

*Curriculum Vitae – Abbreviated,
December, 2022*



Professor Alan Sinclair

MSc MD FRCP Lond

Personal Details

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No. 2522546; **revalidated until 2024**

Defence Agency: Medical Protection Society

Recent Posts: Director (from June 19th 2014 onwards -July 7th 2020), Diabetes Frail Ltd) and Hon Consultant Physician in Diabetes, Birmingham Heartlands Hospital, 2016 – present. Academic: Visiting Chair in Metabolic Medicine, Aston University, 2017 – 2020; Visiting Professor in Diabetes Care, King's College, London since 2018 - present.

My last annual appraisal was August 2022.

Previous Post: Dean (from March 2010; previously Associate Dean and Deputy Dean – October 2005- February 2010)) and Professor of Medicine, Bedfordshire & Hertfordshire Postgraduate Medical School, and University of Bedfordshire, Director, Institute of Diabetes for Older People (IDOP) 1st Oct – 30th September 2014; and Hon Consultant Geriatrician and Diabetologist

Qualifications

BSc	Ist Class Honours in Biochemistry University of London 1976
MB BS	St Bartholomew's Hospital Medical College University of London 1979
MRCP	Royal Colleges of Physicians, UK 1982/5
FRCP	Royal College of Physicians, London 1995
FRCP	Royal College of Physicians, Edinburgh, 1999 - 2011
MD	University of London 1992 <i>Title of thesis:</i> <i>Ascorbic acid metabolism and free radical activity in human and experimental models of diabetes mellitus</i>
MSc	Medicine University of Sydney 1993 <i>Title of thesis</i> <i>Primate and Rat Models of Streptozocin-induced insulin-dependent diabetes mellitus: their use in the study of ascorbic acid metabolism in diabetes.</i>
T(M)	Specialist recognition by the General Medical Council (European Specialist Medical Qualifications Order, 1995) in: Geriatric Medicine General Internal Medicine Diabetes Mellitus and Endocrinology
May 2019	Revalidated by the GMC for 5 years

Indicators of Leadership, Advisory Roles, Delivering Policy and Integrity

I have acquired considerable evidence of high performance in both the NHS Clinical arena and in academic life which provides a platform for taking on non-executive roles in healthcare and related organisations and charities, as well as more strategic national roles in advisory areas linked to health or even other disciplines as my broad experience and attributes will enable me to function at a high level in many areas.

Leadership Experience

I have considerable leadership experience in both NHS and University settings at local, regional, national and international levels. For example, this has involved a large department of staff in technical, administrative, and scientific roles (Charles Hayward Endowed Chair in Geriatric Medicine, Birmingham, 1995-2001) where I led the development of novel teaching methods in the speciality, created new research directions, and built up the department with a 10-fold increase in staff numbers. I led the development of multidisciplinary stroke services in South Birmingham during this period and introduced comprehensive geriatric evaluation into the clinical practice of colleagues within the discipline.

My leadership experience has extended to my work as a Medical Director in Luton Community Services which was multidisciplinary task setting, case conferences, and strategy development as part of a larger executive team led by the Chief Operating Officer. During this phase, I was instrumental in moving the newly formed Beds & Herts Postgraduate Medical School forward (eventually becoming Dean) – I was a successful in attracting considerable research income (partner in EU grants totalling more than 50 million euros).

I have founded and led the development of the European Diabetes Working Party for Older People (EDWPOP) for more than 10 years which has produced four international sets of clinical guidelines. Following my appointment as the ***First Clinical Lead for Diabetes in Older People by the Department of Health (NHS Diabetes)***, I led a series of important initiatives in promoting equity and equality of care for older people in England in this field and created the Older Peoples Diabetes Network (OPDN) which has had annual national conferences for more than 5 years. Other leadership roles have included the introduction of frailty guidelines for the Joint British Diabetes Societies during 2018/19 (JBDS) and my significant contribution as a Founder Member and First Academic Director of the European Union Geriatric Medicine Society (EUGMS). I have had many other leadership achievements that are noted in my CV.

My strengths in the field of leadership include my innovative ideas, my ability to inspire others towards greater achievement, my honesty and integrity and my desire to help and support colleagues.

Advisory Roles

I have contributed a wealth of advisory roles throughout my career and have always been willing to give up my quality time to complete tasks and deliver on targets. This has involved chairing many multidisciplinary professional groups and dealing with complex issues/subjects. My strengths in this regard relate to good communication skills, up to date wide levels of knowledge of the topic, and inspiring others to trust my judgement.

