

# How to Manage: Diabetes in Children – online

## Programme

Date | 16<sup>th</sup> December 2025

Online platform | Zoom

Audience | Paediatric trainees, SAS doctors, Consultant Paediatricians, General Practitioners, Dieticians and Senior Nursing staff.

09.05	Online registration for delegates	
Chair: Dr. Neemisha Jain, Consultant Paediatrician and Lead Clinician for Paediatric Diabetes, Surrey and Sussex Healthcare NHS Trust		
09:15 – 09:20	Welcome and introduction	Dr Neemisha Jain
09:20 – 09:55	Diabetes in children overview and diagnostic criteria	Dr Neemisha Jain
09:55 – 10:40	Diabetes ketoacidosis and it's management	Dr Aruna Goturu, Consultant Paediatrician, St Helier Hospital , Epsom and St Helier NHS trust
10:40 – 10:55	Break	
10:55 – 11:30	Insulin physiology and management of newly diagnosed patient not in DKA	Dr Neemisha Jain
11:30 – 12:05	Equipment used for insulin delivery & Equipment used for blood glucose monitoring and closed loop	Paula Mjeda and Claire Cadman, Paediatric diabetes clinical nurse specialists Surrey and Sussex Healthcare NHS Trust
12:05 – 12:50	Management of diabetes	Dr Neemisha Jain
12:50 – 13:35	Lunch	
13:35 – 14:15	Overview of dietetic management of diabetes	Vanessa Phillipson, Clinical Lead for Dietetics, Surrey and Sussex Healthcare NHS Trust
14:15– 14:45	Psychosocial impact and it's management	Dr Lizzie Driscoll, Clinical Psychologist and Lizzie Shade, Trainee Clinical Psychologist, University College London Hospitals
14:45 – 15:15	High HbA1c and long-term complications	Dr. Martha Ford Adam, Consultant Paediatrician, King's College Hospital

15:15 – 15:25	<b>Break</b>	
15:25 – 16:05	Case presentation – to illustrate good outcomes with use of technology, management of diabetes during surgery, sick day rules and frequently asked questions	<b>Dr Chandan Yaliwal</b> , Paediatric Diabetes Consultant, Royal Berkshire Hospital
16:05 – 16:15	Questions and close	<b>All faculty</b>

### **Who is the course for?**

This course is principally aimed at Paediatric Trainees, Paediatric Endocrine trainees or those considering/undertaking SPIN module in diabetes, Consultant Paediatricians, General Practitioners, Dietitians and Senior Nursing staff involved in delivering care in medical outpatient and inpatient settings to patients under 19 years old with Diabetes. It will also meet the requirements of GP trainees wanting to develop a special interest in Diabetes. Nurses wanting to develop skills and work as diabetes specialist nurses will also benefit from attending this course.

### **Why there is a need for it?**

Diabetes is a chronic long-term condition which needs daily management but can also result in life threatening emergencies and long-term medical consequences. There has been an increase in incidence of diabetes in children and every paediatrician, GP, nurse practitioner will need to understand how to manage both types (type 1 and 2) of diabetes to prevent the long-term complications from this condition and help manage these children and young adults when they present in any setting including primary or urgent care in outpatients, as well as, when they are admitted to paediatric wards.

### **How is the course filling this need?**

This course provides a clinical framework for the diagnosis and management of children and young people with type 1 and type 2 diabetes. It also covers dietetic management and the psychosocial impact of having a diagnosis of type 1 diabetes. Increasingly technology is being used to manage this condition and an overview will be provided of the advances in its use. This understanding will be enhanced via the use of case discussions to illustrate how various management arms fit together, so that the knowledge can be grasped in a clinical context.

### **What we hope to achieve.**

To increase knowledge, skills and confidence in assessing and managing children or young people with Type 1 or Type 2 diabetes in various settings including inpatient, outpatient, urgent care and emergency departments. Also, an understanding of how a multidisciplinary team works together to improve outcomes.

### **Learning aim of the course**

This study day will help delegates develop an understanding of the management of children and young people with diabetes.

### **Individual learning outcomes**

By the end of this course, you will be able to:

- Manage life threatening emergencies associated with Type 1 diabetes.
- Recognise the outpatient management of both types of diabetes.
- Understand the acute and long-term complications of diabetes.
- Understand technological advances in insulin delivery and glucose monitoring.
- Understand the principles of management and multidisciplinary approach.
- Understand the role of diet in management of both Type 1 and Type 2 diabetes.

### **Individual session learning aims/mini-lesson plans**

**Lecture:** Diabetes in children overview and diagnostic criteria

1/ Understand the different type of diabetes- type 1, type 2, MODY, prediabetic and impaired glucose tolerance

2/ Understand the pathophysiology of different types of diabetes and its implication in management

3/ Overview of diagnostic criteria used to diagnose

**Lecture:** Diabetes ketoacidosis and it's management

1/ How to recognise and manage this life-threatening condition

2/ To be aware of complications in management

**Lecture:** Physiology of insulin and management of newly diagnosed patient not in DKA

1/ Various types of insulin and how their physiology impacts management

2/ Initial management of newly diagnosed child not in DKA

3/ Education offered to family by multidisciplinary team

**Lecture:** Management of diabetes

- 1/ Understand the role of the multidisciplinary team in management of diabetes
- 2/ Understand the manage of type 1 diabetes with insulin
- 3/ Understand management of type 1 at school and how it affects activities of daily living
- 4/ Hypoglycaemia and it's management
- 5/ Understand management of type 2 diabetes with lifestyle changes

**Workshop:**

**A) Equipment used for insulin delivery**

**B) Equipment used for blood glucose monitoring including closed loop pumps**

- 1/ Overview of insulin delivery devices – pens and pumps
- 2/ Overview of glucose monitoring devices- smart meters, flash glucose monitoring and CGM
- 3/ Apps used for dose calculation
- 4/ Closed loop insulin pumps

**Lecture:** Overview of dietetic management of diabetes

- 1/ Principles of healthy eating
- 2/ Carbohydrate counting and its application
- 3/ Overview of exercise management

**Lecture:** Psychosocial impact and it's management

- 1/ Language matters
- 2/ Supporting engagement with treatment
- 3/ Wellbeing in chronic lifelong condition
- 4/ Enjoyable eating

**Case discussion:** High HbA1c, managing the difficulties of diabetes, high DNA rate, psychosocial difficulties, psychologist and dietetics involvement, strategies used to improve engagement, sick day rules and how to manage sickness in type 1 diabetes.

**Case discussion:** use of technology in a child, smartphone apps, CGM, pump, downloads and review of data, dose calculation app and parent's Apps. Frequently asked questions by families with children with diabetes. Management of diabetes during surgery.

**Clinical lead**

**Dr Neemisha Jain** is a Consultant in Paediatrics with special interest in Diabetes and works as lead clinician for paediatric diabetes at Surrey and Sussex Healthcare NHS Trust. She has worked in paediatric diabetes for over 15 years and

helped develop the pump service in the Trust. She was also instrumental in developing structured education sessions for families and children and young people with diabetes. She has keen interest in teaching and has been involved in simulation teaching and its delivery. She is a trained peer reviewer for diabetes services.

Please note that due to unforeseen circumstances, sessions and presenters may be subject to change.