

Bio for Phillip Yeoh RN, BSc, MSc, Nurse Independent Prescriber UK, Now on PhD in Nursing/Health Studies programme at The Florence Nightingale School of Nursing, Midwifery and Palliative Care, King's College London UK

Dear Betsy Award team

Thank you for considering my nomination for the above prestigious award. I am very honoured to be considered for such achievement.

My interest in endocrinology started when I was working in Neurosurgery looking after patients post transsphenoidal hypophysectomy. These patients were under the care of endocrine surgeon Professor Michael Powell. I was just a staff nurse embarking on my nursing career working at The National Hospital for Neurosurgery and Neurology in Queen Square London UK. My 10 year experience in Queen Square planted the seeds of Endocrinology in me. It was also where I completed my BSc and MSc courses.

After my experience at Queen Square, I was offered a research charge nurse position at St Bartholomew's Hospital in London by Professor Michael Besser. I was also working with Professor JP Monson, Prof A Grossman and Prof SL Chew. It was an eye-opening experience working in research with the giants in endocrinology. I was very honoured to have learned from these endocrinologists the meaning of collaboration and teamwork. I was also charged with coordinating several studies for Prof Martha Korbonits.

In 2001, I was offered an opportunity by Professor Michael Besser to set up a new Endocrine and Diabetes service at The London Clinic, which is an independent hospital as well as a charity in central London. At that time, there were 5 consultants. This was initially staffed by one person but has now expanded to a total of 15 nurses providing endocrine and diabetes care for outpatients (internal and external referrals) and inpatient care. We provide continuous glucose monitoring services uses flash or continuous glucose monitoring technology and supports the care of people in diabetes as well as those with hypoglycaemia as a result of endocrine conditions. Our specialist nursing team are trained to perform all specialist endocrine tests, dynamic function tests, venous sampling procedures, patient educations and assist in clinical research.

In consultation with specialist centres such as Prof Kristian Lovas's team from Norway and Prof Peter Hindmarsh team from Great Ormond Street London and with the support of Prof Besser, Prof Monson and the UK Addison's Self Help Group, we began using our experience from insulin pump and initiated the continuous subcutaneous hydrocortisone infusion (CSHI) service. We now have a cohort of over 25 patients using this service and I am continuously auditing the data. The service currently supports people who has adrenal insufficiency as a result of Addison's disease, pituitary disease, bilateral adrenalectomy, Nelson Syndrome and following adrenocortical carcinoma treatment. This service has dramatically change and improved the quality of life for participating patients with adrenal insufficiency and has evolved into the largest cohort in UK

I was Addison's Disease Self Help Group nurse advisor, I became one of their Trustees in 2016. I stepped down last year having completed a 3 years term. I remain in an advisory role. I was awarded Alfred Potter Prize by Addison's Self Help in 2012. I also remain on the endocrine societies such as the European Society for Endocrinology and the British Endocrine Society. I was a past nurse committee members for both endocrine societies. Both of these roles involved planning education and conference programme.

In 2010, Society for Endocrinology started a working party to initiate the Competency Framework for Adult Endocrine Nursing. The first version was published in 2012, the second version was published in 2014. This Competency Framework was aimed to support the development and progression of adult endocrine nurses. I have now returned to the nurse committee at the Society for Endocrinology to support the development of endocrine nurses in UK but is also being used internationally.

I am the President elect of the Federation of International Nurses in Endocrinology (F.I.N.E). FINE was inaugurated at ENDO 2014 in Chicago and has been successful in planning and executing as nurse symposium at ICE 2016 in Beijing and ICE 2018 in Cape Town. The Advanced Practice in Endocrinology Nursing Textbook is another cornerstone for my involvement with the advancement of endocrine nursing. I was very honoured to be asked by my fellow nursing colleagues especially by Dr Sofia Llahana, Dr Chris Yedinak, Dr Cecilia Follin and Prof Ashley Grossman.

My current research projects include assessment of the absorption of hydrocortisone absorption in deltoid and thigh muscles using 2 hydrocortisone preparations in UK. Secondary assessments include pain perception, patient's task and performance time, ability to recall injection training, and quality of life. Other projects include the comparison of glucose, peak growth hormone & peak cortisol levels during insulin tolerance testing with 0.15 vs 0.10 U/Kg doses.

I am currently enrolled in the PhD program at King's College London. While enrolling into this course, I was offered an honorary position to teach endocrinology in endocrine and diabetes module for the MSc course. The aim is to engage more healthcare professionals in the field of endocrinology. My PhD thesis is examining the characteristics of survivorship of people with adrenocortical carcinoma for greater than 5 years.

In summary, I have been very lucky in my endocrinology career. I had and have great mentors, colleagues, collaborators, supervisors and friends who continue to guide and support me. More importantly they also offer me the opportunity to continue to advance. Endocrine nursing is a very niche and warm community and I firmly believe, together we are stronger. Bringing an endocrine nursing perspective is so important to complement the works of our medical colleagues, as well as enhancing the great works we have done.

Thank you for your time.

Phillip Yeoh

Consultant Nurse in Endocrinology The London Clinic UK