Annual Review 2017

Advancing excellence in paediatric endocrinology and diabetes
Who we are

ESPE aims to advance excellence in paediatric endocrinology and diabetes by promoting research, education and medical practice to the benefit of child and adolescent health worldwide. As one of the largest and best-regarded international scientific communities of paediatric endocrinologists, with over 1200 members from over 90 countries, we are dedicated to serving our members’ needs on a worldwide scale.

A message from the Secretary General

I would like to welcome you to our new-style ESPE Annual Review for 2017. Over the following pages you will receive an insight into the many activities ESPE was involved in during 2017 and how the Society has been busy fulfilling its mission to advance excellence in paediatric endocrinology and diabetes. ESPE's activities include the provision of specialised education and training opportunities and career-enhancing grants and awards, as well as the development of best practice guidelines and statements. As a Society we also collaborate with organisations across the world to disseminate high quality scientific and clinical content. None of this would be possible without the support of ESPE’s members, our generous sponsors and our many committee members and working group coordinators, all of whom tirelessly give their own time and expertise. While we couldn’t name each of you here, we are hugely grateful and hope that you feel proud to be part of such an active society determined to improve the clinical care of children and adolescents with endocrine conditions. Leadership of the Society and our committees is provided by our Council and we were pleased to welcome Asma Deeb (UAE), Agnès Linglart (France) and Gabriele Häusler (Austria) to the team in 2017. Meanwhile, we are grateful to Bioscientifica who continue to provide us with administrative, operational and strategic support from their offices in the UK.

Although ESPE didn’t hold its own annual meeting in 2017, many of our members were very involved in the programme for the International Meeting of Pediatric Endocrinology in Washington. We were delighted to see so many of you there. The usual enthusiasm for learning, sharing and for progressing all of ESPE’s own activities was abundant. This was the last of the international meetings organised alternately by ESPE and PES. In the future, the meeting will be hosted every four years by a different member of the International Consortium of Pediatric Endocrinology (ICPE), with the Latin American Society for Pediatric Endocrinology (SLEP) hosting the meeting in Buenos Aires in 2021.

ESPE will hold its own meeting earlier that year, which will have more of an educational and training focus and we very much look forward to introducing you to this new style of meeting. We will continue to prioritise fostering links with organisations and groups across the world, as we firmly believe collaboration will bring the best outcomes for patients globally. ICPE, the Endo-ERN and the Intersociety Clinical Guidelines Committee all provide such a forum and each saw progress in its development in 2017.

Investing in opportunities and information for our members is at the heart of what we do. Projects to redevelop our website, redesign our newsletter and streamline our guideline development and grants application processes all took place in 2017. Moving forwards, we will focus on producing, collating and disseminating resources that enhance your knowledge and professional development and that are accessible whenever and wherever you are. Your opinions will be essential to our delivery of this project.

I hope you enjoy this digest of ESPE’s 2017 activities. Do let us know what you think. This is your society and, as ever, we welcome your feedback to espe@eurospe.org. I look forward to reporting on further achievements from 2018 before I pass the baton to the Society’s new Secretary General in September 2019.

Peter Clayton
Secretary General
Manchester, UK

1200 members from over 90 countries
ESPE is governed by a Council, seven Council Committees and ten sub-committees; each made up of dedicated members who volunteer their valuable time and expertise to shape the direction and strategy of our Society to meet its goals.

Annette Grüters–Kieslich, Germany
Chair of Corporate Liaison Board which is responsible for establishing and maintaining relationships with industry.

Agnès Linglart, France
Chair of Strategic and Finance Committee which advises Council on financial strategy and administers the financial aspects of grants and fellowships.

Agnès Linglart
“As a part of ESPE I have met so many members, both in person and virtually, I enjoy helping to support them with their projects.”

Evangelia Charmandari, Greece
Chair of Clinical Practice Committee which oversees the development and endorsement of guidelines and consensus statements.

Rasa Verkauskiene, Lithuania
Chair of Education & Training Committee which develops and maintains ESPE’s strategy and plans for education and training activities.

