

# ENDODIABOLOGY

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### NORTHEAST NEWSLETTER FOR SPECIALTY TRAINEES AND BOSSES TRAPPED IN THE NORTHERN DEANERY

February 2018

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#### StR PLACEMENTS

##### RVI

Su Ann Tee (80% LTFT)  
Muhammed Azmi  
Owain Leng  
Catherine Napier  
Suhel Ashraff  
Ahmed Al-Sharefi  
Harshal Deshmukh

##### James Cook University Hospital

Altayeb Abdal Aziz  
Alison Heggie  
Mavin Macaulay

##### Friarage

Vacant

##### Northumbria

##### Community:

vacant

##### North Tyneside

Kerry Devine

##### Wansbeck

Usman Javaid

##### Gateshead

Ramesh Vanka  
2 ACLS at 50% clinical 50% academic  
50% academic time strictly protected  
Anna Mitchell  
Earn Hui Gan

##### Darlington

Murali Ganguri

##### Durham

Vikram Lal

##### South Tyneside

Yaasir Mamoojee

##### Sunderland

Satish Artham  
Mona Abouzaid

##### North Tees

Taimur Gulfam  
Yasir Ihsan

##### Research with numbers

Sviatlana Zhyzhneuskaya (Prof Taylor)

##### Trainees on North east Endocrine website development committee

Owain Leng

Murali Ganguri

##### Trainees on Northern endocrine network

Sue Anne Tee

Owain Leng

##### Trainee representative at STC

Suhel Ashraff

Kerri Devine

##### Trainee lead on management forum

Suhel Ashraff

Tamiur Gulfam

Satish Artham

##### Trainee lead on CME committee

Murali Ganguri

Suhel Ashraff

Vikram Lal

##### Trainee lead on MERIT programme

Suhel Ashraff

Kerri Devine

##### Trainee lead on Annual research day

Earn Gan

#### MEETINGS / LECTURES / ANNOUNCEMENTS

- **14<sup>th</sup> March 2018** GIM StR teaching ½ day. Contact Sue Archibald 0191 223 1247 [sue.archibald@nuth.nhs.uk](mailto:sue.archibald@nuth.nhs.uk)
- **14<sup>th</sup>-16<sup>th</sup> March 2018** Diabetes UK APC. ExCel London. Contact [www.diabetes.org.uk/conference](http://www.diabetes.org.uk/conference)
- **17<sup>th</sup>-20<sup>th</sup> March 2018** ENDO 2018 Chicago, USA. Contact [endostaff@endo-societ.org](mailto:endostaff@endo-societ.org) or [www.endo-society.org/scimeetings](http://www.endo-society.org/scimeetings)
- **12<sup>th</sup>-13<sup>th</sup> April 2018** Insulin infusion pump course. South Tees LRI, JCUH. [www.conferencessouthtees.co.uk](http://www.conferencessouthtees.co.uk)
- **16<sup>th</sup>-18<sup>th</sup> April 2018** SFE Clinical Update, Birmingham. Contact [www.endocrinology.org/meetings](http://www.endocrinology.org/meetings)
- **24<sup>th</sup> April 2018** Acute Medicine Conference, Life Centre Newcastle. Contact Sue Archibald [sue.archibald@nuth.nhs.uk](mailto:sue.archibald@nuth.nhs.uk)
- **16<sup>th</sup> May 2018** GIM StR teaching ½ day. Contact Sue Archibald 0191 223 1247 [sue.archibald@nuth.nhs.uk](mailto:sue.archibald@nuth.nhs.uk)
- **25<sup>th</sup> May 2018** Northern Endocrine and Diabetes CME, RVI. Contact [drsuhelashraff@gmail.com](mailto:drsuhelashraff@gmail.com)
- **22<sup>nd</sup>-26<sup>th</sup> June 2018** American Diabetes Association 78th Annual Scientific Sessions, Orlando, USA. Contact [meetings@diabetes.org](mailto:meetings@diabetes.org)
- **1<sup>st</sup>-5<sup>th</sup> October 2018** 53<sup>rd</sup> EASD annual meeting, Berlin, Germany. Contact [www.easd.org](http://www.easd.org)
- **10<sup>th</sup> October 2018** Northern Endocrine and Diabetes CME, JCUH. Contact [drsuhelashraff@gmail.com](mailto:drsuhelashraff@gmail.com)
- **20th November 2018** RCP Updates in Medicine, Centre for life. Contact Sue Archibald 0191 223 1247 [sue.archibald@nuth.nhs.uk](mailto:sue.archibald@nuth.nhs.uk)

#### 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.

**Management Training** A regional management programme is in place for StRs. The committee is Sviatlana Zhyzhneuskaya, Suhel Ashraff, and Satish Artham.

