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NORTHEAST NEWSLETTER
for TRAINEES & TRAINERS

WELCOME

I am certain 2020 is a year that we will all remember for a long time to come. There have been many challenges and difficult times in our work, and for many of us in our personal lives too. Yet I will also remember 2020 as a year when we worked together across traditional boundaries to more than meet these challenges, a year when people stood up and showed how much they value the NHS and the work we do, and a year in which we continued to do our best to support our patients and each other.

We have also had to innovate. We have all had to get much more used to video conferencing, but this has enabled us to provide much-needed and highly appreciated chances to gather virtually and learn together. There will be much more of this in the coming months, and I look forward to future CME sessions as a good chance for us to meet virtually as a region.

I hope this newsletter gives us an opportunity to highlight further achievements from across the region, many of which have been achieved against the backdrop of unprecedented workloads and challenges. As ever, it makes me very proud to be working here in the North East.

Many thanks for those who have provided contributions to this edition of Endodiabology, it would not be possible to do this without your support.

Lets keep looking after each other, and stay safe,

Owain

Keep up to date!

follow us on Twitter
and check in with the
regional website



@EndocrineNE



An Update from the TPD

Srikanth Mada

Recruitment : we have offered 2 SpR vacancies to be filled in National virtual Interviews due to happen in October 2020. I will update you all as soon as I come to know.

New trainees on the circuit: a very warm welcome to our new SpR's who have joined the North East Endocrine family

1. Dr Lydia Grixti – RVI
2. Dr Oluwatosin kayoed – UHNT
3. Dr Omer Osman – Northumbria

New consultants : Congratulations and thank you to Dr Owain Leng and Dr M Azmi who successfully completed the training programme and have been appointed and started work as consultants in the North East. On behalf of all the trainers, I wish you both all the best for your future career as Consultants. Dr Usman Javaid and Dr Ahmed Al-Sharefi are due to complete their specialty training shortly and have been appointed to consultant posts at Northumbria Trust and Sunderland/South Tyneside trusts respectively. Welcome also to Dr A Stewart and M Assam who have joined CDDFT as consultant colleagues.

PYA: I am aware few of the trainees has not had their PYAs this year due to the COVID situation. we are still awaiting for guidance from JRCPTB about the process of new PYAs. I will keep the involved trainees updated .

KBE: KBE exam is on December 9th 2020. Good luck for all the trainees who are taking the exam.

ARCP: Thank you to all the trainers who supported the virtual ARCP this year. This is quite different from what we usually have on an yearly basis, but the quality of training and assessment process were of a high standard. I am pleased to say that all the trainees have demonstrated tremendous resilience in adapting to the new style of working and engaged with the learning process. We missed out on the face to face feedback session after the ARCP this year, but will bring it back for next year on a virtual platform. I enclose the ARCP outcomes for information to all. Once again, well done all the trainees and trainers.

Trainers Feedback: The Head of School has made a decision not to process ES feedback forms for this year due to the COVID-19 situation. I hope to have this useful feedback mechanism back in action for our next ARCP.

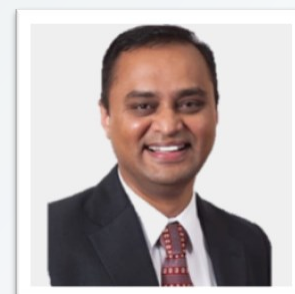
Shape of training: IM3 training is due to start from August 2021. As per national recommendations, all specialities are tasked to convert 20% of the training numbers to IM3 posts. The STC discussed this at length and agreed that the below mentioned posts will be converted to IM3 training posts. We may have an over-recruitment state for August 2021 but eventually we will lose these 5 posts. Posts identified in no specific order:

- Newcastle NHS trust- 2
- Northumbria NHS Trust-1
- South Tyneside and Sunderland NHS Trust: 1
- South Tees NHS Trust: 1

Finally on a personal note Thank You to all the trainers who supported the programme, and Thank You to all the trainees who supported the services and looked after the patients in most difficult times that we will ever face. It's not over yet and we all are in it together. Be safe and keep up the good work you all are doing. Best of Luck!

