



Guy's and St Thomas'
NHS Foundation Trust



Visiting Professional Programme: Diabetes and Endocrinology

Introduction

The Guy's and St Thomas' NHS Foundation Trust Critical Care Visiting Professional Programme (VPP) is designed to allow international visiting professionals with the opportunity to experience and learn from an experienced Diabetes and Endocrinology team working in a busy tertiary medical centre in the heart of London. The Diabetes and Endocrinology department operates at both Guy's and St Thomas' sites and very closely with the local primary care services covering a wide geographic area. The department provides a service to people with Diabetes and Endocrine conditions, Obesity and Lipid and Metabolic disorders. There is a research team integrated within the department, and it actively recruits to several research trials. The service comprises several areas of expertise: Complex Endocrinology, Complex Diabetes (Renal and Vascular/Foot), Type 1 Diabetes, Antenatal and Transitional Diabetes and Obesity. In each service, there are specialist multidisciplinary services with strong clinical and academic teams. This is an opportunity to sharpen professional skills and gain clinical experience in one of the UK's leading Teaching hospitals.

Our Visiting Professional Programme is a unique development experience that allows visitors to observe (Observership) or learn clinical skills (Fellowship) in our leading Diabetes and Endocrine care team in all its settings. The attachment can be tailored to the learning needs of the visitor and can range from broadly generic to highly specialised. We are dedicated to broadening international professionals' clinical expertise and enabling them to observe and practice new skills that can be transferred back to their work place.

Who should attend?

This programme is intended for non-U.K. advanced trainee clinicians at the level of specialist registrar or consultant, looking for exposure to a leading NHS Diabetes and Endocrine team.

Visitors can apply for an Observership Programme or a Clinical Fellowship Programme.

Those wishing to apply for a Clinical Fellowship Programme need to have GMC registration. We would recommend GMC registration for Observership Programmes over 12 weeks, although not mandatory. Applications for GMC registration can be requested through the GMC website (www.gmc-uk.org). The process is likely to take considerable time to achieve and should be factored into an attachment application.

Duration

We offer Observership Programmes from 4 weeks to 12 months. We recommend Clinical Fellowships for at least 3 months to one year. The experience can be tailored to the applicant's needs, from a generic overview of our service to a more specialised attachment.

Format

The observer will have a nominated supervisor to coordinate their individual programme and mentor progress during the Clinical Programme.

Overall aims

The programme is aimed at those who wish to extend their experience within a leading NHS Diabetes and Endocrinology team and wish to gain an understanding of the way this is practiced and organised within the NHS and how it integrates with patient care pathways.

The programme aims to include:

- Direct experience and exposure to managing patients with complex Endocrine, Diabetes and Obesity disease, including Type 1 Diabetes requiring Insulin Pump therapy, Lipid disorders, Neuroendocrine Tumours, Genetic Diabetes and Endocrine Syndromes, Thyroid Nodules, Adolescent Diabetes and Endocrine Clinics.
- Contact with the latest technology and treatment approaches in Diabetes and Endocrine conditions
- Opportunities to get involved in quality improvement projects and audits
- Opportunities to play an active role in delivering research studies
- Opportunities to attend multidisciplinary team meetings and participate in pre and post clinic meetings with discussion of complex clinical cases
- The opportunity to share knowledge and expertise with consultants and other Healthcare Professionals
- The opportunity to develop and extend visitors' work portfolios by gaining experience in one of the largest teaching hospitals in Central London, whilst gaining direct insight into the workings of the NHS

