

WESTERN SYDNEY DIABETES

# MASTERCLASS SERIES 2023



WEBCASTS VIA ZOOM OVER 7 WEEKS  
AND ONE DAY OF FACE TO FACE SESSIONS

The Masterclass 2023 is for general practitioners, nurses, pharmacists, dietitians, exercise physiologists, psychologists, podiatrists and diabetes educators.



Tuesdays Sept 5 to Nov 7 for **ONLINE SESSIONS**: 7pm-8.30pm



**REGISTER NOW FOR ONLINE**

<https://rego.interact.technology/wsdmasterclass2023/>



**SAVE THE DATE: Saturday Oct 21 for FACE-TO-FACE SESSIONS**  
at PARKROYAL Parramatta, 30 Phillip St: 9.30am-4pm

**REGISTER SOON**

Please look out for the separate registration link in the next few weeks

The series is facilitated by Western Sydney Diabetes (WSD), Agency for Clinical Innovation (ACI), Diabetes, Obesity Metabolism Translational Research Unit (DOMTRU), Western Sydney LHD/PHN, Hunter New England LHD/PHN, Nepean Blue Mountains LHD/PHN and South Western Sydney LHD/PHN.

Bring us into your lounge room on Tuesday nights for 7 weeks to hear and learn from a prestigious faculty of more than 50 health professionals in the fields of diabetes from across NSW.

If you have any issues registering onto the platform, please email:

[WSLHD-WSDiabetes@health.nsw.gov.au](mailto:WSLHD-WSDiabetes@health.nsw.gov.au)

Visit myINTERACT to learn more from our pharmaceutical sponsors and partners and what they have to offer. Grab the chance to meet them in person at their information booths at the one day of face-to-face sessions.

[www.westernsydneydiabetes.com.au](http://www.westernsydneydiabetes.com.au)

Thank you to our 2023 partners



- Western Sydney LHD
- South Western Sydney LHD
- Nepean Blue Mountains LHD
- Hunter New England LHD
- ACI - Agency for Clinical Innovation

## ONLINE PROGRAM

Tuesdays, September 5 to November 7: 7pm-8.30pm

### Tue Sep 5th – Keeping Up to Date with Diabetes Medications



**GP Chair – Welcome and Overview**

**Dr Aajuli Shukla**

General Practitioner, Blacktown Doctors and Medical Centre



**Medication Update**

**Dr Ted Wu**

Senior specialist endocrinologist; Director of the Royal Prince Alfred Hospital (RPA) Diabetes Centre and Director of Physician Training, RPA, SLHD



**Insulin Update**

**Dr Ahmed Hussein**

Endocrinologist, Blacktown Hospital, WSLHD; Bankstown-Lidcombe Hospital, SWSLHD; and Macquarie University Hospital



**Prescribing Challenges: Guideline and PBS Criteria**

**Professor Glen Maberly**

Director, Western Sydney Diabetes (WSD); Staff Specialist, Endocrinologist, Mt Druitt and Blacktown Hospitals, WSLHD

**Case Discussion/Q&A**

**All speakers**

**GP Wrap-Up**

**Dr Aajuli Shukla**

### Tue Sep 12th – How to Help Your Patients Prevent Diabetes



**GP Chair – Welcome and Overview**

**Dr Natalie Cochrane**

General Practitioner, Mt Druitt Medical Centre



**Exercise in Nature**

**Professor Thomas Astell-Burt**

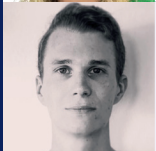
Professor of Population Health and Environmental Data Science, University of Wollongong



**Healthy Eating on a Budget During Inflation**

**Victoria Silvestro**

Senior Clinical Dietitian, WSD, WSLHD



**Increasing Physical activity**

**David Inglis**

Accredited Exercise Physiologist, Sydney Physios and Allied Health Services, Seven Hills



**Losing Weight and Preventing Diabetes**

**Professor Stephen Colagiuri**

Professor of Metabolic Health Medicine, The Boden Initiative, University of Sydney






