APPA BULLETIN

ASIA PACIFIC PEDIATRIC ASSOCIATION

formerly known as Association of Pediatric Societies of the SouthEast Asian Region (APSSEAR)

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6TH ADS

6th Asia Dengue Summit

Aedes mosquitoe - Photo by CDC, USA

The 6th Asia Dengue Summit (6th ADS) is scheduled to take place in Bangkok, Thailand from June 15-16, 2023, with Asia Dengue Voice and Action (ADVA) coordinating the meeting together with the Global Dengue and Aedes Transmitted Diseases Consortium. (GDAC), Southeast Asian Ministers of Education Tropical Medicine and Public Health Network (SEAMEO TROPMED) and The Fondation Mérieux (FMx).

Tropical Medicine Cluster, Chulalongkorn University, Bangkok, Thailand co-convenes the 6th ADS.

Asia Dengue Voice and Action (ADVA) is a scientific working group dedicated to dengue prevention and control in cooperation with the government sector, academia, industry and finance organizations with a focus on:

1. Establishing standards for patient confirmation and diagnosis in countries to detect, prevent and respond to dengue outbreaks.
2. Improve surveillance.
3. Develop strategies for vaccine implementation.
4. Improve infrastructure and develop best practices to optimize information sharing to prepare for effective dengue prevention and control in cooperation with the government sector academia, industry and finance organizations.[1,2]

Since its inception in 2011, ADVA has continued to work for dengue prevention and control through numerous local and regional workshops to raise awareness and prepare for prevention and control of dengue.

COVID-19 Pandemic in 2019

However, the COVID-19 pandemic in 2019 caused unprecedented stagnation and misery around the world. ADVA's operations were also greatly affected.

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Editor: Dr. Zulkifli Ismail / Asst. Editor: Fairos Nazri
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The views and opinions in all the articles are entirely those of the authors unless otherwise specified.
We welcome articles. Please Submit to: editorof.appabulletin@gmail.com

PRESIDENT'S MESSAGE

As we traverse the road from 17th to 18th Asia Pacific Congress of Pediatrics (APCP), we must continue to connect and contribute towards our region.

Unfortunately, a good bit of time was lost due to Covid but together we have achieved a momentum by holding a hybrid APCP meeting in Pakistan, as we held this meeting in special circumstances overcoming obstacles of travel etc. under Covid cloud. This success shows our tenacity and will to overcome the hurdles that may obstruct our routines and events towards achieving our goals. I must thank all for their cooperation, guidance and understanding for achieving successful outcome.

In the last APPA newsletter, I have put my thoughts and request for suggestions as to how to invigorate the region's activities, coordination and refresh plans to achieve and or redefine APPA's goals. Surely, we must also be more involved with APPA and contribute by volunteering to share your expertise in our online journal, any Technical Advisory Group (TAG) or other such committees, attend a regional meeting, share a resource and more.

I have been waiting anxiously for critical and constructive feedback. Let us make our involvement personally and professionally rewarding.

In the last few months our region, unfortunately has seen some disasters like floods, urban flooding, typhoon and political turmoil with poverty and food insecurity hitting peaks beyond imagination. It is children who suffer the most with malnutrition and diseases as well as loss of preventive care. At some places, essential medicines are not available.

We console the loss of life and distressed economy in APPA region. We are strong willed and driven to help our children and communities despite all the difficulties.

I am confident that we will achieve success sooner than later.

I am looking forward to many activities for betterment of our children, extended involvement on regular basis of most if not all our members and suggestions a galore for taking APPA forward.

Dear Friends, 2024 is our Golden Jubilee year and I am confident that our Philippine Pediatric Society (PPS) Inc. will do its best to do justice with the event, being the birth place of APPA, formerly known as APPSEAR-Association of Pediatric Societies of the South East Asian Region, and this can only happen with our full involvement and cooperation.

Let us join hands and go forward.

Professor Dr. Iqbal Ahmad Memon
President of Asia Pacific Pediatric Association

Organising a Congress in the Midst of COVID-19 Pandemic

"Why don't you write a short note on organising a pediatric conference in the pandemic and write your trials n tribulations, uncertainties, worries causing gastric ulcer, sleepless n dreamless nights filled with nightmares of what can happen etc?". This was the note from a dear colleague that provoked me to pen down the saga that culminated in a happy ending!