#### **From the TPD**

**New to curriculum:** Disorders relating to weight (2017) has been approved by SAC/GMC and added to the curriculum. Evidence to demonstrated competencies and signed of a fully competent is mandatory for all the current Spr in ST3/ST4/ST5 levels of training while it is desirable option for ST6 and ST7. Since this is part of core business for majority of consultants I would recommend every trainee to try and get required amount of training in units already providing the service.

**ARCPs:** The Endocrinology and Diabetes Mellitus ARCPs will take place on the 8, 9 and 10 May 2018. The deadline for evidence for trainees will therefore be the 24 April 2018. The G(I)M ARCPs will take place 16 May. Please note the same deadline for ease.

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

#### **NEWS FROM THE NORTHEAST**

- Congratulations to Kerri Devine who has been recently appointed onto the SfE Early Career Steering Group from 1/1/18 for 4 yrs.

#### **LETTERS**

*Message from Suhel Ashraff*

The following are the teaching dates for the training year 2017-2018

#### **CME**

CME May 25th May 2018 Friday RVI

CME October 10th 2018 Wednesday JCUH

**MERIT** (all PM sessions with a named Consultant to lead the session)

March 2018- Northumbria

June 2018 - JCUH

August 2018- Durham/Darlington

It would be great if the Registrars could decide on the topic from now and fix a date for each site for all the Merit teachings so that we all can sort out study leave/swap if need be in good time.

*Message from David Bishop*

We are pleased to announce that Ahmed Alsharefi has been appointed as StR representative to join the NEN website editorial team. The website has been recently updated to improve compatibility with mobile web browsers and enhance user experience. Please follow us on our twitter account

(@endocrineNE), which has been incorporated into the website, to receive regional updates and announcements.

Following a website review, the decision was made to remove the 'forum' page, as it was underutilised. Any suggestions towards other ways to promote interactivity, especially from trainees, are welcome. We will continue to post regional news, events, and announcements; so if you have anything you would like to share, or any other comments/suggestions about the website, please send it to [info@endocrinenortheast.co.uk](mailto:info@endocrinenortheast.co.uk)

Best wishes

The NEN Web Team (Owain Leng, Ahmed Alsharefi, Praveen Partha, Ashwin Joshi, and David Bishop)

*Message from Jola Weaver*

We published a book with a few people from the region and worldwide.

Practical Guide to Obesity Medicine - 1st Edition - Elsevier

<https://www.elsevier.com/.../practical-guide-to-obesity-medicine/.../978-0-323-48559->

*Philip Home a message to Shaz Wahid*

Many of you will know Philip well and many of you have been trained by him, myself included. I have continued to read his papers in the journal and you will see there are many in the publications section. This is a message I have received from him recently:

*"I just passed my 70th birthday this month, but continue part time at the Univ, and already have four lecture commitments abroad lined up for 2018. One funny one is that I have joined the Editorial Board of Diabetes Care – funny because it is very rare to do two stints and the last was over 30 years ago!"*

In terms of his publication record this demonstrated below:

	All	Since 2013	2017
Citations	15741	5246	924
h-index	62	36	
i10-index	114	70	

#### **Citation statistics (Google Scholar)**

*George Alberti: A Myriad of Contributions to Diabetes and Beyond-Philip Home*

I would strongly encourage you to read this tribute to George Alberti from Philip Home. It can be found on:

<http://care.diabetesjournals.org/content/40/9/1154>

You will spot the history of Diabetes in the North East to which George made a big contribution.

#### **RECENT PUBLICATIONS FROM THE NORTHEAST**

- Stacey MMJ, Delves SK, Woods DR, Britland SE, Macconnachie L, Allsopp AJ, Brett SJ, Fallowfield JL, Boos CJ. Heart rate variability and plasma nephrens in the evaluation of heat acclimatisation status. Eur J Appl Physiol. 2018 Jan;118(1):165-174.
- Stacey MJ, Delves SK, Britland SE, Allsopp AJ, Brett SJ, Fallowfield JL, Woods DR. Copeptin reflects physiological

