MESSAGE
FROM THE PRESIDENT

Dear Friends and colleagues,
As the year is drawing to a close we reflect on all our achievements so far and intensify on our daily efforts to actualizing our vision of being Africa’s leading society in paediatric endocrinology. It has been a tough year burdened with the COVID-19 pandemic. However, together we will put our little effort continually to achieve our common goal.
"The repetition of small efforts will accomplish more than the occasional use of great talents."
- C.H. Spurgeon.

Dr Ibrahim Abok, has been chosen as our ASPAE representative in the ESPE/ASPAE joint coordinator following a rigorous selection process. His duty will be to oversee and negotiate the gradual transitional phase with the aim of ASPAE attaining self-sufficiency by 2024. This process was done following the notice that the ESPE Council is considering removing support for PETCA/PETCWA/ASPAE training programmes. By implication ASPAE will have to fund all her activities without recourse to ESPE financial support. The council had directed that a taskforce led by Professor Ieuan be setup to handover this responsibility by the end of 2020 when his tenure as ESPE PETCA/PETCWA coordinator in the ESPE Education and Training Committee (ETC) ends. Many thanks to Prof Hughes for his generosity and diligence in guiding the task force to fulfill its mandate of preparing the business case.

ASPAE has been able to come up with an impressive 243 publication from 2008 to 2020. A feat made possible by the dedicated output of graduates of PETCA/PETCWA schools. In the same vein our first ever journal is in the pipeline and we hope to roll out the first volume of the Paediatric Endocrinology, Diabetes and Metabolism journal by next year. ASPAE has also achieved a great milestone in education and training. The University Of Nairobi has finalised agreement to accept the PETCA curriculum as a postgraduate qualification. This was made possible by the Collaborative Agreement between ESPE/ISPAD and the UoN.

Dr Kandi Munze and her team in Tanzania are working hard to organize our annual ASPAE conference and for the first time the set up is going to be virtual. This will come up next March and it promises to be exciting. We encourage members to participate actively in this process and we will appreciate the support from our sister organization. The COVID-19 pandemic is still a major health concern although the numbers are relatively low in most parts of Africa. One of our greatest challenges is accessibility of insulin to patients in some parts of Africa, however we are grateful to LAFAC for their generous donation of insulin to those areas most in need.

ASPAE is continually reorganizing to position herself for growth. This year we have embarked on setting up a database to know the number and structure of our members, also various committees of paediatric endocrine subspecialties are being formed which will create opportunities for members to pursue their line of interest. We will keep moving and I foresee a bright future for our association as we move into the coming year. Thank you.

DR MARYANN IBEKWE (ASPAE PRESIDENT)
EDITOR’S MESSAGE

The last time the world felt 'normal' for the ASPAE family was at Gaborone. After that, the wind and tides of COVID 19 blew and washed away all sense of normality in our daily lives. The SARS 2 virus which invades the human lungs also created uncertainty and fear. Even the instituted mitigating policies like the stay-at-home rule had consequences in diverse facets of life. ASPAE members knew that the love, care, and support offered to children and adolescents with diabetes and other endocrine diseases was also threatened.

Despite all these problems, life smiled graciously at us because we are all standing and blossoming in the radiance of the yellow warmth sunlight - the pride of Africa.

ASPAE members, like the rest of humanity, kept to the adage: “where there’s a will there is a way,” and adopted new ways of meeting and connecting to drive various agendas and achieve set goals. Most of the shared news focuses on events that occur on online platforms, the first of its kind for most of us. These and other events have been carefully captured and presented in this edition to keep you informed about ASPAE.

I wish all a Happy Christmas, prosperous and peaceful 2021. CHEERS!

- Dr. Ishaya Ibrahim Abok (ASPAE EDITOR)
ASPAE DSD WORKING GROUP AND I DSD
(INTERNATIONAL DISORDER OF SEXUAL DEVELOPMENT)
COLLABORATION

ASPAE and I-DSD have reached an agreement that will enhance the collaborative care of children with DSD. ASPAE is represented by its newly formed working group which has a representative from each member country.

