Annual Review 2020

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 1100 members from over 95 countries, we are committed to serving our members’ needs, and those of the paediatric endocrine field, on a global scale through innovation, collaboration and technology.

A message from the Secretary General

Welcome to our review of ESPE’s activities in 2020. We hope it gives you a taste of everything your membership and involvement in ESPE helps to achieve: to contribute to advancing the field of paediatric endocrinology. It goes without saying that 2020 was a year like no other and we, along with the rest of the world, had to adapt. I’m incredibly proud that, despite being unable to meet together in Liverpool as planned, we were able to deliver a wealth of scientific and clinically relevant content for paediatric endocrinologists to access for free across the world, in the form of ESPE Connect Online 2020. This took a huge effort and fast turnaround from our Programme Organising Committee, Council, speakers, and the team at Bioscientifica and we are very grateful for all of their hard work and flexibility. You can read more on the pages that follow.

Throughout the pandemic, we have continued to support colleagues at all stages of their career in paediatric endocrinology, providing grants and funding for important research and skill development and celebrating achievement through our awards. We know that research and studies have been impacted and slowed by COVID-19 and have taken a flexible approach to the utilisation of funding for this reason.

While not holding an Annual Meeting in 2020 has reduced our financial income, our stable financial situation and the support from our sponsors and members has allowed us to adapt and remain in a strong position to continue our work. Our Treasurer outlines more in the final pages of this document.

We are extremely thankful that COVID-19 has not generally had a severe impact on children and young people and that children with well-managed endocrine conditions (including type 1 diabetes mellitus) are not at increased risk of getting infected or becoming severely ill with coronavirus. Our Clinical Practice Committee created a useful position statement, outlining the facts and guidance for concerned patients, families and clinicians, as well as providing a COVID-19 Hub containing new patient and physician information, research and further references. Our newsletters, news alerts and Yearbook of Paediatric Endocrinology have also continued to provide useful, relevant and up to date information for the field.

Of course, every one of our members has been impacted by the pandemic, both professionally and personally. Our financial income, our stable financial situation and the support from our sponsors and members has allowed us to adapt and remain in a strong position to continue our work. Our Treasurer outlines more in the final pages of this document.

Thank you to all our committee members, who generously give their time to make ESPE activities possible and help make our Society a great success.

ESPE is governed by a Council, seven Council Committees and over ten sub-committees and task forces; 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.
Adapting to challenging times during COVID-19

The COVID-19 pandemic in 2020 caused a number of challenges for ESPE and its members, who have worked tirelessly to ensure high standards of patient care and research are maintained in paediatric endocrinology. It meant some events and activities such as ESPE Schools, the Science Symposium, and ESPE 2021 in Liverpool couldn’t go ahead. But by all working together, we rose to the challenges and adapted to the changing circumstances, to continue to advance the field of paediatric endocrinology and support our members. Our Annual Meeting was transformed into ESPE Connect Online and provided members with important updates on the latest developments in paediatric endocrinology. We also converted our Annual Business Meeting to a webinar and were pleased to see members joining us from around the world for our latest updates. Meanwhile, committee and Council meetings continued via videoconferencing.

Transforming our Annual Meeting

ESPE 2020, originally planned to take place in Liverpool in September, unfortunately could not go ahead due to COVID-19 restrictions. In place of our Annual Meeting, we held ESPE Connect Online 2020 which delivered a variety of free content for paediatric endocrinologists from all over the world. The virtual event was a great success, attracting over 5,000 attendees from over 120 countries and providing valuable learning and knowledge-sharing opportunities. Read more about ESPE Connect Online 2020 on page 8.

We spoke to Council and our members to hear how the pandemic has impacted them, ESPE and patient care.

Ensuring high standards of patient care

The pandemic changed how we meet and how we interact with our members in ESPE. While the future may seem painful and uncertain, I’m sure we’ll find a way to turn adversity to advantage and develop an ESPE that is more dynamic, modern and vibrant than ever.

