



## **15th ISPAD Research School for Physicians Report**

April 19 to April 24, 2015, in Milano (Italy) by Andrea Scaramuzza

**The ISPAD Research School for Physicians convened in Milano, Italy at the Air Hotel, April 19-24, 2015, under the direction of Andrea Scaramuzza and Carine de Beaufort. There were 27 delegates in attendance, representing 14 countries and 6 continents, including North America, South America, Europe, Africa, Oceania and Asia. There was a high level faculty of 28, coming from 9 countries, including United States and Canada consisting of 22 pediatric endocrinologists along with 2 adult diabetologists, 1 statistician, 1 genetics physician, 1 registered dietitian, 1 member from JDRF, and 2 external faculty from the platinum sponsors Medtronic and Sanofi.**

**Together, there were 34 scientific, interactive presentations from the faculty members during the intense 5 day scientific program along with 5 breakout sessions in which the delegates had individualized time to present their research projects and case reports, and receive constructive feedback, and 3 practical sessions, during which the delegates had the possibility to ‘touch’ and ‘experiment’ technological devices. The delegates then had the opportunity to present their research plans and case reports to the faculty and to all of the delegates during 5 sessions along the week.**

**The faculty lectures covered topics delivered by world experts in areas such as insulin therapy, islet transplantation, exercise, diabetes macrovascular complications, diabetic nephropathy, nutrition research, DKA, risky behaviors in adolescence, monogenic diabetes, type 2 diabetes in childhood, methodological aspects of clinical research, including study design, biostatistics, survey design, sample size considerations, confounding and bias, and subgroup analysis, and two compelling lectures of regulatory aspects of technological devices and insulins by representatives from Medtronic and Sanofi.**

**A novelty of this year ISPAD Research School for Physicians has been a team building activity done in a professional kitchen where the delegates had the chance to work together to cook their and faculty’s dinner, gathering a greater confidence among them and sharing friendship.**

Moreover, we invited 5 ex alumni of previous ISPAD Research School for Physicians to act as mentor of each of the 5 small working groups of delegates. During the last day of the school they deliver a brief lecture about their achievements after participating the school.

We thank the sponsors Medtronic, Sanofi, Bayer, AAGD Lombardia onlus, Lilly, Roche, Movi, Terumo for their unrestricted financial support.

Finally, the week proceeded virtually flawlessly due to the tireless efforts of administrative support from Congress Team Pavia! THANKS!

In conclusion some comments from the participants:

“This school covered all the aspects in diabetes - etiology, complications, diagnosis, insulin pumps, islet cell, exercise which are relevant clinically in day to day practice for young endocrinologist like us. The concept of team building - cooking is excellent. It gave more time to interact with other students and work towards a goal. The tutors and the speakers like dr. Andrea, dr. Aaron, dr. Riddell, dr. Dario, dr. Carine all were very friendly with us during the meeting so we could ask more doubts, which were all answered. The tutor’s presentation on the final day was a good initiative. Their enthusiasm in the research in pediatric diabetes since their last ISPAD School was encouraging. Hopefully we follow their way in having more publications and establishing contacts with other students”,  
Ramkumar, India.

“It is a pleasure to give my feedback about the school. It is my greatest experience ever. As regard the scientific program, it was well organized. I liked the concept of mixing between clinical research, statistical analysis, technology in diabetes and scientific lectures. This makes us always interested and never bored. The meeting between us as a young growing generation and the eminent experienced diabetologists is extremely fruitful and inspiring for us. Working in groups helped being more familiar with each other and exchanging our experiences. Let's imagine what the melting of cultures of 27 delegates from 14 different countries shall do in changing Diabetes future!! The idea of giving chance for those who previously attended the school as mentors was the greatest ever about the school. They were inspiring for us and give us the spirit of ‘We can do it. It is never impossible!!’. Speaking about fun hours and networking, they were amazing, cheerful and nice enough to refresh us and making us more close. It has been a school by all means which achieved its slogan "Feed the planet ... Feed the brain", as it fed the brain with the best knowledge and skills”, Wafa, Egypt.

“Thank you for opportunity to broaden my knowledge of diabetes in children and research in diabetes. It was an honor and pleasure to attend ISPAD School in Milano. All lecturers gave a fascinating lecture. Thanks to clinical cases not only we could improve our skills in presenting but also enhanced our clinical knowledge and shared experience. Tutors had created a pleasant and friendly atmosphere. During breaks we could have discussion about treating children with diabetes all over the world and working with our colleagues.

**It was unique opportunity to get to know and talk with people, who are experts for us. I think that advices from our colleagues and tutors improve our study projects. I appreciated especially research experience of our tutors, which they shared with us. To sum up, ISPAD School in Milano had high level and was very motivating. Thanks this School I improved my knowledge in statistic and learned how to write research papers to be accepted for publication. What's more I made friendship and met people, with whom I can collaborate in the future", Katarzyna, Poland.**

**Andrea Scaramuzza & Carine de Beaufort**



