

## **Report**

### **Course Dates, Location and Venue**

The first Joint EASD/ISPAD/ESPE Postgraduate Education Course on Type 1 Diabetes in Children, Adolescents and Young Adults took place from 22 to 24 November 2018 in Prague, Czech Republic, at Don Giovanni Hotel where speakers and participants from outside Prague were also accommodated for the course duration.

### **Course Organisation**

The course was jointly organized by the European Association for the Study of Diabetes (EASD), the International Society for Pediatric and Adolescent Diabetes (ISPAD) and the European Society of Paediatric Endocrinology (ESPE). The Organizing Committee consisted of Simon Müller (EASD), Ragnar Hanas (ISPAD), Rasa Verkauskiene (ESPE) and Jan Lebl (Local Chair). Logistical support was provided by MH Consulting, represented by Martin Horna.

### **Speakers and Programme**

The course programme with lectures and workshops was developed by Ragnar Hanas, Rasa Verkauskiene and Jan Lebl. It started on Thursday, 22 Nov 2018 at 13:30 and lasted until 14:00 on Saturday, 24 Nov 2018. Please see appendix for more details.

Each organization nominated some international speakers, local speakers were nominated by the Local Chair. In total, 10 international and 6 local speakers were active in the programme.

<b>Name</b>	<b>Country</b>	<b>Nominated by</b>
Leszek Czupryniak	Poland	EASD
Evgenya Patrakeeva	Russia	EASD
Bruce Wolffenbuttel	Netherland	EASD
Agnieszka Szadkowska	Poland	EASD
Stavroula A. Paschou	Greece	EASD
Ragnar Hanas	Sweden	ISPAD
Francesca Annan	UK	ISPAD
Natasa Bratina	Slovenia	ISPAD
Rasa Verkauskiene	Lithuania	ESPE
John Gregory	UK	ESPE
Jan Lebl	Czech Rep	ESPE
Zdenek Sumnik	Czech Rep	Local
Lenka Petruzalkova	Czech Rep	Local
Barbora Obermannova	Czech Rep	Local
Ondrej Cinek	Czech Rep	Local
Jan Soupal	Czech Rep	Local

### **Participants**

More than 400 applications were received, 150 participants were selected. Preference was given to those applicants with valid membership in either EASD, ISPAD or ESPE as well as those being based in

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Prague. Remaining candidates were selected based on the information provided in their CV during the application process. In total the course was attended by 153 participants, out of which 87 were valid members of either EASD, ISPAD or ESPE.

Majority of participants were resident, consultant or fellow in paediatrics or paediatric endocrinology (more than 80), others were resident, consultant or fellow in endocrinology/diabetology (more than 30). Other participants were either GP's, family doctors, nurses, dieticians or psychologists.

<b>Country</b>	<b>No of Participants</b>
Albania	3
Belarus	3
Belgium	1
Brazil	1
Bulgaria	5
Cameroon	1
Croatia	1
Czech Rep	25
Denmark	2
Egypt	5
Georgia	3
Greece	15
Hungary	2
India	8
Iraq	1
Ireland	2
Israel	2
Italy	3
Kazakhstan	1
Kenya	1
Kyrgyzstan	1
Lithuania	3
Macedonia	6
Morocco	1
Nepal	1
Netherland	2
New Zealand	1
Niger	1
Nigeria	2
Oman	1
Poland	3
Portugal	3
Romania	3
Russia	6
Serbia	3
South Africa	1
Spain	5
Switzerland	2

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Turkey	4
Uganda	1
Ukraine	3
United Kingdom	14
Uzbekistan	1

### Conclusion and Evaluation

Feedback from both, speakers and participants was very positive, attendance during lectures and workshops throughout the course was very high and especially during the workshops there was a lot of interaction between speakers and the audience. Participants were asked to complete a short questionnaire after the course, 80 responses had been gathered which supported the overall positive feedback, please see below.

All three organizations involved in performing this educational course expressed their interest to repeat this activity in the future.