M. Srikanth Mada

ARCP	Outcome	Number of Trainees
ARCP	6	2
ARCP	1	7
ARCP	5	0
ARCP	8	2
PYA		Postponed
ARCP	2	1
ARCP	10.5c	1



Hi Everyone,

Firstly, we would like to thank all the trainees and trainers for their hard work during a very challenging year.

We are also extending a very warm welcome to the trainees who have joined us in 2020

Whilst changes to training have been unavoidable, there are many virtual events to take advantage of, with recent successes including our own virtual CME events, as well as the popular SfE clinical seminars which faces around this region have contributed to. In the coming weeks and months, we have events from Diabetes UK, as well as the virtual ABCD and BES conferences, still to enjoy

We will be representing the trainees again at the next STC meeting on the 25th of November, so do let us know about any issues of concern before this date.

Best wishes

Kerri & Razan

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StR Representatives-

Kerri Devine, Razan Rashid

TRAINEE RUNDOWN

POSTINGS, ROLES, OPPORTUNITIES

Specialist Trainee Postings

Dr Altayeb Mohammed Altayeb Abdalaziz	ST7 – Queen Elizabeth Hospital, Gateshead
Dr Mona Abdelazim Farag Abouzaid	ST6 – Royal Victoria Infirmary
Dr Waqar Ahmad	ST4 – James Cook University Hospital
Dr Shaikh Raziuddin Ahmed	ST4 – University Hospital of North Durham
Dr Mir Mudassir Ali	ST4 – Royal Victoria Infirmary
Dr Ahmed Ghalib Abed Zaid Al-Sharefi	ST7 – Royal Victoria Infirmary
Dr Muhammad Tahir Chohan	ST4 – James Cook University Hospital
Dr Kerri Devine	OOPR
Dr Hady Mohammed Aly Hassan Gad	ST3 – Royal Victoria Infirmary
Dr Lydia Marie Gixti	ST3 – Newcastle General
Dr Muna Abdelkarim Ali Guma	ST4 – Sunderland Royal Hospital
Dr Yasir Ihsan	ST6 – Royal Victoria Infirmary
Dr Usman Javaid	ST7 – Friarage Hospital
Dr Oluwatosin Kayode	ST3 – University Hospital at North Tees
Dr Irfan Iqbal Khan	ST4 – James Cook University Hospital
Dr Helen Leaf	Maternity Leave
Dr May Rui Loo	ST4 – University Hospital at North Tees
Dr Muhammad Hassan Pervez	ST4 – Royal Victoria Infirmary
Dr Razan Ali Abdulrazzaq Rashid	ST4 – South Tyneside District Hospital
Dr Pan Khet Sint	ST3 – North Tyneside General Hospital
Dr Su Ann Tee	ST6 – Sunderland Royal Hospital
Dr Ramesh Babu Vanka	ST7 – Darlington Memorial Hospital

