ASPED/ISPAD/Lilly Diabetes Postgraduate Courses, 2015-2017, Abu Dhabi and Dubai, United Arab Emirates
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Introduction
The ASPED/ISPAD/Lilly Diabetes postgraduate courses are an initiative by the Arab Society of Paediatric Endocrinology and Diabetes (ASPED) in collaboration with ISPAD and are exclusively sponsored by Lilly. 3 courses were held in the United Arab Emirate on June 2015 (Abu Dhabi), May 2016 (Abu Dhabi) and April 2017 (Dubai). The courses were run by an expert group of faculty from ISPAD and ASPED over 3 days. Candidates are selected following open competitive applications advertised by both ASPED and ISAPD websites. Strict enrollment criteria were enforced by the ASPED/ISPAD course committee. The average application number received was 140 per course of whom 60-72 candidates were enrolled in each course. The application is open for pediatricians training or practicing pediatric endocrinology in the Arab region. Participating candidates for the 3 courses were enrolled from 13-16 different countries.

Aim of the courses
This collaborative partnership between ASPED, ISPAD and Lilly aims to promote training in the field of Pediatric Diabetes. The courses are designed with a high educational value to enhance medical knowledge of young pediatricians/endocrinologists and develop their expertise in diabetes. A main aim of the courses is to teach participants research methodology and create a platform to encourage collaborative research work among participants from different countries in the Arab region from North Africa, Middle East and the Gulf.

Courses format and contents
Each course curriculum is created by the course steering committee and is delivered in the form of lectures, interactive sessions and workshops either for the whole audience or in small group sessions.

The average number of session in a course is around 7 which includes an average of 18 lectures. Participants are divided into 4 parallel groups. In these subgroups, each candidate presents either a case scenarios or a research project. The groups participate
in workshops for Technology, psychology and nutrition for more interactive discussion and hands on practice.

**The themes of the curriculum featured;**

- Diabetes in Children; etiology, epidemiology and classifications
- Diabetes in clinical practice and research
- Technology applications in Diabetes
- Diabetes management in special circumstances (school, sick days and Ramadan fasting)
- Diabetes complications; acute and chronic
- Psychology and patient empowerment in Diabetes
- Monogenic forms of diabetes
- Obesity and insulin resistance in children and adolescents

Lectures on advances in diabetes were delivered in each course covering hot topics of diabetes advances. Examples of those are:

- Stem cell transplant in diabetes treatment
- Immune-therapy in diabetes
- The artificial pancreas
- Role of microbiome in diabetes etiology
- Molecular basis and genetics of diabetes.

The small group discussion, aligned in 4 parallel subgroup featured presentation of interesting case scenarios and research projects. The main topics for the small group discussion were:

- Diabetes Unusual Presentations
- Challenges of Diabetes Management
- Type 1 Diabetes Complications
- Diabetes & Psychology
- Diabetes Education
- Monogenic Diabetes; MODY & Neonatal Diabetes
- Hyperinsulinemic Hypoglycemia
- Obesity & Type 2 Diabetes
- Diabetes & associated syndromes
Courses’ special features and highlights

Amongst all the interesting topics discussed in the course, there was an obvious common interest in presenting topics markedly related to the regional features of diabetes. Neonatal diabetes, metabolic complications of childhood obesity and type 2 diabetes were highly popular topics presented by candidates. Psychological issues related to specific regional life style and diet were common discussion areas. The courses enabled participants to meet and link up with senior ISPAD and ASPED researchers and clinical experts, as well as with regional experts and fellow clinicians in a collegial environment encouraging active discussions and exchange of ideas.

Course Outcomes

Each course concluded with tasks to follow and recommendations. The main tasks were initiating ASPED diabetes registry amongst different Arab countries, create and unify guidelines for specific regional issues like fasting Ramadan by adolescents with type 1 diabetes. In addition, various multi-centric studies were proposed from different countries involving common diabetes issues. Neonatal diabetes and type 2 diabetes are particularly common in the ASPED region and collaborative work is planned to be initiated.

Feedback reports from candidates and faculty are analyzed after each course and comments from candidates are taken in consideration in consecutive courses.

Course proceedings and abstracts are published in open access scientific pediatric journals\textsuperscript{1,2}.

Course Photos
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References
