# TABLE OF CONTENT

- Message from the President
- Editorial message
- World diabetic day in Picture
- Tanzania 2021
- SPEAN 2021
- Allied Healthcare Professionals Paediatric Diabetes Educator Course for Africa (ADECA)
- Paediatric Endocrinology Training Centre for Africa
- Paediatric Endocrinology Training Centre for West Africa
- Paediatric Endocrinology Training in University of Nairobi
- Update on ASPAE Journal
- Congratulatory messages
- Uganda 2022
- Event Timeline
- Congratulatory messages
Dear friends and colleagues. It is with pleasure I welcome you all to the year 2022. It promises to be a great year. We have continued to grow in numbers and strength in the past year and successfully hosted our first virtual international ASPAE conference and several webinars. This year’s conference is around the corner. Coming up between 23rd to 25th February 2022 and Uganda is poised to be the host. This year will mark the 100th anniversary of the discovery of insulin, yet in Sub Saharan Africa, patients with diabetes are still grappling with access to this life-saving drug. While we celebrate the centenary of insulin discovery, it is also an opportunity to ask pertinent questions about why this vital medication is still inaccessible to the vast majority of children with type 1 diabetes living in Africa. There is a need to find lasting solutions to change this narrative so that insulin access can reach all ends of Africa. The theme of this year’s conference, “Sustaining Paediatric Diabetes Mellitus and Endocrine Care in COVID 19 era, exploring emerging challenges, insights and innovations, will attempt to elaborate on these issues.

We are most grateful for the huge support from LFAC in bridging this gap through donations of insulin and meters to Africa. We have also continued to enjoy the support of ISPAD and ESPE in manpower development seen in the training of paediatric endocrinologists in PETCA/PETCWA schools. Recently an initiative set up by ISPAD plans to embark on Diabetes nurses and allied health professional training, which will take off by the middle of this year. I wish to express my gratitude for the team spirit and massive support I’ve enjoyed from my colleagues in this struggle. It has been a great learning experience working with you all this past year. This year, I believe that together we can overcome any obstacle and achieve tremendous success in all our endeavours. Happy New year.

Prof Maryann Ugochi Ibekwe
ASPAE President
The COVID-19 pandemic (now an endemic?) is a crucial, intricate normality of our current reality. The limited social interaction accorded to us due to the pandemic leaves a lot to be desired. Although social interaction is old as humanity and an essential tool for human development and advancement we must remember as Paediatrician and Paediatric endocrinologist to play our role as providers of services that promote, prevent, and bring healing to our societies and still keep safe.

The ASPAE conference, PETCA and PETCWA training of upcoming Paediatric endocrinologist and now the Nurse Education and Nutrition School, and other meetings have proved usual in perfecting our roles and has survived the pandemic. ASPAE members have kept in touch and need to keep in touch through various platforms and medium in order to connect either in real time or in the past. This will has reduced the negative feeling of being left out. There is no doubts that a lot has happened and is planned to happen in our ASPAE domain.

I hope this edition helps to refresh our memories of our common goal(s) and how to work together to achieve better height, growth velocity, and necessary catch-up growth.

Ishaya Ibrahim Abok
ASPAE Editor
PICTURE HIGHLIGHT 2021 WORLD DIABETES DAY

Katsina state, North west Nigeria

Ibadan, Oyo state south west Nigeria

Gombe, Gombe state Nigeria
Abakaliki, Ebonyi State, South East Nigeria

Lagos, Lagos state, South West Nigeria

Douala, Cameroon

Younde, Cameroon

Younde, Cameroon

Younde, Cameroon
The African Society of Paediatric and Adolescent Endocrinology 2021 Conference