Indi Banerjee, Communications Committee Chair

Communications Committee Chair

Hearing the face-to-face interactions with colleagues and patients. The uncertainty associated with seeing patients online with no information regarding puberty is difficult.

Mehul Dattani, President

The pandemic has been closed for several months, leading to the postponement of many research projects. The majority of national funds for research have been diverted to pandemic-related grants.

Stefano Cianfarani, President-elect

The research lab has been closed for several months. We are working on a daily basis. From instructions on what personal protective equipment was to be used, to what patient contact was allowed.

Dr Marx Skae, Consultant Paediatric Endocrinologist and Diabetologist, Royal Manchester Children’s Hospital

During the peak of the pandemic, the hardest thing was coping with the rapidly changing working practice on a daily basis. From instructions on what personal protective equipment was to be used, to what patient contact was allowed.

Funding career development

ESPE offers a number of funding opportunities for every career stage, to help members develop their scientific or clinical careers in paediatric endocrinology and advance the field. In 2020 we had to adapt to the changing times to continue to meet the needs of our members, so adopted a more flexible approach.

Funding Highlights from 2020

In 2020 ESPE grant funding totalled over €332,000

1 research proposal on childhood-onset osteoporosis was funded by a Research Unit Grant to promote collaborative and high-quality research in paediatric endocrinology.

1 talented young scientist was awarded a Research Fellowship to conduct research on mechanical stress and bone growth at a leading institution in Stockholm.

1 member was awarded an Early Career Scientific Development Grant to investigate genetic diagnosis in hypotumourism.

15 members were awarded Clinical Fellowships to train at paediatric endocrinology centres throughout Europe.

Clinical Fellowships

ESPE Clinical Fellowships promote the development of patient care, clinical management and clinical research in paediatric endocrinology through a valuable training programme. Unfortunately only three out of the 15 awarded Clinical Fellowships were completed in 2020 due to COVID-19 disruptions. The 2021 intake has therefore been cancelled to allow the remaining fellows to complete their Fellowships, and new selections will take place in late 2021.

This fellowship will have a huge impact on my skills in endocrine practice.

Chetan Kumar Dave, India

I have learnt new ways to care for patients with paediatric endocrine diseases and new genetic testing techniques.

Diana Miclea, Romania

Developing global education and training

The European Training Syllabus in Paediatric Endocrinology, updated by an ESPE Taskforce and ETC members, has been approved by UEMS. It upholds the standards of education and training in Europe.

PETCA Highlights

ESPE supports the PETCA (Paediatric Endocrine Training Centres for Africa) programme in sub-Saharan Africa. The programme aims to provide specialty training in endocrinology and diabetes to paediatricians who have completed their general paediatric training.

Highlights from 2020:

• A Training Course held in each centre despite Covid-19
• 130 Fellows now graduated and 270 papers published since 2008
• 11th Annual ASPAE Conference with 3rd sub-Saharan School held in Gabonone, Botswana

Talat Mushtaq represented ESPE as guest Lecturer

A key milestone achieved, with PETCA course registered as postgraduate qualification of University of Nairobi

Ibrahim Ishaya Abok (ASPAC) and Jan Lebl (ESPE, succeeding Ieuan Hughes) appointed as joint Coordinators of PETCA/PEACWA Taskforce

Supporting and developing education and careers

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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.

2020 ICPE updates

- ICPE member societies met in September 2020.
- An important survey was circulated about the impact of COVID-19 on paediatric endocrine practice, treatments and patients, to better understand the global challenges and how they are being managed.
- A new group is being formed to focus on a comprehensive revision of the endocrinology and diabetes section in the WHO EML, to support access to medicine.
- The 2021 International Meeting of Pediatric Endocrinology in Buenos Aires was postponed to 19-22 March 2022.
- The International Fellows School will be held under the umbrella of ICPE going forwards.

Essential Knowledge and Practice (EMP) and the European Society of Endocrinology (ESE) have agreed to develop an EMP module on Hypothyroidism for 2021.