Sample timetable

Day	AM	PM
Endocrinology		
Monday	On site endocrine dynamic testing / General endocrine clinic Transition/Adolescent endocrine clinic (monthly)	Transition/Adolescent diabetes clinic (twice a month)
Tuesday	Adrenal, thyroid, pituitary multi-disciplinary team meeting / Neuroendocrine Tumour Multi-disciplinary team meeting (monthly) Lipid clinic	Endocrine clinic Neuroendocrine tumour clinic (monthly)
Wednesday	Diabetes Endocrine Inpatients Ward round	Endocrine rapid access
Thursday	Thyroid clinic / Thyroid Ultrasound & FNA clinic and thyroid cancer multi-disciplinary team meeting	Endocrine clinic / Thyroid Ultrasound & FNA clinic
Friday	Endocrine clinic	Audit / Service quality improvement
Complex Diabetes / Foot		
Monday	Diabetes foot and inpatient ward round Virtual peripheral neuropathy clinic (monthly)	Foot multi-disciplinary team meeting - Inpatient & outpatient review
Tuesday	Audit / Service quality improvement	Diabetes complications clinic
Wednesday	Diabetes rapid access clinic / Type 2 Diabetes community clinic	Diabetes foot clinic
Thursday	Foot multi-disciplinary team meeting	Type 1 Diabetes clinic
Friday	Diabetes foot and inpatient ward round	Diabetes multi-disciplinary team meeting / Research related activities
Complex Diabetes / Renal and Research		
Monday	Type 2 Diabetes community renal and cardiovascular complications clinic	Research related activities
Tuesday	Research related activities	Diabetes complications clinic Cardiac Autonomic testing clinic (monthly)
Wednesday	Diabetes rapid access clinic / Diabetes renal clinic	Audit / Service quality improvement
Thursday	Diabetes renal clinic	Audit / Lectures or Symposia at King College London School of Cardiovascular medicine and British Heart Foundation Centre
Friday	Research related activities / Lectures or Symposia at King College London School of Cardiovascular medicine and British Heart Foundation Centre	Diabetes multi-disciplinary team meeting / Research related activities

Type 1 Diabetes / Technology		
Monday	Insulin pump clinic	Young person's clinic
Tuesday	Preconception / postnatal review clinic	Research related activities
Wednesday	Diabetes rapid access clinic	Antenatal diabetes clinic
Thursday	Audit / Service quality improvement	Multi-disciplinary diabetes clinic
Friday	Intensive diabetes clinic	Diabetes multi-disciplinary team meeting / Research related activities
Obesity		
Monday	Research related activities Obesity Multidisciplinary Team Meeting (twice a month)	Audit / Service quality improvement
Tuesday	Adrenal and pituitary multi-disciplinary team meeting	Tier 3 1-to-1 initial assessments
Wednesday	Tier 3 medical clinic	Endocrine rapid access
Thursday	Tier 3 group sessions	Research related activities
Friday	Medical obesity clinic	Medical obesity clinic

Diabetes and Endocrinology Department Overview

The clinical department is an important element of local and tertiary medical services. It is mainly an outpatient speciality and treats approximately 20,000 patients each year. The clinics are supported by “near-patient” testing laboratories, providing on-site testing. The department has a dedicated team for inpatients with daily ward visits and on-call support for local primary care services. There is an extensive and growing participation in multiple national and international studies. As a part of King’s College London, medical students also rotate through the department.

Endocrine

The service includes a range of specific clinics, dedicated in-patient bed, multidisciplinary team meetings (adrenal, NET, pituitary, thyroid and thyroid cancer), on site endocrine dynamic testing and interventional radiology. We give advice and provide support for urgent referrals throughout the hospital and primary care physicians. There are daily general endocrine clinics, a weekly thyroid clinic with clinic thyroid ultrasound scanning and ultrasound guided fine needle aspiration with in clinic cytological confirmation. The department has excellent facilities for dynamic endocrine testing, with more than 400 tests arranged a year. Our department receives regional referrals for complex endocrine tumours and genetic disorders and is well supported by the Genetics and Nuclear Medicine Department. There is a young person’s and transition endocrine service that see paediatric patients transitioning to the adult services as well as patients with growth problems and metabolic bone disease .

Complex Diabetes / Renal and Research

There are multiple clinics per week at Guy’s and St Thomas’ where clinical training and opportunities to learn from experienced clinicians in specialist clinics focussed on renal and cardiovascular disease complications. These specialist clinics offer visiting clinicians experience in managing patients with type 1 and type 2 diabetes with complex diabetes complications such as diabetic gastroparesis, autonomic neuropathy, renal disease in diabetes, advanced diabetic peripheral vascular disease and complex diabetes foot disease, pre-dialysis diabetes care, diabetes management in dialysis patients and in post-transplant setting.

