

# **Paul Dromgoole**

*RGN, RNMH, MSc Diabetes, PGCE*

**Clinical Lecturer in Diabetes &  
Diabetes Specialist Nurse (PT)**

# **Curriculum Vitae**



**January 2018**

# Career Map

**1981**  
Qualified as Registered  
Nurse for the Mentally  
Handicapped (RNMH)

**1985**  
Qualified as Registered  
General Nurse (RGN)

**1985 - 1996**  
Staff Nurse / Charge Nurse  
Posts in General Nursing

**1996 - 1998**  
Developmental Diabetes  
Specialist Nurse (DSN) Post  
(fixed term contract) Brighton.

**1998 - 99**  
Diabetes Specialist Nurse  
(DSN) the DSN Team Leader.  
Leicester.

**1999 - 2003**  
Senior Diabetes Specialist  
Nurse (DSN).  
York

**2003 - 2006**  
Lecturer Practitioner Diabetes.  
(50:50 split)  
York Hospital & University of  
York

**2007 - Present \***  
Freelance Clinical Lecturer in  
Diabetes.

Part-time Diabetes Specialist  
Nurse - NLAG NHS Trust

External Examiner (PT) for University of  
Ulster (from Sep 2008 - 2012)

\* With 4 month Diabetes Nurse Advisor  
post with NSHI April to July 2008

# Present job roles

## NHS

- Part time (2 days a week) as a secondary care base Diabetes Specialist Nurse, involved, in clinical and research activities.
- Running own diabetes clinics for those with complex insulin regimens or significant coping and engagement issues..
- Developing a 'new' Diabetes Specialist Nurse team and Inpatient Specialist Nurse new to post Jan 2018
- Driving a Primary / Secondary Care interfaced, integrated care service
- Use of wide range of glucose lowering therapies, including insulin pump therapy.
- Training NHS staff and providing insight into current diabetes management principles to medical students.

## Lecturing

- Works Nationally as a Clinical Lecturer in Diabetes and Health Behaviour Change.
- Undertakes clinical audit work, making treatment recommendations in general practice with a view to achievement of diabetes QoF targets and best management of the person with diabetes.
- Advises GP practices in an unbiased and evidenced based manner of appropriate clinical interventions for people with diabetes
- Provides non-promotional consultancy work for the pharmaceutical industry in terms of clinical update, gaining confidence in discussing broader diabetes issues with GP's, Practice Nurses and Secondary Care teams and communicating key clinical messages.
- Provides workshops / study events for the GP training organisations: GP Forum (now finished) and MediConf throughout the UK.

# Key strengths

- Advanced, up to date, evidence-based clinical diabetes management skills in a primary and secondary care setting.
- Effective interpersonal skills that allow development and facilitation of change.
- Consistently highly evaluated teaching / presentation / facilitation skills.
- Significant experience in 'off the shelf' and 'bespoke' study day / event planning and evaluation to address health professional clinical management needs.
- Project work in a wide range of areas (described below)
- An infective enthusiasm and commitment that strategies can be employed that improve standards of education, training and clinical practice that improve clinical and quality of life outcome for people with diabetes and make for more effective diabetes management.

# Project work history

Enhanced to diabetes portfolio of the University of York by undertaking of training need analysis and development of a comprehensive and consistently highly evaluated Diabetes Study Day programme.

Developed a range of educational strategies for patients, which has included the development of a randomised control trial in type 1 diabetes education – one of only a half dozen world-wide.

In conjunction with a Diabetes Dietitian and in collaboration with a larger team, revitalised our 'New to Type 2' Education sessions.

Developed, evaluated an Insulin Skills workshop for patients basal and biphasic insulin regimes run at York and Scunthorpe. Presented at the national Diabetes UK Annual Professional Conference

Developed the York '*Insulin in Practice*' programme that skills up GP's and Practice Nurses interested in commencement of insulin in their type 2 diabetes population in general practice. This scheme has enabled local initiation of insulin within GP surgeries hence more timely initiation of insulin by a known health professional and negating the need for a secondary care referral. This audited and presented nationally (*Diabetes UK Annual Professional Conference 2004*)

Initiated alongside our Specialist Diabetes Dietitian a successful insulin pump starter course. (*Results presented at Diabetes UK National Profession Conference 2005*)

Developed a Virtual Learning Environment (VLE) 'Blackboard' providing E-learning support to students to augment a taught Diabetes Module at the University of York. This has provided me with the skills to set up and run distance or blended learning courses and was highly valued by the students in a formal Exit Survey.

