The decision aid can be accessed at: [www.jrcptb.org.uk/sites/default/files/Endocrinology%20and%20Diabetes%20Mellitus%202022%20ARCP%20Decision%20Aid%20FINAL.pdf](http://www.jrcptb.org.uk/sites/default/files/Endocrinology%20and%20Diabetes%20Mellitus%202022%20ARCP%20Decision%20Aid%20FINAL.pdf)

*I am so grateful to be taking on the role of TPD in a region that I have always found to be supportive, collaborative and educationally focussed. The success of the training programme relies on these qualities, and I look forward to championing them whenever and wherever I can. Looking forward to working you all,*

Owain

*Interested in getting involved with Endodiabology or the NEEN Website?*

**There remains a vacancy for a Trainee Website / Endodiabology Editor**

*There is an excellent opportunity for one or more trainees to take on the task of developing our regional website, Twitter account and contributing to Endodiabology.*

*This role will help you develop your leadership and organisational skills, but will also provide an unparalleled chance to network and collaborate with colleagues around the region (an excellent opportunity to get your face known), and a chance to develop and improve these important resources.*

*Do you have ideas for how the development of these resources can improve regional cooperation, training, or patient care? If so, I would love to hear from you and would be very keen to support trainees who are keen to get involved with this work.*

*Please drop me an email if interested,*

**Owain**

## TRAINEE LEADERSHIP ROLES

### **STC trainee representative**

Kerri Devine  
Razan Rashid

### **NEEN StR representatives**

Hady Gad  
Irfan Khan.

### **CME committee**

Oluwatosin Kayode  
Japhet Olaremi  
Waqar Ahmad  
Muhammad Pervez  
Irfan Khan

### **MERIT coordinators**

May Loo, Muhammad Tahir Chohan

### **NEEN Website Trainee Editor**

## TRAINING COMMITTEE

### **Programme Director**

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### **Education CME Lead**

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### **Quality Management Lead**

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Arut Vijayaraman

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Srikanth Mada      srikanth.mada@nhs.net

### **StR Representatives-**

Kerri Devine, Razan Rashid



# Training Update

## Rotations

### James Cook:

- Irfan Khan ST6
- Abuza Awadelkareem ST4
- Waqar Ahmed ST7

### North Tees and Hartlepool

- Razan Rashid (LTFT) ST6
- Pan Sint (LTFT) ST5
- Zoe Bond ST4

### Darlington

- Muna Guma (LTFT) ST6
- Hassan Pervez ST6

### Durham

- Chohan Muhammad Tahir ST6

### Northumbria

- Ahmed Shaikh Raziuddin ST7
- Balqees AlRadhi (LTFT) ST4
- Mudasir Mir Ali CCT Jan 24 ST7

### Gateshead

- Hady Gad ST6

### South Tyneside

- Mohammad Al-Riyahi ST4

### Sunderland

- Omer Osman ST5

### Newcastle

- Lydia Gixti (LTFT) ST5
- Kerri Devine ST7
- Syed Alvi ST5
- May Loo ST6
- Oluwatosin Kayode ST4
- Helen Leafe (LTFT) ST5
- Japhet Odunayo Olaremi ST5

### OOPE: research

- Ayat Bashir

## Important Dates

**Out of Sync ARCP :** December 7th 2023

**ARCP:** May 1st 2024

**Appraisals:** May 7th and 8th 2024

**GIM ARCP:** July 5th 2024

**Trainee & Trainers meeting:** June 5th 2024, from 4pm

### Other educational opportunities:

Adrenal Tumour Masterclass 16th September, Birmingham

Imperial Pituitary Masterclass, 18th September, London

National training scheme for the use of radioiodine in benign thyroid disease - 3rd October, Birmingham