Visiting clinicians will have the opportunity to work on diabetes vascular and renal complications projects ongoing in the unit. The clinical trials and studies are focussed on cardio-renal protection using GLP-1 RA and SGLT-2 Inhibitors. In parallel we have a large clinical database with data from >10,000 patients with diabetes with prospective data > 10 years duration that can be utilised to by visiting fellows to develop their own projects focussed on diabetes complications. We also have ongoing research focussed on diabetic cardiac autonomic neuropathy and foot disease.

Training on good clinical research practice, statistics for clinical research and specialist research methods such as arterial stiffness, endothelial function, cardiac imaging, and autonomic testing will be available. Hands on experience and training in working in clinical research and clinical trials will be provided.

Complex Diabetes / Foot

Guy’s and St Thomas’ is a Tertiary centre hence the diabetes team are frequently asked to consult on complex cases requiring diabetes input under the care of other specialist teams including but not limited to oncology, cardiothoracic, gastroenterology.

The Diabetes Foot Team work closely with the vascular surgeons who provide cutting edge vascular and endovascular surgery in a high volume, world class vascular unit in the heart of London. There are diabetes foot clinics daily and multi-disciplinary diabetes foot clinics (Infectious Disease Consultants, Vascular Surgeons, Podiatrists, Pharmacists, Physiotherapists) twice a week covering both out patients and inpatients. There is a weekly

complex clinic where patients attend with complications of diabetes such as retinopathy, gastroparesis, renal disease and peripheral neuropathy.

There is the opportunity to participate in ongoing quality improvement projects and / research project in complex diabetes leading to the possibility of a poster/publication.

Type 1 Diabetes / Technology

The type 1 diabetes/technology team cares for about 2000 people with type 1 diabetes. There is a highly skilled and dedicated multidisciplinary team (consultants, diabetes specialist nurses, specialist dietitians, psychologists, diabetes specialist midwives, podiatrists) who work together to provide a full range of clinics for patients with type 1 diabetes. These including intensive type 1 management, insulin pump clinic, pre-conception clinic, an integrated antenatal and post-natal service with Women's Health, young person's and transition clinic. A large proportion of patients are using diabetes technology with over 500 on insulin pumps (mainly Medtronic Minimed 640G® and Omnipod®), over 100 using continuous glucose monitoring and several hundred using flash glucose monitoring. In addition, the service delivers patient education/self-management programmes such as Dose Adjustment for Normal Eating (DAFNE), pump DAFNE, educational programmes for patients starting insulin pump therapy, continuous or flash glucose monitoring and programmes for young adults with Type 1 diabetes (YES). Research opportunities are available in diabetes technology and diabetes service redesign.

Obesity

The department is active in assessment and management of patients with obesity. The regional service is provided jointly by Guy's and St Thomas' and King's College Hospitals. Our service sees about 400 new patients per year and prepares around 200 patients a year for metabolic surgery which takes place at KCH. Patients are helped to control their weight with lifestyle and pharmacotherapy interventions, and/or recruitment to clinical trials. The centre offers an introductory briefing on obesity, its complications and the multiple therapeutic options. A comprehensive dietetic, medical and psychological assessment is performed prior to surgery. We work in a multidisciplinary team which includes obesity physicians, metabolic surgeons, dieticians, psychiatrists and sleep medicine physicians. In addition to specialised complex obesity services (Tier 4), GSTT delivers a primary/community care based structured weight loss programme (Tier 3) involving 5 South East London boroughs and approximately 1000 patients.

We have an active research programme and run several clinical trials investigating the use of new pharmacotherapy, endoscopic devices and metabolic surgery for the treatment of obesity. All patients are offered the opportunity to take part in research if eligible to recruiting studies.

