See you in Moscow!

Newsletter

Announcing the Official Journal of EPA/UNEPSA
Evidence-based Child Health: A Cochrane Review Journal
Register today for a complimentary FREE subscription in 2009!

4th Europaediatrics 2009  ❖  Moscow 3-6 July 2009
Deadline for abstract submission is shortly due!
## Contents of EPA/UNEPSA Newsletter – Issue 2

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Letter of the Editor

Dear Colleagues,

Here is a new issue of our newsletter, in which you will find changes both in the lay-out and content. First, there is an index of the contents to facilitate finding the subject of your interest. Next, there is the announcement of an exciting achievement which is the Official Journal of the EPA/UNEPSA. But this is not the only thing because there is also some information about the last Congress of Paediatricians of Russia among other interesting facts. There is an update of course on the 4th Europaeiatrics 2009 in Moscow, which is becoming increasingly promising.

In this issue, the presentation of the national paediatric societies corresponds to the Royal College of Paediatrics and Child Health of the United Kingdom. Professor Patricia Hamilton as President provides us with the annual report available for 10,000 paediatricians in the U.K. and the Commonwealth. In this short report, one can see how a flexible structure can bring good results. The Update in Paediatric General Practice is destined to become a classic feature of our newsletter and in this issue the intention is to make the management of gastro esophageal reflux clearer.

One important aim of any newsletter is to circulate as widely as possible among the target audience. So, the good news perhaps is that we have established links to various websites of paediatric societies. We try not only to expand the circulation but also to facilitate your contact with us. Any doubts about clinical management of patients or health promotion for them will be put forward to teams of experts in an effort to be solved. Also, information about the European Paediatric Organisations can be provided at your request. You can communicate with us by writing at epa-unepsa@cnc.gr.

I would be particularly open and pleased to receive any suggestions.

Manuel Moya
Editor of Newsletter

P.S. If you wish to receive an e-alert for new issues, all you have to do is visit our website www.epa-unepsa.org and join the mailing list.
Official Journal of EPA/UNEPSA

Evidence-Based Child Health: A Cochrane Review Journal

Evidence-Based Child Health: A Cochrane Review Journal becomes the official scientific journal of The European Paediatric Association (EPA/UNEPSA).

EPA/UNEPSA reached an agreement with two very prestigious partners: the Cochrane Collaboration and the publishers Wiley/Blackwell. Together they already publish, Evidence-Based Child Health: A Cochrane Review Journal, the quarterly electronic scientific journal, which as of the first issue of 2009 is exclusively branded as the Official Journal of EPA/UNEPSA.

The Cochrane Collaboration is an international, non-profit, independent organization, established to ensure that up-to-date, accurate information about the effects of healthcare interventions is readily available worldwide. It produces and disseminates systematic reviews of healthcare interventions, and promotes the search for evidence in the form of clinical trials and other studies of the effects of interventions.

EPA/UNEPSA is cooperating with the Child Health Field of the Cochrane Collaboration whose mission is to ensure that children and adolescents receive effective interventions for the best health outcomes based on up-to-date evidence.

The purpose of the Evidence-Based Child Health: A Cochrane Review Journal is to bring an amazing resource to the attention of paediatricians. The Journal regularly highlights relevant, timely and topical Cochrane reviews, to inform evidence-based decision-making in child health.

Two representatives of EPA/UNEPSA participate in the editorial board of the Journal with the objective to ensure that the needs of European paediatricians for high quality scientific data are covered.

A special privilege for EPA/UNEPSA members!

All individual members of National Associations participating in EPA/UNEPSA are entitled to a complimentary FREE subscription until the end of 2009. Subsequently they will continue to enjoy a privileged subscription price that will be incorporated in their individual EPA/UNEPSA membership fee.

Visit our website www.epa-unepsa.org and follow the simple procedure to register and gain access to the Evidence-Based Child Health: A Cochrane Review Journal.

To register you will be requested to fill in a form with your personal data in order to receive your personal access information (username and password). Once you are registered, you can access the Journal by visiting the website www.epa-unepsa.org.