**Case Discussion/Q&A**

**All speakers**

**GP Wrap-Up**





**Dr Natalie Cochrane**

## Tue Sep 19th – Diabetes: It's Complicated

	<b>GP Chair – Welcome and Overview</b>	<b>Dr Ann Walz</b> General Practitioner, Carlingford Epping Surgery; VMO, WSD
	<b>Managing Sexual Dysfunction in Men with Diabetes</b>	<b>Dr Phillip Katelaris</b> Urologist, Sydney Adventist Hospital Wahroonga; Katelaris Urology Castle Hill, Hornsby and St Leonards; Director of the Prostate Cancer Rehabilitation Centre
	<b>Preventing and Managing Kidney Disease</b>	<b>Professor Germaine Wong</b> Academic transplant nephrologist, Director of Western Renal Service at Westmead Hospital WSLHD; Professor of Clinical Epidemiology and NHMRC Leadership Fellow at the University of Sydney and Co-Director of Clinical Research at Centre for Kidney Research
	<b>The Latest in Lipid Management</b>	<b>Dr Bernie Changsiri</b> Interventional Cardiologist, Blacktown Hospital, WSLHD
	<b>How Gastroparesis Relates to Diabetes</b>	<b>Dr Farzan Bahin</b> Gastroenterologist, Senior lecturer for Western Sydney University (WSU) and the University of Sydney (USYD)
	<b>Case Discussion/Q&amp;A</b>	<b>All speakers</b>
	<b>GP Wrap-Up</b>	<b>Dr Ann Walz</b>

No Sessions on Sept 26th and Oct 4th – School Holidays

## Tue Oct 10th – The Changing World of Gestational Diabetes

	<b>GP Chair – Welcome and Overview</b>	<b>Dr Vivienne Sharma</b> General Practitioner, Mount Druitt Medical Centre
	<b>New Insights in Detecting and Managing Gestational Diabetes</b>	<b>Professor David Simmons</b> Distinguished Professor WSU Macarthur Clinical School; Head Campbelltown Hospital Endocrinology Department; and Director, Diabetes, Obesity and Metabolism Translation Unit (DOMTRU), SWSLHD
	<b>The Dietitian's Role in Gestational Diabetes</b>	<b>Katrina Tran</b> Senior diabetes dietitian, Macarthur Diabetes, Endocrine and Metabolism Service at Campbelltown Hospital, SWSLHD
	<b>Lived Experience of Gestational Diabetes</b>	<b>Rachel Hicks</b> PhD candidate at Macarthur Clinical School, School of Medicine, Western Sydney University
	<b>Case Discussion/Q&amp;A</b>	<b>All speakers</b>
	<b>GP Wrap-Up</b>	<b>Dr Vivienne Sharma</b>

## Tue Oct 17th – Diabetes Alliance Plus (DAP+): Tackling Diabetes Town by Town



**GP Chair – Welcome and Overview**

**Dr Michelle Redford**

General Practitioner and Quality Improvement Lead at Blackbutt Doctors, New Lambton GP Advisor to HNE Integrated Care Partnership, Hunter New England Local Health District (HNELHD)



**Program overview, clinical effectiveness and spill over benefits**

**Associate Professor Shamasunder Acharya**

Clinical Director for Diabetes and Clinical Lead of Alliance Diabetes Stream, HNELHD



**How to engage practices for integrated diabetes care: challenges and opportunities**

**Morag Joseph**

Diabetes Alliance Program Manager, HNELHD



**2023 and Beyond**

**Martha Parsons**

Diabetes Alliance Plus Program Strategic Manager, HNELHD

**Case Discussion/Q&A**

**All speakers**

**GP Wrap-Up**

**Dr Michelle Redford**

Oct 24th – No Session due to Face to Face Event

## Tue Oct 31st – New Aspects of Diabetes



**GP Chair – Welcome and Overview**

**Dr Donna Jenkins**

General Practitioner, Riverstone Family Medical Practice; Rosedale Medical Practice, West Pennant Hills; VMO, WSD



**Understanding Metabolic Associated Fatty Liver Disease**

**Professor Jacob George**

Heptologist, Robert W. Storr Professor of Hepatic Medicine at the Storr Liver Centre, Westmead Institute for Medical Research, University of Sydney and Head of the Department of Gastroenterology and Hepatology at Westmead Hospital, WSLHD



**How to manage severe obesity in general practice**

**Dr Kathryn Williams**

Head, Department of Endocrinology, Nepean Hospital, NBMLHD; Senior Lecturer (Conjoint) at the University of Sydney



**Approaches to Youth Onset Diabetes**

**Associate Professor Vincent Wong**

Director of Diabetes and Endocrine Service, Liverpool Hospital; Liverpool Lead for the Diabetes, Obesity Metabolism Translational Research Unit (DOMTRU), SWSLHD





