



# ADIPS Limited

AUSTRALASIAN DIABETES IN PREGNANCY SOCIETY LIMITED



## ANNUAL REPORT 2019

# Australasian Diabetes in Pregnancy Society Limited (ADIPS)

The Australasian Diabetes in Pregnancy Society (ADIPS) is a public company limited by guarantee. It is a specialist medical society with a professional membership of medical graduates, health professionals and scientists interested in diabetes mellitus as it relates to pregnancy or who have a primary role in professional diabetes in pregnancy care in women. ADIPS' premier annual event is its annual scientific meeting which attracts over 250 health care professionals facilitating and promoting the free exchange of knowledge with respect to diabetes in pregnancy.

## The Objects of ADIPS Limited

The dominant purpose and principal activity of ADIPS is to promote the prevention or control of diabetes mellitus as it relates to pregnancy in women.

The Company aims to further its dominant purpose by:

- (i) developing or assisting in developing treatment for the use in the prevention or control of diabetes mellitus in pregnancy;
- (ii) engaging and encouraging, promoting and facilitating research, or assisting in the research into the causes, prevention and treatment of diabetes mellitus in pregnancy;
- (iii) promoting among members of the medical profession, scientists and others the free exchange of knowledge with respect to diabetes mellitus related to pregnancy;
- (iv) developing in association with other interested bodies, education methods designed to give those who have diabetes mellitus as it relates to pregnancy a better understanding of their condition;
- (v) improving standards of diagnosis and management of diabetes mellitus before, during and following a pregnancy;
- (vi) disseminating to the public accurate information about diabetes mellitus related to pregnancy and the risk factors associated therewith;
- (vii) promoting research related to diabetes mellitus related to pregnancy by individuals, hospitals, clinics, universities and other institutions and organisations;
- (viii) being responsible for statements relating to the professional and research aspects of diabetes mellitus and pregnancy (both medical and scientific); and
- (ix) taking such other measures and encourage such service as will enhance the welfare of individuals having diabetes mellitus as it relates to pregnancy.

---

### ADIPS Limited

Level 1, 149 Macquarie Street, Sydney NSW 2000

Postal: 145 Macquarie Street, Sydney NSW 2000

**T** 02 8247 6298 | **F** 02 9251 8174 | **E** admin@adips.org | **W** www.adips.org

# Directors and Officers of the Board of ADIPS Limited ACN 608 091 274



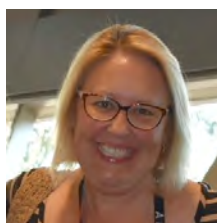
**Dr Sarah Price**  
President and Board Chair (2018-2020)  
Endocrinologist, Melbourne VIC  
Joined the Board on 27 August 2016



**Ms Janet Schweda (Lagstrom)**  
Nurse Practitioner, Credentialed  
Diabetes Educator, Midwife  
Rural and Remote, VIC  
Joined the Board on 27 August 2016



**Professor Leonie Callaway**  
President and Board Chair (2015-2018)  
Obstetric Physician, Brisbane, QLD  
Joined the Board on 7 September 2015



**Ms Marina Mickleson**  
Nurse Practitioner, Credentialed  
Diabetes Educator, Midwife  
Perth, WA  
Joined the Board on 24 August 2018



**Dr Peter Wein**  
Deputy Board Chair  
Obstetrician, Melbourne, VIC  
Joined the Board on 7 September 2015



**Dr Arianne Sweeting**  
Endocrinologist, Sydney, NSW  
Joined the Board on 24 August 2018



**Professor David McIntyre**  
Endocrinologist, Brisbane, QLD  
Joined the Board on 7 September 2015



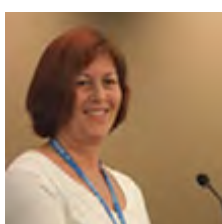
**Dr Victoria Rudland**  
Endocrinologist, Sydney, NSW  
Joined the Board on 24 August 2018



**Professor David Simmons**  
Endocrinologist, Sydney, NSW  
Joined the Board on 27 August 2016



**Ms Suzie Neylon**  
Executive Officer and  
Company Secretary  
Sydney, NSW  
Appointed Company Secretary  
on 7 September 2015



**Dr Cynthia Porter PhD**  
Dietitian and Diabetes Educator (CDE)  
Rural and Remote, WA  
Joined the Board on 7 September 2015



## Report from the President and Board Chair

**Sarah Price, President and Board Chair from 24 August 2018**

Hello ADIPS members and friends,

In recent weeks I have been contemplating the stated goals of our society:

*“...to advance clinical and scientific knowledge of diabetes in pregnancy, and its effect on the child; and to encourage dissemination of this knowledge and to foster collaboration with other regional societies interested in diabetes in pregnancy and other related subjects”.*

With the publication of the HAPO Follow-up studies it would appear that the purpose of ADIPS is more relevant than ever before. We are striving (...now with more evidence!) not only to improve pregnancy outcomes, but also to improve the long-term metabolic health of mother and baby.

At the moment, many of us are attending clinics that are bursting at the seams. More women, more complex diabetes, more complex co-morbid conditions, more complex social settings. Many of us also experience the complex dance of the multi-disciplinary team - obstetricians, dietitians, diabetes educators, endocrinologists, social workers and a host of others working towards a common goal. The provision of optimal care to women with diabetes can be tough! Thank-you ADIPS community for your collaboration, dissemination of knowledge and a collegial spirit which seems to lighten the load!

I want to take this opportunity to thank Dr Victoria Rudland for the enormous effort that she has put into the development of the updated ‘Guidelines for Pre-existing Diabetes and Pregnancy’. Thank-you to the writing group and also to those many individuals who have contributed to what is now an excellent, well-rounded document. The final document will be released early in 2020.

The benchmarking team, lead most ably by Professor David Simmons, continues to work towards a system for benchmarking the incidence of diabetes in pregnancy and the pregnancy outcomes. I have no doubt that a benchmarking program will assist us in caring for women with diabetes in pregnancy well into the future.

Thank-you to those of you who attended the ADIPS Annual Scientific Meeting in Sydney. Professor Fidelma Dunne not only proved to be an outstanding speaker on the pregnancy outcomes in women with T1D and T2D, and the practicalities of gestational diabetes management, but was also a brilliant advocate for the tourism industry in Ireland!

