



Diabetes Hot Topics

Thursday 24th September 2026

The Village Hotel, Henry Boot Way, Hull, HU4 7DY (Free parking)

This meeting is sponsored by the pharmaceutical industry – see footer for details

Agenda

Nimbuscare continues its collaboration with Dr Kamrudeen Mohammed and the Diabetes Team regarding diabetes education in Hull. Objectives for each agenda item can be found on page two.

12:00 - 13:00 - Arrival, Refreshments & Lunch, View Exhibition Stands

13:00 - 13:10 - Welcome & Introduction

13:10 - 14:10 - The Challenges and Opportunities in Cardiovascular, Kidney and Metabolic Disease Management

14:10 - 14:40 - Refreshments and View Exhibition Stands

14:40 - 15:30 - Quality and Outcomes Framework: Obesity and Cardiovascular Disease - Practical Guidance

15:30 - 16:20 - Incretin mimetic therapy (GLP-1 and GLP-1/GIP): Beyond Weight Loss: Maintenance, Food Noise and Safe Long-Term Use

16:20 - 16:30 - Closing Remarks

Chair & Speaker: Dr Kamrudeen Mohammed, Consultant in Diabetes and Endocrinology, Honorary Senior Lecturer, HYMS.

Please confirm any special requirements, dietary or otherwise when registering nimbuscare.education@nhs.net. An E-Certificate of attendance will be issued to all delegates to assist with CPD requirements.

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The Challenges and Opportunities in Cardio-Kidney-Metabolism Management

Purpose: To explore the relationship between cardiovascular, kidney and metabolic disease, and identify opportunities to improve outcomes through early intervention and coordinated care.

Learning Outcomes

By the end of this session, delegates will be able to:

- Explain the links between cardiovascular, kidney and metabolic disease.
- Identify patients at risk of cardio-kidney-metabolic (CKM) disease progression.
- Recognise opportunities for earlier diagnosis and intervention.
- Apply practical strategies to reduce cardio-renal-metabolic risk.
- Optimise patient outcomes using evidence-based approaches in primary care.

QOF and Obesity/CVD: Practical Guidance

Purpose: To provide practical guidance on achieving QOF targets while supporting effective obesity and cardiovascular disease management in primary care.

Learning Outcomes

By the end of this session, delegates will be able to:

- Understand key QOF priorities relating to obesity and cardiovascular disease.
- Identify patients at increased cardiovascular risk.
- Implement evidence-based obesity management strategies in routine practice.
- Support cardiovascular risk reduction through structured review and intervention.
- Develop practical quality improvement actions for their practice.

Incretin mimetic therapy (GLP-1 and GLP-1/GIP): Beyond Weight Loss: Maintenance, Food Noise and Safe Long-Term Use

Purpose: To equip healthcare professionals with the knowledge and practical skills to optimise the safe, effective, and person-centred long-term use of incretin mimetic therapies (GLP-1 and GLP-1/GIP), with a focus on maintenance treatment, management of food noise, individualised dosing, and key safety considerations beyond weight loss.

Learning outcome

- **Interpret the key findings of SURMOUNT-MAINTAIN** and explain why maintenance dosing should be individualised rather than routinely reduced to 5 mg.
- **Distinguish pathological food noise from normal physiological hunger**, particularly during weight-loss plateaus and long-term treatment.
- **Apply a person-centred approach to tirzepatide dosing**, considering weight trajectory, health benefits, tolerability, affordability and patient preference.
- **Recognise and manage important practical safety issues**, including gastrointestinal adverse effects, dehydration, hypoglycaemia risk, contraception, pregnancy and perioperative care.

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