





Your Agenda

Chair: A/Prof Marg McGill

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Day	Start Time	End Time	Duration	Topic	Speaker
Wednesday 28th Oct	9:00	9:05	5 mins	Welcome to country	Chairperson
	9:05	9:15	10 mins	RED introduction	Marcel Gmuender Global Head – Roche Diabetes Care
	9:15	10:00	45 mins	The changing landscape of managing patients with diabetes in a virtual world	A/Prof Neale Cohen
	10:00	10.45	45 mins	Burnout in diabetes	Prof Katharine Barnard (UK)
	10:45	11:00	15 mins	Morning tea break	
	11:00	11:45	45 mins	Looping - the good, the bad and the ugly	Moderator: A/Prof Marg McGill Dr Kenny Clark Cheryl Steele Dr Shane Hamblin
	11:45	12:15	30 mins	Peer support and communities	Dr Claire Reidy (UK)
	12:15	12:50	35 mins	What's new in diabetes management - medications and technology update	A/Prof Jane Overland
	12:50	13:00	10 mins	Close	
Thursday 29th Oct	13:00	13:05	5 mins	Open	Brett Fenton – ADEA President
	13:05	13:45	40 mins	Australian of the Year 2020: my vision for people with diabetes	Dr James Muecke
	13:45	14:15	30 mins	The unspoken complication - sexual health and diabetes	A/Prof Roger Chen
	14:15	14:45	30 mins	Nutrition and diabetes	Dr Carmel Smart
	14:45	15:15	30 mins	COVID-19 and diabetes - latest research and update	Dr Kirsty Short
	15:15	15:30	15 mins	Afternoon tea	
	15:30	16:00	30 mins	Reducing psychosocial barriers to insulin uptake among adults with type 2 diabetes	Dr Elizabeth Holmes-Truscott
	16:00	16:45	45 mins	Bringing it all together. Where to from here?	Dr Sof Andrikopoulos Natalie Wischer Rachel Freeman Ralph Audehm
	16:45	17:00	15 mins	Close	Jane Crowe - Roche Diabetes Care AU/NZ General Manager





A/Prof Margaret McGill AM



Notes:

Marg McGill is an Associate Professor with the The University of Sydney Central Clinical School, Faculty of Medicine and Health and Associate Director of the Royal Prince Alfred Hospital Diabetes Centre. Marg has a very broad range of experience in developing innovative clinical services for diabetes and medical and health professional education and is recognised as a global leader in these areas.

Marg was Senior Vice President of the International Diabetes Federation (IDF) from 2003 -2009. She was Chair of the IDF Consultative Section on Diabetes Education (DECS) for 9 years and developed its global education strategy during this time.

She led the successful application for the RPAH Diabetes Centre to become an International Diabetes Federation Centre of Excellence in Education for health professionals and an NADC Centre of Excellence.

She was named in the 2011 Australia Day Honours List with the award of Order of Australia (AM) for her contribution to diabetes nationally and overseas.

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Dr Marcel Gmuender



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Global Head of Roche Diabetes Care

Marcel is Swiss born, married and has 3 children. He joined Roche in 1992 as a lawyer.

Marcel worked in different Corporate and Roche Pharma functions as well as for the CEO and Chairman of the Board of the Roche Holding AG.

In 1999 he moved to Mannheim, Germany and became the Site Head for the Roche Mannheim Campus. Additionally he was heading the Pharma production in Mannheim and Penzberg.

Four years later Marcel moved back to Switzerland and became General Manager of Roche Diagnostics Switzerland, based in Rotkreuz.

In 2008 he took over the Roche Diagnostics sub-region East-South and moved to Roche Diabetes Care in 2012, where he became the Head of the region EMEA LATAM.

Since January 1st, 2016, Marcel is leading the global Roche Diabetes Care business unit.

He lives in Switzerland and enjoys hiking in the mountains and gardening.





A/Prof Neale Cohen



Notes:

A/Prof Neale Cohen is currently the Director of Clinical Diabetes at the Baker Heart and Diabetes Institute in Melbourne. He is an endocrinologist in clinical practice for over 20 years at the International Diabetes Institute and now the Baker Heart and has experience in diabetes services in both private and public systems. In his current position he is responsible for the management of one of the largest diabetes outpatient service in Australia, with clinical research interests in the areas of indigenous diabetes, Type 2 diabetes therapeutics, and technology in Type 1 diabetes.

He has currently been appointmented as Associate Professor at University of Queensland and Monash University. He graduated from Monash University in 1984 doing post graduate training at the Alfred Hospital, the International Diabetes Institute and the Austin Hospital and attained his specialty status in endocrinology in 1992.





