



# 12<sup>TH</sup> ANNUAL CONFERENCE OF THE South Asian Health Foundation (SAHF)



## PRACTICAL GUIDANCE ON THE MANAGEMENT OF SOUTH ASIAN PEOPLE WITH DIABETES — SHARING BEST PRACTICE

This conference is aimed at healthcare professionals delivering care to south Asian people with diabetes

### LEARNING OBJECTIVES

- Understand how the changing NHS will impact on diabetes care for south Asian people.
- Explore the prevention, diagnosis and management of diabetes in south Asian populations.
- Review the importance of diet and lifestyle choices in this high-risk group.
- Masterclasses on a range of practical topics in relation to south Asian people with diabetes.

**7–8 OCTOBER 2011**  
Hilton Metropole NEC  
**BIRMINGHAM**

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7–8 OCTOBER 2011 HILTON METROPOLE NEC BIRMINGHAM

**BOLLYWOOD-  
THEMED GALA  
DINNER**  
7 October, Hilton  
Metropole NEC

A unique 2-day meeting designed to help healthcare professionals in the UK deliver optimum care – in both primary and secondary care – to south Asian people with diabetes. Sessions will include state-of-the-art lectures from world-renowned names, clinical updates and interactive masterclasses, each with a specific focus on providing practical guidance, based on best practice evidence, for use at the coalface. From prevention to diagnosis, screening to management, retinopathy to foot disease, physical to psychological disorder, this event recognises the uniqueness of this target audience and offers implementable advice on what is becoming a rapidly growing challenge for many of us in the UK.

## POSTER ABSTRACT AWARDS:

- Submission deadline 26 August 2011.
- Opportunity for individuals to share information and acknowledge ideas and innovations within diabetes care in the south Asian community.
- £500 educational grant, trophy presented at Gala dinner, complimentary entry to conference for all award submissions.
- To enter, please visit:  
<http://www.sbcommunicationsgroup.com/>

## DAY 1, 7 October

### SESSION 1:

- 08.30–09.30 Registration
- 09.30–10.15 Morning symposium sponsored by  
MSD Diabetes

### SESSION 2:

#### Chairs:

**Vinod Patel**, Consultant Physician and Associate Professor, Nuneaton; **Raj Bopal**, Professor of Public Health and Honorary Consultant in Public Health Medicine, Edinburgh

- 10.15–10.45 Tea and exhibition viewing
- 10.45–10.50 Chair's introduction  
**Wasim Hanif**, Consultant Physician and Honorary Senior Lecturer in Diabetes and Endocrinology, Birmingham
- 10.50–11.20 Diagnosing diabetes in south Asian people  
**Kamlesh Khunti**, Professor of Primary Care Diabetes and Vascular Medicine, Leicester
- HbA<sub>1c</sub> in south Asian people – new WHO diagnosis
- 11.20–11.50 Gestational diabetes in south Asian people  
**Aresh Anwar**, Medical Director and Consultant Diabetologist, Birmingham
- Screening
  - Obesity
  - Management post-delivery
- 11.50–12.30 Debate: Diet versus exercise  
**Jiten Vora**, Professor of Diabetes, Liverpool – Chair
- Diabetes causes and management
  - Is diet responsible?  
**Professor Naveed Sattar**, University of Glasgow
  - Is exercise responsible?  
**Dr. Jason Gill**, University of Glasgow
- 12.30–13.30 Lunch and exhibition viewing

## SESSION 3:

13.30–14.30

### Masterclasses (first rotation)

#### 1. Commissioning south Asian diabetes care

**Speaker TBC**

- The changing world of the NHS

#### 2. Best use of resources to optimise care of south Asian people with diabetes

**Professor Azhar Farooqui OBE, Leicester**

#### 3. Examples of good practice for managing CVD in south Asian people

**Justin Zaman, Academic Clinical Lecturer in Cardiology, London; Sandy Gupta, Consultant Cardiologist, London**

- Best practice across the country
- Learning from best practice
- Best practice poster award

#### 4. Cultural competencies

**Wasim Hanif, Consultant Physician and Honorary Senior Lecturer in Diabetes and Endocrinology, Birmingham; Naina Patel, Research Associate, Leicester**

- Role of culture and religion in diabetes
- Cultural sensitivities of people with diabetes
- Management of diabetes in people fasting during Ramadan

14.30–15.30

### Masterclasses (second rotation)

#### 1. Organ donation in south Asian people

**Majid Mukadam, Birmingham; Adnan Sharif, Specialist Registrar in Nephrology, Birmingham**

- Scale of the problem
- Issues around non-availability of organs
- Exploring solutions

#### 2. Barriers to insulin

**Shanaz Mughal, Diabetes Specialist Nurse Coordinator, Birmingham**

- Why south Asian people don't like insulin
- Needle phobia and beyond
- Exploring solutions and best practice

#### 3. Examples of good practice for managing CVD in south Asian people

**Justin Zaman, Academic Clinical Lecturer in Cardiology, London; Sandy Gupta, Consultant Cardiologist, London**

- Best practice across the UK
- Learning from best practice
- Best practice poster award

15.30–16.00

### Tea and exhibition viewing

## SESSION 4: SAHF KEYNOTE LECTURE

#### Chairs:

**Kamlesh Khunti, Professor of Primary Care Diabetes and Vascular Medicine, Leicester; Naveed Sattar, Professor in Metabolic Medicine and Honorary Consultant, Glasgow**

16.00–16.45

### Prevention of diabetes in south Asian people

**Professor A Ramachandran, Chennai, India**

- IDPP (Indian Diabetes Prevention Programme)
- Indian trail – what is the relevance to migrant south Asian people?

