

PedsEndo Career 101

version 1.0 2019

Subcommittee for Residents and Medical Students Education

Pediatric Endocrine Society



Why Pediatric Endocrine?

- ◇ Lifestyle
 - ◇ Job availability
 - ◇ Many career options
 - ◇ Balance between inpatient and outpatient
 - ◇ *Take call from your own bed*
- ◇ Build long term relationships with your patients
- ◇ The best colleagues in the world



Why Pediatric Endocrine?

- ◈ Variety of disease states
- ◈ Feedback loops
 - ◈ If in doubt, draw it and the answers are clear
- ◈ If a hormone is lacking, we can replace it
 - ◈ And patients feel better



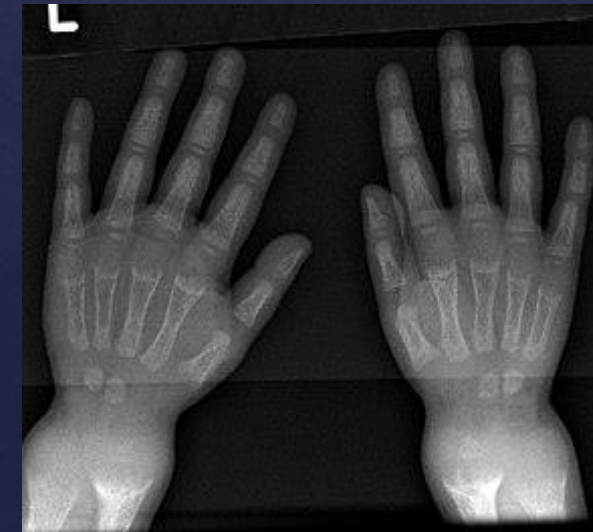
<https://iheartguts.com/products/pituitary-gland-plush-aint-life-gland>

What do we do?

- ◊ Clinicians
- ◊ Research:
 - ◊ Basic science
 - ◊ Clinical/translational
- ◊ Work in industry
- ◊ Educators
- ◊ Public health and advocacy
- ◊ Global health

Clinicians

- ◇ Treat children suffering from Type 1 and Type 2 diabetes, growth and/or pubertal abnormalities, obesity, disorders of sex development, bone and mineral disturbances, hypoglycemia, and other disorders relating to the adrenal, parathyroid, thyroid, lipid disorders and pituitary glands
- ◇ Diverse pathology
- ◇ Chronic diseases which improve with hormone replacement/treatment



