Prof Angus Forbes

Biog:

Professor Angus Forbes holds the FEND Chair of Clinical Diabetes Nursing at King's College London and has an honorary post as a specialist diabetes nurse at King's College Hospital. Prof Forbes is an active researcher with multiple publications in diabetes, some current and previous projects include: diabetes prevention in women with GDM; preconception care in women with Type 2 diabetes; evaluating a psychologically modelled education intervention for young people with Type 1 diabetes; developing supportive interventions for adults with new-onset Type 1 diabetes; the relationship between cognitive impairment and diabetic retinopathy; glycaemic variability and mortality and older people with diabetes; the impact of lipohypertrophy on glucose variation in people with Type 1 diabetes; and a trial of virtual clinics to improve primary care based diabetes outcomes. Clinically Angus runs a motivational enhancement clinic for people with Type 1 diabetes. He has been involved in designing and running the diabetes MSc programme and has a number of funded PhD students. He has contributed to national guidelines for older people in hospital, end-of-life-care; and dementia care for people with diabetes. Angus is a past vice-president of the International Diabetes Federation, and his previous positions include: senior lecturer in diabetes at King's College London; a lecturer in health services research at University College London Medical School; and a health visitor and district nurse in East London.

Title:

Glycaemic Variability and Diabetes Outcomes- a New Way to Consider Risk

Abstract:

When considering the risk of diabetes complications, the clinical focus has been based on intensifying glucose levels. The main clinical metric used to monitor progress in achieving this objective has been the level of glycated haemoglobin (HbA1c). As such we have tended to use this as a bench marking in titrating therapies and considering clinical interventions with patients. While this remains the key objective in clinical care, there are emerging data to show that variability in HbA1c values overtime can also contribute risk to patients. In this talk I will present an overview of these data and then consider how we might understand and interpret variations in HbA1c highlighting the currently unanswered question about this phenomenon.