At a local and national level, this has involved advising NHS Trusts/Organisations (South Birmingham, Coventry, Bedfordshire), NICE, Diabetes UK, Department of Health, Association of British Diabetologists (ABCD), Royal College of Physicians, and JBDS. At an international level, I have been involved in the progress and dissemination of ICOPE as part of the WHO CCHA (2019-2022). From 2018 up to now, I have been involved in advising the update of the McKellar Guidelines (Australia). Also, I have advised the IAGG (largest international organisation for clinical and scientific aspects for older people), IFA (International Federation of Aging), and more recently the Endocrine Society in USA where for more than 2 years I was one of only three international advisers on a *Task Force for Older People in Diabetes* which has culminated in the publication of international clinical guidelines.

Delivering Policy and Programmes

As a strategic thinker, innovator, leader, and adviser, I have been involved in nearly three decades of policy development and delivering programmes. At a more local level, this has involved the development of stroke services (South Birmingham), older peoples diabetes care (South and East Birmingham), geriatric medicine (Coventry), diabetes care (Bedfordshire) and more recently frailty (Birmingham).

At a regional and national level, I have delivered new geriatric medicine training programmes and assisted in the delivery of a new stroke training curriculum in England for the Royal College of Physicians, and have delivered both national strategy and programmes for development in the area of diabetes in older people (Department of Health). I have delivered (as Chair of a Task Force) the first national care home diabetes programme/guidance for Diabetes UK (1999, 2010) which has had considerable support, attention and implementation, and more recently co-led and delivered the first End of Life Diabetes Guidance in the UK.

In 2008, I created and led the first research institute of its kind in Europe, **IDOP** (Institute of Diabetes in Older People) which with its successors, **Diabetes Frail** and **fDROP** (Foundation for Diabetes Research in Older People), have led the delivery of the majority of national educational and research activities in the area of diabetes in older people the UK for a decade. I delivered the first IAGG global programme in diabetes care and have been part of the Expert Group at the WHO delivering a global programme of integrated care/frailty for older people.

Delivery policy has been a tremendous challenge and has required me to use all my leadership, organisational and negotiating skills combined with good communication abilities. I am good at making decisions and enjoy being a team player although I work well on my own as well.

Personal Qualities

I believe that I am well respected by my peers and that I can inspire colleagues. My honesty and integrity is a key attribute. I have indicated already my strengths at communication and leadership. I am an understanding individual who seeks to make an important contribution irrespective of the challenge. I have led a research company (EU-validated medical research organisation, Diabetes Frail (www.diabetesfrail.org) since 2014-2021 when all EU-funded clinical studies were suspended. I have acquired good financial sense and acumen. My intellect enables me to be capable of dealing with complex issues.

Esteem among Professional Colleagues

I believe that I am held in high esteem amongst peers – examples of which:

- (1) Member, **WHO Expert Group on Frailty and later WHO Expert Group: Clinical Consortium on Health Ageing (2019 onwards);**
- (2) **Member, Expert Group, International Federation of Ageing (IFA)**
- (3) **Only one of 3 non-USA members of American Endocrine Society Task Force on Diabetes in Older People (2017-19) resulting in the launch of international guidance (2019): Treatment of Diabetes in Older Adults, JCEM: May 2019 (online March 2019):** Derek LeRoith, Geert Jan Biessels, Susan S. Braithwaite, Felipe F. Casanueva, Boris Draznin, Jeffrey B. Halter, Irl B. Hirsch, Marie E. McDonnell, Mark E. Molitch, M. Hassan Murad, and Alan J. Sinclair (JCEM, 2019))
- (4) **Appointed External Adviser, Australian McKellar Guidelines for Diabetes in Care Homes, 2019-2022**
- (5) **Member, IDF Atlas Group 2018-19**
- (6) **Appointed Visiting Professor in Diabetes Care, King's College, London**
- (7) **Member, IAGG GARN Advisory Member, 2019 onwards;**
- (8) **Chair, National Advisory Panel for Care Home Diabetes (NAPCHD) 2020 onwards**
- (9) **Chair, IDF Special Interest Group (SIG), Diabetes in Older People 2022-24 (expected)**

Medico-Legal Work

During the period 2014 onwards, I have been engaged in medico-legal work for different client groups. Although initially accredited in general medicine, diabetes and endocrinology and geriatric medicine which has over the years provided me with

a wide medical knowledge base, my focus over the last decade or so has been acquiring skills and expertise in rehabilitation, frailty, sarcopaenia, dementia and mobility disturbances in addition to my diabetes expertise. Whilst a major research interest has been in older people with and without diabetes, my extensive diabetes knowledge has allowed me to provide advice in a wide range of clinical scenarios. I have led the development of published international guidance in both type 1 and type 2 diabetes.