At the ASM, Professor Bob Moses was awarded with Honorary Life Membership to ADIPS. I would like to thank Bob for his incredible body of work (perhaps the pinnacle being the triplet of Moses’ on the cover of Diabetes Care), his leadership and his immense generosity with his knowledge!

It was a pleasure to again work with the Australian Diabetes Society (ADS) with the Friday co-joint session. Thank-you to A/Professor Glynis Ross and the ADS! I also want to thank our organising committee - Amanda Beech (chair), Arianne Sweeting, Victoria Rudland and Suzie Neylon who worked tirelessly in organising the ASM. I do want to apologise for the audiovisual difficulties experienced throughout the meeting and to thank-you for your feedback in regards to this. We have followed up with both ASN Events and the Sydney Convention Centre. I was very grateful for your feedback in regards to the ASM. Hopefully you will see many of your ideas gathered through the feedback process instituted in the next conference.

The ADIPS ASM in 2020 will be a shared meeting with SOMANZ as per the usual three yearly rotation. The meeting will be held at the Grand Chancellor Hotel in Hobart. Please note that this meeting is occurring at the earlier dates of 24-26 July 2020. Therefore, the call for

abstracts will be similarly early - start planning now! And of course, being July in Hobart, winter woollies will be required!

Thank-you to the members of our board - Peter Wein (Deputy Chair), David McIntyre, Victoria Rudland, Cindy Porter, David Simmons, Janet Lagstrom, Marina Mickleson, Leonie Callaway, Ruth Hughes, Arianne Sweeting and Suzie Neylon (EO) for your ongoing support.

And last but not least, my goal for ADIPS is to be ever expanding. New members, new ideas, new directions. We want a society where our members are prepared to engage, share and collaborate. Please feel free to contact myself or our board members if you have anything to discuss.

Warm regards,

**Sarah Price**

President & Board Chair - ADIPS Limited



## Newsletter Editor's Comments

**Dr Arianne Sweeting, Endocrinologist, Sydney NSW**  
Joined the Board on 24 August 2018

Hello everyone,

It is my pleasure to edit the 2019 ADIPS Annual Report on behalf of the ADIPS Communications Committee. It has been a wonderful opportunity to liaise with colleagues to contribute content and to summarise the philosophy, achievements and direction of ADIPS and its members in 2019 and beyond. In 2020 we will be focusing on re-developing the ADIPS website, which will include

new resources and a more accessible layout. Please forward any content or suggestions for the website or future newsletters to:

**Dr Arianne Sweeting**

arianne.sweeting@sydney.edu.au

We wish you all a very Happy Christmas and New Year.



# President and Board Chair's Report to the AGM 2019

International Convention Centre, Sydney, 24 August at 4.00pm

**Sarah Price, President and Board Chair since 24 August 2018**

The President and Board Chair, Dr Sarah Price, welcomed the members to the Annual General Meeting of ADIPS Limited in Sydney.

## Annual Scientific Meeting

The President reported that the ASM in Sydney had attracted 288 registrants with 57 abstracts received and 27 invited speakers. It was reported as an all-time record number of attendees for an ADIPS ASM and there are hopes to see this meeting continue to grow.

The organising committee for 2019 was chaired by Amanda Beech who was supported by a local team including Victoria Rudland, Arianne Sweeting, and Sarah Price, with Suzie Neylon and the team from ASN assisting with the local organising. They were all thanked for producing such an interesting and exciting program.

Fidelma Dunne, who travelled all the way from Galway, Ireland and who delivered two plenary lectures as the keynote speaker was thanked for her generous sharing of knowledge.

Medtronic, who were the Major Sponsor of the meeting, and all the exhibitors including Novo Nordisk Pharmaceuticals and Diabetes Australia NDSS were thanked for their support.

## The Society

The President reported that the Society currently had a membership of 434 of which only 215 were currently financial, however, this was 35 more than this time last year. It was reported that a number of unfinancial members would soon be terminated

bringing the membership number back to around 250 regular supporters.

ADIPS welcomes all health professionals involved in the care of women with diabetes in pregnancy as members, and this extends to our ASMs also.

The ADIPS membership currently includes:

- Endocrinologists and other physicians,
- Obstetricians,
- Diabetes Educators
- Nurse Practitioners, Dietitians, Midwives
- A small number of psychologists, exercise physiologists and pharmacists
- Researchers
- Trainees and students.

Members were encouraged to invite their colleagues to join ADIPS so they can benefit from the many offerings provided to members.

## ADIPS-Novo Nordisk Research Grants

Novo Nordisk were thanked for supporting the ADIPS Novo Nordisk Research Grants again this year. It was reported that there would be three ADIPS-Novo Nordisk research grants, each worth \$6,000 - in the areas of Clinical Research, Scientific Research and Education Research. Applications were still open and due to close on 30 September. Members were directed to pick up a flyer at the registration desk or check the ADIPS website.

Novo Nordisk generously contributes half the cost of these awards and were acknowledged and thanked for their ongoing support with these

grants. All recipients will present the outcomes of their research within 2 years of their award at a future ADIPS meeting.

### Future meetings

The 2020 ASM will be held in Hobart with SOMANZ from 24-26 July.

It was reported that ADIPS are yet to appoint the Organising Committee and Tasmania or Melbourne members with an interest in being involved were invited to contact ADIPS.

Options for 2021 are still being explored however the ADIPS ASM may follow on from the ADC Congress that will likely be in Melbourne.

### Other Business

The President announced that Honorary Life Membership to ADIPS would be awarded to Professor Bob Moses who would be presented with his award on Sunday at the Awards Session.