Take advantage of this special privilege today!
Welcome to the 4th Europaediatrics 2009 in Moscow

National and international paediatric congresses have become an integral part of continuous medical education for many European paediatricians. However, the congresses have become bigger, more luxurious and more expensive. Up to the year 2009 the scientific cooperation of European paediatricians has reached a high standard. Due to an increased number of abstracts presented during oral or poster sessions the number of parallel sessions has increased to such an extent that an individual participant has difficulty participating in more than 30% of all presentations. The time for fruitful discussion allowing participants from different regions to communicate in more depth after presentations and during "free-time" seems to have reached a critical limit. Furthermore, there is still a remarkable imbalance of research activities between Eastern and Western European countries. In summary, there may be a need for restructuring paediatric congresses regarding the geographical allocation of congresses, and the content and structure of the programmes. The 4th Europaediatrics 2009 in Moscow begins a new chapter in paediatric congresses in Europe.

Communication
The scientific programme covers the whole spectrum of paediatrics, focussing on the systemic conditions of paediatric health care and on the interaction between all health care providers. The participants will be guided by internationally respected experts through the diversity of paediatric health care in different European countries.

“Building Bridges from North to South and from East to West” is the motto of the 4th Europaediatrics 2009. Bridges of communication should not only be built between paediatricians in different European countries, but also between experienced experts in their field and young future paediatricians. They should also be constructed between generalists and specialists, general practitioners and hospital paediatricians, community paediatricians and private paediatricians, and between paediatricians and political health representatives. Accordingly, our programme is so structured, that political health topics as well as clinical topics will be covered. The clinical health topics differentiate preventive medicine from therapeutic medicine. Within the preventive medicine section, the subject of vaccination has a primary focus. On the diagnostic and therapeutic sections the recent developments in paediatric neurology in chronically sick children is a special highlight.

Cooperation
The second major aim of the 4th Europaediatrics 2009 is cooperation among paediatricians. The structure of the congress is such that interactive discussions play a large part. There are several further highlights such as two Round Tables on Paediatric Education and The Diversity of Paediatric Health Care in Europe, an EMEA Session on Paediatric Drug Treatment and a Cochrane Session on Evidence-Based Paediatrics. Last but not least, poster presenters will get the opportunity to present their communications to experienced specialists in their field and their posters will be shown throughout the congress.
The Congress Venue
For the above mentioned reasons we chose Moscow as the congress site. The 4th Europaeiatrics 2009 will be held in a modern congress centre on the banks of the Moskva river. This congress centre offers elegant lecture halls, high-tech media, a public IT room for our use and simultaneous translation facilities. The congress will give all participants the opportunity to learn more about paediatrics in general, about the work of paediatricians and the life of children in the former Soviet Union. Needless to say you will be presented with the wonderful cultural heritage of Russia and Europe on your visit to the Kremlin, Tretyakov Gallery and Pushkin Museum.

Jochen HH Ehrich
Professor of Paediatrics
at Hannover Medical School, Germany
Chairman of the Scientific Programme Committee
(ehrich.jochen@mh-hannover.de)
Europaediatrics
Moscow, 3-6 July
2009

Europaediatrics 2009 is less than 4 months away and the excitement is rising! Make sure you are up-to-date with all recent developments by visiting the official websites of the congress:

For European countries (except Russia and former Soviet Union countries):
www.europaediatrics2009.org

For Russia, former Soviet Union countries and any non-European country:
www.europaediatrics2009.ru

Scientific programme
An updated version of the scientific programme is now available on the official websites of the congress. Discover the topics that will be covered in the congress and start planning which sessions you wish to attend.

Final Call for Abstracts
Note that the deadline for the submission of your abstracts is shortly due! You may submit your abstracts until 10 April 2009. Don’t miss the opportunity to present your work in the largest European paediatrics congress. Check out in the official websites the simple procedure you need to follow in order to register and submit an abstract.

Social programme
The Local Organizing Committee has created a very exciting social programme including excursions in Moscow and also post congress tours in the Golden Ring and St. Petersburg. All information is posted on the official websites. Take a few minutes and visit the websites to find out what it will take to get to know one of the most historical cities in the world.

Important deadlines
Abstract submission: 10 April 2009
Early registration: 1 May 2009
Late registration: 31 May 2009
The Management of Gastro Esophageal Reflux in Infants and Young Children

Gastro Esophageal Reflux (GER) is quite a common phenomenon in every age. However, it is much more common and has characteristic symptoms and signs in infancy as the lower esophageal sphincteric properties are less mature and the infant position is mainly horizontal.