I have attended courses in expert witness presentations and clinical negligence as well as medico-legal updates via the SpecialistInfo Leeds Group. I am an Associate Member of the Faculty of Expert Witnesses. My interests and expert role is in management of frailty and disabling conditions, diabetes-related complications, dementia, care home medicine and ageing.

For the last 4 years (2018-22), particularly during Covid-19, I have undertaken multiple case reports writing for the Department of Works and Pensions via their Compensatory Recovery Unit, as well as work for individual clients involving face to face and video-link consultations. I have been engaged in three recent reports in the area of Fitness to Stand Trial. At least 2 of my recent cases are likely to go Court for trial.

Examples of Key Academic and Clinical Achievements

- My previous post as Dean of the Beds & Herts Postgraduate Medical School and Director of IDOP combined clinical, research, managerial, administrative, financial, and organisational roles. My main achievements since taking up that post in October 2005 were:
- As Head of Department, former Deputy Dean, and then as Dean, established a Department of the Bedfordshire & Hertfordshire Postgraduate Medical School in Bedfordshire which had more than 200 students taking part-time and distance-learning Masters programmes in clinical science, diabetes, medical education, palliative care, and public health (2005-2010)
- As a previous senior Medical Advisor and Medical Director, have assisted NHS Luton Community services to develop services, assisted in the preparations for a social enterprise model, and later to assist with the merger with Cambridge Community Services through my work as Chair of the Professional Advisory Committee and as member of the Executive Board
- In May 2008, as Director, I established and launched the first diabetes institute of its kind called **IDOP (Institute of Diabetes for Older People)** which aimed to enhance the quality of research and clinical care of ageing citizens with diabetes and related metabolic disease: based on success in research grant income, publications record, and national and internal diabetes policy development, this initiative was very successful. I established an EU-validated not for profit research organisation called **Diabetes Frail Ltd** in June 2014 to continue the work of IDOP but with a greater focus on medical research and audit.
- Appointment to Department of Health (NHS Diabetes) as **First National Clinical Lead in Diabetes in Older People** (2010): national initiative in diabetes for older people designed to enhance care – this led to:

- The establishment of the England-wide Older Peoples Diabetes Network (OPDN) funded by NHS Diabetes (2012) as **National Clinical Lead**
- Recognition by the global organisation (IAGG): International Association of Geriatrics and Gerontology: **2013 Presidential Medal** for services to diabetes in older people and to services worldwide for the medical care of older people
- Member, **WHO-IAGG World Expert Group on Frailty and Sarcopaenia**: July 2014: as a recognition of my sustained work in this area
- Have led or co-led successful national initiatives in care home diabetes (including leading the first ever national diabetes audit in care homes -2012-4), end of life diabetes care, and diabetes and dementia, all leading to national guidelines or best clinical practiced statements; in addition, working with the Joint British Diabetes Societies (JBDS) have produced national guidance in management of stroke hyperglycaemia, and hypoglycaemia
- Working closely with Exeter, have played a significant role in the decisions to include frailty in the Quality Outcomes Framework (QOF) for the condition, type 2 diabetes in 2018/9 by my work on developing a national framework for management of frailty in diabetes
- Have succeeded in being a co-lead or applicant on 7 successful European Union research bids via the FP7, DG Sanco and IMI calls totalling more than 70 million euros across the consortia; have also succeeded in obtaining more than £2m of UK-funded grants as a project lead or applicant :

MIDFrail: co-lead and Scientific Coordinator on a successful 6 million euros bid to the EU (FP7) (2012-16): completed

FRAILOMIC: work package lead/applicant on a 12 million euros bid to the EU(FP7) (2013-17): completed

FRAIL CLINIC: work package lead/applicant on 3 million euros to the EU (DG Sanco) (2013-16): completed