ICPE 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.

Endo-ERN activities in 2020 included:

- Symposium and presentation session at ESPE Connect Online 2020.
- Contribution to panel discussions for the Clinical Patient Management System.
- Developing new guidelines on congenital hypothyroidism, pubertal induction in patients with pituitary deficiency, and sex hormone replacement in young adults.
- Collecting a core dataset for rare endocrine conditions by reporting through a new online system, the EuRRECa Registry.
- Taking part in the ESE COVID-19 Growth and Genetic Obesity study group.

Helping advance clinical practice

ESPE endorsed two new guidelines about congenital hypothyroidism and pseudohypoparathyroidism, to contribute to improving endocrine care.

Rewarding achievements in paediatric endocrinology

We congratulate our 2020 ESPE Award winners for their dedication and achievement in the field. Due to the cancellation of ESPE Liverpool, we presented the Young Investigator Awards and Hormone Research in Paediatrics Prizes during ESPE Connect Online in November and will make presentations to our other 2020 award winners during ESPE 2021 Online in September.

2020 Working Group Highlights

All Working Groups delivered a symposium at ESPE Connect Online 2020, bringing expert speakers from across the world to update on the latest research.

Differences of Sex Development – Continued ongoing projects with the COST action DSDnet to help improve our knowledge on difference in sex development.

Paediatric and Adolescent Gynaecology – Became partners of a funded Horizon 2020 project to improve treatment for young women with PCOS.

Turner Syndrome – Contributed to new guidelines, launched a survey on pubertal induction and started a multicentre study on mini-puberty. A section for Turner syndrome on the International Disorders of Sex Development website should be completed in 2021.

Diabetes Technology – Delivered a session at ESPE Connect Online 2020 dedicated to advancements in diabetes technology.

Obesity – Developed a survey about obesity and insulin resistance and took part in a collaborative project investigating adolescents with obesity.

Paediatric Endocrine Nurses – Endorsed the Endocrine Nurses Society position statement on transgender and gender diverse care.

Gender Incongruence – Planned a supportive statement of intent for transgender young people and produced updated ESPE clinical care guidelines.

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.

INTERNATIONAL CONSORTIUM OF PEDIATRIC ENDOCRINOLOGY

International Award

Andrea Prader Prize
Moshe Phillip, Petah Tikva, Israel

Outstanding Clinician Award
Gary Butler, London, UK

International Award
Michael Levine, Philadelphia, USA

Research Award
Antje Körner, Leipzig, Germany

Young Investigator Awards
Nicholas Nicolaides, Athens, Greece
Tero Varimo, Helsinki, Finland

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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.
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.

Promoting knowledge sharing and collaboration

2020 e-Learning highlights

- Completed 4 more learning modules in the ESPE Maghreb School course, currently containing 5 cases available in English and French.
- Updated ISPAD Guidelines learning modules with the addition of 24 problem-solving cases.
- Delivered ESPE e-Learning case presentations online via interactive Zoom sessions.
- Visit the e-Learning portal

Over 11,000 people globally visited the e-Learning portal

Sharing knowledge with patients

Our patient information booklets are currently available in English and have proven to be a useful resource for clinicians to share with their patients. To enable the booklets to be used by as many patients, parents and carers as possible, the ESPE Communications Committee is leading a project to translate the booklets into other languages, with the assistance of ESPE members.

Sharing the latest research and clinical practice at ESPE Connect Online 2021

Unfortunately, ESPE 2020 in Liverpool could not go ahead as planned due to restrictions from the COVID-19 pandemic. To ensure we could still provide a valuable platform for knowledge sharing and important networking opportunities, we transformed our physical meeting into a free for members, virtual event. ESPE Connect Online 2020 took place on 6-14 November and celebrated the latest developments in paediatric endocrinology. It attracted a global audience of more than 5,000 attendees from over 120 countries across its nine days, almost half of whom hadn’t attended an ESPE annual meeting previously. Content from the live event was made available on-demand for attendees to watch at a time convenient to them and has received over 3000 additional session views.