The President, Sarah Price, thanked all the ADIPS Board members who had supported her and the Society throughout the past year. Cindy Porter and Janet Lagstrom were thanked for managing the finances. Victoria Rudland was thanked for leading the update of the management guidelines and Arianne Sweeting for heading up the Communications Committee that will commence work on updating the Society website shortly. Marina Mickleson, Janet Lagstrom and Cindy Porter were thanked for reviewing the membership applications and making

recommendations to the Board that the new applicants be accepted as members. David Simmons was thanked for leading the ADIPS benchmarking and David McIntyre, Peter Wein and Marina Mickleson for managing the ADIPS Therapeutics Committee. Leonie Callaway was thanked for sharing her wealth of knowledge and providing great support and guidance to the Board. The Society Executive Officer and Company Secretary, Suzie Neylon, was thanked for providing support to the Board and the membership over many years. Jordyn Trolove and Jim Fawcett from ASN Events were thanked for managing another successful ADIPS ASM.



Sarah Price with Fidelma Dunne - Keynote Speaker at the ADIPS ASM in Sydney, 2019

# ADIPS Limited Finance Report 2019

ADIPS Limited produced a surplus of \$4,074 for the operating year 1 July 2018 to 30 June 2019, a small gain compared to the previous financial year with \$1,389 profit in 2017-18.

The Society sustained a loss in four of the five years between 2013 – 2017, therefore the ADIPS Limited Board deemed necessary to increase the membership fees, which have been traditionally low compared to other specialist Society fees. Since 2017, the fee structure has been tiered to meet the diverse incomes of ADIPS members. The Board will monitor membership fees annually to cover rising costs.

The Society income is largely from membership fees and the profit from the Annual Scientific Meeting each year, held alternatively with ADS/ADEA and SOMANZ.

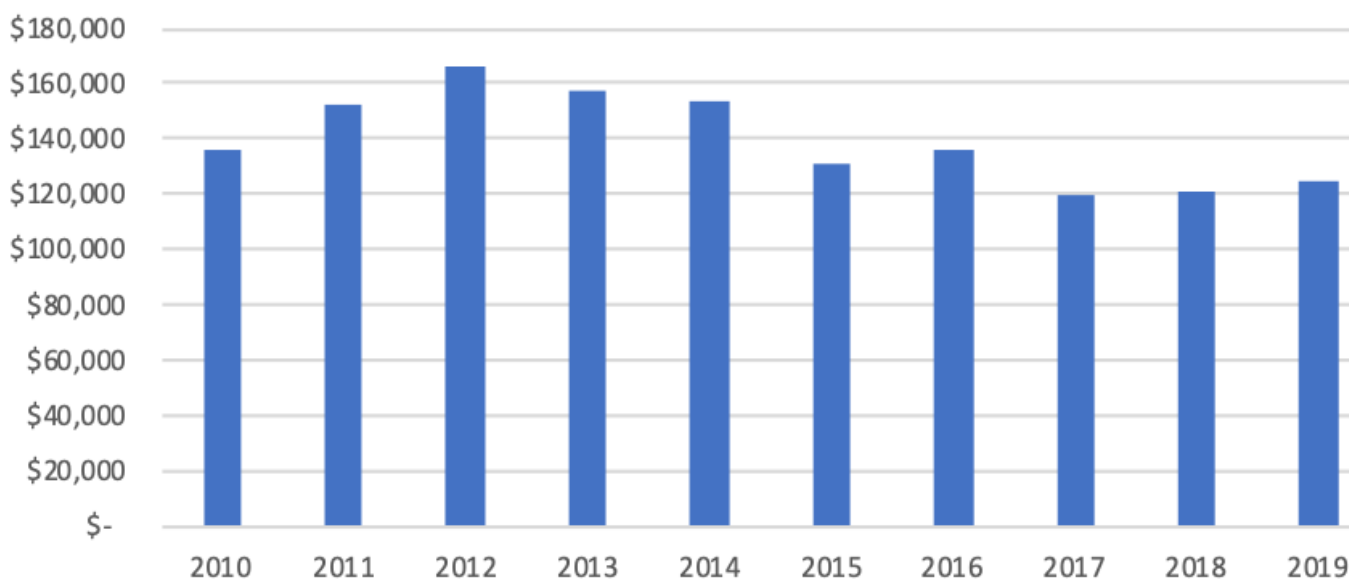
The net assets of the Society in 2019 were reported as \$125,148 compared with \$121,074

in the 2017-18 financial year. The Society assets have remained relatively stable over the past 10 years with the exception of the 2015 legal fees associated with the move to a Public Company. The trend in the Society assets over the past 10 years are represented in Graph A.

The Society has formed a Finance, Audit and Risk Committee, rather than the traditional Treasurer role. The two directors during the 2018-19 financial period were Janet Schweda (Lagstrom) and Cindy Porter, supported by Ms Suzie Neylon, Company Secretary and Executive Officer. They will continue to be the caretakers of the Society funds for 2019-20.

The Society financial statements for 2019 were prepared by Tinworth & Co, Chartered Accountants in North Sydney. The report is a summary of the full financial report that is available upon request.

## Asset trends for 10 years



Graph A: ADIPS Limited Asset trends from 2010 to 2019



# Membership

The Society currently has 288 members listed on their database with the majority of these currently financial. The implementation of online payments introduced in 2018 has made a good improvement in timely payments and we encourage more members to pay their dues in a timely manner or else risk being removed from membership as many were early in 2019.

The membership is composed of a variety of health professionals and researchers with an interest in diabetes in pregnancy including Endocrinologists, Other Physicians, Obstetricians, General Practitioners, Research Scientists, Diabetes Educators, Dietitians, Midwives, Podiatrists, Pharmacists, Registrars and Advanced Trainees as well as other interested health professionals.

The benefits of membership include:

- Discounted registration fees to attend the ASM
- Opportunity to participate and present at the ASM
- Opportunity to apply for a variety of grants and awards including the Graz Clock Award, Emerging Investigator Award, Allied Health Presentation Award and Outstanding Poster Award available at the ASM
- Opportunity for junior members to apply for Educational Travel Grants to attend the ASM
- Access to ASM invited speaker presentations post conference
- Opportunity to apply for the ADIPS-Novo Nordisk Research Grants for Scientific, Clinical and Education Research
- Receive invitations to comment and participate in review of major clinical guidelines

- Receive regular newsletters and E Bulletins updating on the latest news and activities of the Society and in the wider diabetes in pregnancy community
- Opportunity to nominate for a director position on the board of directors
- Participate in other research and educational activities and projects conducting by the Australasian Diabetes in Pregnancy Society Limited.

