

# Society for Endocrinology **YEAR IN REVIEW 2019**





# Advancing the field of ENDOCRINOLOGY

The Society for Endocrinology is the UK home of endocrinology. **We bring together the global endocrine community to share ideas and advance our discipline.** As a membership organisation, we support scientists, clinicians and nurses who work with hormones throughout their careers. We also engage policy-makers, journalists, patients and the public with hormone science to encourage informed health decisions, and to demonstrate the value of endocrinology to the wider world.



## From our PRESIDENT

The Society must work extra hard to ensure it is relevant to all professionals working within endocrinology – not just scientists, clinicians and nurses, but those in industry, patient support groups and other roles that support our discipline.

It is vital to recognise and thank all members for your continued support of the Society. Many of you undertake voluntary work for the benefit of members at large, via our committees, marking panels and other groups. The Society would simply not exist without your expertise, ideas, enthusiasm and commitment.

This review looks back over the Society's achievements during 2019 at which point no-one could have predicted the upheaval of the global pandemic that we are currently living through. What we can say with certainty though is that the fantastic work of our members and executive office team in 2019 and the years before, has made the Society resilient, adaptable and poised to go from strength to strength in the wake of such a challenge.

**Rajesh Thakker**, President



### MEMBERSHIP STATS:

**2740**

members in total

**476**

new members in 2019

**84.25%**

retention rate

2019 was a year of great achievement as the work of our two strategic working groups focusing on the next generation came to fruition. Through this work we have been able to launch our Leadership and Development Awards which identifies and supports emerging leaders in endocrinology. Much of our work looking at how to attract and retain scientist members is also now culminating in new programmes and awards ensuring the Society is meeting the changing needs of researchers. Also this year we were delighted to be able to introduce funding to support endocrine nurses to undertake masters-level training.

### OUR 3 MAJOR GOALS:

Further our fundamental understanding of endocrinology



Use the latest thinking in endocrinology to improve patient care

Engage non-specialists with the impact and potential of endocrinology



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## In 2019 THE SOCIETY ACHIEVED

### Recruiting the NEXT GENERATION

**x12**

Funded 12 Summer Studentships to encourage students to do laboratory research

Held the **third National Endocrinology and Diabetes Taster Day** jointly with YDEF to encourage trainees to choose endocrinology

### Setting the HIGHEST STANDARDS

Published joint **Position Statements** on **safe treatment of hyperprolactinaemia** and **against recent treatment recommendations for subclinical hypothyroidism**

**4,381** **4,774** **3,744**

Received **strong impact factors** for Society journals to provide a high-impact home for the **best scientific and clinical research in endocrinology**

Recommended a **minimum 2 years' protected specialty time** for Endocrinology & Diabetes trainees to better equip future endocrinologists

### Supporting CAREER DEVELOPMENT AT ALL STAGES

Launched our **Leadership and Development Awards Programme** to recognise emerging talent and provide further opportunities for career progression for 12 outstanding members

**x12**

**x5**

Supported **5 Nurse Members** to undertake a Masters-level module in Endocrine Nursing

Refocused the SFE BES conference programme around our **Endocrine Network communities**, with **new innovation and skills sessions**, to support our members' career development



Keep growing  
WITH US

### Enabling people to make BETTER DECISIONS ABOUT THEIR HEALTH

Continued to promote **accurate science** in the media, by tackling misinformed stories in *The Times* and *The Guardian* and provided **expert advice** to routine journalist queries

Introduced **11 new content editors** to work with the **You and Your Hormones** editorial board to ensure dissemination of accurate information on a broader range of hormone-related subjects

### Collaborating within THE ENDOCRINOLOGY COMMUNITY

Established a new Endocrine Network: **Endocrine Consequences of Living with and Beyond Cancer**

Introduced a new online platform, **SFE Connect**, to facilitate **member communications** and **enhance idea sharing**

[www.endocrinology.org](http://www.endocrinology.org)



# Recruiting the next generation & supporting **CAREER DEVELOPMENT AT ALL STAGES**

Our Society holds events and provides grants, prizes and awards to **support the training and professional development of our members** at all career stages, as well as celebrating excellence and sharing best practice. We also provide opportunities for younger people that help engage them with hormones and aim to inspire them to follow endocrinology as their career.