Mehul Dattani, UK
Chair of Programme Organising Committee which oversees the scientific programme for the Annual Meeting.

Faisal Ahmed, UK
Chair of Scientific Committee which oversees the strategy, development and implementation of ESPE’s science activities, including grants, fellowships and symposia.

Asma Deeb, UAE
Chair of Communications Committee which oversees all of the Society’s communications to members and wider audiences.

Asma Deeb
“I have really enjoyed working closely with the European paediatric endocrine community to generate ideas for the annual meetings, as well as Bioscientifica and the programme organising committee to help deliver the meetings, whilst learning about the work of other paediatric endocrinologists.”

Mehul Dattani
“I am proud to have been involved with streamlining the grants application process to improve access and transparency for these valuable opportunities that are available to our members. It is pleasing to feel that I’m contributing to the long-term success and vitality of ESPE.”

Faisal Ahmed

George Chrousos, Greece
President, who will host ESPE’s 2018 Annual Meeting in Athens and contribute to its organisation and programme.

Gabriele Häusler, Austria
President-elect, who will host ESPE’s 2019 Annual Meeting in Vienna and contribute to its organisation and programme.
Promoting and developing education and training

ESPE is committed to offering up-to-date training and educational opportunities for paediatric endocrinologists at every stage of their career. Our year round calendar of educational activities and scientific meetings caters for basic scientists, clinicians, nurses and other health professionals.

Supporting global education and training

ESPE Schools provide a comprehensive learning environment for young paediatricians and basic scientists who want to develop their interest and learning in the field of paediatric endocrinology. Schools are a mix of interactive lectures, case discussions and case presentations in an informal, small-group format.

“Winter School is a chance to exchange knowledge and experience, and talk to professors that I only know from conferences.”
Tomasz Jackowski attendee at Winter School

“Teaching at the school was a great experience at scientific and social levels, with the wonderful opportunity of mixing with other faculty members and students from different Arab countries and Europe.”
Rasha Hamza, Faculty at ASPED-ESPE School 2017 in Abu Dhabi

“Specialists in paediatric endocrinology guided our learning with interactive lectures and discussions on clinical cases. The lectures had the latest scientific data and interactive format helped us to understand more difficult material”
Sona Samvelyan attendee at Caucasus & Central Asia School

2017 ESPE Schools

31st Summer School – USA
Held as part of the Global Fellows Program

22nd Winter School - Bulgaria
Attendees came from 10 different countries

4th Diabetes, Obesity and Metabolism School – Italy
Focused on rare and common metabolic disorders

7th Maghreb School – Morocco
Conducted entirely in French

4th Caucasus & Central Asia School – Tajikistan
Conducted in Russian and English

4th ASPED-ESPE School – UAE
Aimed at physicians practising in Arab countries
The e-Learning Portal is a free, globally accessible, interactive learning environment for up-to-date paediatric endocrinology. It enables medical students, residents, fellows, specialists, consultants and teachers from around the world to gain, share, contribute and develop knowledge in a flexible way.

2017 e-Learning Highlights

- New tailored section for bachelor medical students
- Introduction of multilingual facility to help improve accessibility for those in resource limited countries. Available in English, French, Spanish, Swahili and Chinese.
- 8651 users from over 100 countries

The European Training Syllabus in Paediatric Endocrinology aims to harmonise education and training in paediatric endocrinology across Europe. Regular revisions are made, in consultation with the European Academy of Paediatrics and the European Union of Medical Specialists (formerly CESP) to ensure it stays relevant and up-to-date. In 2017, the ESPE Accreditation and Syllabus convenors conducted a survey to establish a comprehensive view of the subspecialty adoption across Europe.

“In 2010, I was awarded an ESPE Young Investigator Award. Amongst others thanks to networking opportunities provided by the annual ESPE meetings, I became involved in several European research projects related to the field of disorders of sexual development (DSD), and I became a board member of the ESPE DSD working group. Now in 2017 one of my PhD students has received an ESPE Research Fellowship grant.”

Martine Cools, Belgium
Advancing research and clinical practice

ESPE is dedicated to supporting research and improving clinical practice in the field of paediatric endocrinology, with the primary goal of improving treatment for children and adolescents with endocrine conditions.