### Lord Patel to give the presentation for the SAHF Keynote Lecture

16.45–17.15

### Evening symposium sponsored by Novartis

20.00

**Gala Dinner: Ticket holders only: pre-dinner drinks followed by conference dinner in the Westminster Suite**

## DAY 2, 8 October

## SESSION 5:

09.15–10.00

### Morning symposium sponsored by Boehringer Ingelheim

10.00–10.30

### Tea and exhibition viewing

## SESSION 6:

#### Chairs:

**Kiran Patel, Consultant Cardiologist and Honorary Senior Lecturer, Birmingham; Ansu Basu, Consultant in Diabetes and Endocrinology, Birmingham**

10.30–11.00

### Behavioural reasons for lifestyle choices in south Asian people

**Gurprit Pannu, Consultant Psychiatrist, Brighton**

- Psychology and reasons behind lifestyle choices
- Effect of environment and genes
- Solutions for behavioural modifications

11.00–11.30

### Structured education

**Melanie Davies, Professor of Diabetes and Honorary Consultant, Leicester**

- Issues around structured education
- BME DESMOND
- Implementation of structured education in the community

11.30 – 12.00

### Tea and exhibition viewing

## SESSION 7:

#### Chairs:

**Ali Kamal, Consultant Diabetologist, Birmingham; Pranjit Gill, GP and Clinical Senior Lecturer, Birmingham**

12.00–12.45

### Microvascular complications

#### Eyes

**Saillesh Sankar, Consultant Diabetologist, Warwick**

#### Feet

**Vinod Patel, Associate Professor of Diabetes, Warwick University**

#### Renal

**Jiten Vora, Professor of Diabetes, Liverpool**

12.45–13.15

### Hot Topics

#### Bariatric surgery

**Sharad Taheri, Consultant Physician and Senior Lecturer in Diabetes, Birmingham**

- Issues in south Asian people
- Data from Birmingham

#### Sleep

**Deb Banerjee, Consultant Physician, Heartlands Hospital, Birmingham**

- Sleep and diabetes
- Data from Birmingham

#### Engaging large organisations in healthcare delivery of south Asian people

**Lisa Dunn, Director of Operations, Heartlands Hospital, Birmingham**

- How to engage with large organisations to improve ethnic health partnerships

13.15

### Close and thanks:

**Kiran Patel, SAHF Chair, Consultant and Honorary Senior Lecturer, University of Birmingham**

# Delegate booking form

Online booking available at [www.sbcommunicationsgroup.com/events](http://www.sbcommunicationsgroup.com/events)

## Personal details

Please fill in your name, title and place of work as you would like them to appear on the delegate list. Please use block capitals. (If you wish to book more than one place, please photocopy this form or write other names on a separate sheet).

Full name (Prof/Dr/Ms/Mrs/Miss/Mr):

Post/job title:  Primary/secondary care:

Place of work:

Special requests (e.g. dietary):

Daytime telephone:  Daytime fax:

Email address:

Please note that confirmation will be sent via email.

Correspondence address:

Post code:

## Conference reservation

Please indicate the number of places you would like to reserve. (The cost includes lunch, refreshments and conference materials)

**Early bird package – includes conference plus gala dinner (booked before August 19):**

**£110** Number of places:

**Conference only:**

**£75** Number of places:

(all prices are subject to VAT at 20%)

## Workshop reservation

Please choose one workshop from list A and one from list B:

- A1** Commissioning south Asian diabetes care  
 **A2** Best use of resources to optimise care of SA people with diabetes  
 **A3** Examples of good practice for managing CVD in SA people  
 **A4** Cultural competencies

- B1** Transplant  
 **B2** Barriers to insulin  
 **B3** Examples of good practice for managing CVD in SA people

## Conference dinner

Tickets are available for the Conference dinner held at the Hilton Metropole on 7 October on a first-come-first-served basis at a cost of **£50** per person (plus VAT). Please tick the box below if you would like to confirm your place.

Conference dinner

## Payment options

I enclose a cheque for £  made payable to SB Communications Group OR

Please send an invoice for £  to the following address (only complete if different from above):

Post code:

Contact telephone number (finance officer or person responsible for payment):

## Accommodation

To book accommodation at a reduced rate please contact Jigsaw Accommodation Booking Service on 0870 752 0433 or [www.jigsawconferences.co.uk/Conferences](http://www.jigsawconferences.co.uk/Conferences)

**Terms and conditions:** Cancellations must be received in writing by Wednesday 7 September 2011, and will be refunded less a 20% processing fee. After this date we regret that registration fees will not be refunded. Substitutions may be made in writing at any time without charge.

**Please send your completed form to:**

Events Team, SB Communications Group, 1.03 Enterprise House, 1-2 Hatfields, London, SE1 9PG  
Tel: 0207 627 1510 Fax: 0207 627 1570 Email: [bookings@sbcommunicationsgroup.com](mailto:bookings@sbcommunicationsgroup.com)