SPRINT-T: UK Coordinator and applicant on 46 million euros bid to the EU (IMI)(2014-8): completed 2020

VIVIFRAIL: UK Coordinator and applicant on 0.6m euros bid to the EU (ERASMUS) (2015-6): completed

FRAIL TOOLS: UK Coordinator and applicant on 2.0m euros bid to EU (2015-7): completed

DIABFRAIL-LATAM: Steering Group Member, successful EU bid for 4 million euros, 2019-2023: ongoing but suspended because of covid-19

Previous Awards

I have been a successful applicant on more than £2m of UK-funded grants:

STAND-UP Trial: applicant on a bid led by Leicester: £1m award – Medical Research Council (MRC)(2014-6)

NIHR-RfPB – lead applicant on a successful NIHR bid (£207,000) for studying hypoglycaemia in care homes (2012-5)

Scleroderma Society bid (£125,000), and co-responsible for the acquisition of funding for rheumatological research from a NHS Trust Research Fund (approx. £110,000): to establish a

chair in rheumatology

Department of Health (NHS Diabetes): lead applicant on >£350,000 for research and audit in diabetes and older people, and creating the Older Peoples Diabetes Network (OPDN)

Industry Awards (2005-14): educational awards from Sanofi, MSD, Takeda and Novartis: more than £200,000 to support the work of IDOP

Diabetes UK: Empowerment in Diabetes: applicant with Dr K Asimakopoulou in collaboration with Kings College, London - £10,000

Current/Recent Academic Roles

In recent years, I have undertaken a wide portfolio of academic roles and appointments (past/present) and these are presented here in a brief summary in no particular order:

Association of British Clinical Diabetologists – Chair, Academic SubCommittee (2010-14) and Council Member, 2010-18

Royal College of Physicians, UK – previous ACCEA representative for ABCD, and previous RCP NVE (senior examiner roles) for PACES

Member of the **Joint British Diabetes Societies (JBDS)** 2011-current. This has recently involved collaborating with CQC (Care Quality Commission) as JBDS-lead on care home diabetes

International Diabetes Federation (IDF): co-chair with Professor T Dunning of Older People Working Party that has led to publication of global guidance on diabetes management (2013-4); Co-chair and Coordinator, Type 1 Diabetes Global Guideline – published in Diabetic Medicine journal.

International Association of Geriatrics and Gerontology (IAGG) : global lead for diabetes in older people initiative (2012-14)

External Advisor to the **Spanish Geriatric Medicine Network** – Toledo Study on Ageing (2010-current)

International Guest to Harvard Medical School – Sept 2012 – collaborative writing with Professor Medha Munshi

Examiner for MBBS – have been an External Medicine Examiner for Imperial College of Medicine, London 2010-13

Co-Chair, **RCP National Conference on Diabetes in Older People** – November 2014

Lancet – a named author on three recent papers by the Lancet in the areas of diabetes and older people, and diabetes in frailty

Lancet -recent acceptance of a major invited review on Diabetes in Older People – August 2014 – *published*

Invited Lectures – national and international meetings including IDF, EUGMS, IAGG, Canadian Diabetes Association

Textbook Editor:

Diabetes in Old Age (4th edition published, 2018) by Wiley-Blackwell – first international textbook on diabetes in older people; new edition with Prof Leo R Manas, Prof T Dunning, and Prof M Munshi

Pathy's Principles and Practice of Geriatrics and Gerontology – Senior Editor, 2011 last edition – leading international textbook; 6th Edition has recently been published, 2021.

Teaching

I have served in many undergraduate and postgraduate teaching roles for medical students, doctors in training, specialists, non-medical health professionals. I have led MSc and PhD programmes, and have served as a Postgraduate Medical School Dean.

At Heartlands Hospital, I have taught postgraduates and other NHS clinicians in the subject areas of diabetes care, frailty, and older people. I have regularly given talks at the Department of Diabetes & Endocrinology Journal Club with the last talk being on the 23rd November 2020 – The JBDS Inpatient Frailty Guideline. I led the development of this latter guideline.

I have recently (June-October 2020) developed/revised a set of modules of learning on care home diabetes for Diabetes UK who have these modules on their website for free downloading to NHS and other care professionals.

For the last 18 months or so, I have been involved in working with the Hereford champions, a group of senior diabetes nurses and their CCG in promoting enhanced diabetes care for residents of care homes. This involved my recent contribution to leading a Webinar (3rd November 2020) for the champions where I gave two lectures.