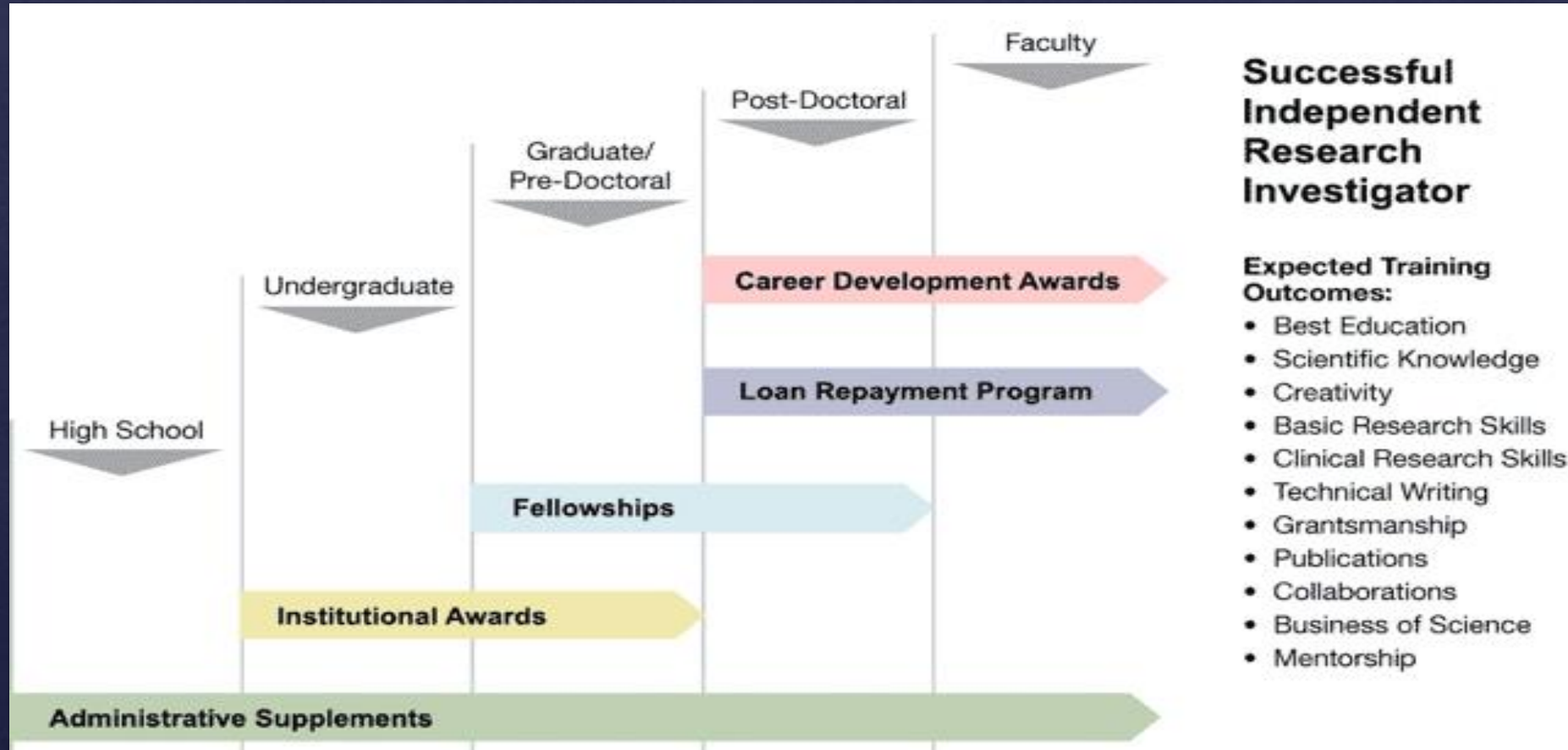
Research

- ◇ Can be in an academic center or a free standing children hospital
 - ◇ Basic biomedical research
 - ◇ Clinical research
- ◇ Endocrine society founded: 1916
- ◇ Since 1920, each decade, *at least 1 Nobel prize* has been awarded to a person whose work is related to the field of endocrinology
 - ◇ 1950's, 1970's: 3 Nobel prizes
 - ◇ <https://www.endocrine.org/timeline/>

Research

- ◆ Institutional Translational Research Training Program (T32)
- ◆ Supports training of fellows to address basic research problems
- ◆ 161 total T32 grants of which 47 : field of endocrinology
 - ◆ <https://www.niddk.nih.gov/research-funding/training-career-development/institutional-training-program-locations>
- ◆ Loan forgiveness by NIH: repays up to 35,000 annually of qualified researcher's educational debt in return for engaging in research relevant to NIH mission
 - ◆ <https://www.lrp.nih.gov/>

Research



<https://www.nidcd.nih.gov/training/awards>

Pharmaceutical/Tech companies



- ◇ Going to the dark side are you??
 - ◇ Not really
- ◇ Discovery, development, evaluation, licensing and monitoring of medicines/technology
- ◇ Work with regulatory agencies, drug companies, and research organizations
- ◇ Job opportunities:
 - ◇ Investigator for company sponsored randomized control trial
 - ◇ New drug study trial
 - ◇ Speaker for new drug
 - ◇ <https://www.ncbi.nlm.nih.gov/pmc/articles/PMC3605535/>
- ◇ Innovative drugs/technology continue to be introduced in our field (growth, diabetes, puberty, lipids etc.)

Educators

- ◇ Job opportunities:
 - ◇ Clerkship directors for medical students
 - ◇ Residency directors
 - ◇ Fellowship directors
- ◇ Grants for innovation in medical education
- ◇ Many educators have formal training in education but not necessary
- ◇ Many resources available to improve your skill as an educator
 - ◇ <https://www.jgme.org/doi/pdf/10.4300/JGME-D-15-00098.1>

Advocacy and Global Health

- ◇ Endocrine diseases are usually chronic disease and there are many avenues for advocacy
- ◇ Examples of advocacy by PES
 - ◇ PES response to California Senate Resolution regarding infant genital surgery (SCR-110)
 - ◇ PES Statement Promoting Access to Healthcare for All Children
 - ◇ https://pedsendo.org/about/public_policy/index.cfm
- ◇ Global health
 - ◇ Global pediatric endocrine and diabetes
 - ◇ <https://www.globalpedendo.org/>

