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Third Arab Society for Pediatric Endocrinology and Diabetes (ASPED) European Society of Paediatric Endocrinology (ESPE) School, 9-11th December 2016, Jeddah, Kingdom of Saudi Arabia

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Abstract

The third ASPED_ESPE School was organized by ASPED (Arab Society of Paediatric Endocrinology and Diabetes) in collaboration with the European Society of Paediatric Endocrinology (ESPE) and is sponsored by an educational grant from Novo Nordisk Gulf exclusively. The third school was held in Jeddah, Saudi Arabia and run by an expert group of faculty from ASPED and ESPE. Candidates were selected following open competitive applications through ASPED and ESPE websites. Strict enrollment criteria were agreed on by the ASPED_ESPE school steering committee. The school included 53 candidates (out of 88 applicants) from 12 countries. Enrolled candidates were offered free registration and accommodation to attend the preceding ASPED conference. The themes of the curriculum featured majority of Paediatric Endocrinology subjects, which were delivered in the format of lectures, interactive group discussion, case and research project presentation. In addition, small group discussion was run in 4 parallel groups in which over 40 cases and research projects were presented. Evaluation forms were analysed and showed satisfactory responses by candidates in relation to course organization, scientific discussion and opportunity for future collaboration and linking.

Keywords: ASPED; ESPE; DSD; Growth; Bone; Puberty; Diabetes

Introduction

The Arab Society for Pediatric Endocrinology and Diabetes (ASPED)

ASPED was launched in Abu Dhabi, United Arab Emirates in September 2012 upon the initiative of a group of Pediatric Endocrinologists from the Middle East and North Africa. The society is a non-profit scientific organization and is registered under the Dubai Association Center (DAC) under License number DAC-0001. Its aim is to ensure a high standard of care and development in the field of pediatric endocrinology and diabetes in the Arab region extending from the Gulf through the Northern African countries. The main pillars of its mission are:

A. Care of children and adolescents with endocrine disorders and diabetes by bringing together professionals in this field from the Gulf and North Africa.

B. Be a body for governing the training of doctors in the field of Pediatric Endocrinology and diabetes through support of the existing fellowship programs and creating others. Other educational programs will be arranged to offer the most updated knowledge and experience to trainees in pediatric endocrinology.

C. Actively support training and education of specialist nurses, diabetes educators, dieticians and other allied healthcare professionals in the field of endocrinology and diabetes.

D. Promoting research and training in the field. One key issue to be encouraged is to establish collaboration with international organization and centres of excellence around the world. Considering the unique set up of the population and

the genetic characters in this geographical area, research will help uncover specific disease mechanism relevant to this area and to come up with new innovations for treatment.

E. Advancing education in pediatric endocrinology and diabetes for patients and their parents by enhancing group education and creation of parents/children support groups.

F. Generating evidence-based guidelines that will lead to a consistent management of endocrine disorders and diabetes mellitus throughout the area.

G. Unifying protocols throughout Endocrine centers to ensure updated practice and creating tools for research.

The ASPED_ESPE School

The ASPED/ESPE school is an initiative by ASPED in collaboration with the ESPE. It is an annual event that delivers revision and update on endocrine disorders and diabetes to physicians involved in managing diabetes in children and young people. The school is structured in the format of an intensive course of teaching in paediatric endocrinology and diabetes. Its main aim is to provide an update in this field for paediatricians practicing paediatric endocrinology in the Arab countries. The school is a forum for networking and brainstorming about research ideas and available resources and provides an ideal setting for sharing experience and initiating scientific collaboration. ASPED/ESPE school rules are set by the ASPED/ESPE committee which consists of senior paediatric endocrinologists from ASPED and ESPE. Enrollment in the school is based on selection following open competition. Essential and preferred criteria for eligibility and enrolment are set by the ASPED/ESPE school committee.

The Second ASPED_ESPE school

The 3rd ASPED/ESPE school was held in the Ramada hotel, Jeddah between the 9th and the 11th December, 2015. With highly educational curriculum and prominent international and regional

speakers, the school attracted 88 applicants from 16 countries. 53 participants attended the school from 12 different Arab countries; United Arab Emirates, Kingdom of Saudi Arabia, Egypt, Kuwait, Tunisia, Algeria, Sudan, Palestine, Oman, Qatar, Bahrain, and Jordan.

Curriculum and format

The school covered most of the important Paediatric Endocrinology topics including: growth, puberty, thyroid disorders, calcium and bone disorders, disorders of sex development, pancreatic endocrinology (hyperinsulinemic hypoglycemia, hyperglycemia and diabetes mellitus) and obesity. The curriculum was delivered in various formats including lectures, small group discussion, case presentations and research projects presentation. Plenary lectures were delivered by senior endocrinologists from ESPE and ASPED. 40 complex/interesting cases were presented by candidates and faculty in addition to 14 research projects. Selected cases and research projects were presented to all audience. In addition, attendees were split into 4 smaller groups for parallel presentation and discussion in a more interactive manner.

Scientific and social linking

The school enabled participants to meet and link up with senior researchers, clinical experts and fellow clinicians in a collegial environment encouraging active discussions and exchange of ideas. In addition to the high scientific level, the social interaction between the school faculty and candidates was remarkable.

Special features about the 3rd ASPED/ESPE school

The 3rd ASPED/ESPE school was preceded by the 3rd ASPED conference. All candidates who participated in the school were offered free registration and accommodation to attend and participate in the conference. Selected abstracts submitted to the school were presented in the conference, too.



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