I have provided teaching at King's College on their MSc Diabetes Course, London where I hold a Visiting Chair in Diabetes Care, and am currently preparing a lecture for the Brighton & Sussex Medical School on Diabetes (January 2021).

Internationally, I was involved in the **Harvard Conference** in late September 2019 (23-24th) where I participated in an international expert group on diabetes and ageing (International Geriatric Diabetes Society, IGDS). I gave a lecture on care home diabetes and participated as a Co-Founder of the Conference and Co-Chair. This work became the basis of a Lancet D&E full review article. I have been involved in at least 2 further conferences and was appointed to the **IGDS** Board in 2022.

In October 2019 (5th), I participated as a Co-Founder and International Expert in the **4th Annual Meeting of the Spanish Diabetes Conference on Older People** where delegates are GPs, or specialists in diabetes or geriatric medicine.

Other Recent Activity

- **Coordinator and Co-Chair**, Joint British Diabetes Societies (JBDS) Clinical Guidelines on the Management of the Frail Older Inpatient with Diabetes (2017-19) – first ever document of its kind nationally/globally;
Coordinator/Co-Lead for the Association of British Clinical Diabetologists (ABCD) Guidance on Managing Frailty in Diabetes (2018-20)
- **Chair of EDWPOP-International Task Force**, International Position Statement – Management of Frailty in Diabetes (2017) – first ever international framework for managing frail people with diabetes and formed the platform for UK-initiatives in this area
- **External Advisory Member, McKellar Guidelines** – Long Term Care, Australia, 2020 onwards: only external adviser from Europe
- **International Adviser: INSPIRE Programme (France)**, a multimillion euro programme funded by the French government: implementation of the WHO ICOPE Intervention to enhance ageing among older citizens, 2019 onwards

National Advisory Panel for Care Home Diabetes

The covid-19 pandemic has highlighted the significant impact of covid on the care home population and those residents with diabetes are particularly affected.

I am Chair of a Multi-stakeholder ***National Advisory Panel for Care Home Diabetes*** which was established in July 2020 whose key purpose was to produce a Strategic Document of Diabetes Care in April 2022. It had 13 workstreams covering both administrative, technological, clinical, and social aspects of care. It had 7 subgroups each of which have developed reports in the areas of the workstreams.

All the major diabetes organisations were involved as well as Care England, Royal College of General Practitioners, and Care England which represents the independent provider of the care home sector. This work has been completed and its associated four products (guidances) are now available on the fDROP website: <http://fdrop.net/napchd>

Recent Memberships of Societies, journal editorial boards and scientific journal reviewer:

Societies: British Geriatrics Society, Royal College of Physicians of London, Association of British Clinical Diabetologists, Lunar Society – stepped down; Joint British Diabetes Societies-Inpatient Care

Editorial Boards: Br J Diabetes & Vascular Disease – 2001 onward, J Nutrition, Health & Aging 2003 onwards, Journal of the American Medical Directors Association, 2010-17, Cardiovascular Endocrinology, JPAD (J Prevent Alzheimer’s Disease).

Journal referee: *Age and Ageing, Diabetic Medicine, Diabetes Care, Lancet, J Gerontol Med Sci (USA), BMJ Open, Diabetes Research and Clinical Practice, Journal of the American Geriatrics Society, Journal of Diabetes and its Complications*

Recent Publications (2009 – 2015)

Abdelhafiz AH, Sinclair AJ. Hypoglycaemia in residential care homes. Br J Gen Pract. 2009 Jan;59(558):49-50

Sanz C, Andrieu S, Sinclair A, Hanaire H, Vellas B; REAL.FR Study Group. Diabetes is associated with a slower rate of cognitive decline in Alzheimer disease. Neurology. 2009 Oct 27;73(17):1359-66.

U Marouf E, Sinclair AJ . Use of short-acting insulin aspart in managing older people with diabetes. Clin Interv Aging. 2009;4(1):187-90. Epub 2009 May 14.