The African Society of Paediatric and Adolescent Endocrinology held its 12th Annual Conference between the 25th and 27th of March 2021. The theme “comprehensive approach to paediatric endocrine disorders in a resource-limited setting: clinical and diagnostic perspective” was a complete virtual meeting that was hosted by the Tanzania team led by Dr. Rahim Damji, who welcomed all participants and explained that the virtual meeting became necessary because of the COVID 19. The conference was declared open by ASPAE President Dr Maryam Ibikwe, who declared it the first ever virtual annual conference and AGM of ASPAE and commended that over 400 participants had been registered, while the ESPE Cordinator for PETCA and PETCA Professor Jan Labl gave an opening lecture. The conference was well attended and featured speakers from across the globe, such as Asia, Europe, Austria, Africa, and North America. The topics spread across diabetes, growth and bone disorders, adrenal and disorders of sexual development, thyroid disorders, and symposia on the e-learning platform of ESPE. Thereafter, a scientific session was held in which various papers in paediatric endocrinology, childhood and adolescent diabetes, and childhood obesity and metabolism were discussed.
The Society of Paediatric and Adolescent Endocrinology held its Fifth Annual General Meeting and Scientific Conference from December 1st to 3rd, 2021. The meeting, with the theme “The Impact of CoronaVirus on the Management of Diabetes Mellitus in Children and Adolescents” and subthemes on newborn screening and growth hormone therapy, was a hybrid meeting, with the physical meeting being held at the University of Abuja Teaching Hospital. The President of the association was excited to finally reconvene the 5th conference four years after the fourth AGM held in Port Harcourt. The Chairman of the occasion, Professor William Ogala, congratulated paediatric endocrinologists in Nigeria for their courage in embarking on a speciality which most other pediatricians, especially the older generation, have run away from over the years. and agrees that the theme is globally relevant. Delivering her keynote lecture, Dr Chizo Agwu, a consultant paediatric endocrinologist and a Deputy Director at Sandwell and West Birmingham NHS Trust, explored and expunged the literature and concluded that the coronavirus did not increase the incidence of Type 1 diabetes, but the pandemic increased the frequency of Diabetes Ketoacidosis. She encouraged African Paediatric Endocrinologists to keep on undertaking research.

The need for the Nigerian nation to embrace newborn screening as a cheap health promotive method was highlighted during a panel discussion that had representatives from the Ministry of Health, the private health business sector, Nigerian Neonatologists, and Paediatric Endocrinologists. Thereafter, a scientific session was held in which various papers in paediatric endocrinology, childhood and adolescent diabetes, and childhood obesity and metabolism were discussed.
ADECA (Allied Health Professional Diabetes Educator Course for Africa) is looking for nurses, and dieticians who are currently working in Africa and are interested and committed to working with children and young people with diabetes.

This course, the first of its kind in Africa, is sponsored by ISPAD and Life For a Child and so will be free to participants. ASPAE (African Society for Paediatric and Adolescent Endocrinology) members have been involved in its development.

The course will span 12 months and will include:
- Approximately 3 months of online teaching, with local and international mentors,
- 2 weeks of in-person training in Tanzania (paid for by the program)
- 6 months of diabetes clinics in your home country
- 2 months of completion of a diabetes-related project in your home country
- Another month of completion of the course, including testing and certification

All flights and accommodation will be paid for.

After completion, participants will be certified by ISPAD as Diabetes Educators and will be expected to work for at least 2 years in caring for children and young people with diabetes. It is also hoped that you will be able to train others in various aspects of your role.

The course will begin by mid-2022. Please email ADECAapp@gmail.com regarding your expression of interest. Please encourage nurses and dietitian to email if they are interested and we will send application forms to them.
The Paediatric Endocrinology Training Center for Africa (PETCA) is a joint initiative of the Gertrude's Children's Hospital, Aga Khan University Hospital, Kenyatta National Hospital, University of Nairobi department of child health, International Society for Paediatric and, Adolescent Diabetes (ISPAD) and the European Society of Paediatric Endocrinology (ESPE). The program activities started running in January 2008 supported by funding from the World Diabetes Foundation.

**Training Centre**
The main training site is the Gertrude's Children's Hospital in Nairobi, Kenya, an institution dedicated to the provision of care and treatment exclusively to children. Founded in 1947, Gertrude's Children's Hospital is the longest serving established paediatric hospital in East and Central Africa. The hospital operates a busy inpatient unit and is building a model of outreach into the wider community.

**Program Fellows**
Fellows are candidates who already have National Medical Board recognition of specialist training in paediatrics and for the PETCA program; they are recruited through a competitive process. Announcement and invitation for applications are made through regional medical associations, academic institutions and tertiary hospitals in sub–Saharan Africa countries. Applications are processed by the local faculty sitting in Kenya who ensure equal opportunities are given to all regardless of age, gender and race.

**Fellowship Program Design**
The fellowship is undertaken over an 18–month period, which begins with six (6) months of clinical and theoretical training in Kenya, nine (9) months of project research at the fellow’s home country and, three (3) months consolidation in Kenya. Training comprises didactic sessions covering the length and breadth of paediatric endocrinology, lectures and Journal clubs, clinical teaching in the hospital clinics and bedside as well as specific courses in research, leadership and management.