Faculty

The faculty is comprised by 13 consultants and academics:

Dr Stephen Thomas, Consultant Diabetologist, and Clinical Director for D&E

Dr Anna Brackenridge, Consultant Diabetologist, Clinical Lead for Diabetes

Dr Paul Carroll, Consultant Endocrinologist, Clinical Lead for Endocrinology

Dr Barbara McGowan, Consultant Endocrinologist and Reader D&E, Clinical Lead for Obesity and R&D

Dr Dulmini Kariyawasam, Consultant Diabetes and Endocrinology

Dr Natasha Patel, Consultant Diabetes and Endocrinology, Lead for commercial activity

Dr Anand Velusamy, Consultant Diabetes and Endocrinology

Dr Sufyan Hussain, Consultant Diabetes and Endocrinology

Dr Piya Sen Gupta, Consultant Diabetes and Endocrinology

Professor Luigi Gnudi, Professor of Diabetes & Metabolic Medicine, Consultant Diabetes and Endocrinology

Dr Janaka Karalliede, Senior Clinical Lecturer, Consultant Diabetes and Endocrinology

Dr Yuk-Fun Liu, Clinical Lecturer and Consultant Diabetes and Endocrinology

Dr Jane Howard, Reader Diabetes and Endocrinology and Honorary Consultant Diabetes and Endocrinology

Dr Mamta Joshi, Consultant Endocrinologist

Dr Stephen Thomas

Consultant Diabetologist and Clinical Director for Diabetes & Endocrinology



Dr Anna Brackenridge

Diabetes consultant at Guy's and St. Thomas' since 2006. She has been clinical lead for the diabetes service since 2014. She trained in diabetes, endocrinology and general medicine in the South Thames area and completed a MD at the University of

Surrey. She has specialist interests in type 1 diabetes, diabetes in pregnancy and genetic diabetes.

Dr Paul Carroll



Consultant Endocrinologist at Guy's and St Thomas' NHS Foundation Trust since 2003. He qualified from Trinity College Dublin and trained in Endocrinology at St. Bartholomew's and St. Thomas' Hospitals in London developing particular interests in pituitary, adrenal and thyroid disease. In 2000 he was awarded a doctorate (University of London) and has written over 50 research papers and many textbook chapters. In his NHS practice Dr Carroll supervises the care of a large number of patients and leads the thyroid Group at Guy's & St. Thomas' Hospitals, as well as coordinating the teaching and training of a large number of trainees in endocrinology. He works closely with surgeons, radiologists, specialist nurses and other team members in delivering comprehensive endocrine care within a multi-disciplinary team to all endocrine disorders, looking after patients from across the UK and abroad. He is a member of the Society for Endocrinology, and acts as a reviewer for several international journals and contributes to educational programmes and lectures in the UK and abroad. Special interests: Pituitary, thyroid, adrenal, calcium metabolism, parathyroid disease, endocrine tumours and genetic endocrine disorders, diabetes.

Dr Barbara McGowan



Consultant and Honorary Reader in Diabetes and Endocrinology at Guy's and St Thomas' Hospital. Dr McGowan read Biochemistry at Hertford College Oxford and completed her medical training at the Royal Free Hospital in 1998. She was awarded a PhD from Imperial College London in 2007 for investigating 'The role of relaxin-3 on energy homeostasis and the hypothalamo-pituitary axis' and investigating the role of gut hormones and other neuropeptides in appetite control. Dr McGowan is the R&D lead for Diabetes and Endocrinology at GSTT and the South London Specialty lead for the Metabolic and Endocrine research network. Clinically, she leads the obesity bariatric service at Guy's and St Thomas' Hospital where she manages patients with complex obesity. Her areas of research interest are in gut hormones and appetite control, pharmacotherapy for obesity and remission of type 2 diabetes post-bariatric surgery. She is an investigator for several obesity clinical trials and was awarded an NIHR/RCP/CRN prize in 2016 in recognition of outstanding research within the NHS. Dr McGowan is an active Trustee of The Association for the Study of Obesity, a member of the ASO obesity management sub-committee and a SCOPE National fellow. She is the Treasurer for the UK Society of Endocrinology and leads the SFE's Metabolic and Obesity network. She is a member of the RCP Nutrition Committee and the RCP Advisory Group on Weight and Health.

