

Additional Content in the form of a Sponsored Symposium by Bayer on Contraception in women with type 2 diabetes

## Diabetes Update 2019: Type 2 Diabetes as Cardiovascular Risk

A Cased Focused Workshop: Assessing Risk; Appropriate Intervention; Effective Communication

### Saturday 5th October 2019

Royal Society of Medicine  
1 Wimpole Street, London W1G 0AE

Introducing your speaker

**Mr Paul Dromgoole** RGN, RNMH, MSc Diabetes, PGCE  
Clinical Lecturer - Diabetes / Diabetes Specialist Nurse

Paul Dromgoole is well known nationally for his diabetes educational work and his sessions are consistently very highly evaluated by attendees.

#### All delegates will receive

- A set of lecture notes available for download for delegates' personal use
- A certificate for your appraisal portfolio

**Course Accredited for  
4 hours CPD**

### Meet the Speaker ...

#### Mr Paul Dromgoole RGN, RNMH, MSc Diabetes, PGCE

Paul has over 20 years' experience in diabetes management in Primary Care and Secondary Care Settings in Brighton, Leicester and York and more recently worked as a half-time Lecturer Practitioner in Diabetes at the University of York and an External Examiner for the University of Ulster.

He has extensive experience of supporting General Practice in clinical decision making and best practice in diabetes management and his teaching sessions and workshops are consistently highly evaluated for their clinical content, delivery and application to 'real-life' clinical practice.

Paul now combines a 2 day a week role as Clinical Nurse Specialist in Diabetes, with freelance Lecturing work throughout the UK.

Outside of work he is a keen Scuba Diver and PADI Dive Instructor and now proud owner of a classic 1947 BSA Motorcycle!



#### Dr Zara Haider MB BS, FRCOG, MFSRH, Diploma in GUM, Pg Cert in Health Management and Leadership

Zara is a Consultant in Sexual and Reproductive Healthcare. She graduated from Charing Cross and Westminster Medical School in 1994. She trained in Obstetrics and Gynaecology for 10 years, in the South West Thames region and spent 2 years working in Genitourinary Medicine at St. Georges Hospital and at the Haven (Sexual Assault Referral Centre) Camberwell.

She completed her Subspecialty Training in Sexual and Reproductive Healthcare at the Margaret Pyke Centre in London including a year as a Darzi Fellow.

She was appointed as a Consultant in Sexual and Reproductive Healthcare at Kingston Hospital in 2012.

Dr Haider is a past chair of the FSRH meetings committee and a Faculty Registered Trainer and Faculty Deanery Advisor for South West Thames.



## Your Learning Agenda ...

### Aims

To provide delegates with increased awareness of Type 2 Diabetes as a Cardiovascular (CV) Disease; assessing CV risk; reviewing current glucose lowering therapies and interventions and considering tools that may help convey to patient both CV risk and benefits of intervention.

We will review the most recent evidence around our currently available glucose lowering therapies in respect of CV profile and consider benefits of individualised and combination therapies to optimise patient outcomes.

### Learning Outcomes

Following this session, delegates will be able to:


- ▶ Describe a clearer understanding of current glucose lowering therapies, pro's and con's of each therapy and increased awareness of and confidence in decision making around the next most appropriate intervention.
- ▶ Detail the latest evidence supporting glucose lowering therapy use, particularly in respect of CV profile.
- ▶ Consider the potential benefit of composite CV endpoints and targeting in diabetes.
- ▶ More confidently present patients with appropriate treatment options for glucose lowering.
- ▶ Employ a range of behavioural, motivational strategies that may help patients arrive at a helpful risk / benefit appraisal and be more willing to accept intervention.

### Clinical Outcomes

It is anticipated that that following this session, delegates will achieve:

- ▶ Be better able to discuss with patients, the vascular nature of their diabetes, risk and benefits of intervention.
- ▶ By appropriate use of glucose lowering and other CV protective agents, to help achieve composite CV targets and so improve patient cardiovascular outcomes.

## Programme ...

8.45-9.15am	<b>Registration, Coffee and Exhibition</b>
9.15-10.00am	<b>Sponsored Symposium: Contraception in women with type 2 diabetes</b> Dr Zara Haider, Consultant in sexual & reproductive health, Kingston Hospital NHS Trust
	 This promotional symposium is part of the Women's Health Matters Educational Programme that is organised and fully funded by Bayer PLC
10.00 - 11.30am	<b>Diabetes Management - Part 1</b> <ul style="list-style-type: none"> <li>• 'What's New?'                      • Review of the ADA / EASD 2018 Type 2 Diabetes Guidance</li> <li>• Overview of the Glucose Lowering Therapies and Consideration of CV benefit or Risk</li> </ul>
11.30 - 12.00am	<b>Coffee, Biscuits and Exhibition</b>
12.00 - 1.30pm	<b>Diabetes Management - Part 2</b> <ul style="list-style-type: none"> <li>• Cases: Assessing Risk; Appropriate Intervention; Effective Communication</li> </ul>
1.30pm	<b>Meeting closes</b>

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