Our Science Committee supports Society initiatives to attract and retain scientists in endocrinology and help facilitate members to further their careers.

In **2019** we:

-  Awarded 18 Early Career Grants for research covering diabetes, Cushing's syndrome, thyroid function, obesity and osteoporosis
-  Awarded 5 Public Engagement Grants to support the organisation and delivery of outreach activities
-  Rewarded 20 outstanding endocrine students with our Undergraduate Achievement Awards
-  Provided Practical Skills Grants to 4 members to allow them to visit other institutions to gain new research skills

£396k

In 2019, we supported cutting-edge research and training by awarding £394k in grants, including:

**£176k** in Early Career Grants for research  
**£128k** to support conference attendance  
**£26k** to help students gain practical experience.



The Leadership and Development Awards Programme will identify our outstanding early career talent and provide them with a wide range of opportunities that will prepare them to be our leaders of tomorrow.”  
Graham Williams, President 2016-2019.

A highlight for us in 2019 was the launch of our **Leadership and Development Awards Programme** to recognise emerging talent and provide opportunities for career progression for 12 outstanding members



The studentship helped me understand what a career in research entails and what it is like to work on a research project in a laboratory. I also improved my laboratory skills and gained experience in techniques that I would not otherwise have the opportunity to use during my undergraduate degree.”

Eleanor Brain undertook a Summer Studentship at the University of Edinburgh in 2018.



Winning the Early Career Prize Lecture allowed me to promote my work to the Society's clinical community and gave me access to a much wider network of endocrinologists. It also helped boost my CV, which I am sure contributed to securing the prestigious Academy of Medical Sciences Springboard Fellowship”

Ines Cebola, PhD, Imperial College London & Early Career Prize Lecturer 2019.



## INSPIRING THE NEXT GENERATION OF ENDOCRINOLOGISTS

In 2019, our Society **funded 12 Summer Studentships** to provide hands-on experience in a research environment. We also held the third **National Endocrinology and Diabetes Taster Day** with Young Diabetologists and Endocrinologists' Forum to encourage trainees to choose endocrinology.

The **SfE BES schools outreach event** was organised to inspire local school children to follow endocrinology as a career. It attracted 70 key stage 4 students from five schools and included an introduction to endocrinology, careers 'speed dating', hands-on activities and a Q&A session.





# Enabling people to make INFORMED DECISIONS ABOUT THEIR HEALTH

## Engaging with the media to promote accurate science

We put journalists in contact with our expert Media Ambassadors to **ensure important scientific research can be shared accurately and responsibly**, informing the wider public about the importance of endocrinology to their health.

Society Media Ambassadors continued to help promote accurate reporting of science in the media in 2019 by tackling misinformed stories in two high-profile publications. Concerns were raised amongst our experts about potentially misleading articles in *The Times* and *the Guardian* and, as a result of their intervention, both were retracted or edited.

Media Ambassadors were also quoted in stories in high-profile publications such as *The Telegraph*, *Daily Mail* and *Newsweek*.

“The impressive thing about (most) journalists is their ability to take in and process entirely novel information and then express it to the lay public in a clear and understandable manner. As doctors, we have a lot to learn from them in this. Conversely, they can really benefit from our assistance and guidance in navigating sources of information that are sometimes treacherous.”

Richard Quinton,  
Media Ambassador

In 2019, we answered **138** media enquiries from journalists looking for expert opinion.



In 2019 we issued **12 press releases**, which generated over

**1,360**

press articles in the worldwide media.

Six press releases were issued on research presented at SfE BES 2019, which collectively generated **over 530 articles** across national and international media, a

**200%**

increase on 2018.

*Journal of Endocrinology*, “Prenatal caffeine exposure induces liver developmental dysfunction in offspring rats” was **the most successful press release in 2019** and was covered by **567 outlets**, including popular publications such as *Daily Mail*, *Mirror* and *Newsweek*, with a potential reach of over

**218 million people**

## COLLABORATING WITH SCIENTISTS TO PROMOTE THE LATEST RESEARCH

Our press office works with scientists to produce press releases for articles published in Society journals or presented at Society events.