### Content Evaluation

	YES	NO	N/A	TOTAL
Could you understand the scientific content of the lectures?	97.50% 78	1.25% 1	1.25% 1	80
Have you learned anything new during the course?	98.75% 79	1.25% 1	0.00% 0	80
Were the presentations relevant to your daily work?	98.75% 79	1.25% 1	0.00% 0	80
Have you gained any new skills or knowledge from the course?	96.25% 77	3.75% 3	0.00% 0	80

### Overall Opinion

	ABOVE EXPECTATION	AS EXPECTED	BELOW EXPECTATION	N/A	TOTAL
Was the course as you had expected?	51.95% 40	42.86% 33	5.19% 4	0.00% 0	77

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	POOR	FAIR	AVERAGE	GOOD	EXCELLENT	N/A	TOTAL
General sessions	0.00% 0	1.28% 1	1.28% 1	29.49% 23	67.95% 53	0.00% 0	78
Workshops	0.00% 0	0.00% 0	7.69% 6	29.49% 23	62.82% 49	0.00% 0	78
Way the programme was organised	0.00% 0	0.00% 0	1.28% 1	21.79% 17	75.64% 59	1.28% 1	78
Length of the course	0.00% 0	1.28% 1	2.56% 2	41.03% 32	55.13% 43	0.00% 0	78
Meeting facilities (lecture rooms / hotel)	0.00% 0	0.00% 0	2.56% 2	24.36% 19	71.79% 56	1.28% 1	78

**Membership and course participation**

	YES	NO	TOTAL
Are you a member of EASD?	18.92% 14	81.08% 60	74
Are you a member of ISPAD?	37.66% 29	62.34% 48	77
Are you a member of ESPE?	30.26% 23	69.74% 53	76
Have you attended EASD courses before?	30.77% 24	69.23% 54	78
Have you attended ISPAD courses before?	31.17% 24	68.83% 53	77
Have you attended ESPE courses before?	41.56% 32	58.44% 45	77
Would you like to attend another joint EASD/ISPAD/ESPE Postgraduate Course?	100.00% 78	0.00% 0	78
Would you recommend this course to a colleague?	98.70% 76	1.30% 1	77

**Recommendations for further topics**

- Maybe more information about hormonal replacement therapy
- More about nutritional recommendations especially for type 2 diabetes patients. Type of dietetic regimens, which one to prefer. Therapeutic protocols of exercise to be prescribed.
- psychological aspects of diabetes, educational methods for different age groups

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- Diabetic nephropathy
- Considerations for resource limited settings
- Nutrition of diabetic patients, how to conduct and the important items of a diabetic education session. Management of DKA in poor resources countries
- Diabetic nephropathy
- psychological assistance of the treatment of obesity
- more about early markers for chronic complications
- Psychosocial issues and challenges
- Gestational diabetes. For and against low carbohydrate diets for DM1.type in childhood and adolescence
- more about new technologies in DM
- May be some data of brain and diabetes,also quality of life, different pumps regimes
- Some workshop to focus on researching projects on diabetes beyond the registries. 2. To include presentation of individual clinical cases (as we were composed of professionals around the world with one's own facilities and difficulties to solve a case). 3. include the topic "transition care"
- Nutrition management in type 1 diabetes
- More detailed presentation on syndromic diabetes, monogenic LADA if it exists
- ways of initial treatment, how T1D authorities give initial informations to patients, resources, books for patients.... Topic of hyperosmolar hyperglycaemic status, occurrence, treatment...

### General comments and remarks

- Many thanks for this course... All speakers were very enthusiastic for teaching and sharing
- It was an excellent course, I have really enjoyed it! Thank you very much!
- Very nice lectures, highly informative and relevant to everyday clinical practice. I learnt a lot.
- With great gratitude to the lecturers and organizers !!! It was an unforgettable and very useful event. Sincerely, Natalia Bocharnikova
- It was excellent, thank you so much !
- The course was excellent.
- the speakers were excellent prepared. As an Endocrinologist for adult patients, I would appreciate if the content had more information about adult patient care.
- I would prefer if there were more contents like workshops or case presentations to illustrate content. Some speakers probably have a lot of knowledge but can not teach properly.
- Everything was perfect! Theme of the course was chosen ideally for everyday clinical practice!
- very informative practical issue
- I enjoyed participating in this course, I learned a lot
- Important advice for everyday practice
- Very useful
- Thank you so much for the course! I really enjoyed the workshops.
- very helpful the carb counting workshop. could be more practical with real meals
- All the speakers were very knowledgeable and delivered lectures in an understanding manner. The speakers were also available during breaks and clarified the doubts as well.
- The speakers were very well understood according to me and most of the topics chosen were in tune with our backgrounds
- very good organized
- Thanks to all the organizers and lecturers of the wonderful courses!
- Everything was perfect.
- very useful course
- Excellent faculty with lots of clinical experience
- Wonderful speakers.. This course has enhanced my clinical skills and helped in providing better care to my patients. I am thankful to organizers for choosing me as a participant. I would love to attend these programs in future as well. Thanks a lot
- More practical skills/tips would be appreciated
- Thank you very much for being able to participate in this unique high-level symposium in a friendly atmosphere. I look forward to continuing in the years to come. Best in Prague. I appreciate the numerous activities and the high level of speakers from Prague :-)