Viljoens A, Sinclair AJ. Safety and efficacy of rosiglitazone in the elderly diabetic patient. Vascular Health and Risk Management 2009. 5: 385-95

Sinclair, A, The metabolic syndrome in older persons: a loosely defined constellation of symptoms or a distinct entity? Age and Ageing 2009; 38: 494–497

Asimakopoulou, K, Tomlin, A, Sinclair, A, Cognitive function and self-care in type 2 diabetes, Diabetes & Primary Care, Vol 10; Issue 2, 2010

Sinclair AJ, Armes DG, Randhawa G, Bayer AJ. Caring for older adults with diabetes mellitus: characteristics of carers and their prime roles and responsibilities. Diabet Med. 2010 Sep;27(9):1055-9.

Paolisso G, Sinclair AJ. Effective clinical practice for older people with type 2 diabetes. Glucose regulation is important but other strategies also need to be included. J Nutr Health Aging. 2010 Jan;14(1):3-4.

Gadsby R, Barker P, Sinclair A. Death rate of residents with diabetes in nursing homes. Diabet Med. 2011 Nov 3. doi: 10.1111/j.1464-5491.2011.03511.x. [Epub ahead of print]

Asimakopoulou K, Newton P, Sinclair AJ, Scambler S. Health care professionals’ understanding and day-to-day practice of patient empowerment in diabetes; time to pause for thought? Diabetes Res Clin Pract. 2011 Oct 27. [Epub ahead of print]

Zhang Q, Marrett E, Jameson K, Meiler S, Davies MJ, Radican L, Sinclair AJ. Reasons given by general practitioners for non-treatment decisions in younger and older patients with newly diagnosed type 2 diabetes mellitus in the United Kingdom: A survey study. BMC Endocr Disord. 2011 Oct 28;11(1):17. [Epub ahead of print]

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Sanz CM, Hanaire H, Vellas BJ, Sinclair AJ, Andrieu S; for REAL.FR Study Group. Diabetes mellitus as a modulator of functional impairment and decline in Alzheimer’s disease. The Real.FR cohort. Diabet Med. 2011 Sep 13. doi: 10.1111/j.1464-5491.2011.03445.x. [Epub ahead of print]

Milligan FJ, Krentz AJ, Sinclair AJ. Diabetes medication patient safety incident reports to the National Reporting and Learning Service the care home setting. *Diabet Med*. 2011 Aug 26. doi: 10.1111/j.1464-5491.2011.03421.x. [Epub ahead of print]

Gadsby R, Barker P, Sinclair A. People living with diabetes resident in nursing homes—assessing levels of disability and nursing needs. *Diabet Med*. 2011 Jul;28(7):778-80.

Sinclair AJ; Task and Finish Group of Diabetes UK. Good clinical practice guidelines for care home residents with diabetes: an executive summary. *Diabet Med*. 2011 Jul;28(7):772-7. doi: 10.1111/j.1464-5491.2011.03320.x. Review.

Viljoen A, Sinclair AJ. Diabetes and insulin resistance in older people. *Med Clin North Am*. 2011 May;95(3):615-29, xi-ii. Review.

Krentz AJ, Sinclair AJ. Choice of Long-Acting Insulin Therapy for Type 2 Diabetes: How Can Treatment for Older People be Optimized? *Drugs Aging*. 2011 Dec 1;28(12):935-41.

Sinclair AJ, Paolisso G, Castro M, Bourdel-Marchasson I, Gadsby R, Rodriguez Mañas L; European Diabetes Working Party for Older People. European Diabetes Working Party for Older People 2011 Clinical guidelines for type 2 diabetes mellitus. Executive summary. *Diabetes Metab*. 2011 Nov;37 Suppl 3:S27-38. Review

2012

Speight J, Sinclair AJ, Browne JL, Woodcock A, Bradley C. Assessing the impact of diabetes on the quality of life of older adults living in a care home: validation of the ADDQoL Senior* *Diabet Med*. 2012 Jul 18. doi: 10.1111/j.1464-5491.2012.03748.x. [Epub ahead of print]

Sinclair A, Morley JE, Rodriguez-Mañas L, Paolisso G, Bayer T, Zeyfang A, Bourdel-Marchasson I, Vischer U, Woo J, Chapman I, Dunning T, Meneilly G, Rodriguez-Saldana J, Gutierrez Robledo LM, Cukierman-Yaffe T, Gadsby R, Schernthaner G, Lorig K. Diabetes mellitus in older people: position statement on behalf of the International Association of Gerontology and Geriatrics (IAGG), the European Diabetes Working Party for Older People (EDWPOP), and the International Task Force of Experts in Diabetes. *J Am Med Dir Assoc*. 2012 Jul;13(6):497-502

Ali M, Schifano F, Robinson P, Phillips G, Doherty L, Melnick P, Laming L, **Sinclair A**, Dhillon S. Impact of community pharmacy diabetes monitoring and education programme on diabetes management: a randomized controlled study. *Diabet Med*. 2012 Sep;29(9):e326-33. doi: 10.1111/j.1464-5491.2012.03725.