- strain during thermal stress. *Eur J Appl Physiol.* 2018 Jan;118(1):75-84.
- Stacey MJ, Hill N, Woods D. Physiological monitoring for healthy military personnel. *J R Army Med Corps.* 2017 Nov 23. pii: jramc-2017-000851.
  - Lumley A, Osborn E, Mellor A, LaCroix E, Johnson G, Wallace M, Stacey M, Smith JE, Woods D. The role of neutrophil gelatinase-associated lipocalin (NGAL) in the detection of blast lung injury in a military population. *J Crit Care.* 2018 Feb;43:312-315.
  - Mellor A, Bakker-Dyos J, Howard M, Boos C, Cooke M, Vincent E, Scott P, O'Hara J, Clarke SB, Barlow M, Matu J, Deighton K, Hill N, Newman C, Cruttenden R, Holdsworth D, Woods D. The British Services Dhaulagiri Medical Research Expedition 2016: a unique military and civilian research collaboration. *J R Army Med Corps.* 2017 Dec;163(6):371-375.
  - Howard M, Bakker-Dyos J, Gallagher L, O'Hara JP, Woods D, Mellor A. Power supplies and equipment for military field research: lessons from the British Service Dhaulagiri Research Expedition 2016. *J R Army Med Corps.* 2017 Dec 25.
  - Clarke SB, Deighton K, Newman C, Nicholson G, Gallagher L, Boos CJ, Mellor A, Woods DR, O'Hara JP. Changes in balance and joint position sense during a 12-day high altitude trek: The British Services Dhaulagiri medical research expedition. *PLoS One.* 2018 Jan 17;13(1):e0190919.
  - Mellor A, Bakker-Dyos J, O'Hara J, Woods DR, Holdsworth DA, Boos CJ. Smartphone-Enabled Heart Rate Variability and Acute Mountain Sickness. *Clin J Sport Med.* 2018 Jan;28(1):76-81.
  - Sherin Bakhshab, Farid Ahmed, Hans-Juergen Schulten ID, Fahad W. Ahmed, Michael Glanville, Mohammed H. Al-Qahtani and Jolanta U. Weaver. Proangiogenic Effect of Metformin in Endothelial cells via Upregulation of VEGFR1/2 and Their Signaling under Hyperglycemia-Hypoxia. *Int. J. Mol. Sci.* 2018, 19, 293; doi:10.3390/ijms19010293.
  - ACE Inhibitors and Statins in Adolescents with Type 1 Diabetes. Marcovecchio ML, Chiesa ST, Bond S, Daneman D, Dawson S, Donaghue KC, Jones TW, Mahmud FH, Marshall SM, Neil HAW, Dalton RN, Deanfield J, Dunger DB; AddIT Study Group. *N Engl J Med.* 2017 Nov 2;377(18):1733-1745. doi: 10.1056/NEJMoa1703518.
  - Salvatori R, Radian S, Diekmann Y, Iacovazzo D, David A, Gabrovská P, Grassi G, Bussell A-M, Stals K, Weber A, Quinton R, Crowne EC, Corazzini V, Metherell L, Kearney T, DuPlessis D, Sinha AK, Baborie A, Lecoq A-L, Chanson P, Ansoorge O, Ellard S, Trainer PJ, Balding D, Thomas MG, Korbonits M. In-frame seven amino-acid duplication in AIP arose over the last 3000 years, disrupts protein interaction & stability and is associated with gigantism. *European Journal of Endocrinology.* 177: 257-266.
  - Xu C, Messina A, Somm E, Miraoui H, Kinnunen T, Acierno K, jr, Niederländer NJ, Bouilly J, Dwyer AA, Sidis Y, Cassatella D, Sykiotis GP, Quinton R, De Geyter C, Dirlewanger M, Schwitzgebel V, Cole TR, Toogood AA, Kirk JMW, Plummer L, Albrecht U, Crowley WF, Jr., Mohammadi M, Tena-Sempere M, Prevot V, Pitteloud N. 2017 KLB, encoding  $\beta$ -Klotho, is mutated in patients with congenital hypogonadotropic hypogonadism. *EMBO Molecular Medicine.* 9: 1379-1397.
  - Dzemali S, Tiemensma J, Quinton R, Pitteloud N, Morin D, Dwyer AA. 2017 Beyond hormone replacement: Quality of life in women with congenital hypogonadotropic hypogonadism. *Endocrine Connections.* 6: 404-412.
  - Pazderska A, Mamoojee Y, Artham S, Miller M, Ball SG, Cheetham T, Quinton R. 2018 Safety and tolerability of one-year intramuscular testosterone regime to induce puberty in older men with CHH. *Endocrine Connections.* 7: 133-138.
  - Lal V, Mamoojee Y, Quinton R. 2017 Non-menopausal endocrine and non-endocrine causes of flushing and sweating. *Post-Reproductive Health.* 23: 177-182.
  - Mamoojee Y, Ganguri M, Taylor N, Quinton R. 2018 Clinical Case Seminar: Post-menopausal ovarian androgen excess: challenges in diagnostic work-up and management of ovarian thecosis. *Clinical Endocrinology.* 88: 13-20.
  - Mitchell AL, Devine K, Lal V, Galloway P, House M, White K, Watson J, Parry SW, Miller M, Morris M, James RA, Perros P, Pearce SHS, Quinton R. 2017 Improving the pre-hospital safety of steroid-dependent patients in northern England: a hospital-initiated ambulance service registration pathway. *Clinical Endocrinology.* 87: 881-882.
  - Javaid U, Lal V, Napier C, Burbridge A, Quinton R. 2017 Hypernatraemic hypovolaemia with anaemia: an unusual presentation of primary testicular insufficiency. *Endocrinology, Diabetes & Metabolism Case Reports.* pii 17-0121.
  - Lal V, Jayasena CN, Quinton R. 2017 Hypogonadism is an important cause of sarcopenia in older people. *Clinical Medicine.* 17: 590.
  - Home PD. Comment on Abd El Aziz et al., A meta-analysis comparing clinical effects of short- or long-acting GLP-1 receptor agonists versus insulin treatment from head-to-head studies in type 2 diabetic patients. *Diabetes Obesity Metab* 2017; 9:304-305. doi: 10.1111/dom.12842
  - Home PD. Comment on Severe hypoglycemia requiring medical intervention in a large cohort of adults with diabetes receiving care in U.S. integrated health care delivery systems 2005–2011. *Diabetes Care* 2016; 39: 363–370. *Diabetes Care* 2017; 40: e1. doi: 10.2337/dc16-0527
  - Home P. A diabetes mellitus guideline gone wrong — the 2017 ACP update. *Nature Reviews Endocrinol* 2017; 13: 191-192. doi:10.1038/nrendo.2017.9
  - Home P. George Alberti: a myriad of contributions to diabetes and beyond. *Diabetes Care* 2017; 40: 1154-1158. doi 10.2337/dci17-0006
  - Schnell O, Barnard K, Bergenstal R, Bosi E, Garg S, Guerci B, Haak T, Hirsch IB, Ji L, Joshi SR, Kamp M, Laffel L, Mathieu C, Polonsky WH, Snoek F, Home P. Role of continuous glucose monitoring (CGM) in clinical trials: recommendations on reporting. *Diabetes Tech Ther* 2017; 19: 391-399. doi 10.1089/dia.2017.0054
  - Bolli GB, Riddle MC, Bergenstal RM, Wardecki M, Goyeau H, Home PD; EDITION 3 study investigators. Glycaemic control and hypoglycaemia with insulin glargine 300U/mL versus insulin glargine 100U/mL in insulin-naïve people with type 2 diabetes: 12-month results from the EDITION 3 trial. *Diabetes Metab.* 2017; 43: 351-358. doi: 10.1016/j.diabet.2017.04.007

