

# DR NAJAF HAIDER



## What is the best thing about your role? And the most challenging?

Working together with a mutual goal to bring a positive change in the lives of people who have diabetes and other endocrine disorders – that feeling of professional fulfilment cannot be put into words.

The most challenging aspect recently has been during the Covid-19 pandemic – our work schedules changed to provide broader medical input on ‘triage zones’. I was leading a team of junior colleagues from dermatology, ophthalmology, surgery and orthopaedics. A typical workday would include both bedside teaching and didactic online sessions. We all learned from the approach and expertise of the others.

with an emphasis on newer treatments for diabetes and evidence from recent trials.

In addition to organising educational events, YDEF champions trainee issues and wellbeing. We are currently providing consultations and perspective to the new Diabetes & Endocrinology curriculum under development.

## Tell us about any involvement you have with Diabetes UK

As the Chair of the YDEF, I have been a member of the Council of Healthcare Professionals, which is a multidisciplinary body that informs, guides and supports the work of the charity. This has given me the opportunity to contribute to consultations on issues such as leadership, policies and guidelines. We have recently been involved with

## Describe your role in 50 words

I have recently finished my specialist training at Wessex Deanery in Diabetes, Endocrinology and General Internal Medicine. I am the current Chair of Young Diabetologists and Endocrinologists Forum (YDEF) at Diabetes UK.

## How did you come to be interested in diabetes?

Early in my training as a house officer, I had the honour to work with a leading endocrinologist, Professor Faisal Masud FRCP in Lahore, Pakistan. He had recently established a dedicated Diabetes Management Centre as a one-stop clinic for people living with diabetes – quite a novel idea back then. He was an excellent teacher and ignited my love for the subject.

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## What have you achieved recently in diabetes care that you are excited about and keeps you motivated?

I have enjoyed working with our specialist nurses at Portsmouth to design a front-door pathway for hyperglycaemic hyperosmolar state. This will be piloted soon trust-wide. I have also been involved in various educational sessions in the community

the recovery of clinical services after Covid-19, as well as research initiatives.

## What is one thing that could improve diabetes care in the NHS?

I believe that if primary and secondary care were to come together as one team, it would help to abolish the regional variations in diabetes care that we currently see.



PHOTO: ADOBESTOCK

“Improvements in access to technology for people with type 1 diabetes are empowering them to achieve ever more”

#### What's coming up next for you at work?

I am exploring my options to work as a consultant in the NHS. I am very keen to develop my areas of interest, including renovascular disease, obesity and weight management, and the use of technology in diabetes management.

#### What do you think is the most exciting thing on the horizon for diabetes care?

Newer data showing renal and cardiovascular benefit for some drugs have changed the way we manage both type 1 and type 2 diabetes.

Furthermore, ongoing improvements in access to technology are empowering people with type 1 diabetes to achieve so much more. The remote consultation model that lots of us had a trial run of during Covid-19 has the potential to positively transform care for long-term conditions in the ever-busy NHS.

#### And finally, what do you do to relax outside of work?

I spend most of the time with my family of two young kids. I am an amateur runner and train regularly. I have recently taken up cycling for leisure as well.

## FINAL THOUGHTS

It is important to discuss personalised goals with patients and to set realistic expectations.

Coming up in the next issue of Update...

# DIABETES RESEARCH

## Plus

- Health inequalities
- Covid-19 update
- Campaigning

Out March 2021