

**UPCOMING SESSIONS in the *RCPI Masterclass Series: Treating the Acutely Ill Patient***

Part V: Cardiology Session	May 7, 2008	4.00 – 7:30 pm
Part VI: Nephrology Session	June 4, 2008	4.00 – 7:30 pm

*Masterclass Series:  
Treating the acutely ill  
patient* – Update and advances  
in management of common medical  
conditions presenting on call

**Part IV:  
Endocrinology Session**



# Welcome

Dr John Donohoe  
*President, RCPI*

Dr Diarmuid O'Shea  
*Masterclass Series Convenor, RCPI*



Dear Delegates,

Welcome to the fourth session of the RCPI Masterclass Series on Treating the Acutely Ill Patient. Our aim with this series is to keep doctors participating in treatment of patients admitted acutely unwell to hospital up-to-date with evolving medical practice outside their own core subspecialty area. The series covers recent advances in the management of common medical conditions. It also identifies interventions that may assist in preventing hospital admission and help facilitate appropriate early discharge.

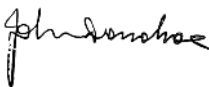
This session targets common themes in Endocrinology. We would like to thank the co-chairs of the session, Dr Seamus Sreenan and Dr Donal O'Shea, for their contribution to the programme and the series.

The next two meetings in the series will address areas in Cardiology and Renal Medicine.

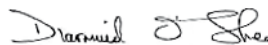
We are all responsible for improving and maintaining standards within our profession. Your attendance here today shows your commitment to this and to continued excellence of patient care. The College will continue to develop innovative approaches – including attendance at meetings such as Masterclasses via live and recorded webcasts – to facilitate your continuing medical education requirements. This entire series qualifies for 18 CME credits.

If you have suggestions for future topics in the series include them on the assessment form in your meeting pack. Alternatively, email your suggestions to us at [joannaholly@rcpi.ie](mailto:joannaholly@rcpi.ie).

We hope you enjoy the meeting.

A handwritten signature in black ink, appearing to read 'John Donohoe'.

Dr John Donohoe  
President  
Royal College of Physicians of Ireland

A handwritten signature in black ink, appearing to read 'Diarmuid O'Shea'.

Dr Diarmuid O'Shea  
Masterclass Series Convenor  
Royal College of Physicians of Ireland

TIME	TITLE	SPEAKER	CHAIRPERSON
<b>15:55</b>	<b>Welcome</b> by Masterclass Series Convenor, <b>Dr Diarmuid O'Shea</b>		
16:00 – 16:35	Management of a hyperglycaemic crisis in the young and old	<b>Dr Fidelma Dunne</b> National University of Ireland, Galway	<b>Dr Seamus Sreenan</b> James Connolly Memorial Hospital, Blanchardstown, Dublin
16:35 – 16:45	Discussion		
16:45 – 17:20	Management of the 45-year old, 100kg male – is he obese and does it matter?	<b>Dr Sean Dinneen</b> National University of Ireland, Galway	
17:20 – 17:30	Discussion		
<b>17:30 – 17:45</b>	<b>Refreshments</b>		
17:45 – 18:20	The role of glucose control during the acute phase of illnesses	<b>Dr Diarmuid Smith</b> Beaumont Hospital, Dublin	<b>Dr Donal O'Shea</b> St Colmcille's Hospital, Loughlinstown, Dublin
18:20 – 18:30	Discussion		
18:30 – 19:05	Thyroid emergencies	<b>Dr Kevin Moore</b> AMNCH, Tallaght, Dublin	
19:05 – 19:30	Panel Discussion		

The meeting will be available as a recorded webcast via the RCPI website. If you wish to receive information on how to subscribe to the service, please contact:

*Joanna Holly, Royal College of Physicians of Ireland, 19 South Frederick House, Dublin 2. Tel: +353 1 8639743 Fax: +353 1 6724707 Email: joannaholly@rcpi.ie*

**This meeting is approved for 3 CME credits by the Royal College of Physicians of Ireland**

**Dr Seamus Sreenan**  
*James Connolly Memorial Hospital, Blanchardstown, Dublin*

*Dr Sreenan will chair Session 1*



Seamus Sreenan is a consultant in Diabetes and Endocrinology at Connolly Hospital, Blanchardstown in Dublin. In 2006 he was appointed as Associate Professor in the Department of Medicine at the Royal College of Surgeons in Ireland where he is also Vice-Dean for the Intermediate Cycle of the 5-year programme. Dr Sreenan also directs the second year of the RCSI Graduate Medical Programme at Connolly Hospital in conjunction with Prof Alan Johnson. Since taking up his appointment at RCSI, Dr Sreenan has also led a group developing a curriculum for RCSI on personal and professional development.