## DISSEMINATING INFORMATION ON HORMONES TO THE PUBLIC

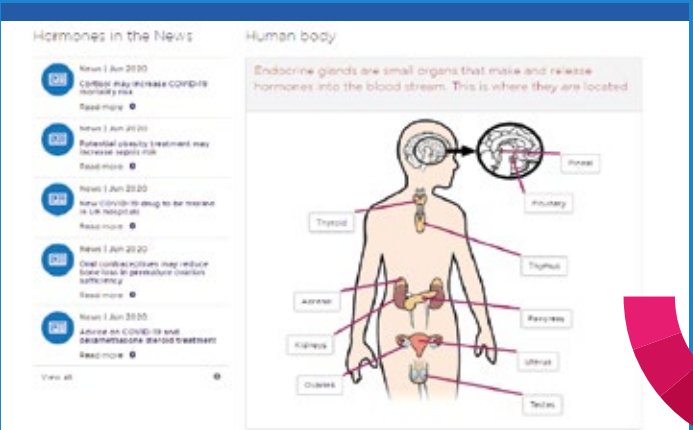
Our public-facing website, **You and Your Hormones**, is a source of accurate information about hormones for students, teachers and the public, and aims to **help people make better informed health decisions**.

In 2019 we recruited 11 new Content Editors to ensure our articles remain up to date and accurate.

In 2020, the Society and Editorial Board will be working to produce multimedia content, including a ‘what is endocrinology?’ animated video and a series of podcasts to engage the public with endocrinology and its impact.

“We are committed to building the Society’s reputation as a trusted and go-to place for accurate information on hormones.”

Channa Jayasena,  
Chair of Public Engagement Committee





# Setting the HIGHEST STANDARDS

Society members work together to **advance clinical practice in endocrinology**, by developing guidance on the diagnosis and management of hormone-related conditions; and contributing to UK-wide research projects among other activities. Our work sets the **highest standards in endocrine care**.

Our Clinical Committee help to develop and support clinical practice, research, education, training and career advancement, to ultimately improve patient care.



# Top 2019 ACHIEVEMENTS

1

Published joint Position Statements on safe treatment of hyperprolactinaemia and against recent treatment recommendations for subclinical hypothyroidism

2

Recommended 2 years' minimum protected specialty training time for Endocrinology and Diabetes, which has been acknowledged by the GMC

3

Established a new working group looking at genetics in endocrinology that aims to develop a series of short guidance documents, to ensure easy access to information and education

## RECOGNISING EXCELLENCE

Society Medal winners are world leaders in endocrinology, whose work continues to advance our knowledge and clinical practice. Each of our 2019 medallists presented their plenary lectures at the **Society for Endocrinology BES conference** 2019 on 11-13 November in Brighton.



## SHARING BEST PRACTICE

Our **Interdepartmental Peer Review scheme** aims to improve services for endocrine patients and support clinical endocrinologists, by providing an external assessment of clinical governance and service delivery. The visit facilitates an exchange of ideas and experiences, and allows areas of concern to be voiced. It aims to share best practice to improve service delivery.

## FEEDBACK FROM CONSULTANTS

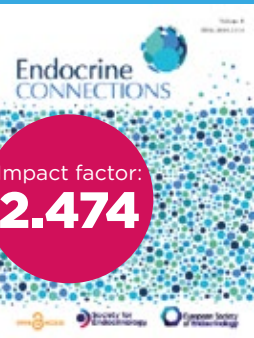
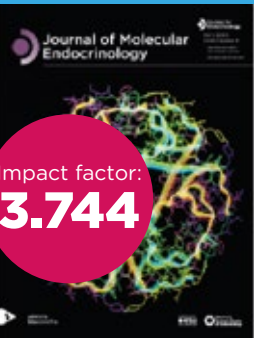
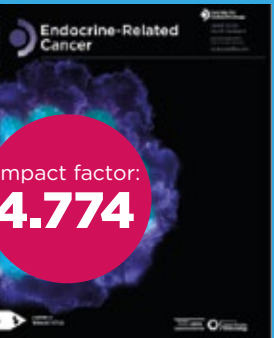
“An excellent opportunity to reflect within the team and related departments on the quality of endocrine service provision. This facilitates discussion about gaps and potential improvements. A welcome opportunity to benchmark our endocrine services with centres of similar size.”