I still remember the feelings of super excitement and euphoria that overtook me and my colleagues, when the announcement came in Bali, that Pakistan would host the 17th Asia Pacific Congress of Pediatrics (APCP). We were literally on Cloud 9 as it was a dream come true. I was the President-Elect of APPA then and I had to take the role of Chair of Congress Organising Committee. Without wasting a single day, I and my colleague Dr Tufail Muhammad started planning during our flight back from Bali! More planning and brainstorming regarding the venue, logistics and scientific content continued and the decision was to hold the Congress in October 2021 at the beautiful city of Lahore.

Another year of planning followed but then the inevitable arrived in March 2020, when the World Health Organization declared COVID-19 as a global pandemic. And then we witnessed lockdowns, the cancellation and postponement of conferences, closure of conference venues and suspension of air travel, all over the world. The next many months were a roller coaster experience for me and my high-energy colleagues of the Organising Committee, as we passed through the several waves of the pandemic. I was personally touched as I lost some of my dear pediatrician colleagues to this deadly virus.

Scientific gatherings have an important role in promoting science and network expansion for greater collaboration. Perhaps the most important aspect of such events is bridging the communication gap between scientists, researchers and practitioners across the world, which will enable scientific progress. It was a pity to see the scientific gatherings cancelled and postponed after months of hard work and meticulous planning. The virus was on a rampage and playing

havoc with the day-to-day lives of humans. Maybe the virus was conspiring to keep us away from coming together so that we may not be able to put together a befitting response to contain the pandemic.

Like Darwin's theory of evolution of species, the conference technology was also experiencing an evolution. At one stage, we decided to go for an exclusive virtual Congress. For holding a successful Congress, it is always critical to have a strong organising committee that can be innovative at taking the components of a physical conference and shaping it into an engaging virtual model.

Your committee will need to think of logistics such as what "venue" will be used and who has technical expertise in managing those arrangements, recruiting and training volunteers in managing digital sessions, and considering activities for entertainment and social interactions. In the midst of all this planning, I was feeling a sense of uneasiness among members of the Organising Committee. I realised that they were unhappy with the proposal of an exclusive virtual model as connecting face-to-face is an unparalleled and enriching experience. There were strong arguments against the virtual model - we will lose the power of spontaneous corridors conversations, the sound of chatter in the lobbies, the enjoyment of a cup of coffee and meal together as a group, eye contact, body language, and audience reactions like applause and standing ovations.

And after all, we will not be able to show our beautiful country to friends and colleagues from the Region. The next round of brainstorming was to go for a hybrid model with both virtual and in-person participation. While participants can freely choose the mode of their participation, virtual meetings would mostly benefit those who cannot attend in person due to the limitations.

Again there were challenges like what type of technologies to choose for the virtual portion of the meeting and how to avoid the technological glitches. The other challenge was to ensure the safety of the in-person attendees with full consideration of prevention and safety strategies, including risk assessment and mitigation, venue and environmental sanitation, participant protection and disease prevention. Later we found that this new way of interaction emerged as a product of sound planning and immense resilience demonstrated by members of my incredible organising team. The tense days, the sweaty palms, restless nights and frantic telephonic conversations, we broadened our team to meet the challenge and be ready to welcome a maximum number of delegates from home and abroad. Despite many a setbacks and uncertainties, my dream team put up a marvelous program including a rich scientific feast.

To cut the long story short, March 2022 arrived and the historical 17th APCP took a flying start in the cavernous hall at Lahore with more than 1626 in-person attendees and 746 virtual delegates from 12 countries. What a spectacle it was - luxuriating in seeing my colleagues and friends, hearing their actual voices, after more than two pandemic years. And once again the mega event reconfirmed the importance of the human touch - communication among us, as colleagues in person and on virtual platforms. On all counts, the 17th APCP was a thumping success. We learned several lessons, the most important being the power of resilience and strategic planning.