RSM What's new in endocrinology and diabetes 2023? 12th October, London

EXTOD Healthcare Professionals conference, 9th—10th November, Oxford

SfE BES 2023—13-15th November, Glasgow

Diabetes Professional Care conference, 15th—16th November, London

RCPE Diabetes & Endocrinology Symposium, 30th November, hybrid

YDEF & DTN-UK Technology Course, 4th—6th December, Nottingham

ABCD Diabetes Update 31st January—2nd February,

SfE Thyroid Ultrasound course, 24th March, Birmingham

SfE Clinical Update—25th—27th March, Birmingham

Diabetes UK, 17th—19th April, London

## Regional Teaching

The recent return to face-to-face with the CME event at James Cook in July was a great success. The hope is that CME events will now run as face-to-face events, safeguarding important opportunities to network and connect with colleagues around the region. Kerri Devine led a discussion with the trainees reviewing how regional training might develop to meet current needs, and there was a consensus that the trainees wanted to see the previously successful sessions on Clinical Research and on Technology become annual events. Therefore, the MERIT, CME and STC representative are working on a programme to re-shape the training calendar to incorporate these regular annual updates, replacing part of the MERIT programme. The remaining MERIT sessions will focus on wider professional competencies and will remain trainee led events. We look forward to updating you further with more details soon!



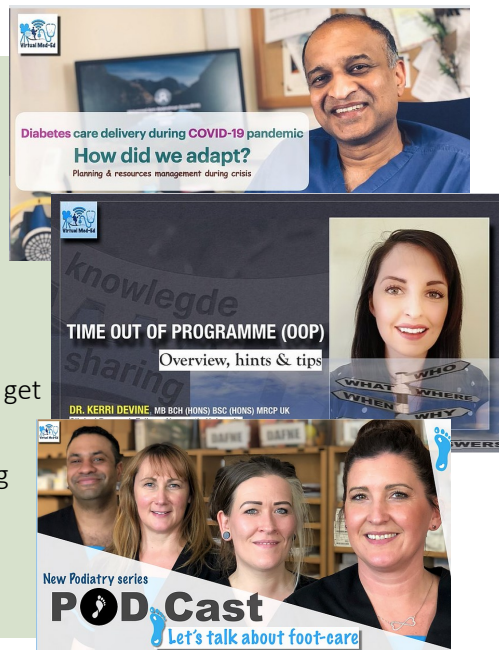
# News & Updates

## Welcome

### Virtual Medical Educators

Do continue to have a look at the excellent work of the Virtual Medical Educators team. They have a range of excellent endocrine/diabetes talks with more being added. It is a fantastic resource—do check it out, and why not get involved yourself?

- ⇒ [www.virtualmedicaleducators.org](http://www.virtualmedicaleducators.org)
- ⇒ Twitter: @Virtual\_MedEd
- ⇒ [www.facebook.com/virtualmedicaleducators](https://www.facebook.com/virtualmedicaleducators)



*A very warm welcome to the training programme for our three new ST4 doctors: Zoe Bond, Balqees Al-Radhi and Mohammad Al-Riyahi. All three bring with them a wealth of diabetes and endocrinology experience already, and we are delighted to have you in the training programme!*

### Society of Endocrinology Outstanding Clinical Practitioner Award

Congratulations to Richard Quinton who has been awarded the above prize for 2023. The SfE have highlighted amongst his achievements his many years of work to further the interests of men and women and adolescents with hypogonadism, his work supporting postgraduate training, and his numerous postgraduate workshops and webinars for doctors and nurses for the Society for Endocrinology. The SfE detail some of his key recent achievements that have resulted in the prize at: [www.endocrinology.org/grants-and-awards/prizes-and-awards/outstanding-clinical-practitioner-award/r-quinton/](http://www.endocrinology.org/grants-and-awards/prizes-and-awards/outstanding-clinical-practitioner-award/r-quinton/)



### European Thyroid Association: Aldo Pinchera prize

Many congratulations to Simon Pearce for being awarded the above prize for 2023. The ETA award this prize to distinguished scientists who have brought thyroidology forward with their basic, translational, or clinical studies.



### NERRAG

Wednesday 11th October will see the long-awaited return of our region's NERRAG meeting. The programme is due to commence at ~1pm, and it is always a fantastic meeting and a wonderful chance to catch up with colleagues from around the region and to share our latest work and developments. This year, NERRAG will have a new home at the Durham Centre. Many thanks to the NERRAG organising committee (Ashwin Joshi, Catherine Napier, Tim Cheetham and Irfan Khan) for their work on keeping this important event running (

See you there!



# Publications from across the Region

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