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Endo diabology

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Endodiabology.blogspot.com

NORTHEAST NEWSLETTER for TRAINEES, TRAINERS and SPECIALISTS

StR Placements

RVI

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Ramesh Vanka ST5
Usman Javaid ST5 (LTFT)
Su Ann Tee ST5 (LTFT)

JCUH

Owain Leng ST6
Azmi Mohammed ST6

Northumbria

Mona Abouzaid ST4

Gateshead

Razi Ahmed ST3

Darlington

Mudassir Ali ST3

Durham

Yasir Ishan ST4

South Tyneside

Vikram Lal ST7

Sunderland

Ahmed Al-Sharefi ST6

North Tees

Wagar Ahmed ST3

Research with numbers

Sviatiana Zhyzhneuskaya
Kerri Devine

StR Leadership Roles

NEEN StR representatives

Owain Leng, Su Ann Tee

STC trainee representative

Kerri Devine, TBC

Management forum

Su Ann Tee, Ramesh Vanka,
Mona Abouzaid

CME committee

Vikram Lal, Usman Javed,
Owain Leng, Ahmed Al-Sharefi

HENE SIM steering StR

Owain Leng

MERIT coordinator

Azmi Mohammed

NEEN Website Trainee Editors

Owain Leng, Ahmed Al-Sharefi

Welcome

*to the new-look **ENDODIABOLOGY** newsletter. Firstly, I would like to offer my thanks on behalf of the region to Dr Wahid for his huge efforts over many years in running **ENDODIABOLOGY**, and developing it into the valued resource it is today. Although stepping into his shoes is daunting, it is an absolute honour, and I can only hope to emulate his enthusiasm and work-ethic to see that **ENDODIABOLOGY** continues to go from strength to strength.*

Owain

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 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.

SCE Diabetes & Endocrinology This exam has to be passed by all trainees before their PYA. We recommend sitting it ASAP and well before your PYA.

The Kelly-Young Diabetes & Endocrinology Prize This prize is awarded annually at NERRAG to the youngest trainee (in terms of training year) to pass their 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.

TRAINING COMMITTEE

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Upcoming Events 2019

Dates for the Diary

Speciality ARCP 2019

May 7th, 8th and 9th

G(I)M ARCP 2019:

May 14th

STC and T&T meeting:

June 4th

- STC: 14.00

- T & T meeting: 16.00

Meetings & Lectures

1st March Newcastle Diabetic Foot Meeting – Innovations in Diabetic Foot Care; <https://www.eventbrite.co.uk/e/newcastle-diabetic-foot-meeting-innovations-in-diabetic-foot-care-tickets-51968887341?aff=ebdshpsearchautocomplete>

6th–8th March Diabetes UK APC. ACC Liverpool. Contact www.diabetes.org.uk/conference

23rd–26th March ENDO 2019 New Orleans, USA. Contact endostaff@endo-society.org or www.endo-society.org/scimeetings

8th–10th April SfE Clinical Update, Birmingham. Contact www.endocrinology.org/meetings

16th–17th May ABCD Spring Conference, <https://abcd.care/spring-meeting-2019/registration>

7th–11th June American Diabetes Association 79th Annual Scientific Sessions, San Francisco, USA. Contact: meetings@diabetes.org

11th–13th November SfE BES, Brighton <https://www.endocrinology.org/events/sfe-bes-conference/sfe-bes-2019/>

StR Training Dates

CME:

Tuesday 28th May RVI

October JCUH (Date TBC)

Research / Management day

Wednesday 2nd April

Newcastle University Medical School

GIM teaching (Wednesday afternoons)

27th March 15th May 10th July

11th September 6th November

MERIT Teaching (afternoons)

Friday 29th March, South Tyneside

Wednesday 24th April, Seminar Room 2, RVI

June - Northumbria

August - Durham/Darlington

Patient education event

The RVI will be hosting a patient education event for patients on long-term steroids on Saturday 11th May from 10:00 –12:00 at the Peacock Hall Boardroom.