Programme Highlights

12 CME accredited Symposia sessions each with 2 talks and an accompanying live Q&A session.
2 How Do I…? sessions, each with 3 talks.
2 Personal Opinion Future Research talks.
10 Hot Topics presentations, including 2 from the Hormone Research Prize 2020 Awardees.
3 Young Investigator Awardee presentations.

The entire program was wonderful and full of knowledge sharing. The virtual Q&A was an added bonus. Highly satisfied with the program and looking forward to more.

Fantastic session, much better than some other online conferences and for free. Amazing, well done.

We have had a wonderful academic experience attending ESPE Connect over the last week.

Thank you all of you for making this terrific session possible under current circumstances.

Many thanks for all the efforts you provide to make such a virtual conference a successful one!
In 2020, many ESPE activities could not take place due to the COVID-19 pandemic. In accordance with the sponsors and the committee chairs, it was decided to postpone some activities to 2021, and transform others into a virtual format. This decision allowed us to considerably alleviate the impact of the pandemic on ESPE’s finances. Most of ESPE’s income will be transferred to the programmes that will take place in 2021. In addition, we had to cancel the 2020 ESPE Annual Meeting that was initially planned in Liverpool, which will affect our finances in 2021 and 2022. As you will be aware, we were able to deliver the successful ESPE Connect Online in 2020 with support from our corporate supporters. The steps we have taken in recent years to develop financial plans and budgets, together with our healthy reserve fund policy, which enables ESPE to continue operating for a period of two years, will stand us in good stead to ensure that we can maintain a stable financial situation. We also manage the financial and other risks to the society through ESPE’s risk register, which is reviewed at every Council meeting and has associated plans to manage any risks identified. Therefore, ESPE continued to see a healthy financial situation in 2020, with almost €600,000 spent on research, education and training. This figure will increase in 2021, as new projects arise. It is of utmost importance for us to maintain our core educational programmes and grants, enabling us to deliver these to our members and the wider paediatric endocrine community. As the pandemic continues through 2021, we will need to assess the impact on ESPE’s finances for 2021 and in the longer term, but I and my fellow members of the Strategy and Finance Committee will monitor and manage the financial situation of the Society to ensure that we are able to continue to advance the field through our educational, clinical and scientific programmes.

Agnès Linglart
Chair of ESPE’s Strategic & Financial Committee

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**Major income items**

- **€230k** 
  Sponsorship of grants and fellowships
- **€204k** 
  Membership subscriptions
- **€180k** 
  ESPE Connect
- **€84k** 
  Sponsorship of schools
- **€4k** 
  Sponsorship of awards

**Major expenditure items**

- **€338k** 
  Grants and fellowships
- **€204k** 
  Education & Training
- **€198k** 
  Society management and administration
- **€60k** 
  ESPE Connect

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**Other expenditure**

- **Awards**  €7k
- **Council and committee meetings**  €27k
- **Newsletter and website**  €24k

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**Corporate Support in 2020**

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

**Corporate Support in 2020**

- **Alexion**
  - Platinum ESPE Connect Online sponsor
  - Clinical Fellowship

- **Ascendis Pharma**
  - Gold ESPE Connect Online sponsor

- **Ferring**
  - Summer School

- **Kyowa Kirin**
  - Platinum ESPE Connect Online sponsor
  - e-Learning

- **Merck**
  - Platinum ESPE Connect Online sponsor
  - Diabetes, Obesity & Metabolism School

- **Novo Nordisk**
  - Platinum ESPE Connect Online sponsor
  - Maghreb School
  - Research Fellowship
  - Henning Andersen Prizes

- **Pfizer**
  - Platinum ESPE Connect Online sponsor
  - Visiting Professorship

- **Rhythm**
  - Gold ESPE Connect Online sponsor

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* Due to the postponement of some activities, funding will be utilised later than 2020 in some cases.
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.