<u> Biography</u>

Professor Katharine Barnard-Kelly



Katharine Barnard, Professor of Health Psychology, specialises in the psychosocial impact and management of illness and long-term conditions. Her longstanding research career spans models of healthcare, process evaluation, quality of life, psychosocial impact, functional health status, psychological burden and their relationship with biomedical outcomes.

Recently, Katharine was awarded FDA MDDT qualification for the INSPIRE psychosocial measures, the first such accolade for diabetes. She is an inspirational leader and motivator, grounded in an evidence-based and theory-driven approach.

Katharine is an Expert Advisor to NICE and the FDA; and sits on the editorial boards of several high impact international journals and research advisory boards. She has published over 220 scientific articles and is often invited to speak at national and international events and scientific conferences.

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Dr Kenny Clark



Clinic Director / Founder

GENERAL PRACTITIONER

with a special interest in Diabetes and Metabolic Syndrome

Dr Kenny was born on the edge of the Kalahari desert but raised in Scotland. After completing a degree in Sports Science, he went on to study medicine at the University of Glasgow. Dr Kenny fell in love with an Australian girl and emigrated to Townsville in 2008. He did a number of rural placements whilst attached to the The Townsville Hospital and worked in a variety of roles, notably in ICU.

After solid grounding in the Australian Health system, he became a Fellow of the Royal College of General Practitioners as a specialist GP. Dr Kenny enjoys helping individuals and family members, young and old, achieve optimum health outcomes.

Being a Type 1 Diabetic, Dr Kenny has a passion for the care and management of Diabetes and also general health. He wants diabetics of all ages to live as full and healthy a life as possible. A keen sportsman and community minded, Kenny regularly gives talks to interested groups on healthy living and diabetes management.

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Cheryl Steele



Cheryl is a Registered Nurse with post graduate qualifications in Midwifery, Health Counselling and Diabetes Education.

She is the manager of Diabetes Education Services at Western Health. Her primary interests in diabetes education are insulin pumps, Continuous Glucose Monitoring Systems and Diabetes in Pregnancy.

Cheryl has co-authored papers in peer reviewed journals on type 1 diabetes and gestational diabetes.

As well as her clinical role Cheryl has a strong focus on Health Professional education for nurses, allied health, medical practitioners and students.

Cheryl is a member of the clinical advisory committee for Diabetes Victoria, a member of the Medical, Education and Scientific Advisory Board for Diabetes Australia.

Cheryl lives with Type 1 diabetes which she manages with a DYI closed loop pump.

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A/Prof Shane Hamblin



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Shane is Head of Endocrinology & Diabetes at Western Health in Melbourne and a consultant endocrinologist at The Alfred, Melbourne. He has honorary academic appointments at the University of Melbourne and Monash University. His research interests are predominantly in the area of diabetes.

He has extensive clinical experience with type 1 and type 2 diabetes both in private practice and in public hospital inpatients and outpatients.





Dr Claire Reidy



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Dr Claire Reidy is a chartered Psychologist and Implementation Scientist working as a Health Services Researcher in the Nuffield Department of Primary Care Health Sciences at the University of Oxford in the UK.

Dr Reidy's research is primarily in the development, evaluation and implementation of health interventions (especially digital interventions) to support people with long-term conditions to self-manage across a number of clinical areas, especially people living with diabetes. She has a particular interest in understanding and supporting self-management strategies, and the role of social networks and social support in relation to living with diabetes. Her research has identified peer support (in different contexts) as particularly effective in supporting people to manage living with diabetes, both in terms of practical tips and advice, and psychological wellbeing. Dr Reidy is an executive committee member of the European Health Psychology Society (EHPS) Collaborative Research And Training in the EHPS (CREATE) and a Working Group member of the Diabetes UK and NHS England Mental Health and Diabetes Working Group.

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A/Prof Jane Overland



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A/Prof Jane Overland was Australia's first diabetes nurse practitioner and now has over 30 years' experience in chronic disease management. She is responsible for providing clinical management and psychological support to a wide range of people with diabetes, as well as educating health care professionals in the nuances of diabetes care.

She is a Clinical Associate Professor with The School of Nursing, The University of Sydney. She is also one of the cofounders of Total Diabetes Care, a boutique diabetes service.





Brett Fenton



Credentialled Diabetes Educator, Manager Diabetes Services - Central Coast Local Health District and President of ADEA.

Brett holds a Bachelor of Nursing degree and a Graduate Certificate in Diabetes Education. He is a mentor and presenter, has participated in national camps for children with diabetes, and provides advice and clinical expertise for educational and pharmaceutical committees throughout Australia.

