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
Joint EASD/ISPAD/ESPE Postgraduate Education Course on Type 1 Diabetes in Children, Adolescents and Young Adults

**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**
Participants attend 2 of the 3 workshops, each workshop lasts 60 mins and will be repeated twice
- 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**