The chairperson of the ASPAE DSD working group, Dr. Terry Piloya of Makerere University Uganda is currently the ASPAE representative in I-DSD. Dr. Terry will serve as a member of I DSD steering committee alongside other renowned global experts in DSD.

The I DSD Registry steering committee is chaired by Professor Anna Nordenström of Karolinska Institute, Stockholm. I DSD steering committee is expected to manage, administer the I-DSD registry and is responsible for the overall direction of the initiative.

ISPAD AND ASPAE DIABETIC NURSE TRAINING COLLABORATION

In order to improve the quality of care of childhood and adolescent diabetes in the Africa region, the ISPAD Education Committee chaired by Chizo Agu and ASPAE executive committee are collaborating on building the capacity of nurse to serve as diabetic nurses and educators. This will be done through a planned formal training that should at the end award a diploma certificate to trained personnel as Diabetes nurse educators and dietitians in Africa. The course is expected to have two phases an online phase and a contact phase just before the final examination.

The Host institution, an African University, is expected to integrate the program from onset and certified the course and be the site for face to face contact. The collaborating UK institute will provide platform for the online phase of the training.

The development and implementation of these program is currently been overseen by a committee chaired by Dr. Beatrice Odongo and a curriculum developing committee overseen by Dr Joyce Mbogo. All members of ASPAE are expected to be part of this worthwhile venture as tutors, supervisors and Mentors.
The 46th ISPAD conference was Virtual and held between the 15th and 17th of October, 2020. The theme was connecting, collaborating, caring: A better world for children, adolescents, and young adults living with diabetes. Dr. Kim D., the President of ISPAD, declared the conference officially opened. She then presented Professor T. Battelino as the winner of the 2020 Prize of achievement award, this is the highest honor ISPAD can award to anyone.

Professor T. Battelino distinguished himself because of his outstanding work and advocacy on diabetic technology for children and adolescents, and young adults. Professor T. Battelino of the University of Ljubljana gave the opening lecture titled: a walk with young people with diabetes towards more pleasant days, wherein he described his first days as an ISPAD member, how he walks with his mentor, how he took his first steps outside home, his walk with his Dream team, and his walk with young people with children with diabetes.

Henk J Aanstoet and Henk Veeze founders of Diabeter in the Netherland received the ISPAD’s Prize for Innovation in Paediatric Diabetic care. Diabeter is an innovative developer of high-end technological medical solutions for people with diabetes.

Dr. Elisa De Franco a diabetic fellow at the University of Exeter UK, had identified novel pathways of pancreatic development and therefore received the young investigator of the year award. Lastly, the Hero’s award went to Lee Ducat and Carol Lurie two JDRF (Juvenile Diabetes Research Foundation) founding members.

The conference had three tracks and each track had several plenary sessions, symposia, and abstracts. Some of the topics discussed at various plenary included Diabetes Treatment, Diabetes Care in the Age of COVID 19, Insulin Resistance & Type 2 Diabetes, and diabetes in developing countries were all addressed. During one of the sessions, Professor Mohamed Abdullah gave a detailed experience on how he successfully set up a center of excellence for childhood diabetes in Sudan.
Over a hundred abstracts were presented at the virtual conference. Of interest was a study that looked at the effect of applying honey on buccal mucosa without swallowing the honey on serum and tissue glucose. This study found no difference in capillary and tissue glucose after applying honey on the buccal mucosa and therefore concluded that glucagon injection remains the best option for unconscious hypoglycaemic patients with diabetes.

The next ISPAD’s 47th Annual Conference will be hosted in Lisbon, Portugal, October 13 to 16, 2021. Prof. Dr. Catarina Limbert, Pediatric Endocrinologist at Lusíadas Hospital will chair the conference.