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<u>Biography</u>

Dr James Muecke AM



Awards, honors and keynote lectures

- Australian of the Year, 2020.
- South Australian of the Year, 2019.
- University of Adelaide Distinguished Alumni Award, 2019
- Hollows Lecture, RANZCO Annual Congress, 2016
- Ernst & Young Entrepreneur of the Year (Australia, Social Category), 2015
- Finalist, Pride of Australia Medal, 2014
- President's Leadership Award for blindness prevention in developing countries - Australian Medical Association, 2013.
- Rural Health and Wellbeing Award for service to Aboriginal eye health in South Australia, 2012.
- Member of the Order of Australia for the provision of eye health services to Asian and Australian Aboriginal communities, 2012.
- Outstanding Service to the Prevention of Blindness Award - Asia Pacific Academy of Ophthalmology, 2011.

Dr James Muecke AM is an ophthalmologist based at the Royal Adelaide Hospital in Adelaide. He graduated with Honours from Adelaide University Medical School in 1988. Following ophthalmology training in Adelaide, James undertook Fellowships in Ophthalmic Plastic Surgery at Salisbury District Hospital in the UK and in Ocular Oncology at Moorfields Eye Hospital in London. He returned to Adelaide in 1998 where he has been a Visiting Consultant and Senior Lecturer at Royal Adelaide Hospital and Women's & Children's Hospital (WCH) (retired from the latter in Dec 2016).

James established the Ophthalmic Oncology Units at these two centres immediately upon his return. In 1999, in conjunction with the Familial Cancer Unit at WCH, James established a national service for genetic testing for retinoblastoma and von Hippel Lindau Syndrome. James also has a keen interest in the field of medical retina, in particular vascular tumours and conditions that masquerade as intraocular cancers. He is the author of numerous publications in the field of ophthalmic oncology - www.researchgate.net/profile/James_Muecke/contributions.

James has taught ocular oncology in ten countries in Asia and is the founding Chairman of Sight For All, a not-for-profit organisation dedicated to fighting blindness in Australian mainstream and Aboriginal communities and in the low income countries of the world (www.sightforall.org). James is the current Australia of the Year for his 30 years of humanitarian work.

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A/Prof Roger Chen



A/Prof Roger Chen is consultant endocrinologist and Senior Staff Specialist at St Vincent's Hospital. His clinical interests are in general endocrinology including diabetes, thyroid, adrenal, pituitary disorders and in andrology. He completed his PhD on the Metabolic Effects of Growth Hormone Excess and Deficiency at the University of Sydney and conducted his laboratory work at the University of Tokyo.

He is co-chair of the diabetes and mental health subcommittee of the Agency of Clinical Innovation. His research interests are in diabetes and general endocrine disorders. He particularly enjoys teaching at undergraduate and postgraduate levels, and at the University of NSW. He coordinates the endocrinology unit of the Masters of Internal Medicine for the University of Sydney.

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Dr Carmel Smart



Dr. Carmel Smart is a clinical researcher and practitioner who is internationally recognised as a leading authority in paediatric type 1 diabetes. Carmel has developed international partnerships and research collaborations aimed at improving the nutritional care of children living with diabetes.

Dr Smart holds appointments as a Senior Diabetes Dietitian and Clinical Research Fellow at the John Hunter Children's Hospital and is a Conjoint Senior Lecturer at the University of Newcastle. Carmel led the 2018 International Paediatric Diabetes Clinical Nutrition Guidelines. She is currently appointed to JDRF International Type 1 Exercise Expert Advisory Group and is a senior practitioner member of the Australian Dietetic Council. She has written chapters on diabetes including the latest American Diabetes Association Nutrition Therapy Guidelines. Carmel would like to acknowledge all the families that have taught her so much over the years.

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Biography

Dr Kirsty Short



Dr. Kirsty Short is an ARC DECRA research fellow and head of the viral pathogenesis lab at the School of Chemistry and Molecular Biosciences, The University of Queensland.

Dr. Short and her group focus on the pathogenesis of emerging viral infections and the role of chronic metabolic conditions (namely diabetes and obesity) in severe viral infections.

Recently, their group has began work with SARS-CoV-2 with a particular focus on the development of novel therapies and reducing disease severity in patients living with diabetes.

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Dr Elizabeth Holmes-Truscott



Dr Elizabeth Holmes-Truscott is a Research Fellow with the Australian Centre for Behavioural Research in Diabetes, a partnership between Diabetes Victoria and Deakin University. Elizabeth has a PhD in health psychology (Deakin University) and conducts research focused on the behavioural, psychological and social aspects of diabetes. She has particular interest in the barriers and facilitators of medication uptake and co-ordinates the NDSS Type 2 Diabetes: Starting Insulin National Priority Area.