The fees for membership for 2019 were:

**Tier 1 – Medical Practitioners - \$165.00**  
(includes \$15 GST)

This tier includes independent medical practitioners in current clinical practice (eg. Physicians, Obstetricians, General Practitioners etc).

**Tier 2 – Researchers, Nurses, Allied Health and Registrars - \$110.00** (includes \$10 GST)

This tier includes Basic Researchers, Registered Nurses, Diabetes Educators, Midwives, Dietitians, Podiatrists, Registrars, Advanced Trainees, and any other health professional (medical or scientific) working in diabetes in pregnancy.

**Tier 3 – Students - \$99.00** (includes \$9 GST)

This tier includes medical and scientific students who are enrolled in a training program and have not graduated and are not earning a salary over \$30K.

The fees for international members were the same but excluded the GST component. The membership year is from March to March.

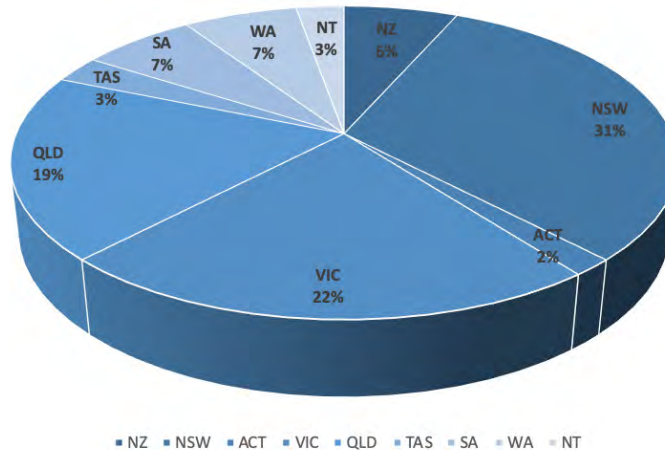
The ADIPS Membership Committee for 2018-2020 is comprised of Cynthia Porter, Janet Schweda (Lagstrom), Marina Mickleson and Suzie Neylon.

# Membership Composition

## Membership by State

The distribution of the total membership throughout Australia and New Zealand is represented in Graph 1 with 31% in NSW, 22.5% in Victoria, 19% in Queensland, 6.5% in South Australia, 6.5% in Western Australia, 3% in the Northern Territory, 2% in the Australian Capital Territory and 3% in Tasmania. 6.5% of the total membership are in New Zealand.

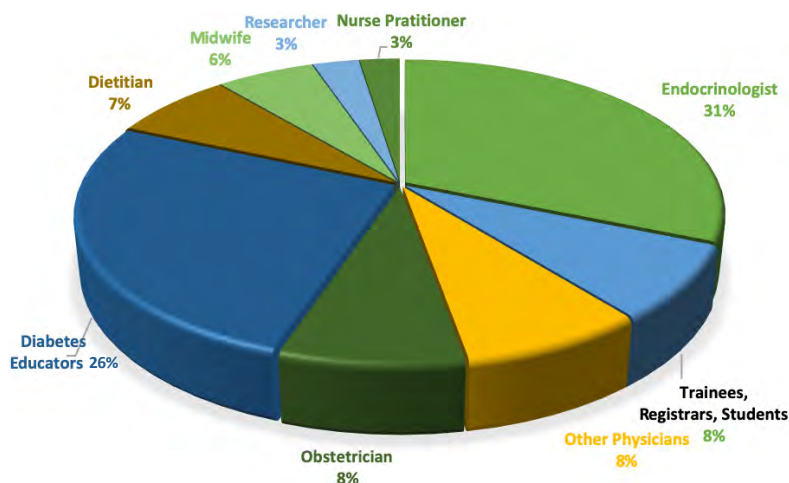
Graph 1: ADIPS Membership by State Distribution (2019)



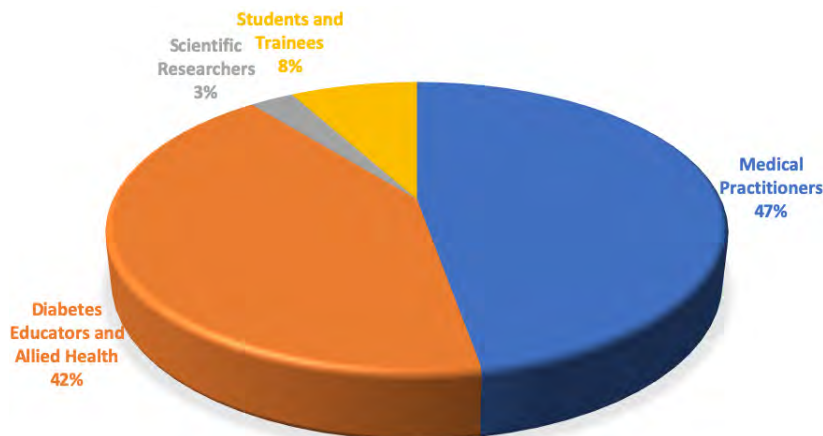
## Membership by Occupation

Based on the current information provided to ADIPS by its members, the following broad category occupations are represented: Endocrinologists (31%), Other Physicians (8%), Trainees, Registrars and Students (8%), Obstetricians (8%), Scientific Researchers (3%). Diabetes Educators (26%), Dietitians (7.5%), Midwives (6%), and Nurse Practitioners (2.5%). This data is also represented in Graph 2.

Graph 2: ADIPS Membership by occupation (2019)



Graph 3: ADIPS membership by broad category occupation (2019)



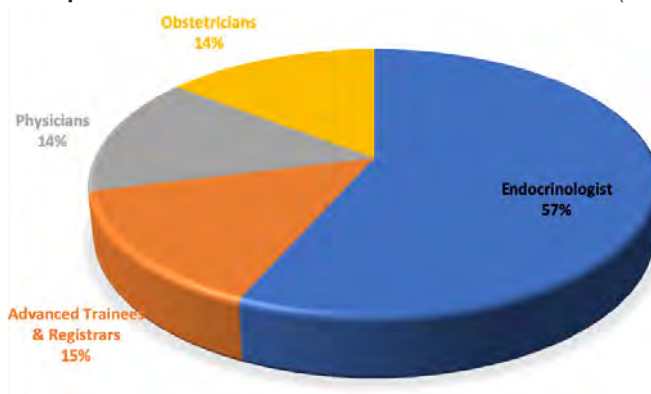
## Medical Practitioner Members

The medical practitioner members collectively represent 47% of the overall membership (see Graph 3). The medical practitioner members are 71% Physicians,

## Membership Composition continued

14% Obstetricians, and 15% Advanced Trainees and Students. The 71% physicians can be further categorised as 57% endocrinologists and 14% general and other physicians (see Graph 4).

