YOUNG INVESTIGATORS FORUM

SEPTEMBER 21–24, 2016
BERGEN, THE NETHERLANDS
ESPGHAN provides a variety of educational activities, events and information that are available throughout the year. The ESPGHAN Education Partner Programme (EPP) was launched in 2015. Based on the 2015 adopted ESPGHAN Code of Conduct, the EPP has been developed to ensure the on-going development and implementation of an up-to-date, independent, high quality educational programme for health care professionals. The dedicated support and financial commitment from our partners helps to enhance and stabilise support for ESPGHAN’s educational activities. The EPP educational activities for 2016 are:

<table>
<thead>
<tr>
<th>Event Name</th>
<th>Date</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Paediatric Hepatology Summer School</td>
<td>April 27-30, 2016</td>
<td>Visegrád, Hungary</td>
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<tr>
<td>ESPGHAN Eastern Europe Summer School</td>
<td>May 23-25, 2016</td>
<td>Kazan, Russia</td>
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<tr>
<td>ESPGHAN Baltic Summer School</td>
<td>September 08-10, 2016</td>
<td>Vilnius, Lithuania</td>
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<tr>
<td>Young Investigator Forum</td>
<td>September 21-24, 2016</td>
<td>Bergen, The Netherlands</td>
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<tr>
<td>Paediatric Gastroenterology School</td>
<td>October 26-29, 2016</td>
<td>Florence, Italy</td>
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<td>Master Class Evidence Based Medicine Guidelines</td>
<td>November 18-19, 2016</td>
<td>Budapest, Hungary</td>
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<tr>
<td>Master Class on Parenteral Nutrition in neonatal and paediatric intensive care units</td>
<td>November 23-25, 2016</td>
<td>Paris, France</td>
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<tr>
<td>2nd Paediatric IBD Masterclass</td>
<td>November 24-26, 2016</td>
<td>Rotterdam, The Netherlands</td>
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<tr>
<td>ESPGHAN Master Class Clinical Trials</td>
<td>January 12-14, 2017</td>
<td>Budapest, Hungary</td>
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We sincerely thank the following EPP partners for their generous support and commitment:
YOUNG INVESTIGATORS FORUM

September 21–24, 2016
Bergen, The Netherlands

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1. Introduction and Overview – Young Investigators Forum

For the fifth year in a row, YIF has been organised in Bergen, The Netherlands. Bergen is very close to the dunes, forest and beach.

We received over 20 applications. All abstracts were scored and a selection, both based on the scientific quality and a balance between gastroenterology, hepatology and nutrition, was made. The best abstracts were selected and finally 20 candidates could be invited.

We were proud to see that 13 countries were represented, including Russia, South Africa and Pakistan. This year, we welcomed mostly medical doctors doing clinical research.

Concerning the scientific content of the meeting, the timetable was structured to allow maximal interaction and time for each delegate, group work, faculty lectures and networking. The first day was used to let the delegates get to know each other and the members of the faculty. The YIF booklet including the timetable is attached for your information. Again as pre-YIF homework the delegates prepared their presentation along with assessing 2 other fellow delegate abstracts. The latter was designed to allow them to appreciate the process of abstract marking (and therefore writing) as well as discussion of other delegate’s work (they had to feedback on the 2 abstracts they had been allocated to). The next 2 days were dedicated to delegate presentations, in depth discussions and some social activities to encourage networking.

If at all possible, YIF proved to be an even more successful event than in previous years. The delegates were all very interactive and many lively discussions and learning exercises were had.

“Amazing time”

We sincerely thank our EPP Partner for their crucial contribution to the organisation of this outstanding event.
2. Faculty

Young Investigators Forum Faculty

Faculty

Dr. Lissy de Ridder is a specialist in Pediatric gastroenterology at Erasmus MC-Sophia Children’s Hospital, Rotterdam. Her current research concerns pediatric inflammatory bowel disease (IBD) with a main focus on clinical and translational studies. She is particularly interested in the safety and efficacy of medical treatment of IBD as illustrated by a large international survey on cancer and mortality within pediatric-onset IBD she is working on. Furthermore, she is principal investigator and project leader of TISKids, a randomised controlled trial on top-down versus step-up treatment in newly diagnosed pediatric Crohn’s disease. She is steering committee member of the ESPGHAN pediatric IBD Porto working group, treasurer of PIBDnet and she is a very enthusiastic faculty member of the Young Investigators Forum (YIF) of the ESPGHAN.

