



**South Asian Health Foundation  
(SAHF) Scotland**



**HALF-DAY WORKSHOP**

# Practical management

OF SOUTH ASIAN PEOPLE  
WITH DIABETES

**15 October 2013**

Royal College of Physicians, Glasgow

**WHO SHOULD  
ATTEND:**  
GPs, nurses, diabetes  
specialist nurses,  
pharmacists

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SANOFI DIABETES

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Book your complimentary place at  
[www.diabetesonthenet.com/events](http://www.diabetesonthenet.com/events)

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South Asian Health Foundation (SAHF) Scotland

HALF-DAY WORKSHOP



# Practical management

## OF SOUTH ASIAN PEOPLE WITH DIABETES

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The South Asian Health Foundation (SAHF) has been an established charity in the UK for the last 14 years. SAHF was established to help improve the health of the south Asian population. Its membership includes UK experts and researchers leading in the field of south Asian health, as well as patients and carers. The charity has been involved in delivering many projects and education campaigns within the UK. Our mission statement covers two main aims:

1. To promote improvements in the quality of, and access to, healthcare and health promotion for south Asians.
2. To promote research that leads to these objectives.

We would like to welcome you to the first half-day conference of the Scottish sub-group of the SAHF on "Practical management of south Asian people with diabetes". With the current epidemic of diabetes and an increasingly diverse population, managing the condition can be a challenge. This half-day conference provides the opportunity to bring a group of experts to deliver practical advice on managing diabetes and its complications. This interactive educational event is suitable for primary healthcare professionals who manage South Asian patients, and will cover risk factors of diabetes and prevention, culturally adapted health promotion advice, managing neuropathy and what medicines should be prescribed.

### Alia Gilani

Health Inequalities Pharmacist  
Scottish Lead for SAHF



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# PROGRAMME

12.00–12.45

## Lunch and registration

12.45–12.55

## Introduction and welcome

*Kiran Patel, Founder of SAHF*

12.55–13.00

## SAHF Scotland

*Alia Gilani, Health Inequalities Pharmacist, Glasgow*

Afternoon plenaries (13.00–14.30) chaired by *Raj Bhopal, Bruce and John Usher Professor of Public Health and Honorary Consultant in Public Health Medicine, Edinburgh*

13.00–13.30

## South Asians in Scotland

- Latest thinking in insulin resistance
- The role of physical activity
- Diabetes prevention in south Asian people

*Jason Gill, Reader in Exercise Metabolism, Glasgow*

13.30–14.00

## Managing CV risk in south Asian people with diabetes

- What does best practice look like?
- Is this always achievable?
- Practical tips for overcoming barriers?

*Dr Vinod Patel, Associate Professor of Diabetes, Warwick University*

14.00–14.30

## The link between vitamin D and diabetes

- The state of the evidence
- The core contributory factors
- Towards optimal resolution

*Professor Rayaz Malik, Professor of Medicine and Consultant Physician, Manchester*

14.30–15.00

## Workshop session 1

Choose one option from the below:

### 1. Cultural adaptations of health promotion interventions

- What are the key health promotion challenges in the multi-ethnic population?
- In what ways can existing interventions be adapted for different cultures?
- Can we expect success?

*Raj Bhopal, Bruce and John Usher Professor of Public Health and Honorary Consultant in Public Health Medicine, Edinburgh*

### 2. Managing poor glycaemic control – what next?

- A fresh look at insulin
- Where are we with the incretin agents?
- What is the role of newer therapies?

*Dr Vinod Patel, Associate Professor of Diabetes, Warwick University*

15:00–15.30

## Tea break

15.30–16.00

## Workshop session 2

Choose one option from the below:

### 3. Challenges of dietary management in people of south Asian origin living with diabetes

- How might we tailor dietary advice to meet the needs of the diverse south Asian population?
- How much of a role do cultural factors play?
- Will we ever achieve the optimum balance?

*Sunita Wallia, Specialist Community Dietitian, NHS Greater Glasgow and Clyde*

### 4. Managing neuropathy

- Why we must not neglect this complication
- A refresher of the basics, as they apply to the south Asian community
- Current best thinking in advanced topics

*Professor Rayaz Malik, Professor of Medicine and Consultant Physician, Manchester*

16:00

## Summary and close



# South Asian Health Foundation (SAHF) Scotland



## HALF - DAY WORKSHOP

To reserve your complimentary place, please book online at:

**[www.diabetesonthenet.com/events](http://www.diabetesonthenet.com/events)**

or complete this form and fax it back to: **020 7627 1570**

### Personal details

Please fill in your name, title and place of work as you would like them to appear on the delegate name badge. Please use BLOCK CAPITALS. (If you wish to book more than one place, please photocopy this form or write other names on a separate sheet.)

Title:  Full name:

Post/job title:  Primary/secondary care:

Place of work:

Daytime telephone:  Daytime fax:

Email address:

(Confirmation will be sent via email)

Correspondence address:

Post code:

Special requests (e.g. dietary):

I confirm that I am a healthcare professional

### Workshops:

Please choose one option from each of the below \*:

\*Please note, we will not be able to process your registration without these choices

1. Cultural adaptations of health promotion interventions

2. Managing poor glycaemic control – what next?

And

3. Challenges of dietary management in people of south Asian origin living with diabetes

4. Managing neuropathy

### How to book

Please send your completed booking form to:

The Events Team, SB Communications Group, 1.03 Enterprise House, 1–2 Hatfields, London, SE1 9PG

Tel: 020 7627 1510 Fax: 020 7627 1570

Email: [bookings@sbcommunicationsgroup.com](mailto:bookings@sbcommunicationsgroup.com)

Online booking is available at [www.diabetesonthenet.com/events](http://www.diabetesonthenet.com/events)