Rodríguez-Mañas L, Féart C, Mann G, Viña J, Chatterji S, Chodzko-Zajko W, Gonzalez-Colaço Harmand M, Bergman H, Carcaillon L, Nicholson C, Scuteri A, **Sinclair A**, Pelaez M, Van der Cammen T, Beland F, Bickenbach J, Delamarche P, Ferrucci L, Fried LP, Gutiérrez-Robledo LM, Rockwood K, Rodríguez Artalejo F, Serviddio G, Vega E; on behalf of the FOD-CC group (Appendix 1). Searching for an Operational Definition of Frailty: A Delphi Method Based Consensus Statement. The Frailty Operative Definition-Consensus Conference Project. *J Gerontol A Biol Sci Med Sci*. 2012 Apr 16. [Epub ahead of print]

Scambler S, Newton P, Sinclair AJ, Asimakopoulou K. Barriers and opportunities of empowerment as applied in diabetes settings: a focus on health care professionals' experiences. *Diabetes Res Clin Pract*. 2012 Jul;97(1):e18-22. Epub 2012 Mar 26.

Sinclair AJ, Alexander CM, Davies MJ, Zhao C, Mavros P. Factors associated with initiation of antihyperglycaemic medication in UK patients with newly diagnosed type 2 diabetes. *BMC Endocr Disord*. 2012 Mar 7;12:1

2013-15

Morley JE, Sinclair A. Individualising treatment for older people with diabetes. *Lancet* 2013; 382: 378–80.

Sinclair AJ, Hillson R, Bayer AJ; National Expert Working Group. Diabetes and dementia in older people: a Best Clinical Practice Statement by a multidisciplinary National Expert Working Group. *Diabet Med*. 2014 Sep;31(9):1024-31.

Hackett G, Kirby M, Sinclair AJ. Testosterone deficiency, cardiac health, and older men..

Int J Endocrinol. 2014;2014:143763. doi: 10.1155/2014/143763. Epub 2014 Apr 10. Review.

Sinclair A, Bode B, Harris S, Vijapurkar U, Mayer C, Fung A, Shaw W, Usiskin K, Desai M, Meininger G. Efficacy and safety of canagliflozin compared with placebo in older patients with type 2 diabetes mellitus: a pooled analysis of clinical studies. *BMC Endocr Disord*. 2014 Apr 18;14:37. doi: 10.1186/1472-6823-14-37

New IDF Guideline for managing type 2 diabetes in older people. Dunning T, Sinclair A, Colagiuri S. *Diabetes Res Clin Pract*. 2014 Mar;103(3):538-40. doi: 10.1016/j.diabres.2014.03.005.

Hattersley AT, Marcovecchio ML, Chiarelli F, Silverstein J, Heller S, Damm P, Mathiesen ER, Zinman B, Sinclair A. Lifecourse: management of type 1 diabetes.. *Lancet Diabetes Endocrinol*. 2014 Mar;2(3):194-5.

Rodríguez-Mañás L, Bayer AJ, Kelly M, Zeyfang A, Izquierdo M, Laosa O, Hardman TC, Sinclair AJ. An evaluation of the effectiveness of a multi-modal intervention in frail and pre-frail older people with type 2 diabetes--the MID-Frail study: study protocol for a randomised controlled trial.; MID-Frail Consortium. *Trials*. 2014 Jan 24;15:34.

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Sinclair A, Morley J. Frailty and diabetes.. *Lancet*. 2013 Oct 26;382(9902):1386-7. doi: 10.1016/S0140-6736(13)61676-1. Epub 2013 Aug 13.

Bourdel-Marchasson I, Druet C, Helmer C, Eschwege E, Lecomte P, Le-Goff M, Sinclair AJ, Fagot-Campagna A. Correlates of health-related quality of life in French people with type 2 diabetes.. 2013 Aug;101(2):226-35. doi: 10.1016/j.diabres.2013.05.011. Epub 2013 Jul 5. *Diabetes Res Clin Pract*. 2013 Aug;101(2):226-35.

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