Dr Dulmini Kariyawasam



Dr. Dulmini Kariyawasam was appointed a consultant in 2010 and is the lead for transition and young adults' diabetes and endocrinology services at Guy's and St. Thomas' Trust and during this time has led on many changes in the way care is provided for young adults. She has expertise in management of adolescents with Diabetes and Endocrine problems. She has been instrumental in developing an innovative programme "YES" for young adults with diabetes which is the first nationally accredited psychoeducation programme for young people with Type 1 Diabetes. Young adult clinic has won many national awards including the Quality in Care (QiC) award (2016) for the YES project and "National positive practice in mental health awards" (2014) and Best transition model of care at the National transition Collaborative, in recognition of innovative multidisciplinary working. Research interests include adolescent diabetes and management of hypoglycaemia unawareness.

Dr Natasha H Patel

FRCP Diabetes consultant specialising in complex diabetes since 2008

Dr Anand Velusamy

Consultant Endocrinologist at Guy's and St Thomas' NHS Foundation Trust (GSTT) since 2015. He trained as a specialist in Endocrinology at Guys and St Thomas' and Kings College hospitals in London. Special interests include Neuroendocrine tumours and other genetic endocrine pathologies, Thyroid ultrasound and cancer, Bone metabolism and adrenal pathologies. He has several ongoing clinical projects on the GSTT cohort of Pheochromocytomas and Paragangliomas.

Dr Piya Sen Gupta

Consultant in Diabetes and Endocrinology. Her main interest is in new treatments for diabetes including use of endobariatric therapy. She is also interested in improving safety of patients with diabetes admitted to hospital.

Professor Luigi Gnudi

MD obtained with Honours from the University of Parma (Italy) in 1988 and specialty in Diabetes and Endocrinology at the University of Padua (Italy) (1989-1993). During 1992-1995 he worked as a postdoctoral fellow at Harvard Medical School in Boston. In 1999 he obtained a PhD in Endocrinological Sciences from the University of Milan. He is currently Professor of Diabetes & Metabolic Medicine and he runs the renal-diabetes service at GSTT. Luigi Gnudi is academically well recognized internationally and in 2019 he was nominated UK's 25 most influential researchers in the study of diabetes chronic complications.

Dr Janaka Karalliedde

Clinical Senior Lecturer in the School of Cardiovascular Medicine & Sciences, King's College London, and Consultant Physician in Diabetes and Endocrinology at Guy's and St Thomas Hospital London. He graduated with a distinction in medicine from the University of London. He was awarded UK Medical Research Council Clinical Research Training Fellowship and PhD by the University of London for research on the pathophysiology and treatment of cardiovascular disease and renal disease in diabetes. He has published widely in the subject of diabetic kidney disease and cardiovascular disease and has been awarded research grants from the UK Medical



Research Council, Diabetes UK, European Foundation for the Study of Diabetes, National Institute for Health Research, and the International Diabetes Federation. He has been invited to give lectures at the American Diabetes Association and International Diabetes Federation scientific meetings and in several countries worldwide. Dr Karalliedde is an active clinician, with expertise in managing patients with renal and cardio-vascular complications related to diabetes. He runs specialist clinics for patients with diabetic renal and vascular complications at Guy's and St Thomas Hospital and has developed community based diabetes clinics in Lambeth South London where patients with diabetes and vascular complications are managed and cared for in close partnership with primary care.

Dr Yuk-Fun Liu



Consultant at Guy's and St. Thomas's since 2015. She was awarded a PhD from King's College London for investigating the effects of peptide immunotherapy in type 1 diabetes. She continues to have a research interest in early-phase clinical studies for immunotherapies in type 1 diabetes and is a UK Centre Director of TrialNet, an international research consortium aiming to prevent and stop progression of type 1 diabetes.