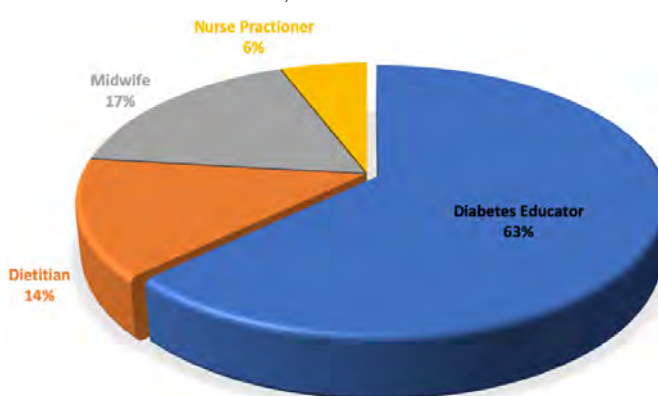
**Graph 4:** ADIPS Medical Practitioner member breakdown (2019)



### Diabetes Educators and Allied Health Members

Diabetes Educators and Allied Health Professionals represent 42% of the current ADIPS membership (see Graph 3). Diabetes Educators have the highest representation with 63%, however, some midwives and dietitians are also Diabetes Educators but not all. 17% are Midwives and 14% are Dietitians. Nurse Practitioners represent 6%. This information is represented in Graph 5.

**Graph 5:** ADIPS Diabetes Educator, Midwife and Dietitian member breakdown (2019)



## ADIPS SOMANZ Joint Annual Scientific Meeting 2020

The Australasian Diabetes in Pregnancy Society (ADIPS) and the Society of Obstetric Medicine of Australia and New Zealand (SOMANZ) invite you to attend their joint Annual Scientific Meeting to be held at the Grand Chancellor Hotel, Hobart from 24-26 July 2020.

The keynote speakers include Professor Mark Landon from the Ohio State University College of Medicine, Columbus, Ohio, and Dr Lucy Mackillop from the University of Oxford, UK.

The joint scientific meetings will be preceded by the Maternal Fetal Medicine Colloquium on Thursday 23 July 2020 which will interest and attract medical practitioners with an MFM clinical interest.





## ADIPS Diabetes in Pregnancy Clinical Audit Programme

**Professor David Simmons, Endocrinologist, Sydney NSW**  
Joined the Board on 27 August 2016

The Australasian Diabetes in Pregnancy Society published a successful pilot study of 3 approaches to clinical audit (paper, stand-alone electronic, networked electronic) across 9 different clinical settings (rural, urban, large proportion of indigenous, New Zealand) linked with a Benchmarking Centre in 2007 [*Australian and New Zealand Journal of Obstetrics and Gynaecology* 2007;**47**:198–206]. With the Australian National Diabetes Strategy Goal 4 being to “Reduce the impact of pre-existing and gestational diabetes in pregnancy”, the need to re-establish the audit programme to monitor achievement of the goal, became clear, and ADIPS volunteered to undertake this task. In 2018, the ADIPS Board established the Diabetes in Pregnancy Clinical Audit Programme Working Group which has developed a revised dataset, a process for de-identification of patients and sites, a publication protocol and proposed central data analysis and reporting site protocols. The need for the audit was presented to the Federal Minister, the Hon Greg Hunt at the National Diabetes Forum in October 2018. After the Forum, the Australian Institute of Health and Welfare (AIHW), indicated their interest in assisting with the data repository and to align the ADIPS dataset with other Australian Datasets. However, AIHW also advised that funding would be required to undertake the work.

Since this time, further discussions identified a potential path to a sustainable Diabetes in Pregnancy Clinical Audit Programme under ADIPS governance. Approaches to major diabetes in pregnancy related organisations have led to

support for ADIPS to have this role. AIHW is working up a proposal to serve both as data repository for de-identified data, and trusted third party to receive the data and strip off site identifiers. ADIPS and AIHW would then approach the Australian Commission on Safety and Quality in Health Care to fund a sustainable Clinical Quality Register. Ethics approval (or rather a waiver) would be addressed by AIHW and the Commission.

This approach will take some time to complete, and at the moment a proposal is in progress. ADIPS is therefore working on a pilot involving volunteer sites with existing data for women with GDM and/or pre-gestational diabetes in pregnancy. The audit will involve electronic data transfer and a Standard Format Excel Spreadsheet format with Data Field Definitions has been developed for this purpose. Approximately 20 sites have volunteered to participate already. Each site will need to have local ethics and/or other approval and ethics is being applied for currently to receive de-identified data. We expect this to be undertaken over the next few months.

There is room for more sites, so if you are interested in participating (eg. with an existing current or older dataset of at least 12 months), please contact:

Professor David Simmons  
Da.simmons@westernsydney.edu.au

We would like to thank all of the members of the working group for their various contributions.

David Simmons on behalf of the working group.

## Members of the working group:

Professor David Simmons (Chair)  
Professor Jeff Flack  
Dr Vincent Wong  
Professor Robert Moses  
Professor N Wah Cheung  
Ms Suzanne Hill  
Dr Arianne Sweeting  
Professor Jeremy Oats  
Dr Alexis Shub

Dr Myra Yeo  
Dr Ian Fulcher  
Dr Peter Davoren  
Dr Dorothy Graham  
Dr Julie Chemmanam  
Dr Louise Wolmarans  
Dr Anne Duffield  
Associate Professor Louise Maple-Brown  
Professor Christopher Nolan



## ADIPS Guidelines Update

**Dr Victoria Rudland, Endocrinologist, Sydney NSW**  
Joined the Board on 24 August 2018

### ADIPS Guidelines for Pre-existing Diabetes and Pregnancy

ADIPS is updating the 2005 ADIPS Management of Diabetes in Pregnancy Guidelines. I have had the pleasure of leading the update and would like to thank the members of the guideline development group for their ongoing contributions and support throughout the process. The guidelines have been completely revised and approved by the ADIPS board. There has been a process of wide stakeholder engagement, with feedback sought from the ADIPS membership and lead professional organisations. A final version of the guidelines should be available on the ADIPS website in early 2020.