Professor Dr. Iqbal Ahmad Memon
President of Asia Pacific Pediatric Association

INTERNATIONAL PAEDIATRIC EVENTS

2022

MALAYSIA

15th Congress of Asian Pan-Pacific Society for Pediatric Gastroenterology, Hepatology and Nutrition (APPSPGHAN) & 43rd Annual Congress of the Malaysian Paediatric Association
Theme: "Beyond Kids' Gut & Liver-towards holistic care"
Date: October 12-15, 2022
Venue: Sabah International Convention Centre, Kota Kinabalu, Sabah, Malaysia
Website: appspghan2022.org
Email: secretariat@appspghan2022.org

PAKISTAN

26th Biennial International Pediatric Conference
Theme: "Obstacles to Child Health Surmountable or Unconquerable"
Date: October 28-30, 2022
Venue: Movenpick, Karachi, Pakistan
Conference Secretariat: Pakistan Pediatric Association (PPA) Sindh Plot # 57-C, 11th Commercial Street, Phase II Extension, Defence Housing Authority, Karachi, Pakistan
Website: www.ppa.org.pk
Tel: +92 21 3538 7473

SINGAPORE

10th Singapore Paediatric and Perinatal Annual Congress (SiPPAC 2022)
Theme: "Enhancing Multidisciplinary Care of Mothers & Children through Collaborative Models & Innovations"
Date: November 18-20, 2022
Venue: Singapore
Website: www.perinatal.sg/events/
Tentative Scientific Programme (subject to changes) can be downloaded at http://perinatal.sg/events/SIPPAC/progv2.pdf

2023

INDIA IPA Congress

30th International Pediatric Association (IPA) Congress 2023 & 60th Annual Conference of The Indian Academy of Pediatrics
Theme: Quality Care for Every Child Everywhere
Date: February 19-23, 2023
Venue: Mahatma Mandir Convention and Exhibition Centre, Gandhinagar, Gujarat, India
Website: ipa2023congress.org **Email:** info@ipa2023congress.org

- Updated and compiled by Fairos Nazri, Executive Secretary, APPA

... continued from page 1

Nevertheless, with the help of international organizations, ADVA has successfully hosted a virtual meeting on the occasion of ASEAN Dengue Day 2021, as well as pushing towards The United Nations and the World Health Organization to finally create World Dengue Day.[3]

The 6th ADS will cover all aspects of dengue which will lead to the World Health Organization Global Strategy for Dengue Prevention and Control 2021-20304 with the goals of reducing the global burden of dengue with the following objectives:

1. To build capacity in countries to detect, prevent and respond dengue outbreaks
2. To reduce preventable dengue death to zero
3. To reduce the burden of disease in countries and reduce incidence by 25% with 2010-2020 burden as base line

The 5 technical elements of the World Health Organization Global Strategy for Dengue Prevention and Control 2021-2030 are:

1. Diagnosis and case management
2. Integrated surveillance and intervention preparedness
3. Sustainable locally adapted vector control
4. Effective and affordable vaccine
5. Engage and mobilize communities

For more information, please contact secretariat@adva.asia

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- Prepared by Professor Usa Thisyakorn, Executive Director, Tropical Medicine Cluster, Chulalongkorn University, Bangkok, Thailand

Thai Pediatricians' Actions on Cannabis Liberization

Thailand's removal of cannabis from the illegal substance of abuse list on June 9, 2022, while the law controlling the proper use of cannabis is pending in the Parliament, has posed a serious threat to the health of Thai children and adolescents. These vulnerable groups may get cannabis through their diet, snacks, and drinks, both intentionally and accidentally, as well as from recreational use of this addictive substance.

Therefore, Pediatric Society of Thailand and the Royal College of Pediatricians of Thailand (RCPedT) have taken following actions to prevent the negative effects of cannabis on Thai children and adolescents.

