

Adrenal Insufficiency Committee meeting 7

Date: 15 March 2023

Location: Virtual meeting

Minutes: Final

Committee members present:	
Benjamin Ellis (BE) (Chair)	Present for items 1 - 7
Helen Simpson (HS) (Topic Advisor)	Present for items 1 - 7
Anh Tran (AT)	Present for items 1 - 7
Chloe Mezzetti (CM)	Present for items 1 - 7
Kate Owen (KO)	Present for items 1 - 7
Kaz Williams (KW)	Present for items 1 - 7
Lisa Shepherd (LS)	Present for items 1 - 7
Nabil Boulos (NB)	Present for items 1 - 7
Ranna El Khairi (RK)	Present for items 1 - 7
Sally Tollerfield (ST)	Present for items 1 - 7
Simon Pearce (SP)	Present for items 1 - 7

In attendance:		
Alexandra Bonnon (AB)	Health economist	Present for items 1 - 7
Catrina Charlton (CC)	Guideline Commissioning Manager	Present for items 5 - 7
Rebecca Boucher	Senior Editor	Present for items 1 - 7
Saoussen Ftouh (SF)	Senior Research Fellow	Present for items 1 - 7
Sharon Swain (SS)	Guideline Lead	Present for items 1 - 7
Stephen Deed (SD)	Information Specialist	Present for items 1 - 7
Tamara Diaz (TD)	Project Manager	Present for items 1 - 7

Apologies:	
Colin Omorodion (CO)	
Sally Caruthers (SC)	
Philip Newland-Jones (PNJ)	
Kate Davies	

1. Welcome and objectives for the meeting

The Chair welcomed the Committee members and attendees to the seventh meeting on the Adrenal Insufficiency guideline. All apologies are noted above.

The Chair outlined the objectives of the meeting, which included presentation of the results of the evidence reviews on:

- non-pharmacological strategies to prevent adrenal crisis during periods of intercurrent illness and periods of physiological stress
- non-pharmacological strategies to prevent adrenal crisis during periods of psychological stress

The review protocols for the following questions were also discussed:

- ongoing care and monitoring for people with adrenal insufficiency
- ongoing care and monitoring for people with adrenal insufficiency who are receiving end of life care

2. Confirmation of matter under discussion, and declarations of interest

New declarations made by committee members on meeting day are listed below.

Name	Declaration	Classification	Action
Sally Tollerfield	Speaker at National Paediatric Endocrine Nurse Meeting, Subject: adrenal suppression. Funded by Merck Serono	Direct Financial	Non-specific. Declare and participate
	Invited with advisory board members to be co-author of a paper following previous work on advisory board for new growth hormone device	Direct Non-Financial	Non-specific. Declare and participate
Helen Simpson	Delivered talk to the European Congress of Endocrinology. Invitation received from the European society for Endocrinology and included travel and accommodation. Topic: transition of an adolescent with pituitary disease.	Direct Financial	Non-specific. Declare and Participate

The Chair and a senior member of the Developer's team noted that the declared interests noted above, and the interests noted on the circulated register did not prevent attendees from participating in the day's meeting.

3. Confirmation of minutes
Minutes of guideline committee meeting 7 were confirmed as accurate.
4. Evidence review: What is the clinical and cost-effectiveness of non-pharmacological strategies to prevent adrenal crisis during periods of incurrent illness and periods of physiological stress?
The clinical and economic evidence for the above question was presented for the group's consideration. Recommendations were drafted for this topic, after the committee's discussion of the evidence.
5. Draft protocols:
The committee discussed the following draft items: <ul style="list-style-type: none"> • 5.1 What ongoing care and monitoring should be offered to people with adrenal insufficiency? • 5.2 What ongoing care and monitoring should be offered to people with adrenal insufficiency who are receiving end of life care?
6. Evidence review: What is the clinical and cost effectiveness of non-pharmacological strategies to prevent adrenal crisis during periods of psychological stress?
The clinical and economic evidence for the above question was presented for the group's consideration. Recommendations were drafted for this topic, after the committee's discussion of the evidence.
7. Any other business
None.

Date of next meeting: GC8 16th March 2023

Location of next meeting: Virtual meeting