Dr. Florence Lacaille is pediatric hepatologist, also responsible for intestinal transplantation in Necker-Enfants malades (second largest hepatology unit in France and first intestinal transplantation unit in Europe). Member of ESPGHAN since the last century, previous member of the ESPGHAN Council and the Hepatology Committee. Doing her best to help young active enthusiastic doctors to feel attracted to ESPGHAN, because of all the opportunities (clinical work, research, networking, education...) the Society offers.

Iva Hojsak, MD, PhD is pediatric gastroenterologist and head of the Referral Center for Pediatric Gastroenterology and Nutrition, Children’s Hospital Zagreb, Croatia. She graduated on Medical School of Zagreb, where she also received her PhD degree. She has published more than 90 scientific and clinical papers and has been a coworker in more than 15 international and Croatian scientific projects. She is a head of Scientific Committee of the Children’s Hospital Zagreb, secretary of the ESPGHAN Committee on Nutrition and associate editor of Journal of Pediatric Gastroenterology and Nutrition. Her main clinical/research interests include probiotics, intestinal failure and parenteral nutrition and inflammatory bowel disease.
Faculty

Prof. Dr. Nikhil Thapar undertook his undergraduate medical training at Southampton University and went on to complete his MRCPCH and postgraduate Paediatric training and his subspecialist training in Paediatric Gastroenterology. In 2004 he completed a PhD at the National Institute for Medical Research, London studying the enteric nervous system and potential of regenerative medicine. In 2006 Dr Thapar was appointed as honorary consultant in Paediatric Gastroenterology at Great Ormond Street Hospital, where he runs a specialist multidisciplinary clinical service for children with gastrointestinal motility and functional disorders including a national service for children with intestinal pseudo-obstruction.

Dr Thapar chairs the gastroenterology committee of ESPGHAN and the British Society of Paediatric Gastroenterology Hepatology and Nutrition (BSPGHAN) gut motility disorders working group. Until 2012 he sat on BSPGHAN council as lead for research and until 2014 on the future trends committee of United European Gastroenterology (UEG). He is a member of the clinical studies group for gastroenterology for the UK’s Medicines for Children Research Network and on the steering group of the European-wide Paediatric Digestive Diseases Research Network. Dr Thapar has authored more than 50 articles and is co-editor of the textbook of Paediatric Neurogastroenterology.

“Wonderfull experience, great faculty and people”
In order to guarantee and improve the quality of ESPGHAN educational events, an evaluation was conducted at the end of the course. It is our highest priority to continuously improve the scientific content and have feedback on the organisation of the course in order to maintain the best learning environment.

The evaluation consisted of 16 questions, 12 of which were in regard to the scientific content and 4 to the organisation of the event. The participants had the possibility to vote on a scale between 5 as Excellent, 4 as Good, 3 as Average, 2 as Poor and 1 as Unsatisfactory. Out of 20 delegates, 18 filled out the evaluation. The average score on the scientific content was 4.58 out of 5 whereas the organisation of the event scored an average 4.55 out of 5. The overall consensus was an excellent average outcome of 4.56 out of 5.

The evaluation of the Young Investigator Forum took place in the last session of the course, the participants had 30 minutes to fill in the evaluation form and address open topics or give their feedback to the faculty, followed by closing remarks by faculty.

There were 20 participants from 15 countries, from 3 different continents (see table 1).

In regard to gender distribution 75% of the delegates were female to 25% male (see graphic 1).

### Table 1

<table>
<thead>
<tr>
<th>Country</th>
<th>Delegates</th>
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</thead>
<tbody>
<tr>
<td>Austria</td>
<td>1</td>
</tr>
<tr>
<td>Canada</td>
<td>1</td>
</tr>
<tr>
<td>France</td>
<td>3</td>
</tr>
<tr>
<td>Germany</td>
<td>1</td>
</tr>
<tr>
<td>Ireland</td>
<td>1</td>
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<td>Italy</td>
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<tr>
<td>Russia</td>
<td>1</td>
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<tr>
<td>Nigeria</td>
<td>1</td>
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<tr>
<td>Portugal</td>
<td>1</td>
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<tr>
<td>Republic of Belarus</td>
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<tr>
<td>Slovenia</td>
<td>1</td>
</tr>
<tr>
<td>South Africa</td>
<td>1</td>
</tr>
<tr>
<td>Spain</td>
<td>1</td>
</tr>
<tr>
<td>The Netherlands</td>
<td>3</td>
</tr>
<tr>
<td>United Kingdom</td>
<td>2</td>
</tr>
<tr>
<td><strong>Total</strong></td>
<td><strong>20</strong></td>
</tr>
</tbody>
</table>