1. **Issuing the first position statement regarding the impact of the Cannabis Liberization on Children and Adolescents' Health on the day cannabis was removed from the list of illegal drugs** (June 9, 2022). The objectives were to educate the public on the hazardous effects of cannabis on developing brain, and to prohibit the use of cannabis in children and adolescents and pregnant women. This position statement was distributed widely by many organizations and broadcasted in the news of many TV channels as well as online, making a great deal of public awareness. Other professional associations and government organizations were in line with this position statement, including Bangkok Metropolitan Administration, the Medical Council of Thailand, Ministry of Inferior, and Ministry of Education.[1-5] Consequently, the Ministry of Public Health has issued another announcement on June 16, stipulating cannabis or cannabis extract as a control herb.

2. **Urging pediatricians and other healthcare providers to report the negative effects of cannabis in children and adolescents through RCPedT's Health Data Center**. These reported cases have been compiled and reported to the public on a weekly basis as hard evidences to create public awareness, and to stimulate more concrete measures from the government. The majority of the reported cases were in the range of 11-15 years of age, 75% intentionally used cannabis, whereas 25% received cannabis accidentally, e.g. by consuming biscuits containing cannabis or family meals which cannabis was added to the recipe. Some of these cases had severe symptoms requiring hospitalization. As a result, the next step was taken.

3. **Issuing the second position statement on the impact of the Cannabis Liberization on Children and Adolescents' Health on July 5, 2022**. Stating the use of cannabis in children and adolescents must be limited to only for treating indicated medical conditions by physicians only, and that the production and the sale of food or products containing cannabis should be controlled. Also, these products must have an easy-to-see warning label "Cannabis has a brain-damaging effect on children, sale to children and adolescents under 20 years of age, pregnant and lactating women is prohibited" and should not be placed on the same shelves of other food products or in open places.

4. **Established a task force to monitor the effects of cannabis on children and adolescents** consisting of pediatricians specializing in various fields (Figure). The aim is to provide correct and accurate information based on medical science together with appropriate recommendation to healthcare professionals and the public on the effects of cannabis on children and adolescents through multi-channels including academic webinars, Facebook live and video presentation for the public.

Medical use of cannabis is well documented and its use should be in the hands of well-trained healthcare professionals. Pediatric patients in need will have access to quality cannabis products. Meanwhile, abuse of cannabis should be regulated to minimize the adverse incidence of cannabis-related effects on the body and brain of children and adolescents.

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- Pediatric Society of Thailand

59th PPS Annual Convention: Virtual Celebration on the 3rd Count

The 59th Philippine Pediatric Society (PPS) Annual Convention was held last May 3-6, 2022. This also highlighted the celebration of "75 years of PPS: Discoveries, Accomplishments, Opportunities and Directions in Child Health". The theme anchors on the PPS mission to be responsive to continuing problems and changing priorities of the times. The scientific sessions included 9 plenary sessions and 54 simultaneous symposia. With close coordination with its subspecialty societies these sessions included novelties, relevant advocacies, discoveries untainted by time, and futuristic pediatrics. Cognizant of the numerous psychosocial issues and stressful situations surrounding our vulnerable pediatric population, and the role of pediatricians in addressing non-medical aspects of child care, the scientific program reverberated the Society's goal of providing the science and art of healing.

The convention topics were designed to equip the pediatrician with the skills to: (1) Discuss current standards and recommendations for important pediatric conditions; (2) Explore novel diagnostic and therapeutic methods in the field of pediatrics, and (3) Highlight the relevant advocacies of the Philippine Pediatric Society

The issues covered escalating problems and a cause for concern- children victimized by crisis situations, non-medical care of the chronically ill child, disease-specific dietary management, environmental hazards, NICU survivors, adolescent problems including gender problems. As second parents to our patients, the Parenting 101 session was a unanimous hit among the participants and definitely broadened our perspective in dealing with common queries from our parents. The interest generated by the topics as well as the thirst for knowledge by the delegates was attested to by the magnitude of attendance to the Q & A portion that followed the simultaneous symposia.

Pre-Convention Workshop

The Pre-Convention workshop was composed of five training modules which was conceptualized to be a "training the trainors" activity spilled beyond the expected attendees. This consisted of Module 1: Newborn Follow-up: Module 2: Developmental Surveillance; Module 3: Integrating Adolescent Health and Transition Care; Module 4: The Online Screening Neurologic Exam; Module 5: Child Protection. These modules are accessible in the PPS learning platform for members.