In 2019, Elizabeth led the development of the NDSS 'Starting Insulin' booklet for people with type 2 diabetes who want to learn more about insulin and what it might mean for them. Elizabeth is the recipient of a Deakin University Dean's Postdoctoral Research Fellowship, which is supporting her development and evaluation of resources to improve receptiveness to injectable medications. Elizabeth also has a strong interest in improving communications with/about people with diabetes, primary care-based interventions to improve diabetes management, and the development and psychometric assessment of psychosocial questionnaires.

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Dr Sof Andrikopoulos



Dr Sof Andrikopoulos is the Chief Executive Officer and Immediate Past President of the Australian Diabetes Society. Dr Andrikopoulos is a NH&MRC Senior Research Fellow/Associate Professor and Head of the Islet Biology and Metabolism Research Group at the University of Melbourne, Department of Medicine (Austin Health), investigating the genetic susceptibility of islet dysfunction using animal models of diabetes. This research has led to the hypothesis that increased insulin secretory demand may be a mechanism that contributes to diabetes and that strategies that promote metabolic deceleration may be beneficial. This has clinical implications since a common class of drug used to treat patients with Type 2 diabetes causes increased insulin secretion and in fact may be detrimental in the long term.

A/Professor Andrikopoulos has had grant support from the NH&MRC since 2000, is Editor-In-Chief of the Journal of Endocrinology/Journal of Molecular Endocrinology, and was on the editorial board of Journal of Nutrition, Molecular and Cellular Endocrinology and the Journal of Diabetes and its Complications, on the JDRF/Australia Islet Transplantation Program Advisory Committee, has served on NH&MRC Grant Review Panels and the NH&MRC Academy and regularly reviews manuscripts for leading journals in the field including Diabetes and Diabetologia. A/Professor Andrikopoulos is the current Chief Executive Officer of the Australian Diabetes Society. A/Professor Andrikopoulos was awarded a NH&MRC Award for Research Excellence in 2008 and a Diabetes Australia Research Trust Millennium Award in 2010.

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Biography

Natalie Wischer



Natalie Wischer is the Chief Executive Officer for the National Association of Diabetes Centres (NADC).

Natalie has extensive management experience in clinical and executive health roles across acute, aged care and primary health care settings and has more than 20 years' experience in organisational development, quality and risk management and governance and held leadership roles in the public, private and not-for-profit sectors.

Through looking at system and service gaps, making strategic decisions and trialling innovative methods to create change, Natalie helps to translate health priorities and strategy in the pursuit of improved diabetes service delivery and the support of people living with diabetes.

She shares her knowledge of these areas through regular journal articles, publications and presentations nationally and internationally.





Rachel Freeman



Rachel Freeman BHSc (Nut & Diet), MSc (Diabetes), AdvAPD, CDE Professional Services and Education Manager, ADEA

Rachel has been an APD since 2003 and CDE since 2008. She has worked across many states and territories in Australia in varying dietetic roles including public health systems and private sectors. From 2011-2013 Rachel continued clinical work as a Diabetes Dietitian and Diabetes Educator for NSW Health. During this time, Rachel was also involved in national policy reviews and national guideline development for various projects relating to people with diabetes.

As Professional Services and Education Manager at ADEA, Rachel responds to all enquiries from members, health care professionals and the general public regarding professional matters relating to diabetes education, management and care. She continues to mentor upcoming APDs and CDEs, contributes to the development of key guidelines, teaching resources and policies regarding diabetes management and most recently co-authored the prediabetes position statement: A position statement on screening and management of prediabetes in adults in primary care in Australia. Diab Res Clin Pract 164:1-12, 2020.

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Ralph Audehm



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Ralph Audehm is a general practitioner with over 25 years of experience.

Dr Audehm graduated from The University of Melbourne in 1984 and obtained a Diploma from the Royal Australian College of Obstetricians and Gynaecologists in 1987. He gained a Graduate Certificate in Clinical Research in 2005. In 2004 he was made an Honorary Research Fellow and in 2015 a Clinical Associate Professor of The University of Melbourne.

He has a long-standing interest in the management of diabetes in general practice, and has instigated and supported many initiatives to improve health outcomes systematically for people with diabetes in Melbourne's north-west. Ralph has been a member of numerous boards, expert panels and working parties. He believes that primary health care is central in the effective management of chronic illnesses, such as diabetes, and that primary care is best coordinated via general practice.



Knowledge has no value unless you use it and share it.