Patient Information Day: Thyroid Guidelines Update
Saturday 8 February 2020

Programme

10:00-10:30 Registration and tea/coffee

10:30-10:50 Sarah Fishburn, Chair
- overview of the NICE process

10:50-11:20.1.1 Dr Kristien Boelaert, Consultant Endocrinologist
- managing thyroid disease: an endocrinologist’s view
- goitres and nodules
- what’s new in the NICE guidelines

11:20-11:50 Dr David Halsall, Consultant Clinical Scientist
- understanding TFTs
- reference ranges
- what can interfere with the results
- unusual results… which tests are necessary

11:50-12:00 Coffee break

12.00-12.30 Dr Anh Tran, GP
- the GP’s role in the care of patients with hyperthyroidism including extracts from NICE guidelines where appropriate
- primary care thyroid projects

12.30-13.00 Panel discussion

13:00-13:45 Lunch

13:45-14:15 Dr Renée Hoenderkamp, GP
- diagnosing and managing hypothyroidism in primary care including subclinical hypothyroidism

14:20-14:35 Dr Glenn Flux, Nuclear Medicine specialist
- Radioactive iodine treatment

14:35-14:50 Dr Kristien Boelaert, Consultant Endocrinologist
- T3 and NDT

14:50-15:20 Prof Mark Gurnell, Consultant Endocrinologist
- overview of research priorities in thyroid disease
- how research studies are planned and funded
- importance of patient involvement
- how patients can get involved

15:20-15:50 Final panel session: all speakers plus patient experts

15:50-16:00 Thanks and closing
Thyroid Guideline information event - speakers

Sarah Fishburn
Sarah spent many years as a service user representative for maternity services, and has been invoked in developing several NICE maternity guidelines as a lay committee member. She chairs a charity, the Pelvic Partnership, and is a quality improvement manager in maternity and perinatal mental health for the Hampshire Thames Valley clinical network. She chaired the NICE Thyroid Disease guideline committee.

Dr Kristien Boelaert
Reader in Endocrinology and Consultant Endocrinologist, University of Birmingham, and Clinical Lead of the NICE Thyroid Disease guideline committee. Dr Boelaert's clinical research interests include the management of thyroid dysfunction, nodules, thyroid cancer and endocrine disorders in pregnancy and she leads one of the largest thyroid services in the UK.

Dr David Halsall
Consultant Clinical Scientist & Director of Specialist Endocrine Testing Laboratory at Cambridge University Hospitals Trust. Dr Halsall is a biochemist and currently is responsible for all the thyroid test results at the Cambridge University Hospitals Trust. He was a member of the NICE Thyroid Disease guideline committee.

Dr Anh Tran
Dr Tran is a GP in Surrey and was a member of the NICE Thyroid Disease guideline committee. She has a longstanding strong interest in thyroid disorders, in particular pregnancy and thyroid disease and has worked and published on many primary care research projects, particularly on the use of IT to help improve the care of thyroid patients in primary care.

Dr Renée Hoenderkamp
Dr Hoenderkamp works as a GP in London and was a member of the NICE Thyroid Disease guideline committee. She has a strong interest in thyroid disease and its management, having undergone a total thyroidectomy aged 33. She has worked with thyroid charities as an advisor and has a YouTube Channel where she covers thyroid disease and its management.

Dr Glenn Flux
Dr Flux is Head of Radioisotope Physics at the Royal Marsden Hospital and Institute of Cancer Research. He leads a team of clinical and research scientists to provide support for nuclear medicine with a research focus on quantitative SPECT/CT and PET/CT imaging and the development of personalised treatment planning in molecular radiotherapy. He was a member of the NICE Thyroid Disease guideline committee.

Prof Mark Gurnell
Dr Gurnell is Professor of Clinical Endocrinology at the University of Cambridge and Clinical Lead for Endocrinology at Cambridge University Hospitals NHS Foundation Trust and co-directs a national and international referral service for patients with complex/ataypical thyroid function tests.

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