TYPE 2 DIABETES & CVRM

Optimising diabetes management and cardiovascular & renal risk reduction

DATE | Tuesday, 26th January 2027 **VENUE | Science Centre, Univ of Wolverhampton Sci Park, Glaisher Drive, W'ton WV10 9RU**

Welcome

The management of type 2 diabetes requires a holistic approach that extends well beyond blood glucose control.

This practical and interactive workshop provides expert-led sessions and case studies that cover diabetes complications, dietary and lifestyle interventions, and cardiovascular and kidney risk reduction. You will focus on applying guidance in everyday practice: structuring diabetes reviews, interpreting clinical results, optimising medicines, managing treatment challenges and recognising when to escalate care. You will take away practical insights and decision-making strategies to use directly in patient consultations and to support more comprehensive care within your primary care team.

Programme

The day will be interactive, with clinical case studies and opportunities for questions throughout.

8:30 am	Registration, coffee and networking
9:15 am	**Welcome and introductions** | Bharat Patel
9:30 am	**Comorbidities and complications of Type 2 diabetes** | Prof Vinod Patel • Avoiding retinopathy, neuropathy, nephropathy, cerebrovascular and cardiovascular events • Person-centred care; information gathering through medical history and physical examination; target setting • NICE guideline NG28 (updated February 2026)
11:00 am	Tea & coffee break
11:20 am	**Dietary advice in diabetes** | Angela Cross • Carbohydrate counting • Ketogenic diets • Advice for patients taking GLP-1 RAs • DESMOND programme • T2 Diabetes Path to Remission Programme
12:30–1:15 pm	Lunch
1:15 pm	**Reducing kidney and cardiovascular risk** | Dr Javeria Parecha • uACR testing: who to test, interpretation and implications for management • RAAS inhibition; ACEi/ARB indications, initiation, monitoring and titration to maximum tolerated dose • Managing eGFR dips, hyperkalaemia, hypotension and prior intolerance • CKD risk stratification, treatment escalation and referral; roles of SGLT2is, ns-MRA and GLP-1 RAs
2:45 pm	Tea and coffee break
3:05 pm	**Pharmacist-led diabetes review clinic and case studies**
4:05 pm	**Summing up, reflection on key learning points and putting theory into practice**
4:15 pm	Workshop close

Your Speakers

Expert-led learning from experienced diabetes, dietetic and renal clinicians.

Professor Vinod Patel

MD FRCP FHEA MRCGP DRCOG RCPathME MB ChB BSc (Hons)

- Emeritus Professor, Diabetes and Clinical Skills, Warwick Medical School, University of Warwick
- Consultant in Endocrinology and Diabetes, George Eliot Hospital NHS Trust, Nuneaton

Angela Cross

Diabetes Team Leader; Diabetes Dietitian, Community & GEH North and Rugby

- DESMOND Co-ordinator
- Supplementary Prescriber, Warwickshire Dietetic Services, South Warwickshire NHS Foundation Trust

Dr Javeria Parecha

- ST7 Renal and General Internal Medicine, West Midlands Deanery
- Honorary Clinical Fellow, Black Country CKD Project
- Chair, UKKA SpR Club, University Hospitals Birmingham

Venue & Registration

Room PD224, University of Wolverhampton Science Park, Glaisher Drive, Wolverhampton WV10 9RU. To register for this workshop please email Jonah at jonah@mppn.org.uk.

Sponsors

This workshop is sponsored by pharmaceuticals companies (TBC) who have only paid for exhibition stand space at the meeting and therefore will be given the opportunity to discuss their products with attendees. Sponsors will be present with an exhibition stand and the stand will not be in a public space. None of the companies have had any input into the content of the programme, and no involvement in choosing, briefing or paying the speakers.