**Gender Distribution**

- **Male**: 25%
- **Female**: 75%

Graphic 1
3. Facts and Figures

3.1. Evaluation of the Scientific Programme

Final evaluation of the course by the participants was more than positive. All the members of the faculty received excellent grades, and also the course as a whole was considered excellent by all participants. It was also the impression of the faculty members that the YIF was very successful. We hope to see many of the young colleagues from this event joining and actively participating in ESPGHAN in the near future.

As graphic 2 states, a majority of the delegates rated the selection of topics, speakers and the presentations during the lectures as excellent.

![Graphic 2](image)

We were again thrilled and proud to see that evaluations for the course were excellent and managed to achieve a score as high as last year.
3.2. Scientific Programme

DAY 1: Wednesday, September 21, 2016

12:00–14:00  Transport Airport Amsterdam – Blooming Hotel Bergen
14:00–16:00  Faculty members Meeting

Chairs: Lissy de Ridder, Iva Hojsak, Florence Lacaille, Nikhil Thapar

16:00–16:05  Welcome by faculty
16:05–17:25  Interactive Introduction with the delegates
17:25–17:50  Faculty state of the Art lecture: Nikhil Thapar Principles of feedback

*How to write an abstract?*

17:50–18:00  Break
18:00–19:00  Group Work (Ice breaker)
19:00–19:30  Faculty state of the Art lecture: Iva Hojsak Presentation techniques

19:30  Break
19:45  Pre dinner drinks + Dinner at hotel
DAY 2: Thursday, September 22, 2016

Chair: Lissy De Ridder

09:00–09:30 Judith Zeevenhooven: Excessive crying during infancy predisposes to behavioral problems in early childhood (comment – Sebastian / Udo / Nikhil)

09:30–10:00 Tara Raftery: Effects of vitamin D supplementation on intestinal permeability, cathelicidin and disease markers in Crohn’s disease: Results from a randomised double-blind placebo-controlled study (comment – Kseniya / Amit / Iva)

10:00–10:30 Faculty state of the Art lecture: Lissy De Ridder How to be an efficient researcher - Developing proposals and writing grant applications

10:30–11:00 Coffee break / Photo

11:00–11:30 Protima Amon: Modulation of the microbiota in children with Crohn’s disease by enteral diets (comment – Elise / Justo / Florence)

11:30–12:00 Lurz Eberhard: Sarcopenia in children awaiting liver transplantation. (comment – Protima / Pierre / Nikhil)

12:00–12:30 Martine Aardoom: Cancer and mortality in paediatric onset inflammatory bowel disease (comment – Elisabetta / Tara / Florence)

12:30–13:30 Lunch Break

Chair: Iva Hojsak

13:30–14:00 Neelis Esthe: Bone health in children with intestinal failure measured by dual energy X-ray absorptiometry and digital X-ray radiogrammetry (comment – Martina/Judith/Florence)

14:00–14:30 Udo Ekong: Diarrhoeal deaths in under-five Nigerians: clinical characteristics of hospitalized children (comment – Neelis / Zahra / Nikhil)

14:30–15:00 Zahra Khan: Growth pattern and body composition of preterm infants from birth to discharge: A prospective study. (comment – Martine / Sofia / Florence)

15:00–15:30 Coffee/tea break

15:30–16:00 Martina Klemenak: Administration of probiotic Bifidobacterium breve decreases the production of TNF-α and SCFA fermentation index in children with celiac disease (comment – Lurz / Anaïs / Lissy)

16:00–16:30 Amit Sha: Comparison of ileal intubation rates and diagnostic yields in ileocolonoscopy between four tertiary paediatric gastroenterology centres in the United Kingdom: A trainee led, multicentre, retrospective cohort study. (comment – Arina / Elise / Nikhil)

16:30–17:00 Sofia Maria Rodrigues Bota: Hypomorphic mutation of TTC7A mimicking tricho-hepato-enteric (SD/THE) syndrome in a patient with very-early onset inflammatory bowel disease. (comment – Lurz / Christopher / Lissy)