A native of Dublin, Dr Sreenan received his

medical degree from University College Dublin. Having completed training in General Medicine in Dublin he trained in the Endocrinology Section at the University of Chicago Medical Center under the supervision of Dr Kenneth Polonsky where his research interest was the pathophysiology on insulin secretion in diabetes. In addition to developing the clinical service in his current position Dr Sreenan is continues to pursue his research interests.

Dr Sreenan also serves as the Director of the national specialist training programme in Endocrinology and Diabetes Mellitus. He is a fellow of both Royal College of Physicians of Ireland and the UK.

**Dr Donal O'Shea**  
*St Colmcille's Hospital, Loughlinstown, Dublin*

*Dr O'Shea will chair Session 2*



Donal O'Shea qualified from University College Dublin in 1989. He moved to Hammersmith Hospital in London and worked as a Registrar in General Medicine, Cardiology and Endocrinology before being appointed as Senior Registrar in the Department of Diabetes & Endocrinology. In 1993, he was awarded a WellcomeTrust Research Training Fellowship where he completed the work for an MD thesis entitled "The hypothalamic control of appetite and peripheral metabolism".

In 1996, he was appointed to the post of Consultant Physician/Senior Lecturer in

Diabetes and Endocrinology at Charing Cross Hospital, UK. In 1999, he moved to his current position in St Vincent's University Hospital and St Columcille's Hospital Loughlinstown where he is responsible for the only hospital based multidisciplinary treatment unit for the management of adult obesity in the country.

He was a member of the Department of Health National Obesity Taskforce, chairing the Detection and Treatment subgroup which reported to the Government in May 2005. His main research areas are diabetes, obesity, steroid metabolism and thyroid disorders.

# Session 1

16.00 — 16.35

## Management of a hyperglycaemic crisis in the young and old

Dr Fidelma Dunne, *National University of Ireland, Galway and Galway University Hospitals*



### Biographical Sketch

Fidelma Dunne is a Senior Lecturer in the School of Medicine Nursing and Health Sciences at NUI Galway and Consultant Endocrinologist for Galway University Hospitals. Dr Dunne graduated from NUI Galway in 1984 with an MB Bch BAO (Honours) and completed General Professional Training at the Mater Misericordiae University Hospital in Dublin. This was followed by 3 years of endocrine training and completion of an MD thesis at University College Cork and Cork University Hospital in 1990. Dr Dunne was then awarded a UK Wellcome Training Fellowship leading to the completion of a PhD at the University of Birmingham UK in 1994. She continued Higher Professional Training in Diabetes Endocrinology and General Internal Medicine in Birmingham and became a Consultant Endocrinologist and Senior Lecturer at the University of Birmingham in 1996. She was involved in medical curriculum reform while in Birmingham and completed a Masters in Medical Education at the University of Dundee. Dr Dunne is a Fellow of the Royal College of Physicians of Dublin, London and Glasgow.

Dr Dunne's main area of research interest is in diabetes in pregnancy on which she has published widely and currently holds a HRB programme grant for work in this area. Her other area of interest is in medical education. Dr Dunne was Dean of Examinations at the Royal College of Physicians of Ireland from 2004-2007 and Assistant National Speciality Director for Endocrine Training during the same period.

### Overview of Presentation

Diabetic Ketoacidosis (DKA) and non ketotic hyperglycaemic hyperosmolar states (HHS) are the emergencies in Diabetes practice and tend to recur in a small group of susceptible individuals. Although modern multi-professional diabetes care has been associated with a reduction in these events, they are still associated with a recognised mortality of 2-5% in DKA and up to 30% in HHS. Significant morbidity especially

in the very young and old also occurs. Cerebral oedema is one of the devastating complications. Appropriate management is usually with a successful outcome. A protocol driven approach is essential and attention to detail with regular clinical review of the patient is mandatory. Once the acute event has been dealt with close follow up of the patient is important to prevent recurrences.