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- 1. It would be more helpful if the workshops were consisted of small groups to discuss cases rather to be more like tutorials
- 2. Also it would be nice if there were workshops on management of diabetes and exercise with practical exams.
- Wow!! What a great course. Choice of faculty was incredible. We could tell how dedicated they are and how much they love their work. Excellent lectures. Wonderful hotel, meals and a lovely night out in town. Thank you very much for everything.
- very helpful and clever
- Thanks a lot to all speakers
- Excellent.
- The sessions were practical and delivered to be relevant and understandable to every cadre and professional in the diabetes team. Speakers also kept to time and made the workshops interactive. It was a great learning experience for me.
- I would rate this course as one of the best meetings I have attended. The speakers were excellent and on the point giving us valuable tips about incorporating changes in the day to day management of our patients. They were very welcoming in the Q and A sessions too. The workshops in particular was very good too, giving me the opportunity to closely interact and clarify doubts etc. Thank you all.
- Thank you very much for invitation! The sessions were amazing! Workshops were practical and some of information will help in daily practice. Speakers and teachers presents interesting cases, unusual examples of genetic variations and others symptoms and diagnosis. They gave us new guides and its interpretations, their experience. It is very essential.
- The content was very relevant to daily practice and addressed some issues. Speakers were highly qualified and very helpful.
- This course was really good. All about pediatric patients. It was amazing!!!
- The workshop on the pump (Hanas) was brilliant and very very useful!
- I guess the lectures were very well selected, as were the workshops. Maybe a suggestion is to keep insisting on small groups (workshops) instead of long lectures.
- Excellent One suggestion is if we could have presentations like we have in appes fellows school on endocrinology and then discuss on those topics. That would bring in more active participation by all of them. And second please not in this season
- The contents were very useful. A great deal of what was learnt can be put to use immediately. The speakers did their best to communicate their knowledge.
- The course gave me a lot of benefits for my daily work. Also meeting with the other healthcare professionals in the world was also amazing. Everyone was very helpful and kind in the organisation. Thank you so much for everything!
- I really would like to thank the organizers for this opportunity. The course was very well organised and full of contents
- You are making a great job. Thank you
- The overall content of the course, atmosphere and speakers were excellent. I have immediately start with applications into everyday practice, e.g. ways, how to reach HbA1c < 48 mmol/mol, practical knowledge on meals... I am very thankful for opportunity to be participant on this course. Many thanks. David Neumann, CZ
- I'd like to thank all of organizers and faculty. To my opinion it would be better if the workshop groups could be smaller and more interactive, maybe the participants could present their own cases and could start sensor or pump with faculty together.
- A bit more practicals/scenarios on carb counts will be valuable for beginners
- Excellently organised course - an absolute must attend for Paed Endocrinologists esp from developing countries to keep in touch with the latest modalities in management of Paediatric Diabetes
- Fewer participants, more time for workshops.
- I certainly recommend hosting this course every year. Best in Prague
- I am really grateful that attended the course. My next goals for 2019 are membership in the ESPE, EASD and ISPAD societies.
- very nice and I could attend it again with more emphasis on pump and CGM
- Thank you very much for this opportunity. It was one of the best courses I have ever been to. It has boosted my diabetes knowledge.
- Perfect course and very informative.
- Was a well organized course. And it was also impressive that a social aspect was incorporated (that is the evening tour to the town.)
- Everything was wonderful!
- Very well done. Thank you.
- It would be great if we can have the opportunity for more training on pumps and sensors especially in candidates from developing countries.
- It would be nice if the participants were asked to prepare some more cases, to make the workshops even more practical.
- The course gave an opportunity to individuals from developing countries to access information and individuals that may not be easily accessible from their countries.

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- I greatly commend the organisers for the initiative and for sponsorship. Thank you very much.
- Excellent
- Many thanks to all organizers and faculty. I hope that ISPAD would organize a course on closed loop in the future.
- Again, many thanks

Simon Müller, on behalf of the Course Organizers



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## Joint EASD/ISPAD/ESPE Postgraduate Education Course on Type 1 Diabetes in Children, Adolescents and Young Adults

Thursday, 22 Nov 2018

**10:00-13:30 REGISTRATION**

*LUNCH (12:00 – 13:00)*

**13:30 WELCOME & INTRODUCTION**

Evgenya Patrakeeva (EASD), Ragnar Hanas (ISPAD), Rasa Verkauskiene (ESPE), Jan Lebl (Local Chair)

