Annual Review 2019

Advancing excellence in paediatric endocrinology and diabetes
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 1,200 members from over 90 countries, we are committed to serving our members’ needs, and those of the paediatric endocrine field, on a global scale.

Who we are

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 ESPE to meet its goals.

A message from the Secretary General

Welcome to our review of ESPE’s activities in 2019. Since the content for this review was written the world has considerably changed. Many of you have been dealing first hand with the impacts of the COVID-19 pandemic and all of you have been widely affected in both your working and personal lives. My thoughts are with you, your patients, families and colleagues. ESPE has made some difficult decisions about our activities in 2020 and I am grateful to all our Council and Committee members, as well as the ESPE Team at Bioscientifica and all our members, for their flexibility and commitment through these challenging times. We will continue to deliver information, education, support and research wherever it is practical and appropriate to do so and we remain proud of our close and supportive community of paediatric endocrinologists across the globe.

I was very pleased to return to Council in September as Secretary General of the Society and am grateful to Peter Clayton for his excellent leadership over the preceding four years. ESPE has been a large part of my life and career since the 1980s and I know first-hand how instrumental it is in fostering collaboration, education and the improvement of care for children. It has also provided many lifelong friendships.

In 2019, the ESPE Annual Meeting was once again a great opportunity to learn the very latest research, developments and best practice from experts across the globe. I always enjoy broadening my perspective at ESPE, as well as seeing many colleagues. Our hosts in Vienna, the Programme Organising Committee and our conference organisers, Bioscientifica, should be congratulated on such a successful event and the positive response received. As always, feedback and suggestions are reflected on and the Meeting is adjusted to remain relevant and engaging for the thousands of attendees.

While we sadly had to take the decision to postpone our 59th Annual Meeting to May 2021 we still very much look forward to seeing you then in Liverpool. ESPE members are also involved in the planning for the International Meeting of Pediatric Endocrinology in Buenos Aires in September 2021. Each promises to be full of interesting discoveries and helpful sessions.

ESPE is committed to funding, managing and promoting a portfolio of grants to support paediatric endocrinologists at every stage of their career. Our Science Committee ensures the grants provide the right opportunities for career progression and that those opportunities advance the field to help patients. In 2019, we launched our new grant, the ESPE Visiting Professorship, which supports mid-career paediatric endocrinologists to establish and develop new collaborative research projects. The grant can be used to fund short visits to collaborating institutes or to host a visiting professor at the recipient’s home centre. We also launched an Undergraduate Achievement Award, open to medical and non-medical students. The award provides a grant and free registration to support students with accepted abstracts to attend the Annual Meeting. With increasing emphasis on specialisation at an earlier stage of careers, it is important to recognise and support undergraduates who have an interest in the field.

After the success of our first ESPE Science Symposium in 2018, we were very pleased, in 2019, to receive several very strong proposals for the next Symposium. We look forward to an excellent programme focused on CIN, in Nijmegen, The Netherlands (now postponed to October 2021). Due to the popularity amongst both hosts and delegates, we have decided to make the Science Symposium an annual event going forwards, as an excellent way to provide cutting edge, in-depth research on a particular topic to both scientists and clinicians.

Much work went into the review and updating of our patient leaflets, new versions of which were published in 2019. These are available in two readability levels and are an important resource for patients, parents, carers and clinicians. Over the coming months, we will be working on the translation of these leaflets into other languages.

Our schools and fellowship programmes continue to provide high quality educational opportunities to those wishing to pursue a career in paediatric endocrinology, both in Europe and further afield. ESPE takes seriously its responsibility to support the delivery of excellent patient care across the globe and providing these opportunities to those who might not otherwise have access is an important part of this; alongside excellent free resources such as our newsletter, e-learning platform and Yearbook of Paediatric Endocrinology.

Of course, an organisation the size of ESPE cannot achieve what it does without the support, input, hard work and spirit of a wide range of people. So I would like to say a very sincere thank you to all our members, committees, contributors, sponsors and office staff who make ESPE what it is.

Agnès Linglart, France
Chair of Strategic and Finance Committee which advises Council on financial strategy and administers the financial aspects of all the Society’s activities.

Evangelia Charmandari, Greece
Chair of Clinical Practice Committee which oversees the development and endorsement of guidelines and consensus statements on the management of paediatric endocrine disorders.

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

Anders Juul, Denmark
President-elect, who was to host ESPE’s Annual Meeting in Copenhagen in May 2021 (now postponed).

Thank you lunch with committee members at ESPE 2019 in Vienna.

Rasha Hamza, Egypt
Chair of Education & Training Committee which develops and maintains ESPE’s strategy and plans for education and training activities.

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

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

Michel Polak, France
Chair of Corporate Liaison Board which is responsible for establishing and maintaining relationships with industry.

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

Thank you lunch with committee members at ESPE 2019 in Vienna.