**Case Discussion/Q&A**

**All speakers**

**GP Wrap-Up**

**Dr Donna Jenkins**

## Tue Nov 7th – It's a Weight-y Subject

	<b>GP Chair – Welcome and Overview</b>	<b>Dr Cameron Nik</b> General Practitioner, Macquarie University Hospital Clinics
	<b>How Can We Manage Adolescents with Obesity in Primary Care?</b>	<b>Professor Louise Baur</b> Chair of Child & Adolescent Health, University of Sydney; Consultant paediatrician in Weight Management, Sydney Children's Hospitals Network
	<b>What Are Other Causes of Obesity?</b>	<b>Dr Xi May Zhen</b> Endocrinology Staff Specialist, Clinical Lead, Blacktown Metabolic and Weight Loss Program, WSLHD
	<b>Case Studies from a Metabolic Service</b>	<b>Annette Macdonald</b> Clinical Nurse Consultant, Credentialed Diabetes Educator, Blacktown Metabolic and Weight Loss Program, WSLHD
	<b>Case Discussion/Q&amp;A</b>	<b>All speakers</b>
	<b>GP Wrap-Up</b>	<b>Dr Cameron Nik</b>

## FACE TO FACE PROGRAM

**Saturday October 21: 9.30am-4pm at PARKROYAL Parramatta, 30 Phillip St**

**NOTE:** Please look out for the separate registration link in the next few weeks

### KEYNOTE: 9.30am

#### Unleashing the Power of AI: Chronic Disease Management



Delivered by Prof Clara Chow, Cardiologist, Professor of Medicine, Faculty of Medicine and Health, Academic Director of the Westmead Applied Research Centre (WARC) and Academic Co-Director of CPC (Charles Perkins Centre) Westmead, WSLHD.

### TOPICS: PM SESSIONS

#### Why is the Team Approach Important for Meal Replacement Therapy?

Why, when and how to use Very Low Caloric Diet (VLCD) in patients with type 2 diabetes. Why dietitians, diabetes educators, GPs and endocrinologists need to be part of the team.

#### Why is Health Literacy Important to Diabetes?

Why is health literacy important when managing diabetes? How can we simplify communication? How can we support self-management?

#### Sole Therapy: How Do We Manage High Risk Foot Care in Diabetes?

How can GPs, Practice Nurses and podiatrists manage high risk feet? How can you link up with Specialist Services?

#### Let's Talk About Injections

Learn more about Injectable Diabetes Therapy; injection technique; and vaccination in diabetes.

### TOPICS: AM SESSIONS

#### What is the Hype About Continuous Glucose Monitors (CGM)?

Learn how to use CGM to enable both the patient and their health care professional to detect blood glucose trends and provide effective diagnostic, education, and management insights into glycaemic control.

#### How Do We Manage Type 1 Diabetes at a GP Practice?

We discuss what patients want you to know; what specialists would like you to know; and how we can all work together to support patients.

#### Why is Weight Loss Important for Diabetes?

Why is early detection important? Learn more about the 'No Money No Time' healthy eating quiz and how it can benefit your patients; how to talk about weight; and the Western Sydney Changing Diabetes' Lose 2kg-Beating Diabetes Together campaign.

#### Is Diabetes Management Changing with Medicare Reform?

Digital Innovation Meets Connected Diabetes Care: During Medicare Reform. What are the opportunities to change our model of care?



## WESTERN SYDNEY DIABETES

# MASTERCLASS SERIES 2023

### Masterclass 2023 Series program coordinators:

Lead: Dr Ummul Mahfuza, Endocrine Advanced Trainee, WSD, WSLHD

Administration: Sadhna Singh, Administration Officer, WSD, WSLHD

Communications: Heloise Tolar, eEngagement and Education Manager, WSD, WSLHD

Sponsorship and Partners: Sumathy Ravi, Program Manager WSD, WSLHD

Technical Support: Lei Calma, NADC

Western Sydney Diabetes Team: Prof Glen Maberly, Director; Dr Rajini Jayaballa, Endocrinologist; Janine Dawson, Diabetes Prevention Manager; Sian Bramwell, RN CDE Community Diabetes Nurse Consultant; Jaybee Serrano, RN CDE Community Diabetes Nurse Consultant; and Victoria Silvestro, Senior Clinical Dietitian.

**Complete a feedback form from each session to receive a Certificate of Attendance and claim CPD points.**

**Please visit the myINTERACT app to access a library of educational resources.**

"This is my first time attending a Masterclass Diabetes series and it did not disappoint! From the registration process, the topics and outline of the talks, the presenters, and the vendors, everything went smoothly and professionally done. I have definitely learnt a lot during the Masterclass series as I have just recently returned to primary care nursing after working so many years in an Ophthalmic setting. I felt I gained such a good knowledge and understanding to better care for my patients. I would highly recommend this Masterclass series!"

- Asih Andayani, RN, WSLHD

Feedback from the Western Sydney Diabetes Masterclass 2022



**REGISTER NOW FOR ONLINE**

<https://rego.interact.technology/wsdmasterclass2023/>

[www.westernsydneydiabetes.com.au](http://www.westernsydneydiabetes.com.au)

Thank you to our 2023 sponsors