All welcome!


**KEEP
CALM
AND
LEARN
ABOUT
STERIODS**

MERIT notice

There is concern about recent MERIT attendance, and a failure to organise expected MERIT sessions. The MERIT training afternoons are an important part of specialty training, and it is essential that these mandatory sessions continue to run and that trainees take a lead on organising and engaging with MERIT. To this end, we are very grateful to **Azmi Mohammed** for stepping up to take a lead on coordinating MERIT. I am certain Azmi can rely upon us all to help him ensure good quality training in the region.



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endocrinenortheast.co.uk

Trainee

Initiatives

NEEN Website

The North East Endocrine Network is looking to further develop to better meet the needs of the region. We are asking for your help in providing some feedback on the website to help us improve and innovate.

The website can be found at:

endocrinenortheast.co.uk

To complete the brief survey, please access:

www.surveymonkey.co.uk/r/KPF7CKR

Many thanks from the Website Team!

Congratulations to **Mona Abouzaid** for winning the **Trainee Case Presentation Prize** at the January CME. This annual prize encourages trainees to share and present their experiences of the wealth of interesting endocrine cases to be found in the North East.



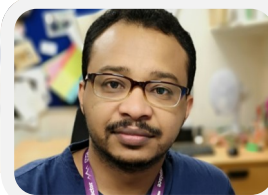
National Taster Day in Diabetes and Endocrinology:

Provisional date: Centre for Life, Newcastle, Saturday 28th September 2019

Kerri Devine has been instrumental in bringing the third joint YDEF/SfE National Taster Day in Diabetes and Endocrinology to the North East. This is a fantastic opportunity to attract senior medical students and junior doctors from across the country into a career in Diabetes and Endocrinology, and also show off our region!

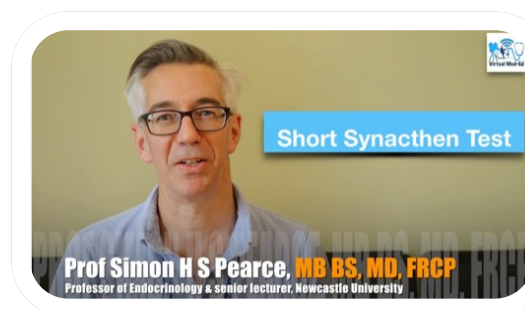
Kerri has already had an initial meeting with Ahmed Al-sharefi, Su Ann Tee, and Owain Leng to work towards organising this event. We would like to include some patients with an interesting specialty problems. **Do you have any patients that you think would be happy to participate?** We would be particularly interested in patients with rarer diagnoses, or patients who have benefited from technological, educational or surgical interventions, to come along and share their experience (with some recompense of course)? If anyone has a patient they consider might be suitable and who is agreeable, please do get in touch. Additionally, if any MDT members are interested in being part of the faculty and/or attending the social event afterwards please let us know!

Virtual Medical Educators



Our region's **Azmi Mohammed** has been the pioneer and leader behind an educational initiative that aims to bring high-quality educational materials, free at the point of use, to a wide and diverse international audience through the use of social media. The project has already been a tremendous success—with 20,879 followers on *facebook* and counting. Regional video contributors have so far included Simon Pearce, Catherine Napier, Richard Quinton, Simon Ashwell, Vijayaraman Arutchelvam, Ali Aldibbiat and Owain Leng. To get involved in this dynamic project, please get in touch!

Check out the videos at: <https://www.facebook.com/virtualmedicaleducators/>



STANDING ON GIANTS SHOULDERS

SHAZ WAHID

"If I have seen further, it is by standing on the shoulders of giants",

Sir Isaac Newton.

The above quote aptly describes my journey to date from my medical student days from 1990 at Newcastle University through to where I am as Medical Director at South Tyneside FT (a role which will expand further in April 2019 as Medical Director of a new Trust South Tyneside and Sunderland FT). I really have stood on the shoulders of many a giant as I learnt my skills in clinical, educational and management leadership.

