



You are cordially invited to attend the
FITTER International Congress
as a virtual delegate, October 23rd - 25th 2015



**We count on you to help shape the future of injection technique,
infusion therapy and safety in Diabetes Care**



Following the success of previous injection technique forums since 1997, the **FITTER** Scientific Board is pleased to announce the organization of our fifth international Congress **FITTER** - Forum for Injection Technique & Therapy Expert Recommendations - in Rome, Italy in October 2015.

The aim is to bring together the world's most pre-eminent experts and research findings to achieve consensus on the creation of a new set of recommendations and guidelines in the areas of Injection technique, Safety and Infusion therapy

in Diabetes Care based on clinical evidence and results of surveys of patients and healthcare professionals from around the world.

Attend as a virtual delegate

We expect about 150 key opinion leaders from all over the world to be present at the congress, as well as thousands of virtual registrants who will be able to follow the sessions by live-stream or watch the recorded highlights from their workplace or home.



This congress offers you an ideal opportunity to pursue continuing education, learn about recent advances, future developments and potential research avenues, exchange scientific ideas and experiences in our field.

Why **FITTER**?

FITTER will seek to promote evidence based clinical best practice, safety and self care of diabetes injectable and infused therapies which will lead to improved health outcomes, well-being, lower healthcare costs and reduced burden on care providers and society.

The congress aims to mark a major milestone in the history of diabetes care, bringing about a paradigm shift where Injection and Infusion Technique is regarded as important as insulin, diet and physical activity.

FITTER will provide all clinicians who care for people with diabetes using injectable therapies with the most up-to-date clinical evidence, analysis of the results of the largest

injection technique study in the world and final draft of the new international injection technique recommendations, delivered to the highest academic and scientific standards.

By learning from best practice globally you may be better placed to help your patients:

- Achieve their HbA1c targets
- Reduce the incidence of lipohypertrophy
- Reduce their excess insulin use
- Help avoid complications
- Help to improve their outcomes

Register at www.FITTER4diabetes.com



By registering for **FITTER**, you will be given access to your own delegate home page which will allow you to:

Attend all Live Sessions

Take part in real time and interact with the other delegates and the SAB. During live streaming you will be able to

- vote
- send comments
- and take part in questionnaires

Watch recorded live sessions

With multiple sessions taking place simultaneously, you will be able to review all sessions that take place.

Watch edited highlights

Each day edited highlights of all the sessions will be available on your delegate home page.

Dr Ken Strauss, Chairman of **FITTER
Scientific Advisory Board (SAB)**



Preliminary Agenda Topics

The final programme and exact timing (CET) will be available on the FITTER website at www.FITTER4diabetes.com in the summer months.

Anatomy

- Worldwide skin and subcutaneous studies, Q&A
- IM injections: Frequency and Consequences
- Absorption: Older insulins vs Analogues
- Needle length: Adults and Obese, Children & Teens

Pathology

- Lipohypertrophy : Frequency & Diagnosis, consequences & cost, interventions for prevention and management
- Current Practice : WW ITQ Survey

Psychology

- Challenges for CHILDREN
- Challenges for TEENS
- Challenges for ADULTS with DM2
- COMFORT / PAIN: tilting the balance

Technology

- Needle innovations: Needle Tip Geometry, Extra Thin Wall Needles, Gauge, Length & Safety Pen Needles
- Patch pumps and Smart Pens

Infusion

- Infusion Survey
- Cannula Length and IM Risks
- Non-metabolic Complications, including Lipohypertrophy
- Silent Occlusion
- New Technologies

Education And Training

- FIT around the World
- Local Guidelines and Initiatives
- Perspective from IDF, EASD, ADA



Break-out Sessions



Topics

- Injection technique in adults
- Injection technique in paediatrics
- Infusion technique
- Complications, with focus on Lipohypertrophies
- Psychological issues around Insulin Delivery
- Safety Issues: Needlestick injuries and sharps disposal



New Recommendations

- Anatomy
- Physiology
- Pathology
- Psychology
- Technology
- Infusion





Q What will this congress attempt to accomplish?

- A** Updating of current best practice in injection technique by those working in the field, including the results of a world-wide injection questionnaire survey with over 13 000 respondents from 41 countries.
- Open discussion on current practice issues and potential recommendations
 - Identifying research gaps and brainstorming on future research needs in this field

Q Where & when will it take place ?