An innovation for this convention was the inclusion of the Poster Presentation as a Preconvention activity. The three top posters were given monetary reward which will incentivize participants in the succeeding years.

PPS President Dr. Joselyn A Eusebio received congratulatory messages from Prof. Dr. Enver Hasanoğlu, President of the International Pediatric Association and Prof. Dr. Iqbal Ahmad Memon, President of the Asia Pacific Pediatric Associations (APPA).

To simulate a near-normal situation as well as to add glitter to the 75th year of PPS, the Sports Committee created a Virtual Fun Run with 2000 plus registrants. Proceeds generated sponsorships for the "Piso para sa Iskolar" and "Mental Health" advocacy programs. The Fellowship night neatly crafted by the Socials Committee unmasked hidden talents, grace and terpsichorean prowess of the members.

A total of 8092 delegates registered, 5177 (64%) of whom were PPS members. The Society continues to gain the support of industry partners in the form of satellite symposium, scientific session educational grant and commercial exhibits. There was good attendance to their symposia and visits to the booths. The MIMS platform was appreciated by the majority because of its ease of navigation.

It is a given that every PPS convention is always a success. The host institution leads but the support of the Board of Trustees, dedication of the organising committee members are the fundamental ingredients to attain an excellent outcome. On behalf of the University of the Philippines - Philippine General Hospital, my sincere gratitude to everyone who helped us in this rewarding journey. A toast to PPS on its 75th year and beyond.

- Dr. Lorna Abad, Overall Chair of the 59th PPS Annual Convention

24th Annual Scientific Congress of the Sri Lanka College of Paediatricians - 2022

The 24th Annual Scientific Congress of the Sri Lanka College of Paediatricians (SLCP) was held from the 24th to the 26th of April 2022 at the Cinnamon Grand Hotel, Colombo, Sri Lanka.

This was the first time that a full-scale Annual Congress was organised by the SLCP since the beginning of the COVID-19 pandemic. Even despite the unexpected turmoil that developed within the country due to the political and economic crises, a very successful academic conference was organised with the participation of eminent local and foreign faculty members and over 350 participating delegates.

The conference included of 3 Pre-Congress Workshops, a Paediatric Nursing Congress, an Inauguration Ceremony and 2 full days of the main Scientific Congress with 3 Orations, 6 Plenary Lectures, 8 Symposia, 2 Breakfast Meetings, 4 Oral Free Paper Platform Presentation Sessions and 4 Poster Presentation assemblies.

The conference and the pre-congress workshops were organised to disseminate new knowledge on state-of-the-art paediatric care over 5 consecutive days from 22nd to 26th of April 2022. Three Pre-Congress Workshops were organised on Paediatric Pulmonary Function Tests, Neonatology and Research Methods. In addition, a Paediatric Nursing Congress was organised in parallel with the Pre-Congress Workshops.

The pristine Inauguration Ceremony of the Annual Congress was held on 24th April at the Cinnamon Grand Hotel, Colombo. Professor Marc Beninga from the Netherlands was the Chief Guest and the Guest of Honour was Dr Naresh Shanmugam from India. Prof. Dr. C C de Silva Memorial Oration on growth assessment of children from birth to 2 years was delivered by Dr. Nishani Lucus. Prof. Dr. Shaman Rajindrajith, the President of SLCP, and Dr. Channa de Silva, Honorary Secretary of SLCP also addressed the gathering.

SLCP President, Prof. Dr. Shaman Rajindrajith addressing the gathering

Two Full Days of Academic Sessions

Following the Inauguration, 2 full days of academic sessions were conducted to discuss topics related to Paediatric Hepatology, Gastroenterology, Pulmonology, Cardiology, Neurology, Critical Care, Haematology, Endocrinology, Neonatology, Infectious Diseases including COVID-19 and tuberculosis, Tropical Paediatrics and Paediatric Surgery.

These were organised through carefully selected Plenary Lectures and Symposia. A panel of world-renowned speakers from the United Kingdom, United States, Australia, Canada, New Zealand, India, Netherlands and Sri Lanka contributed as resource persons.