**Program Faculty**
Tutorship was initially offered exclusively by ESPE and ISPAD international tutors. However, with the goal of self-sustainability the tutorship was later taken up increasingly by the local faculty, many of them alumni of the center. On completion, certification of the PETCA fellowship is by ESPE. The certified paediatricians are then expected to set up Centers of Excellence in their home countries and/or strengthen existing centers.

Since the launch of PETCA in 2008, there have been two successful phases. Phase one which commenced in January 2008 through to October 2012 and phase two which started in January 2012 and is still on. Fifty–three (62) fellows have been certified: 34 (phase one) and 28 (phase two). The training
program aims to include fellows from all regions in Africa: East, West, North and, South Africa. The fellows were from 15 African countries: Botswana, Congo, Ethiopia, Ghana, Kenya, Mauritius, Nigeria, Rwanda, Sudan, Tanzania, Uganda, Cameroon, Malawi, Angola, and, Zambia (Table 1).

Table 1: Number of Fellows Trained from the PETCA Initiative during Phases One and Two (January 2008–May 2020)

<table>
<thead>
<tr>
<th>Country</th>
<th>Number of Fellows</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td>Phase One (Complete)</td>
</tr>
<tr>
<td></td>
<td>January 2008–October</td>
</tr>
<tr>
<td>1. Botswana</td>
<td>2</td>
</tr>
<tr>
<td>2. Congo</td>
<td>–</td>
</tr>
<tr>
<td>3. Ethiopia</td>
<td>1</td>
</tr>
<tr>
<td>4. Ghana</td>
<td>1</td>
</tr>
<tr>
<td>5. Kenya</td>
<td>6</td>
</tr>
<tr>
<td>6. Mauritius</td>
<td>–</td>
</tr>
<tr>
<td>7. Nigeria</td>
<td>11</td>
</tr>
<tr>
<td>8. Rwanda</td>
<td>–</td>
</tr>
<tr>
<td>9. Sudan</td>
<td>5</td>
</tr>
<tr>
<td>10. Tanzania</td>
<td>6</td>
</tr>
<tr>
<td>11. Uganda</td>
<td>2</td>
</tr>
<tr>
<td>12. Zambia</td>
<td>–</td>
</tr>
<tr>
<td>13. Cameroon</td>
<td>–</td>
</tr>
<tr>
<td>14. Malawi</td>
<td>–</td>
</tr>
<tr>
<td>15. Angola</td>
<td>–</td>
</tr>
<tr>
<td><strong>Totals</strong></td>
<td><strong>34</strong></td>
</tr>
</tbody>
</table>

During the PETCA fellowship, the fellows screened and treated paediatric patients who presented with a wide range of endocrine disorders including diabetes mellitus, obesity, stunted growth and development, pituitary disorders, failure to thrive and thyroid disorders. These were patient referrals from paediatricians and general practitioners at the Gertrude’s Children’s Hospital outpatient department, and from outreach activities including school screening drives.

Program during Covid 19

The PETCA program had 3 students in session and they had been conducting online classes with their tutors since the onset of Covid 19. They attended the clinics through the use of correct PPEs. They finally graduated on the 3rd of September 2021.

Fellows
1. Dr Abidemi Owa - Nigeria (left)
2. Dr Effiong Okon - Nigeria (Right)
3. Dr Menbere Kahsay – Ethiopia (Middle)
The Paediatric Endocrinology Training Center for West Africa (PETCWA) is a project supported by the World Diabetes Federation and the European Society of Pediatric Endocrinology that aims to improve care for children with type 1 diabetes and related childhood endocrine disorders in nine West African countries. This program is coordinated by Professor Oduwole and is located at the Lagos University Teaching Hospital, Lagos, Nigeria.

The set 7 fellows with prof. Oduwole

Some fellows of PETCWA 6th Set with prof. Oduwole and international tutor Dr. Nilanjana Ray.
The recently commenced Paediatric Endocrinology Training program hosted at the University of Nairobi, Kenya under the supervision of Dr Lucy Mungai now has two sets of students.

Dr Phoebe Wamalwa is expected to finish her first year in January 2022. Similarly, in January 2022, three students are expected to commence training. All four students are on scholarships.

Dr. Phoebe and Dr. Winnie Saumu, both Kenyans, will be under the Elma scholarship; Dr. Jane Kimanthi will benefit from the ESPE/ISPAD scholarship; and Dr. Hiwot Nida, from Ethiopia, will be under the Novo Nordisk scholarship.