Dr Mamta Joshi



Consultant Endocrinologist at Guy's and St Thomas' NHS Foundation Trust (GSTT). She trained in Diabetes and Endocrinology as a Clinical Fellow at Kings College Hospital and Guys and St Thomas Hospitals. She obtained her MD from India in 2008 and moved to UK in 2014 after her experience as a General Medicine Consultant back home. She has contributed regularly to National Diabetes and Endocrinology Audits and participated in Research related to Genetic Diabetes, Immunotherapy in Diabetes, and Inherited Endocrine Tumours. She has special interest in Genetics Endocrine disorders, Endocrine Toxicities related to Cancer Immunotherapy, Pituitary disorders, Neuroendocrine tumours and Adrenal disorders.

Fees

A course fee per week will be applied. This excludes accommodation and travelling expenses. Participants will be provided with a certificate at the end of their attachment. To find out the fee please contact us by emailing vpp@gstt.nhs.uk.

Registration and enquiries

To register for the Diabetes and Endocrinology Visiting Professional Programme please complete the application form at www.guysandstthomasevents.co.uk and return to:

Education and Events

Guy's and St Thomas' NHS Foundation Trust

Email: vpp@gstt.nhs.uk

Telephone: + 44 (0)20 7188 7188 extension 55865

Guy's and St Thomas' NHS Foundation Trust

Guy's and St Thomas' NHS Foundation Trust is one of the largest Foundation Trusts' in the UK. It consists of St Thomas' Hospital, Evelina London Children's Hospital and Guy's Hospital.

The Trust provides a full range of hospital services, as well as specialist services including cancer, cardiothoracic, women and children's services, kidney care and orthopaedics. Guy's is a major centre for cancer and renal services with the UK's largest kidney donor programme, and is also a leading centre for genetics, stem cell and allergy research and cleft lip and palate. St Thomas' is a leading centre for the treatment of cardiovascular disease, stroke,

The Trust has one of the largest critical care units in the UK and one of the busiest A&E departments in London. It is also home to the largest dental school in Europe and a new £160 million Cancer Centre opened in autumn 2016.

Guy's and St Thomas' has an annual turnover of £1.5 billion and employs 15,300 staff.

Last year, the Trust handled over 2.5 million patient contacts, including:

- 111,000 day cases
- 89,000 inpatients
- 1.28 million outpatients
- more than 810,000 patient contacts in community services
- 205,000 A&E attendances
- 6,567 babies born

The Trust has 665 beds at St Thomas', 288 at Guy's, 144 at the Evelina London Children's Hospital and 64 in the community.

NHS statistics show that our patient survival rates are nearly 25 per cent better than the national average. This is one of the lowest standardised mortality rates in the NHS and provides an important indication of the quality of care provided by our clinical staff.

In 2013, the Dr Foster Hospital Guide awarded us Trust of the Year for safe care.



Care Quality Commission (CQC) rating

Patients are at the heart of everything we do and we pride ourselves on ensuring the best possible patient experience as well as safe, high quality care. In our comprehensive Care Quality Commission (CQC) inspection in 2018/19 we achieved a 'good' overall rating. Community Health Services for Adults were rated as 'outstanding', in addition to the whole Trust being rated as 'outstanding' for being Caring and Well-led. We are proud to have one of the lowest mortality rates in the NHS.



Guy's and St Thomas' NHS Foundation Trust values

Our values help us to define and develop our culture – what we do and how we do it.



Making people aware of the Trust values, making them part of our culture and demonstrating them through the organisation helps us develop a shared way of acting.

Our values are a key part of everything that we do as an organisation, from being included in staff job descriptions and in our publications, through to our work on leadership development and performance management. Our five values are listed below:

1. Put patients first
2. Take pride in what we do
3. Respect others
4. Strive to be the best
5. Act with Integrity

Every day we aim to provide the most exceptional care to our patients from dedicated staff who follow our five values. Take a look at our video at <http://gti/services/organisational-devt/values-behaviours/our-values.aspx> to see what our values mean to them.

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