Leading and sharing best practice in paediatric endocrinology

ESPE clinical practice activities support the work of paediatric endocrinologists by providing high quality evidence in an easily accessible format for members worldwide. Clinical guidelines and consensus statements are developed to inform clinicians on best practice and help ensure that patients receive the best possible care.

2017 Clinical Practice Highlights

Clinical Guidelines
- Diagnosis and management of Silver-Russell syndrome - first international consensus statement
- Clinical practice guidelines for the care of girls and women with Turner syndrome - proceedings from the 2016 Cincinnati International Turner Syndrome Meeting
- Endocrine Treatment of Gender-Dysphoric/Gender-Incongruent Persons: An Endocrine Society Clinical Practice Guideline

Clinical Practice Committee Statements
- Evidence of a possible link between the development of Alzheimer’s disease and pituitary human growth hormone treatment
- Stroke Risk and Growth Hormone Treatment in Childhood

The establishment of the European Reference Network for Rare Endocrine Disorders (Endo-ERN) was financially supported in 2017 by ESPE, in collaboration with the European Society of Endocrinology. This virtual network involves centres across Europe and aims to tackle rare endocrine conditions that require highly specialised treatment and a concentration of knowledge and resources.

ESPE also supported the development of EuRECa (European Registries for Rare Endocrine Conditions). This project is closely linked with Endo-ERN and aims to develop a new Core Endocrine Registry to collect a dataset for all rare endocrine conditions in Endo-ERN, as well as signposting to disease-specific registries and informing the development of new high-quality, detailed disease registries.

The ESPE Science Symposium was developed in 2017 to help close the gap between research and patients. ESPE’s Gender Dysphoria Working Group, with the UK Gender Identity Development Service will present the first awarded symposium, “The Science of Gender: evidence for what influences gender development and gender dysphoria and what are the respective influences of nature and nurture” in London in October 2018.

ESPE Working Groups provide a platform for our members to form special interest groups that focus on specific aspects of paediatric endocrinology. Working Groups are able to bring together experts from across the world to advance both scientific and clinical research, and work towards improving patient care.

2017 Working Group Highlights

Obesity
Published two manuscripts: Metabolomics allows the discrimination of the pathophysiological relevance of hyperinsulinism in obese prepubertal children (doi: 10.1038/ijo.2017) and Novel genes involved in severe early-onset obesity revealed by rare copy number and sequence variants. (doi: 10.1371/journal.pgen.1006657)

Turner Syndrome
Preparation of a co-operative clinical research project (multi-centre trial) for evaluating the effects of transdermal vs oral 17-beta oestradiol for puberty induction in Turner syndrome

Disorders of Sex Development
Development of the I-DSD and I-CAH registries

Paediatric and Adolescent Gynaecology
Contributed to First International Global Update on Adolescent PCOS, published in Hormone Research in Paediatrics

Paediatric Endocrine Nurse Specialists and Allied Health Professional
Contributed to 10 different related sessions and seminars at international meetings

Diabetes Technology and Therapeutics
Conducted a survey on diabetes treatment to inform better use of available technologies
**Funding career development in paediatric endocrinology**

ESPE offers a number of funding opportunities, from fellowships to travel grants. Our aim is to provide grants for every career stage to help members develop their scientific or clinical careers in paediatric endocrinology.

**Funding Highlights from 2017**

In 2017 ESPE grant funding totalled over **€480,500**

1. A talented young investigator was awarded a Research Fellowship to conduct research at a leading institution.
2. 1 members were awarded Scientific Career Development grants, to enable them to visit other centres to help inspire new research development and collaborative links.
3. 2 research proposals were funded by Research Unit grants that help promote collaborative projects in paediatric endocrinology.
4. 3 members were awarded Early Career Scientific Development grants, to enable them to visit other centres to gain new skills or build collaborations.
5. 17 members were awarded Clinical Fellowships to train at paediatric endocrinology centres throughout Europe.
6. 50 presenting authors were awarded a Travel Grant to attend the International Meeting of Pediatric Endocrinology in Washington.

