

British Society for  
Paediatric Endocrinology  
and Diabetes

BSPED June 2021



#### 48<sup>th</sup> BSPED Annual Meeting - BSPED 2021

We are looking forward to welcoming you to the 48th BSPED Annual Meeting, which will be held virtually on **24-26 November 2021**.

Registration for the Annual Meeting will be opening in July! Further details on the cutting-edge scientific programme will also be announced very soon. Please keep your eyes peeled and [sign up to our mailing list here](#), to be kept up to date.

Don't forget that abstract submissions are open and will close on **Thursday 8 July 2021 (23:59 BST)**. Abstracts at BSPED 2021 will be presented virtually as oral communications or posters, across a variety of categories within paediatric endocrinology and diabetes. Accepted abstracts will also be published online in *Endocrine Abstracts*: a fully citable, open-access resource of presentations from endocrinology conferences. [Please visit the BSPED 2021 Meeting page here for further information on how to submit your abstract.](#)

# News from the BSPED Office

## Vacancy opportunity: BSPED CME Officer

We have a vacancy for a BSPED member to become the Society's next CME Officer. If you're passionate about the ongoing education of paediatric endocrinologists and diabetologists, organised and keen to share your expertise, we would love to hear from you. As BSPED CME Officer, you would be responsible for organising the CME Day at the high profile BSPED Annual Meeting, as well as the endocrine component of the RCPCH meeting.



For more information please see [the role profile](#) or contact the BSPED Office. Application deadline: **31 August 2021**.

The vacancy has arisen due to the end of the extended term of office of Dr Anitha Kumaran.

### To apply

Please send a completed and signed [nomination form](#) (proposed and seconded by BSPED members) to the BSPED Office at: [bsped@endocrinology.org](mailto:bsped@endocrinology.org) to arrive no later than 23:59 BST on 31 August. Please include your CV and approx. 200 word supporting statement with your nomination form. Faxed forms cannot be accepted. The successful applicant will be selected by the Executive Committee. We look forward to hearing from you.

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## Research and Innovation Awards 2021 – applications open

Applications for the [2021 BSPED Research and Innovation Awards](#) are open, with a deadline of **7 September**.

This year, there will be **two BSPED Research and Innovation Awards granted up to a maximum of £20,000 each**. The total amount for each grant can be allocated to one recipient or split between 2 or more projects.



The BSPED welcomes applications for projects that are intended to:

1. Promote and support academic research by its members by providing funding to:
  - Obtain preliminary data which will support an external funding application
  - Conduct a small project or
  - Purchase equipment
2. Promote and support surveys of rare diseases
3. Promote and support surveys of clinical innovations
4. Promote and support educational projects

The BSPED strongly encourages any BSPED member to submit a proposal including nurses, research fellows, specialist trainees, DGH consultants, allied health professionals and Clinical Networks.

We look forward to receiving your [applications](#), which should be submitted to Awards Committee Chair Professor [Helen Storr](#) by **7 September** (5pm BST).

## BSPED Paediatric Endocrine and Diabetes Nurse and Allied Health Professionals Award 2021 – applications open

Applications are now open for this year's [BSPED Paediatric Endocrine and Diabetes Nurse and Allied Professionals Award](#). The purpose of the award is to reward and support an innovative development or initiative within the paediatric endocrine or diabetes settings. Applicants can be nurses or allied health professionals working in either of these fields and **there are two awards available this year**.



You could win £1000 towards implementing or researching an initiative which aims to directly improve the care of children and young people with endocrine or diabetes diagnoses.

For more information, please [see the BSPED website](#) and submit your applications to the BSPED Office by **7 September** (5pm BST).

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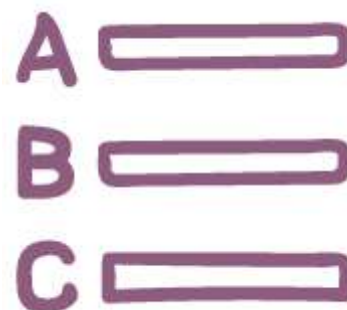
## New Benefactor Resource Library

Head to the [BSPED Members' Area online](#) to find additional information, resources, promotional material and educational content from our benefactors in our Benefactor Resource Library.

All content is provided by our industry benefactors and any views expressed are not those of the BSPED.