**TYPE 1 DIABETES ADVOCACY CAMP IN TANZANIA**

The Tanzania Diabetes Association (TDA) and the Ministry of health organized Type 1 Diabetes advocacy camps in Bagamoyo on the 1-3 of September 2020 and Dodoma on the 15-17 September 2020. The goal of organizing these camps was to enable children with Diabetes to meet and share their diabetic experiences and also learn to be more responsible for this condition.

Each day began by 6 with a physical exercise (6:30 AM) after that, two parallel sessions were conducted between 8 AM and 5 PM. Diabetic were allowed to test their blood glucose before and after physical exercise, before a main meals, before their insulin shots and before they go to sleep every night and at departure a HbA1c assay was carried out.

In order to assess the impact of the camp on glycemic control we anticipate repeating the tests after three months. Throughout the camps, professional staffs (30) including Paediatric Endocrinologists, Diabetes nurses, Dieticians, Physical activity instructors, Diabetes nurses, Diabetes educators and TDA staffs with expertise in Diabetes, were actively involved in training 64 Type 1 Diabetic patient and 14 parents on various topics in DM such as basics of Diabetes, basics of Insulin, acute and chronic complications of Diabetes, foot care in Diabetics, Diabetes and sexuality, conversation maps, nutrition, sick day management, physical exercise and mental health. Most of the sessions included both theory and practical.

- Dr Rahim Damji
SPEAN inaugurates working committees

The Society of Paediatric and Adolescent Endocrinology in Nigeria (SPEAN) has inaugurated a sub-speciality working committee. The inaugural meeting took place on the 7th of November 2020, through a Zoom Meeting which had 24 members in attendance.

The members of SPEAN was relied upon to have a place with one or two of these subcommittees of interest. These committees included: Diabetic Education, Diabetic Camp, Diabetic registry, DSD, CAH, thyroid, Downs, Growth and Growth in Practice, Puberty and Maturation, Metabolic Bone, Vitamin D and calcium Metabolism and Endocrine disorders.

The President of SPAEN, ask the sub-committees to develop a mission and vision statement; to develop research and advocacy strategies; to develop a conduct guideline and a clinical practicing guideline that will enhance, guide, and serve as a minimum standard among Nigerian Pediatricians. Dr. Iroro, the Assistant Secretary of the Pediatric Association of Nigeria (PAN), added that The clinical practice guidelines, will be published on the Pediatric Association of Nigeria (PAN) website. Dr. Maryann Ihikwe, the current ASPAE president welcome the development and felt proud of being part of the initiative.

Afterward, a break-out session of the various committee was mandated for each committee to deliberate on how to achieve the stated objective and report back within the set time frame of four weeks.
SPAEN and PETCWA EDUCATIONAL ACTIVITIES

To Keep informed educationally on the impact of the Covid 19 pandemic on pediatric endocrine practice in Nigeria, SPAEN had organized a Webinar in partnership with Novo Nordisk in June on Childhood obesity and diabetes during COVID 19.

Abiola Oduwole

This webinar, which was facilitated by Prof. Abiola Oduwole of Nigeria and Dr. Nandu Thalange, Paediatric endocrinologist from the United Arab Emirates, was informative. Professor Oduwole highlighted the impact of Covid 19 and its public health preventive measure, in particular, the lockdown on the care of children and adolescents with diabetes. Professor Oduwole noted she had not recorded any Covid 19 induced or superinfection amongst the diabetic patients in her facility or recorded any Covid 19 associated mortality. She emphasized that the Covid 19 public health mitigating measures have resulted in poor metabolic control because of the inability of diabetic patients to access free insulin and glucose monitoring apparatus. She also pointed out that the lack of movement and the fear of Covid 19 by patients and their caregivers has resulted in late and severe DKA presentations.

Dr. Nandu Thalange spoke on the impact of covid 19 on childhood obesity. He emphasized that due to the Covid 19 lockdown, more children spent long hours watching television while eating more Junk food.