“Highlighted strengths and weaknesses. Good to focus team to think more about our endocrine service. Will hopefully help support business case and arguments for appointment of endocrine specialist nurse. Highlighted areas to audit.”

# Enabling KNOWLEDGE EXCHANGE

Our Society **publishes cutting-edge research and best practice** in five official journals and conference abstracts. Members enjoy free, online access to our subscription journals, reduced rates on print subscriptions and discounts on open-access publication fees.

In 2019, Society journals received strong impact factors and continued to provide an important home for the best scientific and clinical research in endocrinology.



## SFE BES 2019

The **Society's annual Sfe BES conference** took place in Brighton on 11-13 November and attracted 1,155 attendees, over 3 days, for the very best clinical and scientific endocrine research. The programme for 2019 was refocussed around our **Endocrine Network communities**, with new innovation and skills sessions, to help support our members' career development.



## SFE BES 2019 IN NUMBERS:

**533**

abstracts submitted

**437**

posters presented

**36**

oral communications

**1,155**

attendees

**530+**

press articles on research presented at SFE BES 2019

**182,000**

estimated people reached on Twitter with #SFEBS2019

Our exhibition area was revamped to better integrate our industry partners into the event and promote networking. The new SFE Theatre served as an energising platform for presentations from industry, 23 oral posters, Society initiatives and even a book launch.



“First time and this has opened my eyes to endocrinology.”

“My first time at Sfe BES. Found it really so enriching. Gives you so much knowledge, innovations, the new face of endocrinology.”



# Collaborating within and beyond THE ENDOCRINOLOGY COMMUNITY



Our Society is committed to **enabling endocrinology's potential to advance health**. The creation and sharing of knowledge improves diagnosis and treatment of endocrine conditions and leads to better patient care.

## CONNECTING THE ENDOCRINE COMMUNITY

Our work with **patient support groups** brings patients together with the rest of the endocrine community to share experiences and expertise. In 2019, the Society provided funds to 7 different endocrine patient groups to attend Society events, where they had the opportunity to network with endocrinologists and share good practice standards for endocrine care and service provision.



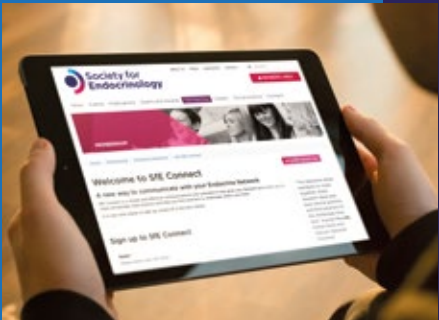
“The link between the Patient Support Groups and the Society for Endocrinology enables a flow of information in both directions, enabling collaborative and co-ordinated approaches to the provision of both care and information.”

Susan Passmore, CEO, Prader-Willi Syndrome Support Group

The **Endocrine Networks** are a platform for collaboration and enable members to share knowledge and best practice to find solutions to challenges within their specialist field.

In 2019, we established a new Network: **Endocrine Consequences of Living With and Beyond Cancer**.

A new online platform, **SfE Connect**, was introduced to facilitate member communications and enhance idea sharing.



“The Networks allow members to come together, share research ideas and best clinical practice, and find solutions to the challenges they face.”

Duncan Bassett, former Bone and Calcium Network Convenor



## SHARING THE IMPORTANCE OF ENDOCRINOLOGY WITH THE WIDER COMMUNITY

Our Public Engagement Committee's work encourages members to engage with the wider community and non-specialists, through training, funding and practical opportunities, to **engage the public with endocrinology and its impact**.

In 2019, we engaged with the public at events including the **Big Bang Fair** in Birmingham and **Swansea Science Festival**. In addition to a science cafe event in Brighton during SfE BES.

## A big THANK YOU

We thank **all of the Society's members** who work tirelessly year on year to deliver and develop our activities. Without their expertise, time and great enthusiasm, we could not achieve our aims.

Partner:



Thank you to all our Corporate supporters in 2019.

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