As a medical student it was the clinical leadership of the Diabetologists and Endocrinologists that inspired me and there have been many that inspired me and helped me develop clinical leadership in my specialty up to the point of Consultant hood. I must also pay due note to those Physicians that have been the giants in general medicine, particularly in North Tees, that encouraged me to maintain my general medicine skills and develop skills in acute medicine. Through training I have been lucky enough to have engaged in educational and management leadership through being an Associate College Tutor, a trainee representative on training committees and Trust management committees-contributing in practical ways to better patient care. It is this that has stood me in good stead to continue my clinical and educational leadership by developing services in Diabetes & Endocrinology and Acute Medicine locally and delivering educational change locally and in the region through various positions.

It was a giant of a Medical Director that inspired me and indeed supported me to become Medical Director at South Tyneside. The last 3-years I can only describe as analogous to a sword being put through fire to build strength. I have never had any media training or formal management training in terms of a degree, as I have often undertaken and completed a number of tasks with the term "got the t-shirt" being my credentials. It has been the "generic" clinical, educational and management leadership skills that I have built over the years by standing on the shoulders of giants that has allowed me to undertake service change at a macro-level and deal with crisis such as suspension of maternity services and retained organs.

I have encountered a range of leadership styles over the years from heroic (torch-bearer) to collaborative. Ultimately the style that I have built is best described as:

"I use a combination of position, responsibility, attitude, skills and behaviour to allow others and the Trust to maximise potential and deliver the very best patient centred services in a sustainable manner".

My advice to you all is to encourage you to allow others to stand on your shoulders to see further and maximise their potential. They will remember you as I remember all the giants' shoulders I have stood on.

You may wonder why Shaz is being so melancholy. I have had to make a difficult decision recently. Having had the honour of being given the responsibility of leading a new Trust into the future as Medical Director, I have had to make sure I have the resilience to do so. With effect from March 2019 I will be giving up my Diabetes & Endocrinology practice. I will maintain clinical practice but once a week on Monday mornings in Acute Medicine. I always believe in making sure that when I move on those who are left to take my place are better than me, and that is exactly what I have made sure at South Tyneside with 2 new recent appointments, but more importantly there will be a team of 7 Consultants and a large MDT to develop services. I will of course see many of you, but opportunities will be less. I will continue to contribute to ENDODIABOLOGY when I can. It has been a project much loved by me and I still remember Petros Perros pointing the finger at me in 2002 as his registrar and asking if we should develop a regional newsletter. The answer was a resounding yes and I was glad I convinced him to not name it DIABOLO. So now Owain has had the finger pointed at him and he has taken up the baton with gusto. I wish him and the rest of the ENDODIABOLOGY editorial team all the best for the future.





Publications from across the Region

Gifford RM, O'Leary T, Cobb R, Blackadder-Weinstein J, Double R, Wardle SL, Anderson RA, Doug Thake C, Hattersley J, Imray C, Wilson A, Greeves JP, Reynolds RM, Woods DR. Female Reproductive, Adrenal, and Metabolic Changes during an Antarctic Traverse. *Med Sci Sports Exerc.* 2018 Oct 10. doi: 10.1249

Gifford RM, Boos CJ, Reynolds RM, Woods DR. Recovery time and heart rate variability following extreme endurance exercise in healthy women. *Physiol Rep.* 2018 Nov;6(21):e13905

Hattersley J, Wilson AJ, Gifford RM, Cobb R, Thake CD, Reynolds RM, Woods DR, Imray CHE. Pre- to post-expedition changes in the energy usage of women undertaking sustained expeditionary polar travel. *J Appl Physiol* (1985). 2018 Dec 20. doi: 10.1152/jappphysiol.00792.2018

Gifford RM, Todisco T, Stacey M, Fujisawa T, Allerhand M, Woods DR, Reynolds RM. Risk of heat illness in men and women: A systematic review and meta-analysis. *Environ Res.* 2018 Oct 25;171:24-35.