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Supporting and developing education and careers

ESPE is committed to offering up-to-date training and educational opportunities for paediatric endocrinologists and financial support at every stage of their career.

Promoting global education, training & knowledge sharing

**ESPE’s six Schools** provide a comprehensive learning environment for paediatricians and basic scientists who want to develop their interest and learning in the field of paediatric endocrinology. The Schools support different geographical regions and languages to create a great way for attendees to meet peers, increase their knowledge and foster relationships with experts in the field.

- **ESPE Science Symposium**
  - Hedi Claahsen – van der Grinten from Radboudumc in the Netherlands won the bid to host the next Symposium, which will now take place in 2021. It will focus on congenital adrenal hyperplasia: from molecular medical research to clinical application, with support from Endo-ERN, the ESPE DSD Working Group and a €30,000 grant from ESPE.

- **PETCA Highlights**
  - ESPE, together with the International Society for Pediatric and Adolescent Diabetes (ISPAD) and the British Society for Paediatric Endocrinology and Diabetes (BSPED), supports the Paediatric Endocrine Training Centres for Africa (PETCA) programme in sub-Saharan Africa, to help provide specialty training in endocrinology and diabetes from resource limited countries.
  - **Highlights from 2019:**
    - 10th Annual ASPAE Conference held in Lagos, preceded by the sub-Saharan School
    - PETCA course started in Nairobi
    - ELMIA grant awarded to fund 4 Kenyan fellows on PETCA courses in 2020/21
    - PETCWA course re-started in Lagos with 6 Nigerian-based fellows
    - Joint ESPE/ISPAD Taskforce established to formulate transitional plans for PETCA/PETCWA

**Funding career development**

In 2019, ESPE launched two new grants, expanding its portfolio to ensure the right opportunities were being offered for different career stages.

The new **ESPE Undergraduate Achievement Award** aims to attract undergraduate clinicians and scientists into the field by rewarding six high quality abstracts for the ESPE Annual Meeting with free registration and €750 to attend.

The **ESPE Rare Disease Visiting Professorship**, sponsored by Pfizer, enables recipients to develop long-lasting collaborations, with the ultimate goal of promoting new research in paediatric endocrinology.

**Funding Highlights from 2019**

- **€372,500**
  - 1 talented young investigator was awarded a Research Fellowship to conduct research at a leading institution.
  - 2 research proposals were funded by Research Unit grants that help promote collaborative projects in paediatric endocrinology.
  - 15 members were awarded Early Career Group Development grants, to enable them to visit other centres to gain new skills or build collaborations.
  - 40 presenting authors were awarded a Travel Grant to attend the ESPE Annual Meeting.

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

It was an honor to meet everyone and I learned every moment. Overall the structure, topics and arrangements are hard to beat.

Hosts were gracious, helpful and always smiling. Mentors were encouraging and extremely knowledgeable.
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.

Sharing the latest research and clinical practice at ESPE 2019

ESPE welcomed over 3,500 attendees to its 58th Annual Meeting in Vienna. The meeting featured cutting-edge research from across the whole spectrum of paediatric endocrinology. The theme was “Variety and Variation in Paediatric Endocrinology.”

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Working Group Highlights

All Working Groups developed and delivered a symposium at the ESPE Annual Meeting, bringing together expert speakers to update audiences with the latest research in their area.

Other highlights from ESPE Working Groups:

- Diabetes Technology – worked on a multi-national, multi-centre study on fear of hyperglycemia
- Differences of Sex Development – developed and validated a new score for clinical description of ambiguous/atypical genitalia from birth to 2 years of age
- Gender Incongruence – published the ESPE and PES International Survey of Centers and Clinicians Delivering Specialist Care for Children and Adolescents with Gender Dysphoria
- Obesity – presented results of the Insulin Resistance Survey at ESPE 2019, now under review for publication
- Paediatric Endocrine Nurses – contributed to Advanced Practice Nursing in Endocrinology
- Paediatric and Adolescent Gynaecology – published an evidence-based guideline for the assessment and management of polycystic ovary syndrome in Human Reproduction

Rewarding achievements in paediatric endocrinology

We celebrated our latest award winners at ESPE 2019

- Andrea Prader Prize
  Jesús Argente, France
- Outstanding Clinician Award
  Jan Lebl, Czech Republic
- International Award
  Maria New, USA
- Research Award
  Irène Netchine, France
- Young Investigator Award
  Sabine Hannema, Netherlands
- International Outstanding Clinician Award
  Abiola Oduwole, Nigeria
- Henning Andersen Prizes
  Philippe Lysy, Belgium
  Anu Bashamboo, France
- Hormone Research in Paediatrics Prize
  Walter Bonfig, Germany

Not pictured: Hormone Research in Paediatrics Prize
  Vrinda Saraff, UK

Excellent review/update useful to all trainees, academicians, clinicians and researchers.