**14:00-16:00 FIRST SESSION:**

**Chairpersons: Ragnar Hanas and John Gregory**

14:00-14:30 **Prediction and prevention of type 1 diabetes: advancements and challenges**  
Zdenek Sumnik

14:30-15:00 **The first year of diabetes – a window of opportunity**  
Ragnar Hanas

15:00-15:30 **Hypoglycaemia: prevention, treatment and long-term risks**  
John Gregory

15:30-16:00 **Competitive exercising with type 1 diabetes**  
Francesca Annan

*COFFEE BREAK*

**16:30-18:40 WORKSHOPS**

Participants attend 2 of the 3 workshops, each workshop lasts 60 mins and will be repeated twice

Workshop 1 **Starting a pump (bring case from home)**  
Ragnar Hanas and Zdenek Sumnik

Workshop 2 **Starting a sensor (bring case from home)**  
Agnieszka Szadkowska and Lenka Petruzalkova

Workshop 3 **How to start carb counting for MDI and pumps?**  
Francesca Annan and Barbora Obermannova

20:00 ***Welcome Dinner***

Friday, 23 Nov 2018

**09:00-10:30 SECOND SESSION:**

**Chairpersons: Ondrej Cinek and Evgenya Patrakeeva**

09:00-09:30 **Human gut microbiome in type 1 diabetes: methods, results, and pitfalls**  
Ondrej Cinek

09:30-10:00 **Diabetes microvascular complications in adolescents and young adults**  
Evgenya Patrakeeva

10:00-10:30 **Lipids and cardiovascular risk treatment in type 1 diabetes**  
Agnieszka Szadkowska

*COFFEE BREAK*



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### 11:00-13:00 THIRD SESSION:

**Chairpersons:** Bruce Wolffenbuttel and Natasa Bratina

11:00-11:30 **Behind carbs counting: What about protein and fat? Insulin dosing for carbs, fat and protein**

Francesca Annan

11:30-12:00 **Which HbA1c and other targets should we aim for? (pro-con 6.5%)**

Ragnar Hanas (pro) and Bruce Wolffenbuttel (con)

12:00-12:30 **Closing the loop: Which steps are remaining for an approved solution?**

Natasa Bratina

12:30-13:00 **DIY technologies: safety, effectiveness, way to the future?**

Lenka Petruzelkova

*LUNCH*

### 14:00-16:00 FOURTH SESSION:

**Chairpersons:** Rasa Verkauskiene and Stavroula A. Paschou

14:00-14:30 **DKA treatment**

John Gregory

14:30-15:00 **Adolescence, growth and puberty in type 1 diabetes**

Rasa Verkauskiene

15:00-15:30 **Diabetes in schools**

Natasa Bratina

15:30-16:00 **Pregnancy and contraception**

Stavroula A. Paschou

*COFFEE BREAK*

### 16:30-18:40 WORKSHOPS

Participants attend 2 of the 3 workshops, each workshop lasts 60 mins and will be repeated twice

Workshop 4 **Diabetes team concept**

Rasa Verkauskiene and Francesca Annan

Workshop 5 **The role of benchmarking in optimizing type 1 diabetes control: How to start a diabetes registry?**

Zdenek Sumnik and Stavroula A. Paschou

Workshop 6 **Using ketones in sick days and other situations**

Ragnar Hanas and Lenka Petruzelkova

20:30 **Dinner**



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Saturday, 24 Nov 2018

### 09:00-11:00 FIFTH SESSION:

**Chairpersons:** Jan Lebl and Leszek Czupryniak

09:00-09:30 **Neonatal diabetes: diagnosis, clinical presentation and treatment**

Jan Lebl

09:30-10:00 **Treatment of type 2 diabetes in young people (up to age 25-30)**

Leszek Czupryniak

10:00-10:30 **Associated diseases in type 1 diabetes**

Bruce Wolffenbuttel

10:30-11:00 **Practical implementation of new insulin analogs**

Jan Soupal

*COFFEE BREAK*

### 11:30 – 13:40 WORKSHOPS

Participants attend 2 of the 3 workshops, each workshop lasts 60 mins and will be repeated twice

Workshop 7 **Downloading data from pumps and sensors**

Natasa Bratina and Evgenya Patrakeeva

Workshop 8 **Transition from paediatric to adult care**

Leszek Czupryniak and Rasa Verkauskiene

Workshop 9 **How to find patients with monogenic diabetes?**

Jan Lebl and Bruce Wolffenbuttel

### 13:45 DISCUSSION AND CLOSING REMARKS