More content is being added, so be sure to check back.

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## BSPED Virtual Peer Review process



In February 2021 it was my pleasure to be the local organiser for the first virtual BSPED Peer Review. Although this took considerable time and work to complete I would encourage other units to participate.

The support from the BSPED office, and from Indi Banerjee and John Schulga in particular, prior to the review was superb, always happy to respond to my rookie queries. The Self-Assessment form is detailed and comprehensive; measuring compliance with the stated BSPED Standards. Getting all the evidence ready takes time so you do need to make sure your centre gives enough notice to complete this. It was a useful exercise to formally check our local compliance against these Standards as I probably wouldn't have got round to doing this in such detail without this prompt!

On the day, the Peer Review team were great. They were engaging, inquisitive and appropriately probing. I personally found it a supportive and constructive experience and had very positive comments from my local colleagues who were involved on the day. Timing was tight, so I'd recommend to only invite key colleagues who can add most to the review.

The report following the Peer Review was detailed and constructive and has provided really useful suggestions on improvements that can be made. This will prove to be a helpful document in further discussions with my local management team and a detailed snapshot against which to plan for the future. I am very grateful for all the work the BSPED Peer Review Team put into this.

**Fiona Ryan, Oxford**



We are pleased that a number of centres have come forward to be reviewed in the coming months. We welcome all other centres to contact the BSPED office if they are interested.

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### **BSPED Byelaws – for information**

The byelaws (or rules) of the BSPED have recently been reviewed and slightly updated by the Executive Committee. This was mainly to reflect the updated membership categories and the fact that all BSPED members will be asked to renew their membership within three months of the due date each year rather than six, to ensure membership records are up to date. Honorary members are now voting members and we have also made provision for virtual AGMs, in circumstances such as those we have experienced over the past year. [The current byelaws can always be found on the BSPED website.](#)

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### **Get all the latest endocrine news**

Did you know that the BSPED website displays a regularly updated feed of endocrine and paediatric endocrine news from across the media? Visit the BSPED home page or our [dedicated news page](#) to stay up to date with new developments. News from the BSPED is also displayed.

# Trainee Update

## **New Paediatric Endocrinology & Diabetes Subspecialty Grid Appointments**

We are pleased to congratulate and welcome the following trainees who have been appointed to Grid posts commencing August-September 2021, and wish them all the very best in their careers:

Louise Apperley (Sheffield)  
Alaa Baioumii (Bristol and Cardiff)  
Manju Chandwani (East Midlands)  
David Lim (Wessex)  
Rebecca Moon (Southampton)  
Rabbi Swaby (East Midlands)  
Rachel Varughese (London)

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## **Awards, Achievements and Appointments**

We would like to congratulate Dr Sasha Howard on her appointment as Senior Lecturer at the Centre for Endocrinology, Queen Mary, University of London and Honorary Consultant at the Royal London Children's Hospital, Barts Health NHS Trust. We wish her all the very best in her career.

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## **Virtual Paediatric Endocrine Teaching (VPET)**

The VPET sessions are continuing to run twice a month. If you would like to be added to the VPET mailing list or would like further information please email [vpet.trainees@gmail.com](mailto:vpet.trainees@gmail.com).

If you know of other online sessions being run that trainees can join, please email us at [bspedtrainerep@gmail.com](mailto:bspedtrainerep@gmail.com) with the details and we can add them to the online Trello noticeboard.

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James Law & Rachel Boal  
BSPED/ RCPCH CSAC Trainee Representatives [bspedtrainerep@gmail.com](mailto:bspedtrainerep@gmail.com)

# News from the Clinical Committee

## BSPED Priming Guidelines\*

A recent national audit and Delphi consensus process among members of the BSPED confirmed an agreement to priming with sex hormones prior to growth hormone provocation tests in children in the peri-pubertal age for suspected growth disorders. The following guidelines are derived from consensus based on current agreed clinical practices and published literature:

<https://www.bsped.org.uk/media/1875/bsped-priming-guidelines-v3-16521.pdf>



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## Revised NICE guidelines re DKA

The Clinical Committee of BSPED is aware that NICE has published its revised guidance on the management of Type 1 and Type 2 Diabetes in Children and Young People (CG 18). We are also aware that this revised NICE guidance differs from the current interim BSPED guidance on the website with respect to the fluid management of DKA.