**“I am the principal investigator of a recent multicentre study entitled “Personalised approach to non-syndromic childhood obesity using multi-omics disease signature,” which has been selected to receive a 2017 ESPE Research Unit grant. ESPE has supported me throughout my whole career and I couldn’t be more grateful for all of the opportunities it has provided me with.”**

Aneta Gawlik, Poland

Research Unit grant awardee

**“In this centre (Alder Hey, Liverpool, UK) with an excellent paediatric neurosurgical set up, I could follow patients from the start of their treatment through to their immediate and late post-operative periods. In addition to benefiting greatly from my rich clinical exposure (including CHI, DSD etc), I had the chance to work on clinical projects, and submitted the results to the ESPE Meeting.”**

Rahul Jahagirdar, India

Clinical Fellowship recipient

In collaboration with the International Fund Congenital Adrenal Hyperplasia (IFCAH), ESPE also promoted and awarded 3 grants to help further congenital adrenal hyperplasia research.
Encouraging global collaboration and knowledge sharing

ESPE works closely with the international scientific community, other societies, institutions and authorities, including patient advocacy groups, to effectively share and disseminate the latest knowledge worldwide.

Engaging with the international paediatric endocrine community

ESPE actively facilitates international collaboration through a number of initiatives and relationships to help promote scientific discovery and knowledge sharing that will have a positive impact on patient care.

The 10th International Meeting of Pediatric Endocrinology (IMPE) was held on 14-17 September in Washington D.C. The International Programme Organising Committee had a key role in devising the conference programme, themed around ‘Celebrating the global community of paediatric endocrinology’. Invited speakers covered a huge range of topics and controversies and the event was geared towards facilitating networking and promoting knowledge exchange and collaboration.

ESPE is part of the International Consortium of Pediatric Endocrinology (ICPE), which was officially launched in 2015, with ESPE Secretary General, Peter Clayton as the chair, to establish international priorities in paediatric endocrinology. This includes organising international meetings, developing clinical guidelines through consensus meetings, advocating for paediatric endocrinology on a worldwide stage and identifying international education and training opportunities.

2017 ICPE Highlights

- Initiated project to develop an all-purpose website that provides international information on funding and learning opportunities
- Worked collaboratively with ESPE to deliver the Resource Limited Countries module for the e-Learning portal
- Worked with the International Clinical Guidelines Committee to establish priorities for clinical guidelines publications and consensus meetings

Awards presented at the IMPE Meeting

ESPE Henning Andersen Prizes for highest scoring abstracts
- Fabrizio Barbetti, Italy
- David Lu, Singapore

President’s Poster Awards
- Elizabeth Baranowski, UK
- Andrew Dauber, USA
- Vivian Hwa, USA
Supporting learning and knowledge sharing in resource limited countries

ESPE, together with the International Society for Paediatric and Adolescent Diabetes and the British Society for Paediatric Endocrinology and Diabetes, supports the Paediatric Endocrine Training Centres for Africa (PETCA) programme in sub-Saharan Africa, by funding fellows’ travel, accommodation and subsistence. PETCA aims to provide specialty training in endocrinology and diabetes to paediatricians who have completed their general paediatric training.

Facilitating knowledge dissemination

The newly redeveloped ESPE website, launched in September 2017, aims to provide a central platform for all ESPE communication to members. The new ESPE website features simpler and clearer navigation to help visitors find the information they need. It is also optimised for mobile viewing, for easy and convenient access to all ESPE news and information.

In addition to the PETCA project, ESPE dedicates considerable resources and funding to help promote learning and excellence in paediatric endocrinology worldwide, including resource limited countries, through:

- provision of multilingual facilities on the e-Learning portal
- organising schools across the world
- reserving 50% of ESPE Travel Grants for applicants from low & middle income countries
- provision of patient information leaflets for common paediatric endocrine disorders in multiple languages

The new design for our newsletter, ESPE News, was also developed in 2017. Using member feedback, the new format was devised to be easier-to-read, with a clearer focus on science and research. ESPE News aims to provide members with opportunities to showcase and promote their work, as well as being an essential source of news and information.

