

## Adrenal Insufficiency Committee meeting 9

**Date:** 10 May 2023

**Location:** Virtual meeting

**Minutes:** Final

<b>Committee members present:</b>		
Benjamin Ellis (BE) (Chair)		Present for items 1 - 7
Helen Simpson (HS) (Topic Advisor)		Present for items 1 - 7
Aled Rees (AR)		Present for items 1 - 7
Anh Tran (AT)		Present for items 1 - 7
Callum Brown (CB)		Present for items 1 - 7
Chloe Mezzetti (CM)		Present for items 1 - 7
Emma Beecroft (EB)		Present for items 1 - 7
Geraint Morris		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
Colin Omorodion (CO)		Present for items 1 - 7
Sally Caruthers (SC)		Present for items 1 - 7
Philip Newland-Jones (PNJ)		Present for items 1 - 7

<b>In attendance:</b>		
Alexandra Bonnon (AB)	Health economist	Present for items 1 - 7
Catrina Charlton (CC)	Guideline Commissioning Manager	Present for items 5 - 6
Madeline Zucker	Technical Analyst	Present for items 1 - 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

<b>Apologies:</b>	
Kate Davies (KD)	

## 1. Welcome and objectives for the meeting

The Chair welcomed the Committee members and attendees to the ninth meeting on the Adrenal Insufficiency guideline. Apologies are noted above.

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

- Pharmacological treatments for the emergency management of adrenal crisis
- Pharmacological treatments for managing periods of physiological stress in people with adrenal insufficiency.

Review protocols were also discussed for the following clinical questions:

- 5.1 Monitoring
- 2.1 When should adrenal insufficiency be suspected?
- 2.2 referral for investigation and management of adrenal insufficiency related to HPA-axis
- 2.4 referral to specialists for further investigation
- 3.1 best way to manage corticosteroid withdrawal

## 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
Lisa Shepherd	Facilitator, presenter and chair at Society for Endocrinology Endocrine Nurse Update. 25/26 <sup>th</sup> April 2023. Participated in a nurse committee. Paid accommodation provided.	Direct Financial	Non-Specific Declare and participate
Lisa Shepherd	Chair and session facilitator at Ipsen Pharma Acromegaly/ neuroendocrine tumour/prostate and renal cell cancer nurse meeting. 16/17 <sup>th</sup> May 2023, Paid to attend meeting on Endocrinology.	Direct Financial	Non-Specific Declare and participate
Helen Simpson	European Congress for Endocrinology. Title: Transition of the adolescent pituitary patient. Paid travel, registration, and accommodation.	Direct Non-Financial	Non-Specific Declare and participate
Helen Simpson	Society of Endocrinology-clinical update. Workshop facilitator: managing an unwell patient. Paid	Direct Non-Financial	Non-Specific Declare and participate

	travel, accommodation, and registration.		
Helen Simpson	November: Society for Endocrinology Title: an update on 'a year in endocrinology'. Paid travel, registration, and accommodation.	Direct Non-Financial	Non-Specific. Declare and participate
Helen Simpson	July: Royal College of Physicians on Call the Medical Registrar, How to manage endocrine emergencies (highlighting information that's currently available.) Virtual course- no payments	Direct Non-Financial	Non-Specific Declare and participate.
Aled Rees	Contributed to the Royal College of Surgeons Faculty of Dental Surgery (and British Association of Oral Surgeons') dental guideline: Management of adult dental patients with known or at risk of adrenal insufficiency. January 2022 to present (ongoing).	Direct Non-Financial	Specific To withdraw from discussions related to emergency dental care.
Emma Beecroft	Contributed to the Royal College of Surgeons Faculty of Dental Surgery (and British Association of Oral Surgeons') guideline: Management of adult dental patients with know or at risk of adrenal insufficiency. January 2022 to present (ongoing)	Direct Non-Financial	Specific To withdraw from discussions related to emergency dental care.
Simon Pearce	Contributed to Royal College of Surgeons Faculty of Dental Surgery (and British Association of Oral Surgeons') guideline: Management of adult dental patients with known or at risk of adrenal insufficiency.	Direct Non-Financial	Specific. To withdraw from discussions related to emergency dental care.
Sally Tollerfield	British Society for Paediatric Endocrinology and Diabetes guideline contributor. On subcommittee for the emergency card. 31 March 2022.	Direct Non-Financial Professional and Personal Interest.	Specific. To withdraw from discussions related to emergency care for paediatrics.
Ranna El Khairi	Worked on the British Society for Paediatric Endocrinology and Diabetes clinical committee that reviewed and approved the Paediatric Adrenal Insufficiency guideline on managing adrenal insufficiency in children.	Direct Non-Financial	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 prevented attendees from participating in the day's meeting as follows:

HS, AR, SP and EB to withdraw from discussions related to emergency care (dental care)

ST, HS, SP and NB to withdraw from discussions related to emergency management and physiological stress (NB and ST paediatric care) (HS and SP adult care).

### **3. Confirmation of minutes**

Minutes of guideline committee meetings 7 and 8 were confirmed as accurate, pending edits to the attendees list: technical team to remove Emma Beecroft and Geraint Morris from the list of attendees. To add Sally Carruthers to list of formal apologies for both days.

### **4. Evidence review: What is the clinical and cost effectiveness of pharmacological treatments for the emergency management of adrenal crisis?**

The clinical and economic evidence for the above question was summarised and recommendations reviewed by the group.

### **5. Evidence review: What is the clinical and cost effectiveness of pharmacological treatments for managing periods of physiological stress in people with adrenal Insufficiency?**

The clinical and economic evidence for the above question was summarised and recommendations reviewed by the group.

### **6. Draft Protocols:**

SF led discussions on the following protocols, for the group's agreement:

- 5.1 Monitoring
- 2.1 When should adrenal insufficiency be suspected?
- 2.2 referral for investigation and management of adrenal insufficiency related to HPA-axis
- 2.4 referral to specialists for further investigation

MZ led discussion on the following protocol for the group's agreement:

- 3.1 best way to manage corticosteroid withdrawal

### **7. Any other business**

None.

**Date of next meeting:** GC10 28 June 2023

**Location of next meeting:** Virtual meeting