The symptoms consist on recurrent effortless regurgitations with progressive listlessness and irritability. The infant suffers during feeds and sometimes turns his head backward or even to the side (Sandifer’s syndrome). Gradually the infants refuse sucking and eventually will fail to gain weight appropriately. Other complications such as bronchospasm induced by vagal reflex due to the presence of acidic material in the esophagus, aspiration pneumonia, esophagitis with or without bleeding, encephalopathic like Sandifer’s syndrome, hoarsness and recurrent otitis media can also occur.

The diagnosis of GER is a clinical one, only in cases where an anatomical abnormality or lesions in the gastrointestinal (GI) tract is suspected, or other diagnostic options such as eosinophilic esophagitis are considered, then diagnostic investigations can be performed. These procedures may include upper GI series, milk scan and upper endoscopy with biopsies.

The management of GER consists of several independent approaches, thus the art of treatment is the wise combination of these modalities. The first objective is to reassure the parents that this is quite a common situation and in the vast majority of the cases it will be vanished towards the last months of the first year. Never tell the frustrated parents that if the child is gaining weight, everything is fine and nothing should be done; the infant as well as the parents are indeed suffering and deserve an appropriate solution. For mild GER one can just recommend positioning in 30°, head up in prone position (not during the night then he/she should lie on the back). Also while the infant is on formula, thickening the formula or using anti regurgitation kind of formula is helpful.

In more severe cases or when the previous manipulations were less than satisfactory a combined treatment with alginate and surface active antacids is indicated. Usually in this stage an acid secretion inhibitor such as histamine2 receptor blocker is prescribed as well. In difficult case in order to achieve optimal acid production suppression proton-pump inhibitor is indicated, instead of the H2R antagonist.

David Branski M.D.
Chairman of Pediatrics
Dr. Israel J. and Dena B. Zimmerman
Professor of Pediatrics
Hadassah University Hospitals
Royal College of Paediatrics and Child Health
President’s Report

Since my last Annual Report the College has achieved many things – not least moving into new premises. This is not just a practical process but also a rite of passage along our growth from a young offspring of the Royal College of Physicians to a grown up Royal College of our own. Like any nearly grown up adolescent we have been through periods of uncertainty, crises of identity and daunting decisions to make on our own.

I think we have moved relatively smoothly through adolescence towards young adulthood. We have kept some of the good things about adolescence – challenging the status quo, not conforming to the image expected of us and providing creative innovations that will some day be regarded as the norm.

The building has been all we hoped it would be – modern, transparent outward looking and flexible. We cannot let the rooms out fast enough to those who want to hold meetings there and we have been able to host launches of our work, art exhibitions, dinners, meetings with breakout rooms and conferences with equal aplomb. Most of all it has symbolised what we have achieved over the last year.

We have produced several training courses that can be delivered in the workplace and online. The adolescent project – an e-learning platform of over 70 modules – has received praise from the DH who funded it and more importantly from those who use it. As a result, the DH has commissioned a second learning project on child health promotion. Both of these will contribute to the health of children and young people.

Safeguarding has – sadly – remained a challenge. I have been reluctant to fight this battle in the media. I prefer to take action by approving training courses, talking to the GMC, MPs and select committees, ministers and lay groups. I believe our voice is the more influential for it.

Our education and training programmes have been widely acclaimed as being exemplars for others. We have been challenged, as has everyone by the run up to the WTD and the lack of locums to fill the gaps in the rotas and are taking action to help services be prepared for August 2009.

Our international work was presented to the Princess Royal in a symposium when she opened the new building. The coherent strategy behind the work and yet the individual initiative in areas in East Africa, India and the Middle East were most impressive. They particularly highlighted the contribution of the funding from the David Baum International fund and I know David would have been so proud to see the results of the initiatives he started.

The Research division has taken on many important projects, which meant that the Department of Health has commissioned others. In the past 3 years the College has, overall, received several million in grants from various bodies commissioning work from us.

Finally, I believe our College is viewed with respect by other Colleges, the DH, DCSF and other key organisations, as leading in many ways, but also collaborative and constructive, forward thinking and innovative.

Challenging times are ahead but we believe we have contributed to children’s health through the work of our paediatricians and our colleagues.

