

Dr Punith Kempegowda – Nomination for ABCD Rising Star award 2024

Dr. Punith Kempegowda is an outstanding researcher and educator whose career in the UK is marked by significant contributions to diabetes care and medical education. Dr. Kempegowda's dedication to improving diabetes care is exemplified by his work on diabetes-related ketoacidosis (DKA). Since 2014, he has led a quality improvement program (QIP) for DKA, achieving a remarkable reduction in median DKA duration from 22.0 hours to 10.2 hours through modest resource interventions and regular feedback. This work earned the QiC Diabetes Highly Commended Award in 2017 and the Royal College of Physicians (RCP) Quincentennial Lectureship in 2018. Recognising the need for sustainable improvements, he developed DEKODE (Digital Evaluation of Ketosis and Other Diabetes-related Emergencies). This cloud-based model provides regular electronic feedback on key performance indicators of DKA care. DEKODE has improved DKA management, gaining national recognition and the National Rowan Hillson Inpatient Safety Award in 2022.

In parallel with his clinical research, Dr. Kempegowda has made significant strides in medical education. He established SIMBA (Simulation via Instant Messaging Birmingham Advance) and CoMICs (Concise Medical Information Cines), two innovative educational platforms. SIMBA offers simulation-based learning opportunities through instant messaging, while CoMICs provides concise, evidence-based medical videos. These initiatives have been crucial in sustaining medical education during the COVID-19 pandemic, offering alternative work experiences for pre-medical students, and providing a platform for medical students and junior doctors to develop their team-working and leadership skills. His contributions to medical education have been recognized with the Turner-Warwick Lectureship by the RCP, the John Munro Medal for Teaching Excellence by the RCP Edinburgh, the Senior Fellowship of the Higher Education Academy, and the Teaching Achievement Award by the Society for Endocrinology.

Embarking on his PhD in 2019, Dr. Kempegowda focused on PCOS, medical education, and acute diabetes. He adapted his research to explore the emotional well-being and lived experiences of individuals with PCOS, demonstrating resilience and adaptability in overcoming the challenges posed by the COVID-19 pandemic. His work on DKA management continued to evolve with DEKODE, which now includes a network of multiple hospitals, providing a robust platform for data-driven improvements in care. He recently secured an unrestricted grant to expand DEKODE to ten more hospitals in the UK, further solidifying its national impact.

Dr. Kempegowda is currently working to identify inequities in DKA care, explore the lived experiences of patients and healthcare professionals, evaluate the implementation and effectiveness of DEKODE, and conduct a health economics evaluation. These efforts aim to enhance understanding and management of DKA, leading to improved patient outcomes. He has further expanded the DEKODE programme to hyperosmolar hyperglycaemic State and hypoglycaemia, further building towards standardisation and reducing variation in care.

In recognition of his significant contributions and innovative approach in the UK, Dr. Punith Kempegowda is an ideal candidate for the 'Rising Star' lecture at the ABCD Annual Conference 2024. His work exemplifies the integration of research, clinical excellence, and education, making a profound impact on diabetes care and medical education.

Nominated by Eleni Armeni