### Members of the ADIPS Guideline Development Group:

Dr Victoria Rudland (Chair) | Dr Sarah Price  
Dr Ruth Hughes | Dr Helen Barrett | Ms Janet Lagstrom  
Dr Cindy Porter | Dr Fiona Britten  
Dr Sarah Glastras | Dr Ian Fulcher | Dr Peter Wein  
Professor David Simmons | Professor David McIntyre  
Professor Leonie Callaway

### Professional organisations that have provided feedback on the guidelines:

- Australian College of Rural & Remote Medicine
- Australian Diabetes Educators Association
- Australian Diabetes Society
- Diabetes Australia
- Dietitians Association of Australia
- Endocrine Society of Australia
- Kidney Health Australia – Caring for Australasians with Renal Impairment
- New Zealand College of Midwives
- Royal Australian College of General Practitioners
- Royal Australasian College of Physicians
- Rural Support Service South Australia Health
- The Royal Australian and New Zealand College of Obstetricians and Gynaecologists
- The Royal Australian and New Zealand College of Ophthalmologists

# 2019 ADIPS Annual Scientific Meeting Report - Sydney



ADIPS ASM 2019 Organising Committee

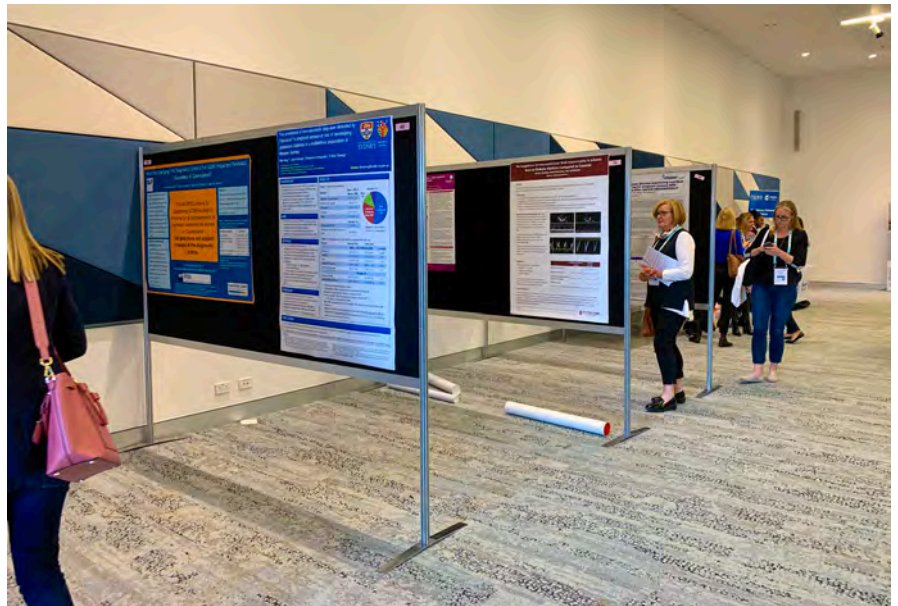


Somehow another year had passed, and another ADIPS was suddenly upon us. The hard work of our society members, who have a wide range of special interests and backgrounds always makes for an interactive, inclusive and exciting conference and this year was no exception. As usual there were many eager conference goers “landing” on the Sydney Convention Centre for ADIPS, and for some they would be embarking on their final ESA, ADC, ADIPS 9-day marathon. The hard work of the organising committee meant an impressive program, and we all enthusiastically took our positions for the joint ADC/ADIPS Plenary. We heard from Karen Moritz about fetal programming and it’s metabolic consequences, exploring the DoHAD hypothesis (developmental origins of health and disease), focussing on alcohol as a common reversible exposure in early pregnancy that may program long term metabolic health. She described quite startling statistics about alcohol use in pregnancy, with up to 40% of women with postgraduate qualifications continuing alcohol use after knowledge of conception, and she discussed possible mechanisms by which alcohol may harm the developing fetus such as epigenetics, abnormal HPA axis leading to a prevalence of Fetal Alcohol Spectrum Disorder of up to 5%, with many cases going

undiagnosed. After lunch and a good catch up with colleagues old and new, we transitioned to the Darling Harbour Theatre for more fun! Sue Mei Lau reminded us that for women GDM is the beginning of the story, and that for many reasons these women have a higher risk of T2DM and other adverse health outcomes, and need to be captured for postpartum OGTT, and educated about preventative strategies against development of T2DM.

Along the same theme of long-term outcomes Suet-Wan Choy reminded us of the morbidity and mortality associated with hypertensive disorders of pregnancy in the short and long term, and that this is a strong predictor of premature cardiovascular disease as well as discussing the offspring data where there is some evidence of increased hypertension and BMI. Renuka Shanmugalingam's talk was a natural follow on to this, discussing her work supporting the strong evidence for prophylactic aspirin in preeclampsia risk reduction in high risk groups including those with pre-existing diabetes. Jon Hyett concluded the day by giving us some excellent insights into the tools we have available as part of the first trimester screen to stratify women in their risk of development of preeclampsia. The day drew to a close over a drink and nibbles whilst viewing the many excellent posters.

Those that managed to wake up at the crack of dawn on Saturday, were rewarded with breakfast and an excellent discussion by David Simmons about the importance of





glycaemic time in range. Fidelma Dunne presented an inspiring plenary focusing on outcomes for women with type 1 and type 2 diabetes in pregnancy, reminding us of the importance of pre-pregnancy care and the progress we have made with improving outcomes, including folic acid, aspirin, blood pressure control and continuous glucose monitoring.