Dr Patricia Hamilton
President
RCPCH
News from the paediatric family all over the world

Russia: The 16th Congress of Paediatricians of Russia took place in Moscow in 16-19 February. The paediatric level outside traditional Europe is not always so well known. Therefore, it is worth considering how this national Congress, under the Presidency of Alexander Baranov, has covered the main Health issues for paediatrics in such an extensive country. Besides the academic aspect with selected topics, which were very well presented and interesting for both general paediatrics and paediatric sub-specialities, one should also take into account the floor participation. This last point offers a better idea of the scientific level of paediatrics in the covered area. More than 400 abstracts, mostly presented as free papers, contributed to the success of this Congress. The lines for future action were feasible and well backed by Administration. Congress reports normally include the number of attendants and this figure is sometimes overrated. This is not the case of this congress, where the attendance was over 3,000 coming from 17 countries from all over the world, but with predominance from the Asian continent and the neighbouring countries. The Congress logistics for such a large attendance were working properly; an example of this could be the Opening Ceremony in the Saviour Cathedral. Finally, the cold weather, the continuously snowy streets, even the ice sheets on Moscow river with its unique banks added a certain charm to that already inherent in the city.

Albania: In November (the exact date is yet to be defined), the Albanian Pediatric Society, in collaboration with European J Project, will organize the European Meeting of Primary Immunodeficiencies in Tirana. This meeting will be the main activity of the Albanian Pediatric Society this year.

Austria: The Österreichische Gesellschaft für Kinder- und Jugendheilkunde has become the partner for the new TV programme “Baby’s” that runs on the TW1 channel once every fortnight. The new TV programme targets the audience of parents with kids aged 0-3 years old.

Lithuania: The Lithuanian Paediatric Society is working together with the European Academy of Childhood Disability (EACD) and the Child Development Center of Vilnius University Children’s Hospital to host the 21st Annual Meeting of the EACD in Vilnius from 3 to 6 June 2009. The theme of the meeting is “From Myth to Evidence”. Check out relevant information on the congress website www.eacd2009.com

ESPGHAN: The Council of the European Society for Paediatric Gastroenterology, Hepatology and Nutrition (ESPGHAN) has released the latest, updated version of the Training Syllabus for trainees in the field of Paediatric Gastroenterology, Hepatology and Nutrition (PGH&N). This syllabus is one of the subspecialist syllabuses for training in Tertiary Care Paediatrics as defined by the European Union of Medical Specialists (UEMS).
A Paediatric Gastroenterologist and Hepatologist is a trained paediatrician specialising in the investigation and treatment of children with gastrointestinal, liver and nutritional disorders. It is expected that most Paediatric Gastroenterologists and Hepatologists as higher specialists in PGH&N will practice within the setting of tertiary care medicine where they are able to offer a full range of diagnostic procedures and the facilities for the treatment of intestinal, liver or nutritional failure. For a full overview of the updated version, please visit www.epa-unepsa.org

AAP: The American Academy of Pediatrics encourages paediatricians, families, and communities to work together to ensure that children’s basic needs are met. This is crucial during challenging economic times. It is clear that the current situation is having a major impact on adults throughout the United States and abroad. The effect that it may have on children and adolescents is less obvious, but it is something that parents and paediatricians can address. The American Academy of Pediatrics offers suggestions for parents and others who care for children, as well as strategies to help paediatricians with practice management issues and ways to support families.

UNICEF flagship report: Closing the gap in maternal and neonatal health
Having a child remains one of the biggest health risks for women worldwide. Fifteen hundred women die every day while giving birth. That’s a half a million mothers every year. UNICEF’s flagship publication, The State of the World’s Children 2009, addresses maternal mortality, one of the most intractable problems for development work. The difference in pregnancy risk between women in developing countries and their peers in the industrialized world is often termed the greatest health divide in the world. A woman in Niger has a one in seven chance of dying during the course of her lifetime from complications during pregnancy or delivery. That’s in stark contrast to the risk for mothers in America, where it’s one in 4,800 or in Ireland, where it’s just one in 48,000. Addressing that gap is a multidisciplinary challenge, requiring an emphasis on education, human resources, community involvement and social equality. The full report is available on: http://www.unicef.org/sowc09.
## Calendar of events