The Clinical Committee plans to review this situation but does not feel that the current [BSPED DKA guidance](#) needs to be removed from the website while this review and revision takes place.

Meanwhile, the **DKA Flowchart** and **DKA Calculator** are now available for use via the [BSPED Guidelines web page](#).

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## Paediatric Steroid Treatment Card for Adrenal Insufficiency

The BSPED Clinical Committee is pleased to announce that the Paediatric Steroid Treatment Card for Adrenal Insufficiency has been reviewed and updated. It provides a succinct steroid management plan for illnesses, emergency injections and blood sugar & electrolyte correction. It is available to [view or download from the website](#). Please encourage your patients to use this – BSPED is keen to encourage uniform practice and improve the care of children and young people with Adrenal Insufficiency.



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## Declaration of interests for guideline endorsement

If you would like a guideline to be endorsed or supported by the BSPED, we ask that you first complete a [declaration of interests form, which can be found here](#).

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## **\*Use of and comments regarding guidelines**

BSPED guidelines have been commissioned and endorsed by the BSPED and reflect the Society's views on best practice for the majority of patients with that condition. However, each patient should be considered as an individual in the context of their condition and other medication and therefore the readers' discretion is required in the application of their use. Every effort has been made to ensure the factual accuracy of the contents but no liability can be accepted for any litigation, claims or complaints arising from the use of the guidelines.

If you have a query or comment, or would like to raise a concern regarding a BSPED guideline or any guideline on our website, please contact the [BSPED Office](#) who will ensure your message is passed to the BSPED Clinical Guidelines Officer and Clinical Committee.

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## **Surveys**

If you would like to include a survey in a BSPED newsletter to encourage responses from BSPED members, please submit it to the BSPED Office. The survey will be reviewed at the next Clinical Committee meeting and included in the newsletter if approved. Survey owners should agree to report their findings back to the Clinical Committee 6 months after the survey closes. The BSPED should be acknowledged in any output (guidelines, publications, presentations, etc) resulting from the survey and the BSPED Office informed of the output.

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## **Submitting items to the Clinical Committee**

In order to manage the full agenda of this busy committee we would request that any items that members would like to be reviewed by the Clinical Committee should be submitted to the committee through the BSPED Office in good time. Please see below the deadline dates for submission for the upcoming Clinical Committee meeting:

**11 August** for the next Clinical Committee meeting.

# Announcements

## Pubertal induction in Turner syndrome - oral or transdermal 17 $\beta$ -estradiol?

<sup>1</sup>Malcolm Donaldson, <sup>2</sup>Debbie Matthews and <sup>3</sup>Aneta Gawlik

<sup>1</sup>Section of Child Health, Glasgow University School of Medicine

<sup>2</sup>Department of Child Health, **Newcastle** upon Tyne Hospitals NHS Foundation Trust, UK

<sup>3</sup>Department of Pediatrics and Pediatric Endocrinology, School of Medicine in Katowice, Poland

Most girls with Turner syndrome require pubertal induction - but the regimen giving the best outcomes is not yet clear. Both the international 2016 “Cincinnati” and the BSPED-led UK 2017 guidelines recommend giving ‘natural’ oestrogen, i.e. 17 $\beta$ -estradiol, rather than synthetic oestrogens such as Ethinylestradiol, via the oral or transdermal route (1,2).

The Turner Syndrome Working Group (TSWG) of ESPE has proposed a novel strategy whereby clinicians and families are invited to choose one of two agreed regimens – oral or transdermal – and obtain consent for information during the 3-year induction period to be shared (3). This proposal represents a departure from the traditional randomised clinical trial model, which has proved unachievable given the difficulty obtaining funding for rare conditions such as Turner syndrome.

Realising the TSWG proposal has raised two principal challenges - finding the appropriate platform for data collection and sharing; and obtaining the low doses of oral and transdermal 17 $\beta$ -estradiol recommended by the Cincinnati and BSPED guidelines.