Glynis Ross gave us a perfect synopsis of the technology we can use to improve outcomes, including advantages of each. The update on the new standardised glucometrics with practical examples was excellent. It was also useful to have an outline of what the Australian Government CGM access allows, including possible extensions—as this has been a source of confusion! Megan Gemmill's follow on discussion about the practical experience of rolling out CGM starts once the subsidy came in was interesting and a relatable challenge to many!

The mid-morning session dubbed “guidelines clinical audit and HAPO” followed. Sarah Price gave us an insight into the therapeutic guidelines consensus meeting on the definition of GDM where proposed options included a tiered approach to diagnosis, changing thresholds and retesting borderline results. The consensus was for no change to the current IADPSG/ADIPS criteria. Victoria Rudland then presented a summary of the new ADIPS guidelines for pre-existing diabetes in pregnancy, which promises to be an impressive document which represents a lot of hard



work and collaboration. David Simmons outlined the excellent clinical audit programme that we should all contribute to, and David McIntyre concluded the session by discussing the HAPO follow up study, the maternal outcomes as expected included higher rates of T2DM, prediabetes and disorders of glucose metabolism in those women who would have met IADPSG criteria for GDM. The childhood outcomes of this group included higher rates of overweight and obesity, increased insulin resistance and decreased insulin secretion. This association was attenuated but not eliminated by correcting for maternal BMI.

After lunch was a great quickfire round of oral presentations followed by a session on diets and diabetes, where Robyn Barnes provided excellent insights into managing GDM during Ramadan, Jovana Mijatovic added to the ongoing “great carbohydrate debate” discussing a modestly lower carbohydrate diet that was associated with lower head circumference in GDM, and we all related to Deb Foote’s discussion about the challenges of nutritional management of type 1 diabetes in pregnancy. The day came to a close after an inspiring session by some of our most senior and influential members about “perspectives on GDM” where we gained insights into how things have changed over time, career progression and the importance of data collection. After a quick outfit change, we then headed to the Kazbah for dinner and “a taste of Arabia”, as usual the costumes didn’t disappoint.



GDM Speaker Panel



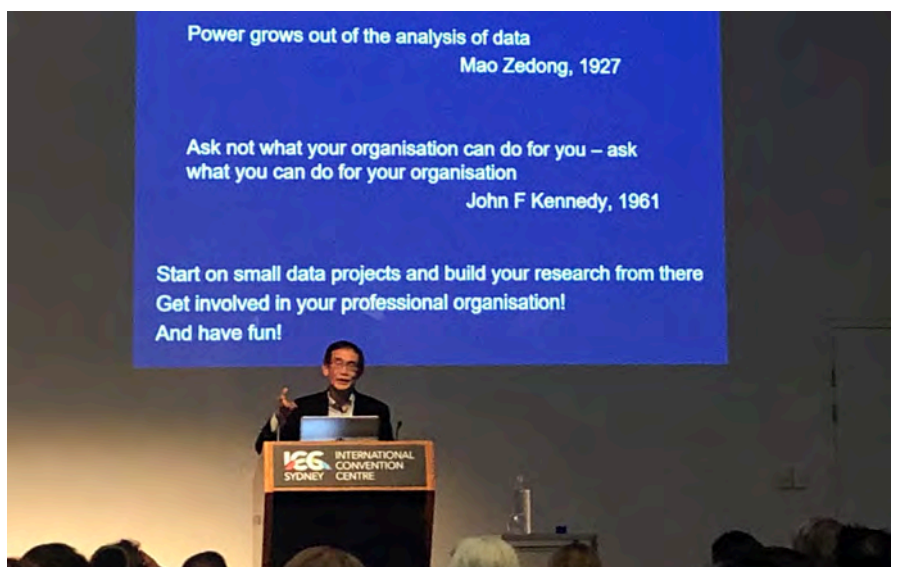
Speaker Bob Moses



Speaker David Simmons



Speaker Jeff Flack



Speaker Wah Cheung



Despite a late night everyone enthusiastically arrived back at Darling Harbour by 830am, coffees in tow for the final day! In another captivating plenary, Fidelma Dunne took us through the diagnostic heterogeneity and GDM criteria throughout the world- making it difficult to compare cohorts and collaborate in research, and introduced us to one of the new biomarkers which early research indicates may represent a simple test to replace the OGTT, she then ended by discussing the perilous early OGTT and I think we all look forward to the outcome of the TOBOGM trial in helping us navigate this! By this stage we were all warmed up for what was an enlightening session about antenatal corticosteroids, starting with Emma Inglis



succinctly presenting the data on the current indications, followed by Adrienne Gordon who discussed repeat doses and reminded us that whilst there are the known benefits, there are likely unknown benefits and risks necessitating ongoing research. Christopher Rowe then presented an interesting algorithm for IV insulin infusion after antenatal corticosteroids to prevent maternal hypo- and hyperglycaemia.

A second quick fire round of varied and interesting oral presentations followed morning tea, leading into the final session on consumer perspectives where Leonie Callaway reminded us that we must take a step back and remember the stigma, self-blame and stress that can come with a GDM diagnosis for some women. Fiona Britten spoke to her research on breastfeeding-including the neonatal and maternal benefits, factors contributing to delayed secretory activation in women with type 2 diabetes and practical measures that we can carry out to improve this including early regular expressing and antenatal expression.

I think I speak on everyone's behalf when I say that this was a well organised, fun and informative weekend, and I certainly left with my mind buzzing with ideas and inspiration ready to take small steps to contribute in some way to the legacy of ADIPS.

**Dr Naomi Eastwood-Wilshere**  
MBChB BMedSci(hons)  
PGdipOMG  
FRACP



# ADIPS ASM Keynote Speaker 2019 in Sydney

## Professor Fidelma Dunne MD, PhD, M Med Ed., M Clin Res.

Fidelma Dunne holds a Personal Professorship in Medicine at the National University of Ireland. In addition she is a Consultant Endocrinologist at Galway University Hospitals group. She obtained her medical degree from the National University of Ireland Galway (NUIG), her MD from University College Cork, her PhD from the University of Birmingham UK and also holds a Masters in Medical Education from the University of Dundee Scotland and a Masters in Clinical Research from NUIG. She is a former Dean of the School of Medicine (2009-2013) and currently is a board member of the Irish Medical Council (2013-present).