17:30 Social Programme and Dinner: Blooming Olympics and BBQ on the beach
DAY 3: Friday, September 23, 2016

Chair: Florence Lacaille

09:00–09:30  
Sebastian Rauschert: Lipidomics reveals associations of phospholipids with obesity and insulin resistance? (comment – Martina / Protima / Lissy)

09:30–10:00  
Pierre Poinsot: Longitudinal bone mineralization assessment by dual-energy X-ray absorptiometry in children receiving long-term parenteral nutrition for severe intestinal failure delegate abstract title (comment Udo / Neelis / Iva)

10:00–10:30  
Anais Lemoine: Effect of cyproheptadine on growth velocity in children with Silver-Russell syndrome (comment – Kseniya / Justo / Nikhil)

10:30–11:00  
Coffee break

11:00–11:30  

11:30–12:00  
Kseniya Yurchyk: Clinical features of gastroesophageal reflux disease in children at different age delegate abstract title (comment – Pierre / Sebastian / Iva)

12:00–12:30  
Arina Ziganshina: Mitochondrial dysfunction in children with motility disorders in Russia (comment – Martine / Christopher / Nikhil)

12:30–13:00  
Faculty state of the Art lecture: Florence Lacaille Writing a scientific publication

13:00–14:00  
Lunch

Chair: Nikhil Thapar

14:00–14:30  
Elisa Payen: Outcome of total colonic aganglionosis over a 15-year period: retrospective analysis of a single center (comment – Arina / Zahra / Lissy)

14:30–15:00  
Christopher Eke: Breast Feeding Initiation Time: Experience in a Nigerian Tertiary Health Facility delegate abstract title (comment – Sofia / Anais / Iva)

15:00–15:30  
Elisabetta Manzali: Does type 1 diabetes mellitus increase the risk of a gastric involvement in coeliac disease? (comment – Tara / Judith / Florence)

15:30–16:15  
Tea / Break (Faculty collation of scores)

16:15–16:45  
Closing evaluation

17:00  
Social Programme and Dinner: Cooking Workshop

DAY 4: Saturday, September 24, 2016

Breakfast and check out Transfer back to Amsterdam Airport
4. Evaluation of the Organisation

The overall rating from the delegates satisfaction of the course organisation, the venue, lecture hall and the provided material was 4,56 out of 5. The local organiser was supported in organising the event by the ESPGHAN office. ESPGHAN provides each EPP Event with EPP branded banners, event flyers, and notepads. In addition, the logos of the EPP partners are prominently shown during break slides and on the course homepage and programme. Onsite Laurance Walhout (a Dutch medical student) supported for the 2nd year in a row to ensure that both the scientific and the social part of the meeting ran smoothly. The meeting was attended by a representative of one of the EPP partners who as a scientist was able to contribute to general discussions about academia, science and presentations.
Networking amongst colleagues

Networking, team building, strengthening connections and building friendships among paediatricians, faculty and delegates was guaranteed and initiated though a well balanced social programme during the Young Investigators Forum. Small coffee breaks, joint lunches and dinners and excursions round up the programme and as an important part of the ESPGHAN team spirit.

After the scientific programme at the end of the day we stepped on the bikes to go to the beach some had Olympic games. Four teams enthusiastically battled by playing volleyball, soccer, pulling the rope and disc golf.

On the second day we had a cooking workshop combined with a wine tasting and dinner afterwards.
5. Networking amongst colleagues

“Everything was perfect”

“I learned a lot, it was a very inspiring time”

“I enjoyed the time!”
The final evaluation of the course by the participants was more than positive. All members of the faculty received excellent grades, and also the forum as a whole was considered to be excellent by all participants. The impression of the faculty members was that the forum was highly successful and that this kind of educational activities is very much appreciated by the delegates. We hope to see many of the young colleagues from this school joining and actively participating in other ESPGHAN activities in the near future.

The meeting next year will be held in the same venue, since the candidates appreciate both the venue and the surroundings. Moreover, it is easy to reach from Schiphol airport. Provisional dates are 20th-23rd September 2017. Based on this and previous years’ feedback, the structure is expected to remain the same.

We would like to cordially thank our EPP Partners for their valuable support of the digestive health of children. This educational event was funded solely by our EPP Partners.
We sincerely thank the following EPP partners for their generous support and commitment:

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