**Update: ASPAE Journal**

Dr Lucy Mungai and Ishaya Abok have been mandated by ASPAE congress to lead the development of the initiative to develop the proposed ASPAE Journal to be named “African Paediatric Endocrinology, Diabetes & Metabolism Journal.” This initiative became necessary because there are no paediatric endocrine journals in Africa at the moment. The Journal is expected to be a free, biannual journal that will be hosted on the ASPAE website.

At the moment, the ISSN number and digital index number have been applied for, and hopefully, once established, the journal will need to be submitted to online indexing services, and once it has reached the appropriate activity, it will qualify for PubMed, which is an important step in the journal’s development. It is hoped that sponsorship will cover most, if not all, of the publication fees for authors.

**ASPAE 2022 Conference**

ASPAE 2022 will be virtual and hosted by Uganda on 13th February 2022. The theme for the conference is “Sustaining Paediatric Diabetes Mellitus and Endocrine care in the COVID-19 era; exploring emerging challenges, insights and innovations.” A pre-conference webinar on common endocrine disorders among African children for the African member countries and these will target a larger audience than ASPAE members including medical officers, residents, paediatricians and endocrinologists to increase awareness of endocrinology disorders and management on the continent but also to publicise our conference.

“Sustaining Paediatric Diabetes Mellitus and Endocrine care in the COVID-19 era; exploring emerging challenges, insights and innovations”

CALL FOR ABSTRACTS.

You are invited to submit abstracts for both oral and poster presentations in line with the main theme and the sub-themes for consideration for the 13th ASPAE Conference 2022.

SUB THEMES:
1. Diabetes
2. Disorders of Sex Development and Adrenal Disorders
3. Pubertal Disorders
4. Growth Disorders
5. Thyroid Disorders
6. Bone and Calcium metabolism
7. COVID-19 pandemic and the impact on health and health systems: COVID-19 research and associated endocrinopathies
10. Other endocrine disorders like pituitary disorders and post cancer endocrinopathies.

All abstracts submitted will go through a blind peer-review process carried out by a scientific review panel consisting of at least two reviewers. The final selection of abstracts will be done by members of the Abstract Review Committee.

GUIDELINES
- All abstracts must be written in English.
- The text should not exceed 2500 characters including spaces. The Font size of 12, with line spacing of 1.5.
- The text of the abstract should briefly state:
  1. Abstract Title: should be limited to 120 characters including spaces. It should be brief and precise relevant to the study/case. Special abbreviations and characters should not be used in your title.
  2. Objectives/Aims: indicate the purpose of the research, review article, case series or hypothesis that was tested.
  3. Methods: include the setting for the study, the subjects, the diagnosis or intervention, and the type of statistical analysis. If references are needed, they should be provided in the text.
  4. Results: Present as clearly as possible the outcome of the research, review article, case series or research and after significance if appropriate
  5. Conclusions: Briefly discuss the data and emphasize the significance of the results. All abstracts should disclose primary findings and avoid, whenever possible, promissory statements such as “experiments are in progress” or “results will be discussed”.

SUBMISSION DEADLINE:
All abstracts must be submitted in electronic form by email to aspae2022conference@gmail.com not later than 15th December 2021.
Abstracts will not be accepted after this date. All received abstracts will be acknowledged.

NOTIFICATION OF ACCEPTANCE OR REJECTION
Notification of acceptance or rejection will be sent to the corresponding author by the 20th January 2022. Please note that only the corresponding author will receive this email concerning the abstract, and is responsible for informing all co-authors of the status of the abstract.
TIME line meetings in 2022
ESPE: Date lines for ESPE activities

**Winter School 2022 Online**
Date line is 10th January 2022

**EARLY CAREER SCIENTIFIC DEVELOPMENT GRANT**
Dateline 31st of both January and May and 30th of September 2021.

**ESPE research Unit**

**EARLY CAREER SCIENTIFIC DEVELOPMENT GRANT**
Dateline 31 January 2022

**60th Annual Meeting ESPE 2022**
15th September 2022

**ESPE SCIENCE SYMPOSIUM 2022 - HYPOTHALAMIC DYSFUNCTION IN CHILDHOOD**
October 7 & 8th 2022

**ISPAD**
**21st ISPAD Science School for Physicians**
26-27 may 2022

**ISPAD’s 48th Annual Conference**
13-16/10/2022

**PES**
**2022 Annual Meeting Chicago, IL**
April 28-May 1, 2022

---

**CONGRATULATION**

Congratulation Dr Joel on your election as the President of Union of National African Paediatric Societies and Associations