### April 2009

- **EPOS 28th Annual Meeting**  
  PORTUGAL, Lisboa, 1-4 April 2009

- **Barnveckan 2009**  
  SWEDEN, Uppsala, 20-24 April 2009

- **VI. Festival Kazuistik – Pediatricka konference**  
  CZECH REPUBLIC, Luhacovice, 30 April – 2 May 2009

### May 2009

- **Spring meeting**  
  FINLAND, Kajaani, 14-15 May 2009

### June 2009

- **42th ESPGHAN Annual Meeting**  
  HUNGARY, Budapest, 3-6 June 2009

- **58o Congreso de la Asociacion Espanola de Pediatra**  
  SPAIN, Zaragoza, 4-6 June 2009

- **21st Annual Meeting of the European Academy of Childhood Disability**  
  LITHUANIA, Vilnius, 4-6 June 2009

- **XXVIII EAACI Congress**  
  POLAND, Warsaw, 6-10 June 2009

- **27th Annual Meeting of ESPIID**  
  BELGIUM, Brussels, 9-13 June 2009

- **Varmotet 2009**  
  NORWAY, Haugesund, 10-12 June 2009

- **Congrès de la Société Française de Pédiatrie et de l’Association des pédiatres de langue française**  
  FRANCE, Toulouse, 10-13 June 2009

- **16th PReS Congress (joint congress with EULAR)**  
  DENMARK, Copenhagen, 10-13 June 2009

- **20th ESPNIC Medical and Nursing Annual Congress 2009**  
  ITALY, Verona, 14-17 June 2009

- **45. Türk Pediatri Congresi**  
  TURKEY, Cappadocia, 16-21 June 2009

- **10th EUPSA Congress 2009**  
  AUSTRIA, Graz, 17-20 June 2009

- **Congrès Annuel/Jahresverammlung**  
  SWITZERLAND, St. Gallen, 18-20 June 2009

- **47th Panhellenic Congress of Paediatrics**  
  GREECE, Chania, 19-21 June 2009

- **DPS Boernedage 2009**  
  DENMARK, Arhus, 21-23 June 2009

*Note: This information is based on web-search and input from National Associations. If you wish to publish your event, please forward related information to epa-unepsa@cnc.gr*
List of Member Countries

Albania
Albanian Pediatric Society

Armenia
Armenian Pediatric Association

Austria
Österreichische Gesellschaft für Kinder- und Jugendheilkunde

Belgium
Belgian Paediatric Society

Bosnia and Herzegovina
Udruga/Udruženje Pedijatara u Bosni i Hercegovini

Bulgaria
Bulgarian Paediatric Society

Croatia
Croatian Pediatric Society

Cyprus
Cypriot Paediatric Society

Czech Republic
Česká Pediatrická Společnost

Denmark
Dansk Pædiatrisk Selskab

Estonia
Estonian Paediatric Society

Finland
Finnish Paediatric Society

France
Société Française de Pédiatrie

Georgia
Georgian Pediatric Society

Germany
Deutsche Gesellschaft für Kinder-und Jugendmedizin

Greece
Hellenic Paediatric Association

Hungary
Hungarian Pediatric Association

Ireland
Irish Paediatric Society

Israel
Israeli Pediatric Association

Italy
Società Italiana di Pediatría

Latvia
Latvijas Pediatriju Asociācija

Lithuania
Lithuanian Paediatric Society

Luxembourg
Société Luxembourgeoise de Pédiatrie

Macedonia
Macedonian Paediatric Association

The Netherlands
Nederlandse Vereniging voor Kindergeneeskunde

Norway
Norsk barnelegeforeningen

Poland
Polskie Towarzystwo Pediatriczne

Portugal
Sociedade Portuguesa de Pediatria

Russia
Union of Pediatricians of Russia

Serbia
Paediatric Association of Serbia

Slovakia
Slovenská pediatrická spolosnost

Slovenia
Slovenian Paediatric Society

Spain
Asociación Española de Pediatría

Sweden
Svenska Barnläkarföreningen

Switzerland
Société Suisse de Pédiatrie – Schweizerische Gesellschaft für Pädiatrie

Turkey
Türk Pediatri Kurumu

Ukraine
Ukrainian Paediatric Society

United Kingdom
Royal College of Paediatrics and Child Health

Roll over your mouse to visit National Associations’ websites.

Visit www.epa-unepsa.org for contact information for each member organisation.
EPA/UNEPSA wishes to acknowledge the following partner.

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