TRAINEE LEADERSHIP ROLES

NEEN StR representatives

Su Ann Tee

STC trainee representative

Kerri Devine & Razan Rashid

Management forum

Su Ann Tee, Ramesh Vanka, Mona Abouzaid

CME committee

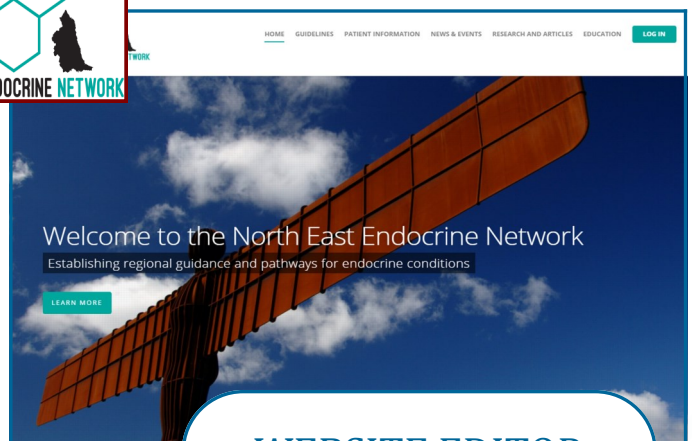
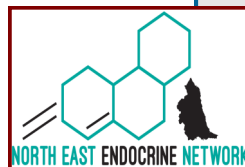
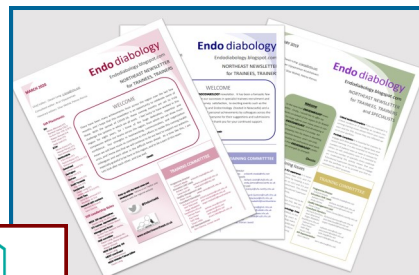
Mudassir Ali, Yasir Ihsan, Mona Abouzaid,
Waqar Ahmed

MERIT coordinators

May Loo, Muhammad Tahir Chohan

NEEN Website Trainee Editor

Vacant



WEBSITE EDITOR

Come join the website team!

There is a **vacancy** on the editorial team.

Help run the website, Twitter account and get involved with production of Endodiabolology!

A perfect way to show leadership, network with teams across the region, improve our online offering and develop useful & marketable skills.



Training Update

Virtual CME

The Autumn CME was delivered using Microsoft Teams. The CME committee were delighted to be able to include leading experts including Sheffield's Prof John Newell-Price and Cardiff's Prof Aled Rees in the programmes, along with excellent contributions from experts within the region.

The CME committee will be collecting feedback on this first virtually delivered CME, in order to inform future offerings. The January CME will also be a delivered virtually. No decision about the May / June CME has yet been made, but we will keep you updated with developments .

Important Dates

D&E ARCP: 6th & 7th May 2021

T&T meeting—1/6/2020 16:00

Other educational opportunities:

Diabetes UK professional conference: online series 13th October to 25th November 2020

SoE BES Online 16 - 20 November

YDEF Obesity Webinar 19/11/2020

ABCD DTN-UK Meeting 2020 Tuesday, 15 December, 2020

ABCD Conference 2020 Wednesday, 16 December, 2020

RCPE Insights into Endocrinology & Diabetes 23rd February 2021

SoE Clinical Update 2021 26 - 28 April

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.

An update on the 'Newcastle Hypothesis'

Understanding the cause of type 2 diabetes

The textbooks are out of date!

Research on exactly what happens to food in normal health and in type 2 diabetes led to a revolutionary Newcastle hypothesis in 2006. The Twin Cycle Hypothesis postulated that type 2 diabetes developed when susceptible people accumulated too much fat inside liver and pancreas. It predicted that substantial weight loss should be able to reverse the condition to normal. The Counterpoint study, published in 2011 used specially developed magnetic resonance methods and proved that type 2 diabetes was a simple condition of accumulating more fat in the body than an individual could tolerate. They had exceeded their Personal Fat Threshold. Nothing to do with 'obesity' or the confusion thrown up by huge population studies. So weight loss of 15kg, achieved by a simple method, returned liver insulin resistance, beta cell function and blood sugar levels to normal.



Professor Roy Taylor

But experts said that it was just a starvation effect and it would come back. They were wrong. The second major Newcastle study (Counterbalance) showed that all the changes persisted for at least 6 months. That set the scene for a large study carried out entirely in Primary Care. DiRECT showed that practice nurses could be trained (in 8 hours) to deliver a successful programme of weight loss, and after two years, 36% were free of diabetes off all medication.

Now the hot news is that Newcastle's Twin Cycle Hypothesis has led directly to routine clinical benefit. On 1st September 2020, NHS England launched its Low Calorie Programme as management for people with type 2 diabetes.



The DiRECT study team

Publications from across the Region

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

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

The next edition of **ENDODIABOLOGY** will be out in March 2021.

Thank you, and stay well!