16.45 — 17.20

## Management of the 45-year old, 100kg male – is he obese and does it matter?

Dr Sean F. Dinneen  
*National University of Ireland, Galway*



### Biographical Sketch

Sean F. Dinneen is Senior Lecturer in Medicine, National University of Ireland, Galway and Consultant in Diabetes and Endocrinology, University College Hospital, Galway

Dr Dinneen received his medical degree from University College Cork Medical School. He undertook postgraduate training in medicine in Ireland and then went to the United States where he trained in Diabetes and Endocrinology at the Mayo Clinic. After a period on staff at the Mayo Clinic he was appointed as a Community Diabetologist in Addenbrooke's Hospital, Cambridge. He spent five years working in the NHS before returning to Ireland in 2005 to take up a Senior Lecturer post in Medicine in University Hospital, Galway. His professional interests are in delivering programmes of self-management education for people with diabetes and developing optimal models of community-based diabetes care.

### Overview of Presentation

Obesity is on the increase worldwide. Its occurrence is associated with the adoption of an unhealthy 'Westernized' lifestyle on a background of varying genetic risk. The personal, medical, psychosocial and societal consequences of the obesity epidemic are enormous. A proper approach to tackling obesity at a national level requires high-level commitment to change such as that outlined in the Report of the National Taskforce on Obesity (2005).

At the level of the individual patient there are significant challenges to properly evaluating and managing obesity. Our

hospitals and outpatient facilities are not always properly equipped to deal with obese patients. A well documented weight stigma exists among members of the general public and among some healthcare professionals. This, combined with a paucity of medical interventions associated with sustained benefit, results in a lot of therapeutic nihilism. The options available to help people manage their weight include lifestyle modification, pharmacotherapy and bariatric surgery. The choice of approach requires an assessment of the individual patient's degree of obesity and the presence or absence of serious co-morbidities.

## Session 2

17.45 — 18.20

### The role of glucose control during the acute phase of illnesses

Dr Diarmuid Smith  
*Beaumont Hospital, Dublin*



#### Biographical Sketch

Diarmuid Smith qualified from University College Dublin in 1994, he completed his intern and medical SHO training in the Mater Hospital Dublin. He entered the Irish Specialist Registrar Training programme in Diabetes and Endocrinology in 1997 and went to Kings College London where he completed his MD thesis in the field of hypoglycaemia. He also was Lecturer in Endocrinology in St Vincents University Hospital and was appointed as Consultant Endocrinologist to Beaumont Hospital in 2005. His fields of interest are hypoglycaemia and diabetic vascular disease.

#### Overview of Presentation

The presentation will focus on the management of acute hyperglycaemia in the critical illness states of acute myocardial infarction, acute neurological stroke, intensive care units and will touch on the management of the acutely ill general

medical ward patient. The lecture will attempt to address the current discussion and controversy on whether correcting acute hyperglycaemia is beneficial and how best to achieve this in patients.

18.30 — 19.05

### Thyroid emergencies

Dr Kevin Moore  
*Adelaide and Meath Hospital, incorporating the National Children's Hospital Tallaght, Dublin*



#### Biographical Sketch

Kevin Moore graduated from the Royal College of Surgeons in Ireland in 1996. In 2005, after his Specialist Registrar Training in Diabetes, Endocrinology and General Internal Medicine, Dr Moore moved to Baltimore, Maryland, USA, where he completed a two year Fellowship in Endocrinology at Johns Hopkins University. He completed his M.D. in 2006 and now works as Consultant Endocrinologist at Naas General Hospital and the Adelaide and Meath Hospital, incorporating the National Children's Hospital, Tallaght.

His specialist interests include Insulin pump therapy, glucose monitoring and diabetic renal disease.

#### Overview of Presentation

Thyroid storm and Myxoedema Coma are rare but life threatening conditions. This presentation will focus on helping

physicians understand, recognise and appropriately manage these serious disorders.

# Notes

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*Part IV: Endocrinology Session*