

# How to Manage: Diabetes in Children – online

## Programme

Date | 5<sup>th</sup> October 2026

Online platform | Zoom

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

09.05	<b>Online registration for delegates</b>	
<b>Chair: Dr. Neemisha Jain, Consultant Paediatrician and Lead Clinician for Paediatric Diabetes, Surrey and Sussex Healthcare NHS Trust</b>		
09:15 – 09:20	Welcome and introduction	<b>Dr Neemisha Jain</b>
09:20 – 09:55	Diabetes in children overview and diagnostic criteria	<b>Dr Neemisha Jain</b>
09:55 – 10:40	Diabetes ketoacidosis and it's management	<b>Dr Aruna Goturu</b> , Consultant Paediatrician, St Helier Hospital, Epsom and St Helier NHS trust
10:40 – 10:55	Break	
10:55 – 11:40	Insulin physiology and management of newly diagnosed patient not in DKA	<b>Dr Neemisha Jain</b>
11:40 – 12:00	Equipment used for insulin delivery & for blood glucose monitoring	<b>Paula Mjeda and Claire Cadman</b> , Paediatric diabetes clinical nurse specialists Surrey and Sussex Healthcare NHS Trust
12:00 – 12:50	Management of Type 1 diabetes	<b>Dr Neemisha Jain</b>
12:50 – 13:35	<b>Lunch</b>	
13:35 – 14:15	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
14:15 – 14:45	Management of prediabetes and Type 2 diabetes	<b>Dr. Martha Ford Adam</b> , Consultant Paediatrician, King's College Hospital

14:45 – 14:55	<b>Break</b>	
14:55 – 15:30	Overview of dietetic management of diabetes	<b>Vanessa Phillipson</b> , Clinical Lead for Dietetics, Surrey and Sussex Healthcare NHS Trust
15:30 – 16:00	Psychosocial impact and it's management	<b>Dr Lizzie Driscoll</b> , Clinical Psychologist and <b>Claudia Johnston</b> , Trainee Clinical Psychologist, University College London Hospitals
16:00 – 16:10	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 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, 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 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.
- Understand 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 Type 1 diabetes

- 1) Understand the role of the multidisciplinary team in management of diabetes
- 2) Understand the management 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 its management

**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

**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 its management

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

**Lecture:** Management of prediabetes and Type 2 diabetes

- 1) How these conditions are managed
- 2) Update on newer medication
- 3) When surgery is recommended

**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.