How to become a Pediatric Endocrinologist

- ◆ Fellowship: 3 year duration
- ◆ MD PhD students: fast track through residency and fellowship
- ◆ Requirements for fellowship:
 - ◆ Prior Pediatric training in ACGME/ACGME-I accredited program
 - ◆ Exceptional international candidate may be eligible as determined by program in accordance with ACGME rules
 - ◆ FMG: Visa sponsorship will depend on individual institutions
 - ◆ <https://www.acgme.org/Portals/0/PFAssets/ProgramRequirements/CPRFellowship2019.pdf>

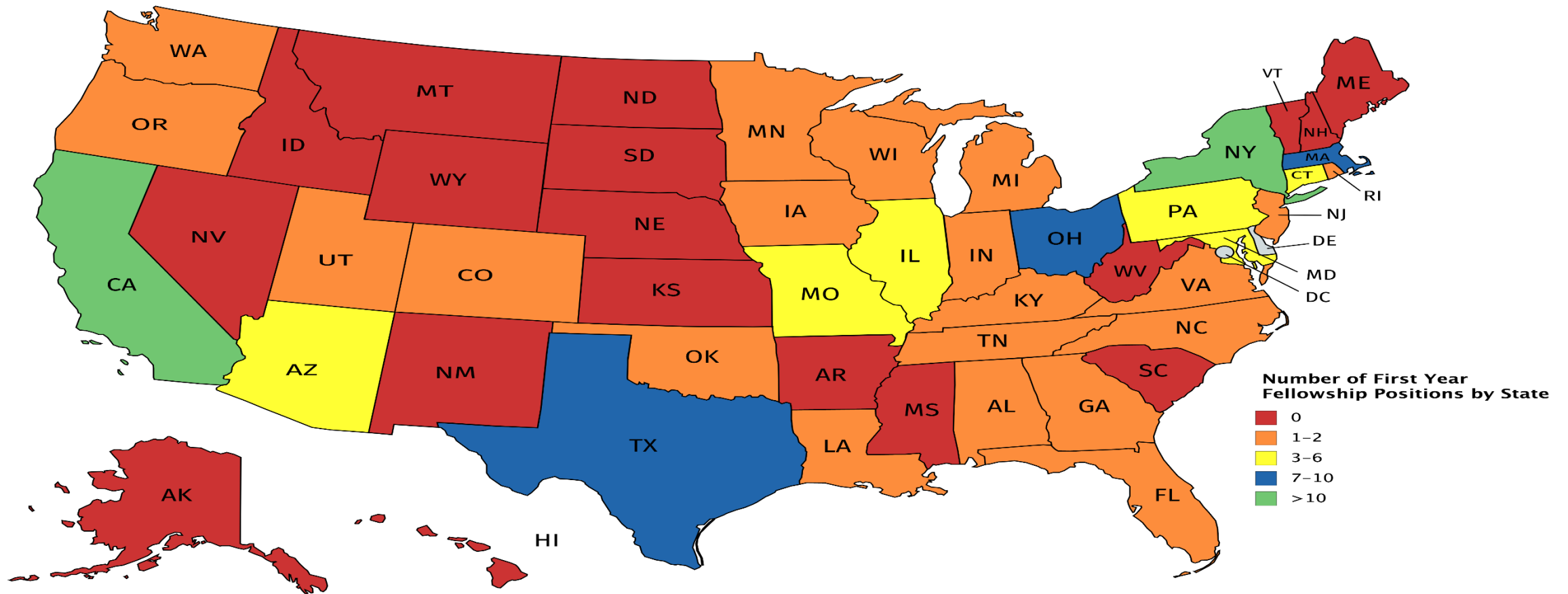
How to Build a Strong Application

- ◆ **Invest in at least 1 pediatric endocrinology rotation in residency.**
 - ◆ Request a letter of recommendation (LoR) from a pediatric endocrinologist
- ◆ **Take part in an endocrine-based scholarly project.** Examples include:
 - ◆ Quality improvement (e.g. improve flu vaccine rates in endocrine clinic)
 - ◆ Case report
 - ◆ Participate in endocrine-based research (lab or clinical research)
 - ◆ Participate or organize endocrine education for medical students or residents
- ◆ **Consider volunteer opportunities**
 - ◆ Diabetes camp

How to Apply for Fellowship?

- ◇ Pediatric Endocrinology is a Fall match application cycle specialty
- ◇ **Timeline:**
 - ◇ **Early June:** Applicants can register on MyERAS and begin working on application end of your second year
 - ◇ **Early July:** Applicants may apply for fellowship
 - ◇ **Mid July/August:** Applicants start receiving invitations to interview
 - ◇ **August-Nov:** Interviews for fellowship
 - ◇ **Mid November:** Applicant's rank list is due
 - ◇ **Mid December:** Match Day!

Where?



Thank You