The mix between scientific/basic science and clinical has never been better, and I very much enjoyed the interactive thyrotoxicosis session.

I believe that the annual ESPE has an excellent format, mixing clinical and research topics.

Student comments taken from ESPE 2019 post-event survey.

Over 1,300 abstracts
Over 300 talks
Over 20 top posters presented in the Pop-Up Theatre
Over 1,000 posters

*Comments taken from ESPE 2019 post-event survey
ESPE Annual Review 2019

Sharing knowledge with the wider endocrine community and beyond

ESPE works closely with the international endocrine community, to effectively share and disseminate the latest knowledge with our members, as well as other societies, institutions and authorities around the world.

ESPE is part of the International Consortium of Pediatric Endocrinology (ICPE) that brings together societies in the fields of paediatric and adolescent endocrinology and diabetes to facilitate global collaborations in clinical practice, education, research and advocacy.

2019 ICPE updates
• Members came together twice in 2019 to progress collaboration on projects such as clinical guidelines, e-learning in resource limited countries and access to medicines around the world
• Esko Wiltshire of APEG took office as next chair
• Preparation continue for the International Meeting of Pediatric Endocrinology (IMPE) to be hosted by the Latin American Society for Pediatric Endocrinology (LSEP) in Buenos Aires in 2021, with two ESPE representatives on the International Programme Organising Committee
• Voted for Yokohoma, Japan as the host city for the 2025 IMPE meeting

ICGC update
The Intersociety Clinical Guidelines Committee (ICGC) is a collaboration of all of ICPE’s members, focused on developing international guidelines and best practice in paediatric endocrinology.

2019 activities:
• Published Use of Gonadotropin-Relieving Hormone Analog in Children: Update by an International Consortium in Hormone Research in Paediatrics

Endo-ERN
ESPE collaborates with the European Society of Endocrinology (ESE) to support the Endo-ERN (European Reference Network), both financially and through the involvement of senior society representatives.

Activities in 2019 included:
• Presentation session at the European Congress of Endocrinology 2019
• Presentation session at ESPE 2019
• Implementation of the Clinical Patient Management System for expert exchanges on patient queries
• Developing a guideline on the endocrine induction of puberty

Cutting-edge research presented at the annual meeting attracted the attention of the worldwide media, leading to high profile general and medical media coverage.

Creating a stir in the media and online at ESPE 2019
Throughout ESPE 2019 delegates and their networks engaged online with ESPE through Twitter and Facebook.

Attendees posted selfies using #MyESPE, and explained what ESPE means to them.

Engaging online with the wider endocrine community
The 2019 Yearbook of Paediatric Endocrinology is available online, making it easily and freely accessible to clinicians everywhere. Edited by Ken Ong and Ze’ev Hochberg, it summarises and comments on the major advances in paediatric endocrinology over the previous year. Over 1,300 users accessed it in 2019, with 10,518 page views and 78% of the visitors were new to the site.

ESPE News, our quarterly newsletter, brought readers a selection of hot topics in the field and the latest ESPE news. This year our Editorial Board tackled Technology in Diabetes, Differences of Sexual Development, ESPE 2019 in Vienna and Endocrine Disruptors. View issues here.

2019 e-Learning highlights
• Completed multilingual Resource Limited Countries module, containing 16 chapters and 24 cases freely accessible in English, French, Spanish, Swahili and Chinese
• Established link with Collegium Telemedicus to provide a network for online case consultation with experts
• ESPE Maghreb School created a bilingual course in English and French
• Held an e-learning session between Hamilton, Canada and fellows in Guyana as part of an ongoing interaction between the two universities

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ESPE Newsletter

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Sharing knowledge with patients
Reviewed and updated patient information leaflets, covering diabetes, CAH, MPHD, craniosynostosis, growth hormone deficiency, hypothyroidism and hyperthyroidism are available to download free from our website. The leaflets are designed at two levels: ‘Easy’ for patients and ‘Average’ for parents and guardians.

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Corporate Support in 2019

Thank you to ESPE’s corporate sponsors, whose support is invaluable in helping ESPE provide many of our fantastic programmes and activities.

Gold Annual Meeting sponsor
E-Learning project

Gold Annual Meeting sponsor

Gold Annual Meeting sponsor

Gold Annual Meeting sponsor

Gold Annual Meeting sponsor

Gold Annual Meeting sponsor

Platinum Annual Meeting sponsor
Research Fellowship
ASPED-ESPE School
Henning Andersen Prizes
Maghreb School
ESPE 2019 abstract publishing

Hormone Research in Paediatrics Prizes

Platinum Annual Meeting sponsor
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Platinum Annual Meeting sponsor
Clinical Fellowship
ESPE 2019 abstract publishing

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E-Learning portal
ESPE 2019 abstract publishing

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