Her major research interest is in the area of pregnancy and diabetes. She has published >200 peer review publications and has received >15m euro in grant funding either as PI or collaborator of national and international projects. Her research group are conducting a number of studies as part of the ATLANTIC DIP programme including a randomized controlled trial (RCT) of Metformin in GDM pregnancies (EMERGE).

In addition, she has been involved in a number of international studies including a multicentre European funded (FP7) trial on prevention of



GDM using Vitamin D and lifestyle intervention (DALI), CONCEPTT a JDRF funded trial examining the benefits of CGMS in women with Type 1 Diabetes during pregnancy and EVOLVE a pan European collection of outcomes for women with Type 1 and Type 2 diabetes treated with insulin. She is currently contributing to the EXPECT study examining Tresiba insulin in women with Type 1 Diabetes in pregnancy.

Professor Dunne is the only Irish committee member of the Diabetes in Pregnancy Study Group (DPSG) of EASD and is the current President of the International Diabetes in Pregnancy Study Groups (IADPSG) from 2016-2020. She was a Fulbright scholar for 2014-2015 at Columbia University New York.

# Honorary Life Membership Awarded 2019



**Professor Robert  
Moses, OAM**

Professor Bob Moses graduated from the University of Sydney in 1969 and became a Fellow of the Royal Australasian College of Physicians at the tender age of 27 years. He started private practice as a general physician in Wollongong, earning a reputation as kind, humble, hard-working and highly competent! In the 80's, Bob attended the University of Wollongong and completed a BA and MSc (Hons). He thereafter developed a strong interest in gestational diabetes and coupled his clinical care with careful documentation and data exploration, as well as undertaking original and innovative GDM research. He has published extensively in high impact journals.

In 1998 he accepted a professorial appointment at the University of Wollongong and in 2000 was awarded an MD from the University of Sydney for his work on GDM.

Today Bob is the Director of Diabetes Services and the Clinical Trials Research Unit at Illawarra Health and University of Wollongong. He serves as an associate editor of the journal *Diabetes Care* with key responsibility for pregnancy-related submissions.

In 2019, Bob Moses was awarded Honorary Life Membership of ADIPS. His nomination received enthusiastic and unanimous endorsement from the board, and widespread support from the ADIPS community.

Bob has many interests, and many achievements. Just get him talking about history! However, what we as colleagues and friends value so highly are his unfailingly generous advice, encouragement and support. His wisdom is undoubted, his advice insightful, and his friendship most highly valued.

Thank-you Bob for your contribution to all your friends in ADIPS, and for your invaluable contribution over many years as a Council member. We recognise you as a giant in the field of diabetes in pregnancy!



Professor Robert Moses OAM receiving Honorary Life Membership presented by Sarah Price

# ADIPS ASM Grant and Award Winners 2019

Please join with us to congratulate the following members who received grants and awards at the ADIPS Annual Scientific Meeting in Sydney, 23-25 August 2019:



Martha Lappas Graz Clock Award presented by Sarah Price

## The ADIPS Graz Clock Award 2019

For the best overall oral presentation given by an ADIPS Member

**Martha Lappas**

**Abstract titled:** 'Role of adipose tissue derived mediators in regulating placental function in gestational diabetes'.



Tang Wong Emerging Investigator Award presented by Sarah Price

## The ADIPS Emerging Investigator Award 2019

For the best oral presentation given by an emerging investigator

**Tang Wong**

**Abstract titled:** 'Novel' Web-based Risk Calculators and Nomograms for Predicting Adverse Pregnancy Outcomes in GDM Women'.



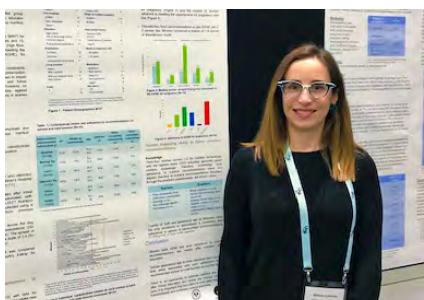
Hannah Christie Outstanding Poster Award 2019 presented by Sarah Price

## ADIPS Outstanding Poster Award 2019

For the best overall poster presentation

**Hannah Christie**

**Abstract titled:** "Postprandial Walking as a Potential Non-Pharmacological Treatment for Women with Gestational Diabetes Mellitus (GDM): A Pilot Study"



Melissa Colombo with her poster

## ADIPS Allied Health Presentation Award 2019

For the best presentation by an allied health professional

**Melissa Colombo**

**Abstract titled:** "Pilot study of dietary intake, knowledge, attitudes and beliefs of women with gestational diabetes following initial group nutrition education"

# ADIPS ASM Grant and Award Winners 2019



## ADIPS Educational Travel Grants 2019

ADIPS were pleased to support educational travel grants for early career members to attend the Annual Scientific Meeting in Sydney to present their work. The 2019 grants were awarded to:

**Alison Green, Amanda Poprzeczny, Ching Shan (Angela) Wan, Robyn Lawrence, and Christopher Rowe.**

---

## ADIPS-Novo Nordisk Research Grants Winners 2018

There were three ADIPS-Novo Nordisk Research Grants on offer in 2019 for Clinical, Scientific and Education research projects to commence in 2020. Applications for these grants are only open to ADIPS members. These grants are an encouragement award in the field of diabetes in pregnancy and are generously co-funded by ADIPS and Novo Nordisk Pharmaceuticals. Here are the winners for 2019.

### Scientific Research Grant

**Dr Olivia Holland** - Griffith University (Gold Coast Campus)

**Project Title:** "Placental function in gestational diabetes".

### Clinical Research Grant

**Dr Alexis Shub** - University of Melbourne

**Project Title:** "The long term outcomes of children of pregnancies complicated by diabetes".

### Education Research Grant

**A/Prof Shelley Wilkinson** - Mater Mother's Hospital

**Project Title:** "Development, implementation and evaluation of mHealth strategies to enhance and evidence-based model of care in GDM in a Brisbane tertiary hospital".

---

The ADIPS Limited Board and Members gratefully acknowledge Novo Nordisk Pharmaceuticals for co-supporting these valuable research grants.