The first challenge is being met by using the registry platform which has been used by the international DSD (I-DSD) and international CAH (I-CAH) Registries for creating a dedicated Turner syndrome registry ([I-TS](#)). The platform, which is run from the Office for Rare Conditions Glasgow, has been in use for over a decade and adheres to the highest standards of data governance. We anticipate that the detailed new module will be operational later this year but in the meantime clinicians can already use the UK ethics approved [information sheet](#) and [consent forms](#) for I-TS to enrol all patients with Turner syndrome including those requiring pubertal induction. A detailed [protocol for the TSWG oral and transdermal regimens](#) is available but clinicians using the BSPED guidelines or similar protocols are also invited to enrol their patients.

The second challenge is more difficult. In the UK, the available 1mg preparations of oral 17 $\beta$ -estradiol are unsuitable for delivering the low initial doses required. Pharmacies need therefore to order 0.5 mg preparations (e.g. Eustrace, Cetura) which can be halved to 250 mcg, and also make up preparations for girls requiring doses below 250 mcg. There have been problems with supply and manufacture of transdermal preparations over the last 2 years, but these have largely resolved and Evorel 25, Estradot 25 & Estraderm Matrix 25 are currently available in the UK.

The availability problem with suitable oral oestrogen preparations affects not only the UK but other European countries, and is being addressed by Professor Aneta Gawlik from Katowice, Poland on behalf of ESPE. Two questionnaires regarding preparations for pubertal induction in girls with Turner syndrome have been devised. The link for professionals is <https://www.surveymonkey.com/r/TNF3VXT> and the link for patients and families is : <https://www.surveymonkey.com/r/RMNM2G>

We encourage BSPED members to complete the survey and share the relevant link with their patients and families. We hope that members can start obtaining consent from their patients now for the I-TS registry and



enrol these patients in preparation for entering more detailed information on girls undergoing pubertal induction.

#### References

1. Gravholt CH, Andersen NH, Conway GS et al. Clinical practice guidelines for the care of girls and women with Turner syndrome: proceedings from the 2016 Cincinnati International Turner Syndrome Meeting Eur J Endocrinol. 2017 Sep;177(3):G1-G70.
2. Matthews D, Bath L, Högler W, Mason A, Smyth A, Skae M. Hormone supplementation for pubertal induction in girls. Arch Dis Child 2017;102 (10): 975-980.
3. Malcolm Donaldson, Berit Kiström, Siska Verlinde, Janielle van Alfen-vanderVelden, Aneta Gawlik and Theo Sas on behalf of the Turner Syndrome Working Group for the European Society for Paediatric Endocrinology. Pubertal induction in girls with Turner syndrome; a proposed modern strategy. Hormone Research in Paediatrics 2019;91(3):153-163.

# Meetings and courses

We have made every effort to check whether meetings have been postponed or cancelled due to Covid-19 and have updated the details below where possible. We would however recommend that you check with the website/organiser of any event you plan to attend this year.

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## 2021 annual endocrinology and diabetes meetings

- [European Society of Paediatric Endocrinology \(ESPE\)](#): 22-26 September 2021 (online)
  - [European Association for the Study of Diabetes \(EASD\)](#): 27 September – 1 October 2021 (Online)
  - [International Society for Pediatric and Adolescent Diabetes \(ISPAD\)](#): 13-15 October 2021 (Online)
  - [Society for Endocrinology BES](#): 8-10 November, Edinburgh
  - [British Society for Paediatric Endocrinology & Diabetes \(BSPED\)](#): 24-26 November 2021 (online)
  - [European Society of Endocrinology ECE 2022](#): 21-24 May 2022, Milan, Italy
  - [ENDO 2022](#): 11-14 June 2022, Atlanta, Georgia
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## Obesity Update 2021

30 June- 1 July 2021, Online

We are excited to announce registration for Obesity Update 2021 is now open! Join us virtually over two half-days on Wednesday 30 June and Thursday 1 July 2021, to gain new insights and learn techniques from UK experts in obesity. By doing so you'll gain the skills needed to improve your clinical outcomes.

<https://www.obesityupdate.org/>

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## Physical Activity and the Endocrine System

20-21 July 2021, Online

This free, virtual two-day event will take place on **Tuesday 20 and Wednesday 21 of July 2021**. Our meeting will focus on the interaction between physical activity and the endocrine system. It is supported by the Society of Endocrinology and is being coordinated by Nottingham Trent University.

