

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

13:30 WELCOME & INTRODUCTION

14:00-16:00 FIRST SESSION

- 14:00-14:30 **Prediction and prevention of T1D: advancements and challenges**
- 14:30-15:00 **The first year of diabetes – a window of opportunity**
- 15:00-15:30 **Hypoglycaemia: prevention, treatment, long-term risks**
- 15:30-16:00 **Competitive exercising with type 1 diabetes**

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)**
- Workshop 2 **Starting a sensor (bring case from home)**
- Workshop 3 **How to start carb counting for MDI and pumps**

20:00 ***Welcome Dinner***

Friday, 23 Nov 2018

09:00-10:30 SECOND SESSION

- 09:00-09:30 **Human gut microbiome in type 1 diabetes: methods, results, and pitfalls**
- 09:30-10:00 **Diabetes microvascular complications in adolescents and young adults**
- 10:00-10:30 **Lipids, cardiovascular risk and treatment in type 1 diabetes**

COFFEE BREAK

11:00-13:00 THIRD SESSION

- 11:00-11:30 **Behind carbs counting: what about protein and fat? Insulin dosing for carbs, fat and protein**
- 11:30-12:00 **Which HbA1c and other targets should we aim for? (pro-con 6.5%)**
- 12:00-12:30 **Closing the loop – which steps are remaining for an approved solution?**
- 12:30-13:00 **DIY technologies (Nightscout, open APS, Android APS, LOOP): safety, effectiveness, way to the future?**

LUNCH



European Association
for the Study of Diabetes



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14:00-16:00 FOURTH SESSION

- 14:00-14:30 **DKA treatment**
- 14:30-15:00 **Adolescence, growth and puberty in type 1 diabetes**
- 15:00-15:30 **Diabetes in schools**
- 15:30-16:00 **Pregnancy and contraception**

COFFEE BREAK

16:30-18:40 WORKSHOPS

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- Workshop 4 **Diabetes team concept**
- Workshop 5 **How to find patients with monogenic diabetes?**
- Workshop 6 **Using ketones in sick days and other situations**

20:00 *Dinner*

Saturday, 24 Nov 2018

09:00-11:00 FIFTH SESSION

- 09:00-09:30 **Neonatal diabetes – diagnosis, clinical presentation and treatment**
- 09:30-10:00 **Treatment of type 2 in young people (up to age 25-30)**
- 10:00-10:30 **Associated diseases in type 1 diabetes**
- 10:30-11:00 **New analogs in clinical practice (exercise, sick days, long-distance travelling etc.)**

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**
- Workshop 8 **Transition from paediatric to adult care**
- Workshop 9 **The role of benchmarking in optimizing T1D control: how to start a diabetes registry**

13:45 DISCUSSION AND CLOSING REMARKS