Biswas JS, Lentaing J, Hill NE, Harrison JJ, Mackenzie H, Akorli E, Burns DS, Hutley EJ, Connor P, Woods DR. Epidemiology and etiology of diarrhea in UK military personnel serving on the United Nations Mission in South Sudan in 2017: A prospective cohort study. *Travel Med Infect Dis.* 2018 Dec 12. pii: S1477-8939(18)30263-1

Gifford RM, Howie F, Wilson K, Johnston N, Todisco T, Crane M, Greeves JP, Skorupskaite K, Woods DR, Reynolds RM, Anderson RA. Confirmation of ovulation from urinary progesterone analysis: assessment of two automated assay platforms. *Sci Rep.* 2018 Dec 4;8(1):17621.

Kuht JA, Woods D, Hollis S. Case series of non-freezing cold injury: epidemiology and risk factors. *J R Army Med Corps.* 2018 Oct 25. pii: jramc-2018-000992.

Quinton R. 2019 Mis-attribution of ectopic corticotropin-releasing hormone secretion (causing eutopic secondary adrenocorticotrophic hormone secretion) to ectopic adrenocorticotrophic hormone secretion? *Clinical Medicine.* 19: 89.

Swee DS & Quinton R. 2019 Hormone replacement therapy and venous thromboembolism: transgender studies show safety of estradiol. *BMJ.* 364: I600.

Leng OM, Madathil AC (2019) Remission of longstanding insulin-treated diabetes mellitus following surgical resection of pheochromocytoma. *AACE Clinical Case Reports: January/February 2019, Vol. 5, No. 1, pp. e62-e65.*

Leng OM, Rothwell C, Buckton A, et al Effect of In Situ High-Fidelity Simulation Training on the Emergency management of Pneumonia (INSTEP): a mixed-methods study *BMJ Simulation and Technology Enhanced Learning* 2018;4:190-19

Leng, O. & Razvi, S. Hypothyroidism in the older population. *Thyroid Res* (2019) 12: 2. <https://doi.org/10.1186/s13044-019-0063->

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.

Lane LC, Allinson KR, Campbell K, Bhatnagar I, Ingoo L, Razvi S, Cheetham T, Cordell HJ, Pearce SH, Mitchell AL. Analysis of BAFF gene polymorphisms in UK Graves' disease patients. *Clin Endocrinol (Oxf).* 2019 Jan;90(1):170-174.

Prior M, Stewart J, McEleny K, Dwyer AA & Quinton R. 2018 Clinical case seminar: Fertility induction in hypogonadotropic hypogonadal men. *Clinical Endocrinology.* 89: 712-718.

Al-Sharifi A, Glenister E, Morris M, Quinton R. Is calcium supplementation always necessary in patients with hypoparathyroidism? (Accepted—*Clinical Endocrinology*)

New Appointments!

It has been a great few months for appointments in the region, with our consultant contingent being strengthened and three new trainees. A warm welcome our new ST3's, **Mudassir Ali, Waqar Ahmed, and Razi Ahmed.**

Many congratulations to **Suhel Ashraff** for his appointment to consultant Diabetes / Endocrinologist at South Tees Hospital Foundation Trust, to **Earn Gan** in her consultant appointment to South Tyneside Foundation Trust, and to **Satish Artham** for his appointment as consultant at University Hospital of North Tees.

Congratulations to both **Mavin Macauley** and **Angeles Maillio-Nieto** for their appointments as locum consultants at James Cook University Hospital

And very many congratulations to **Shaz Wahid** in his appointment as Medical Director for both South Tyneside FT and City Hospitals FT from 1st April 2019, and if merger approved for the new Trust South Tyneside and Sunderland NHS Foundation Trust.

Many thanks for your help and support in putting together this edition of Endodiabology!

Please do keep the details of any news, announcements, letters, or publications coming. Simply email: o.leng@nhs.net

The next edition of ENDODIABOLOGY will be due October 2019



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