- A** Hotel Crown Plaza, Rome, Italy from Friday October 23rd, to Sunday October 25th.

Q Language used :

- A** All plenary sessions and workshops will be in English.

Q How will the conference be organised ?

- A** Plenary sessions will be held in the mornings (CET), aimed at updating the group on the current best practice in the field of injection in diabetes.
- Workshops on specific topics will take place in the afternoons (CET).
- There will also be the opportunity to dialogue informally with experts in the area of injection.

Q Who will be physically present at the congress?

- A** Attendance is very selective, limited to 150 professionals (doctors, nurses and educators) from across the world, acknowledged to be actively interested in the field of injection technique, safety and infusion and in a position to influence best practice in their region.

Q Is the purpose of the meeting purely scientific ?

- A** Yes, no product promotion or other commercial aims are part of the objectives. As in the previous meetings, the promotion of BEST PRACTICE and achieving better PATIENT OUTCOMES are the primary and ultimate goals.

Q What is the publication strategy?

- A** Our strategy is to publish practical, evidence-based recommendations for insulin injection and insulin infusion, in a major peer-reviewed medical journal.

Q Who is funding this event ?

- A** BD is sponsoring the congress.

Q How do I register ?

- A** Through the dedicated **FITTER** website (www.FITTER4Diabetes.com) which will be live in June 2015.

Q Who are my contacts ?

- A** Your local BD representative is your first contact. You may also contact the **FITTER** organizers at the following email address:

Marie-Christine Navailles at
marie-christine_navailles@europe.bd.com

Robina Munos at
robina_munos@europe.bd.com

How to register as a virtual delegate for **FITTER**



1

Simply log onto
www.FITTER4diabetes.com

2

Enter your details to create your
profile

3

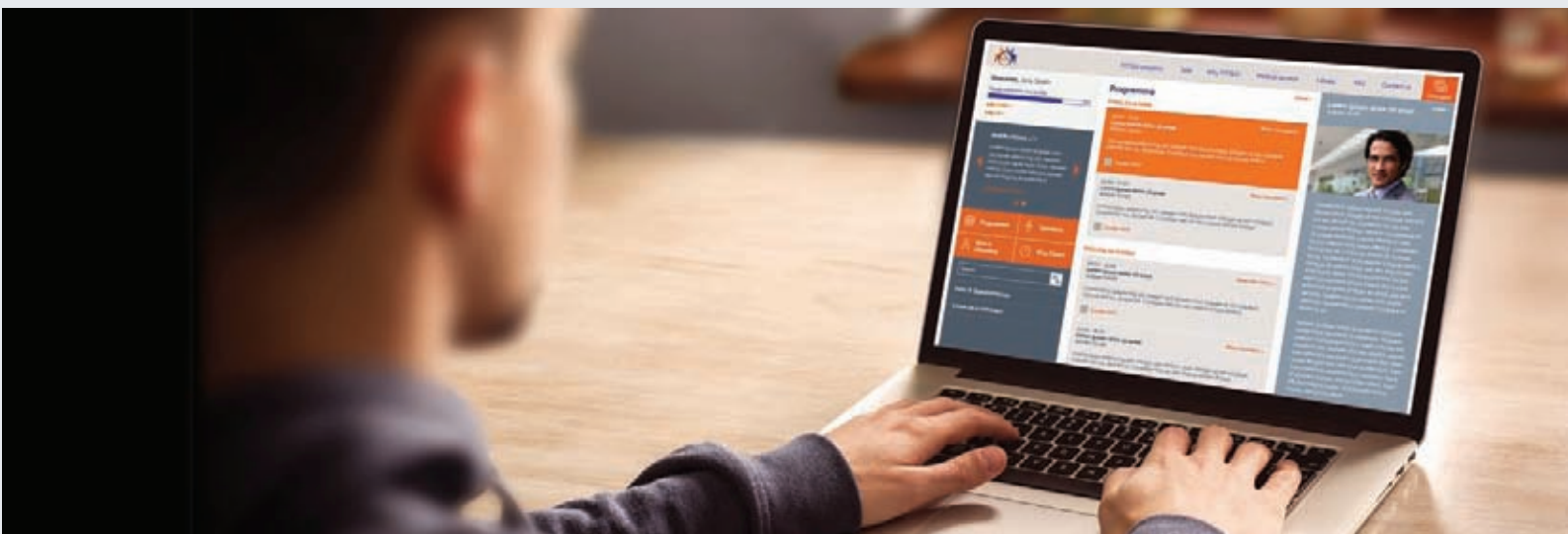
You will receive log in
information for your personal
delegate page

4

Consult information & create
alerts on programme

5

Connect to attend and
participate



Who is on the Scientific Advisory Board (SAB)?