- Home PD, Ahren B, Reusch JEB, Rendell M, Weissman PN, Cirkel DT, Miller D, Ambery P, Carr MC, Nauck MA. Three-year data from 5 HARMONY phase 3 clinical trials of albiglutide in type 2 diabetes mellitus: long-term efficacy with or without rescue therapy. *Diabetes Res Clin Pract* 2017; 131: 49-60.
- Home P, Shankar RR, Gantz I, Ireldale C, O’Niell EA, Jain J, Pong A, Suryawanshi S, Engel SS, Kaufman KD, Lai E. A randomized, double-blind trial evaluating the efficacy and safety of monotherapy with the once-weekly dipeptidyl peptidase-4 inhibitor omarigliptin in people with type 2 diabetes. *Diabetes Res Clin Pract*; 2017: On line 24 October 2017
- Blonde L, Marre M, Vincent M, Brette S, Pilorget V, Danchin N, Vespasiani G, Home P. Insulin regimens and glycemic control in different parts of Europe over 4 years after starting insulin in people with type 2 diabetes: Data from the CREDIT non-interventional study. *Diabetes Res Clin Pract*; 2017: 133: 150-158.
- Home PD, Bergenstal RM, Bolli GB, Ziemer M, Rojas M, Espinasse M, Riddle MC. Glycaemic control and hypoglycaemia during 12 months of randomized treatment with insulin glargine 300 U/mL versus glargine 100 U/mL in people with type 1 diabetes (EDITION 4). *Diabetes Obes Metab* 2017; On line doi: 10.1111/dom.130482
- Home P, Derwahl K-M, Ziemer M, Wernicke-Panten K, Pierre S, Kirchheiner Y, Garg S. Anti-insulin antibodies and adverse events with biosimilar insulin lispro compared with humalog insulin lispro in people with diabetes. *Diabetes Tech Ther* 2018; In press 11 November 2017.
- Home P, Calvi-Gries F, Blonde L, Pilorget V, Berlingieri J, Freemantle N. Clinical correlates of hypoglycaemia over 4 years in people with type 2 diabetes starting insulin: An analysis from the CREDIT study. *Diabetes Obes Metab* 2018; In press 30 November 2017
- Riddle MC, Bolli GB, Avogaro A, Álvarez MG, Merino-Trigo A, Boëlle-Le Corfec E, Home PD. Assessment of hypoglycemia during basal insulin therapy: temporal distribution and risk of events using a predefined or an expanded definition of nocturnal events *Diabetes Metab* 2017; In press 04 December 2018

**NEXT NEWSLETTER** Due out June 2018 so keep the gossip coming.