The 2017 Yearbook of Paediatric Endocrinology, edited by Ze-ev Hochberg and Ken Ong and endorsed and supported by ESPE, provided abstracts from the year’s most important scientific and clinical research articles in paediatric endocrinology.

In 2017 prizes for the best original papers were awarded to: Kerstin Albertsson-Wikland (Sweden) for Demir et al. ‘First morning voided urinary gonadotropin measurements as an alternative to the GnRH test’

Jan Lebl (Czech Republic) for Stoklasova et al. ‘A rare variant of Turner syndrome in four sequential generations: effect of the interplay of growth hormone treatment and estragenson body proportion’

2017 PETCA Highlights

- Two further PETCA courses (number 11 and 12) started
- Lagos PETCA course graduated 8 fellows
- ESPE e-Learning portal incorporated into programme
- PETCA accepted as postgraduate course of University of Nairobi

Hormone Research in Paediatrics, published by Karger, is ESPE’s official journal and has become the leading journal in the field of paediatric endocrinology. The journal promotes basic and clinical knowledge and research, with the aim of improving care of children with endocrine diseases.

In 2017 prizes for the best original papers were awarded to: Kerstin Albertsson-Wikland (Sweden) for Demir et al. ‘First morning voided urinary gonadotropin measurements as an alternative to the GnRH test’

Jan Lebl (Czech Republic) for Stoklasova et al. ‘A rare variant of Turner syndrome in four sequential generations: effect of the interplay of growth hormone treatment and estragenson body proportion’
In 2017, ESPE continued to focus on refining and consolidating its financial processes, to give the Society a clear understanding of its financial position and the funds available for supporting its numerous activities. Financial reports and updates were delivered by the Strategic & Finance Committee (SFC) to Council 4 times a year and to members at the Annual Business Meeting (ABM).

The main sources of income for ESPE are the Annual Meeting, membership subscriptions and pharmaceutical support, the latter of which contributes to the running of many activities and awards. ESPE’s overall income was significantly lower in 2017 than in 2016, although expenditure was also significantly lower, resulting in a healthy overall contribution to ESPE’s ongoing funds. The difference was largely because the Society did not hold its own annual meeting during the year. Emphasis was placed on formalising contractual relationships with industry, to guarantee income in the short-to medium-term and aid financial clarity. Meanwhile the importance of limiting over-reliance on corporate support for ESPE’s core activities was recognised; with a view to ensuring that the Society could continue to meet its charitable aims should support be withdrawn. ESPE’s reserve policy is designed such that the Society has sufficient funds to allow it to continue running its activities for a two-year period at its current level if income is reduced.

As well as funding allocated to schools, awards, fellowships, grants, education and training tools; during 2017 ESPE invested in projects to build a new website and redesign its newsletter, while also supporting the implementation of the Endo-ERN.

At the 2017 Annual Business Meeting, the Council decision not to proceed with the lawsuit for the Congrex bankruptcy was validated by members. A final reconciliation and refund of the last dividends is expected in 2018.

**Major income items**

- **€317k** Sponsorship of grants and fellowships
- **€133k** Sponsorship of schools
- **€110k** Membership subscriptions
- **€33k** Sponsorship of awards

**Major expenditure items**

- **€370k** Grants and fellowships
- **€200k** Society management and administration
- **€190k** Schools
- **€100k** Website (incl. redevelopment)
- **€80k** e-Learning Portal

An update from Agnès Linglart, Chair of ESPE’s Strategic & Finance Committee
Looking to the future, ESPE’s SFC will continue to simplify and homogenise the Society’s financial processes. Importantly however, attention will also focus on preparing a financial plan for the coming years, including an evaluation of the financial risks recognised by the Society, a prioritisation of existing activities, identification of new activities and resources that ESPE should invest in to meet its charitable aims and the preparation of budgets for those activities.

Agnès Linglart
Chair of ESPE’s Strategic & Financial Committe
Thank you to all our members, who generously give their time and support to make ESPE activities possible and help make our Society a great success.