Dr. Bruce Bode

MD diabetes specialist at Atlanta Diabetes Associates in Georgia (USA) and is also professor of medicine at Emory University. Interested in real-time continuous glucose sensors and is a recognized world expert in pump therapy and its complications.



Dr. Anders Frid

Senior consultant at the Clinic of Endocrinology, University Hospital SUS, Malmö, Sweden. A true pioneer in injection technique with a Ph.D thesis in Insulin Injection and Absorption. Author of over 50 published papers and investigator in over 20 clinical trials.



Dr. Giorgio Grassi

Senior Physician, Division of Endocrinology at the Ospedaliero-Universitaria San Giovanni Battista di Torino, Italy. Coordinator of the Italian Study Group Technologies for the Treatment of Diabetes and Member of the Italian Study Group on Injection therapy in Diabetes.



Professor Serge Halimi

Department Head of Endocrinology Diabetology Nutrition, University Hospital Grenoble, France. Former President of SFD and French Guidelines for the Treatment of Type 2 Diabetes. Former Editor of Diabetes Metabolism (1999 – 2005), La Presse Médicale (2002- 2009).



Debbie Hicks

Nurse Consultant – Diabetes. Barnet, Enfield and Haringey Mental Health Trust. Chair of Diabetes Nursing Strategy Group and former Chair National Nurse Consultant Group 2012 – 2014. Editor-in-Chief Journal of Diabetes Nursing. Founder, Co-Chair of TREND UK, Chair of FIT (Forum for Injection Technique) UK and President of FIT International.



Dr. Irl Hirsch

Professor of Medicine, University of Washington (USA) and a research focus on real-time continuous glucose sensors. Interested in the role of glucose variability in the development of diabetic complications. He is a world authority on many aspects of diabetes management and has recently become a strong advocate for optimizing insulin injection technique.



Dr. Larry Hirsch

Vice President, Global Medical Affairs, BD Medical, Diabetes Care. A leading medical researcher, publishing numerous research papers on all aspects of insulin injection technique, needle design and insulin absorption. A graduate of Harvard Medical School, he is board-certified in Internal Medicine and in Endocrinology and Metabolism and is a former President of ISMPP (International Society for Medical Publishing Professionals).



Dr. Sanjay Kalra

Consultant endocrinologist at Bharti Hospital, Karnal, Haryana, India. Worked as Principal Investigator in over 50 phase 1,2, and 3 clinical trials. Executive Editor of Indian Journal of Endocrinology and Metabolism and Vice President of the South Asian Federation of Endocrine Societies (SAFES). Lead author of FIT India guidelines.



Gillian Kreugel

Nurse Consultant - Diabetes, University Medical Center, Groningen, The Netherlands. International speaker at EADV, FEND, EASD and ADA and principal investigator in two RCTs on pen needle length as well as author of several papers on needle length.



Mike Smith

European Clinical Marketing Manager – BD Medical, Diabetes Care. Over 20 years' experience in diabetes care including as Diabetes Specialist Nurse and Diabetes Network Manager with Plymouth NHS. A key educator in evidence based expert clinical care of injection technique and injection safety, regularly training clinicians across Europe, Middle East and Africa.



Dr. Regine Wellhöner

Specialist in Internal Medicine with Diabetology, Endocrinology & Nephrology and former Diabetes Department Red Cross Hospital Kassel, Germany 2008 – 2014. Board Member of Hessische Fachvereinigung für Diabetes (HFD), member of EASD and Deutsche Diabetes Gesellschaft (DDG), with specific interest in lipohypertrophy and injection technique.

Additional members are expected to join the group.

Dr. Ken Strauss, Global Medical Director at BD-DC, facilitates the SAB.

FITTER is a scientific congress sponsored by BD

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