Nandu Thalange

Another Webinar on the Use of Subcutaneous Insulin in the management of Diabetic Ketoacidosis, that was facilitated by Dr Juliana Chizo Agwu. Consultant Paediatrician in Diabetes and Endocrinology Birmingham University and Sandwell Hospital was equally informative. Her lectures started with a reminder of the goal of therapy in DKA. Her presentation continued with a literature review of available evidence on the topic. Dr. Chizo presented her conclusions and recommendation, which clearly supports the use of subcutaneous rapid-acting analogs or regular insulin to replace insulin intravenous therapy in children and adolescents living in low resource countries with mild to moderate DKA.

Juliana Chizo Agwu
PICTURE GALLERY OF 2020 WORLD DIABETES DAY
THEME: NURSES AND DIABETES

Talking a walk against diabetes Botswana

Video message on Burden of Diabetes to Botswana’s on World diabetes day.

Don’t Hate Your Diabetes

ABAKALIKI, Ebonyi State Nigeria

DOULA, CAMEROON

JOS, NIGERIA MEDIA ENGAGEMENT
MEDIA ENGAGEMENT YAOUNDE, CAMEROUN

YAOUNDE, CAMEROUN

YAOUNDE, CAMEROUN
PESK kept members of the Kenya Pediatric Association and ASPAE updated through a series of lectures. These web-based seminar series, with a theme on Growth was sponsored by Novo-Nodisk and held between August to November 2020.

Emeritus Professor Ze’ev (cofounder of PETCA Nairobi) and Dr Thomas Ngwiri presented on the Physiology of Normal Growth during the first lecture of the series. Professor Ze,ev explained that the average adult height of an African adult woman is 158.5cm, this is 4cm taller than projected given the stressful and toxic socio-physical environment.

Two weeks afterward, Dr. Mary Limbe, one of the Pediatric Endocrinologist and faculty from Aga Khan University Teaching Hospital emphasis on making Growth monitoring a lifestyle in individual practices. Afterward, Dr Lucy Mungai of Kenyatta National Hospital gave an explicit and detailed discussion on the Failure to Thrive. She offered reasons why failure to thrive must be actively assessed and managed among children. Dr Joyce Mbogo and Dr. Anjum, on separate days, discussed the child with short status and the child who is born Small for Gestational Age (SGA). This series of lectures, all growth-related, ended with a presentation on Growth Hormone by Dr. Rensome Mukhana.

PEDIATRIC ENDOCRINOLOGY TRAINING CENTER FOR AFRICA (PETCA)

Educational activities at PETCA in Nairobi, Kenya have declined in the last few months following the Covid 19 pandemic. Due to travel restrictions, international tutors find it difficult to travel to Nairobi for tutorship. At the moment enrolled students are back in their home countries and are expected to start up their specialist clinic and work on their approved research project. As part of self-sustainability plan and transition The PETCA fellowship program has successfully migrated to Kenyatta University and secured funding from The ELMA Foundation that will provide funding scholarships for 4 Kenyan students per year.
ASPAE 2021 ANNUAL CONFERENCE

The ASPAE 2021 annual conference scheduled for March 2021 and hosted by Tanzania will be the first virtual conference ever organized by ASPAE since its inception in 2008. This decision was informed by the current COVID 19 pandemic and travel restrictions instituted by most African countries as control measures. The Tanzanian ASPAE team, led by Dr. Muze Kandi, the vice president of ASPAE, is optimistic that the meeting will be highly educative and enriching. The topics presented for deliberation are trending and timeless, more so a panel of global experts from sister societies of ESPE and ISPAD will be available to provide up to date information.
The ASPAE leadership and members warmly congratulates Dr. Micheal Eyong over his appointment as the Chairman Medical Advisory Committee (Head of Clinical Service) of the University of Calabar Teaching Hospital, Cross Rivers state, Nigeria, on the 9th of September 2020. We wish you a glorious outing.

The ASPAE Family warmly congratulate Dr. Suzanne SAP Ngo Um for her promotion to the rank of a Reader in Department of Paediatrics, University of Yaoundé in Cameroon.