

NHS Western Isles
Diabetes Symposium
17th & 18th May 2006

Summary Report

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The Western Isles Diabetes MCN Symposium 17th & 18th May 2006.

On 17th & 18th May 2006, the Western Isles MCN hosted their symposium at Lews Castle College. Stornoway.

In total, 66 delegates attended the two-day event.

This symposium was attended by health care professionals, from various disciplines, working in both, primary and secondary care.

Lay members from the MCN also attended the event.

The Symposium was opened by Dr Achar, Lead Clinician, Diabetes MCN who, using prevalence data, outlined the implications of diabetes from global, UK and Western Isles perspectives.

The Speakers

The speakers' topics covered wide aspects of diabetes including cardiovascular complications and their management and also sociopsychological perspectives.

Dr Miles Fisher, Consultant Diabetologist, Royal Infirmary, Glasgow

-discussed the cardiometabolic risk implications of diabetes and how a multi-factorial approach of lowering blood pressure, the use of statins as well as good glycaemic control, reduces cardiovascular risk in people with diabetes.

Dr Nick Fluck, Consultant Nephrologist, Aberdeen Royal Infirmary

-related the pathophysiology and natural history of Diabetic Nephropathy. The stages of chronic kidney disease were discussed alongside clinical and therapeutic priorities at each stage.

Allan Gaw, Chemical Pathologist, Clinical Trials Unit, Glasgow Royal Infirmary

-gave an overview of how the use of statin therapy for patients with diabetes, significantly reduces cardiovascular events. This was reinforced by data extrapolated from all the recent major randomised controlled trials.

Dr Alex Greene, Social Anthropologist, University of Aberdeen

-discussed the findings of a qualitative research project, conducted at Diabetic clinics across Scotland. This examined young peoples and health professional's views and experiences.

The paper advocated the importance of "concordant" relationships between young people and health professionals, whilst highlighting the difficulties staff face in balancing the conflicting priorities of young people and themselves.

Dr. Stephen Green, Consultant paediatrician, NHS Grampian

-discussed the technological developments in the management of diabetes particularly in young & adolescents.

Dr Ken McHardy, Consultant Diabetologist, NHS Grampian

-described his management of Type 2 Diabetes including lifestyle changes, such as diet and exercise. He outlined the major classes of oral hypoglycaemic agents and the issues when considering insulin initiation. Paramount was the importance of patient/practitioner engagement and motivation and effective self-management.

Evaluation

The evaluation of the event was very positive.

43 completed evaluation questionnaires were returned.

Comments from evaluation forms included:

“Very informative, Quality of discussion, Quality of presentations...very good”

“Good mix of subject matter and attendees”

“It is excellent to have such high quality speakers to come to the island”

“A wonderful educational experience, would be good to have on an annual basis”

“Excellent conference.....this has been the best symposium yet”

“many thanks for organising this It’s appreciated and well worth it”

Conclusion: the symposium was well attended by various health care professionals working across both primary and secondary care people and was rated high for its educational value. All felt that the speakers were of very high quality. Majority indicated that this kind of symposium should be held in the Western Isles on an annual basis. The venue was also rated high for its facilities and catering services. Several pharmaceutical companies generously supported this symposium.