# Main Qualifications

2007 PGCert Ed (*Post Graduate Certificate in Education - 60 credits at Masters Level*)  
University of York

2004 MSc Diabetes (*Roehampton, Surrey*)

1997 ENB A05 - Diploma Level Course in Diabetes Care, for Diabetes Specialist Nurses

1995 ENB928 – Diabetes Care

1995 The Application of Research to Practice

1994 The Pastoral Response to Care of the Dying

1992 Certificate in Health Service Management (*OU / Institute Health Service Management*)

1985 Registered General Nurse (RGN)

1981 Registered Nurse Mental Handicap (RNMH)

## Membership of Professional Organisations:

Nursing and Midwifery Council (NMC)

Diabetes UK

Primary Care Diabetes Society

Royal College of Nursing

# Committee Work (Previous)

Diabetes UK Professional Section

United Kingdom Insulin Initiation Study Group (UKIIS)

External Examiner for the University Of Ulster

Primary Care Diabetes UK (PCDUK) Regional Conference Planning Committee (until 2006)

Royal College of Nursing (RCN) Accreditation Committee Expert

## Publications and Papers in Press

Coates, V., Dromgoole, P., Turner, E., Brown, F., Davis, R., Lowes, L., McDowell, M. and Thompson, K. (2009) Insulin Initiation in adults: evidence based or context driven? *Journal of Nursing and Healthcare of Chronic Illness* 1 (1) 105-112.

J. T. George, A. P. Valdovinos, I. Russell, P. Dromgoole, S. Lomax, D. J. Torgerson, T. Wells and J. C. Thow (2008) Clinical effectiveness of a brief educational intervention in Type 1 diabetes: results from the BITES (Brief Intervention in Type 1 diabetes, Education for Self-efficacy) trial. *Diabetic Medicine* **25**, 1447–1453

Thow JC, Pena A, Wells T, Dromgoole P, Lomax S (2007) Brief Intervention in Type 1 Diabetes: Education for Self-Efficacy - Protocol for a randomised control trial to assess biophysical and psychological effectiveness. <http://www.biomedcentral.com/1472-6823/7/6>

Davis, RE and Lowes, L and Cardock, S and Dromgoole, P and Mcdowell, J (2005) *Insulin initiation among adults and children with diabetes in the United Kingdom*. *Practical Diabetes International*, 23 (4). pp. 171-174.

Phillips A, Dromgoole P (2005) Analysing training needs Part2: Questionnaire results. *Journal of Diabetes Nursing*.

Phillips A, Dromgoole P (2005) Analysing training needs Part1: Questionnaire development. *Journal of Diabetes Nursing*. 9, 7 247-51

Dromgoole P, Lomax S, Thow JC, (2005) Insulin Pump Initiation – Clinical and Quality of Life Evaluation of a New Service. Poster Presentations. Diabetes UK Annual Professional Conference.

Dromgoole P (2005) Guide to Diabetes Educational Courses in the United Kingdom. Résumé. RCN: London

Dromgoole P (2004) 'Insulin in Practice' a programme that skills up GP's and Practice Nurses interested in commencement of insulin in their type 2 diabetes patients in general practice. Diabetes UK Annual Professional Conference Oral Presentation.

Dromgoole P (2004) How workshops can support health staff moving patients to insulin therapy. Professional Nurse 19:10 26-28

Dromgoole P (2004) Royal College of Nursing. RCN Guide to insulin therapy in type 2 diabetes. London: RCN

Dromgoole P (2004) Diabetic Emergencies. Primary Health Care. London: RCN

Dromgoole P (2003) Prisoners with Diabetes. Résumé. Winter 2003. London: RCN

Editor of RCN journal Résumé 2003 - 2004