Booking deadline: Thursday 1 July 2021, 9.00 pm

<https://www.ntu.ac.uk/about-us/events/events/2021/07/physical-activity-and-the-endocrine-system>

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## Paediatric Endocrine Nurse (PENS) webinar session - Small for Gestational Age

30 July 2021, Online

Small for gestational age webinar from Novo Nordisk, endorsed by BSPED. 1-2pm.

[Registration \(gotowebinar.com\)](#)

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## EYES 2021 (ESE Young Endocrinologists and Scientists' annual meeting)

3-5 September 2021, Online

<https://sites.google.com/view/eyes2021/registration>

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**PERLS webinar session - Noonan and Turner Syndrome**  
**7 September 2021, Online**

Noonan and Turner Syndrome webinar from Novo Nordisk, endorsed by BSPED.  
Save the date – more information coming soon.

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**Oxford Endocrinology Masterclass 2021**  
**23 September 2021, Oxford**

Oxford Endocrinology Masterclass is a three year cycle covering the whole spectrum of endocrinology which is ideal for Specialist Registrars.

<https://www.eventbrite.co.uk/e/oxford-endocrinology-masterclass-2021-tickets-150190912061>

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**ESPE Science Symposium: ‘Congenital adrenal hyperplasia: from molecular medical research to clinical application’**  
**29-30 October 2021, Netherlands**

The ESPE science symposium aims to promote the development of an interactive network between clinicians and researchers, helping to reduce the gap between research and patient care. It will also provide the means to disseminate new scientific knowledge in the community of paediatric endocrinology.

Its focus will be ‘**Congenital adrenal hyperplasia: from molecular medical research to clinical application**’ and it will be supported by the Endo-ERN and the ESPE DSD Working Group.

The symposium will consist of interactive lectures by renowned scientists in the field with the aim of covering the main topics in CAH. We invited top clinical and basic researchers from all over the world with main research focus on CAH. There will also be discussions and networking time in the group.

<https://www.espe-science-symposium-2021.com/>

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**Update in Obstetrics, Gynecology and Reproductive Medicine**  
~~**4-5 November 2021, Barcelona**~~ **Postponed until 2022**

Unfortunately, at this time, COVID-19 still remains prominent in the public health sphere. Therefore, as the safety and well-being of all of the Dexeus Forum’s participants, faculty and staff are our highest priority, we believe it is best to postpone the congress to a later date.

The Dexeus Women’s Health Foundation has decided to postpone its 45th International Forum focusing on issues in Women’s Health to 2022.

The face-to-face 2022 Dexeus Forum will follow in the footsteps of the previous highly successful Forums and will update the current knowledge in Obstetrics, Gynecology and Reproductive Medicine with the key international opinion leaders in each field.

<http://dexeus.comtecmed.com/>

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**11<sup>th</sup> International Symposium on Diabetes, Hypertension, Metabolic Syndrome and Pregnancy**  
**10-14 November 2021, Dubai**

Join us in Dubai, United Arab Emirates, for the 11th edition of the DIP Symposium; a thriving congress bringing together an international community of Maternal Fetal and Neonatal medical specialists.

<http://dip.comtecmed.com/>

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**World Endocrine & Obesity Conference**  
**19-20 November 2021, Bangkok**

Theme: Endocrine Care through Innovation and Discovery

<https://endocrine.episirus.org/>

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**Paediatric Endocrine Nurse (PENS) webinar session - Challenges with managing GHD**  
**26 November 2021, Online**

Challenges with managing GHD webinar from Novo Nordisk, endorsed by BSPED. 1-2pm.  
Save the date – more information coming soon.

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See more meetings and Courses on the [Other Meetings](#) page on the BSPED website.

If you have any meetings, courses or events that you'd like to add to this page, please [submit them for review here](#).

**Sent by the BSPED Office**

BSPED

c/o Bioscientifica Ltd

Starling House,

1600 Bristol Parkway North,

Bristol, BS34 8YU

[bsped@endocrinology.org](mailto:bsped@endocrinology.org)

Tel: 01454 642258

**The BSPED would like to thank the following benefactors for their generous support this year:**

Partner	Gold	Silver	Bronze
			<ul style="list-style-type: none"><li>❖ Abbott</li><li>❖ Ferring Pharmaceuticals</li><li>❖ Kyowa Kirin</li><li>❖ Sanofi Diabetes</li></ul>

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