Prof. Dr. Andrew Bush, Prof. Dr. Zulfiqar A Bhutta , Prof. Dr. Marc Beninga, Prof. Dr. Ben J Marias, Prof. Dr. Ujjal Poddar, Prof. Dr. Suhas Kallapur, Prof. Dr. Paul Hofman, Prof. Dr. Faizal Ahmed, Prof. Dr. Shefali Gulati, Dr. Naresh Shanmugam, Dr. Vaman Khadilkar, Dr. Loucie Fleming, Dr. Lucindar Carr and Dr. Saly Hulton were among them.

Attendees of the inauguration ceremony

A wide variety of academic material discussed in this conference opened up many avenues for the participants to uplift their knowledge on a variegated spectrum of childhood conditions. In addition, a significant number of authors were able to present their original work through 16 Free Paper Oral Platform Presentations and 93 Poster Presentations.

It was truly a magnificent Annual Congress organised by the SLCP, even during a most difficult period in this beautiful island, in order to maintain its paediatric academic impetus towards progress in child healthcare and it has proved the ability of the SLCP to conduct a larger scale conferences despite many unavoidable obstacles. SLCP is convinced that it has managed to serve-up academic content that would have titillated the scholarly palates of even the most discerning connoisseur. **- Sri Lanka College of Paediatricians (SLCP)**

Indonesian Pediatric Society (IPS) Activities

1. The SMART TEENS Project (Social Mastery and Resilience Training against Tobacco, an E-Cigarette Using E-Learning and Social Media)

The Indonesian Pediatric Society recently organised an event called The SMART TEENS. It is a four-week online program delivered by Zoom and daily WhatsApp group discussions, facilitated with numerous short videos.

It is designed to be comprehensive, evidence-based, and enjoyable for high schoolers. To ease the project implementation and to ensure full student participation including those who have engaged in smoking behaviour, we did not point out that this is a smoking prevention program. Instead, we introduced it as a mental health project. We chose vibrant palette for our logo with pop art elements to represent youth spirit and creativity.

Fig 2. Anti-smoking/vaping meme by TSTP's students
Translation:

- **Smoking: How we see ourselves vs how others see us**
- **I receive: all your money. You receive: Lung cancer, brain damage, poverty, bad stigma**
- **When someone asks me to smoke**
- **When seeing vape (e-cigarette) vs when seeing vape (amosquito repellent)**

2. Audit of Stunting (The Role of Pediatricians in Reducing Stunting Rates in Indonesia)

Indonesian Pediatric Society together with the Stunting Task Force had begun auditing Stunting cases in Indonesia. The exercise was carried out with the collaboration of the Pediatric Society branch. The Stunting Audit Explanation for Pediatricians was held on Tuesday, 19th April 2022 with participants comprising delegates from branches of Indonesian Pediatric Society.

We invited both Prof. Dr. Damayanti Rusli Sjarif, Head of Stunting Task force and Dr. Irma Ardiana, Head of Research and Development Center, National Family Planning Coordinating Board as Speakers. Dr. Klara Yuliarti, was the moderator. **- Indonesian Pediatric Society (IPS).**

Report on Adolescent Health Workshop

A two-day Workshop on Adolescent Physical and Mental Health organised by the Pakistan Pediatric Association (PPA) Adolescent Health Group (PPAAHG), was held on the 6th and 7th August 2022 at Nathia Gali, Pakistan in collaboration with the World Health Organization (WHO) Pakistan.

Senior Executive members of PPA, senior executive WHO Office Islamabad, child rights group PPA, Pediatricians of all four provinces, post graduate trainees, medical students, gynaecology and obstetrician as well as mental health experts participated in the workshop.

Prof. Dr. Sajid Maqbool and Prof. Dr. Ashfaq Ahmad, Patron of PPAAHG sent kind messages urging the need and role of PPAAHG for a better future of Adolescent of Pakistan which were read out by Dr. Maryam Rehman in the workshop.

Prof. Dr. Habibullah Babar, PPA President, gave a telephonic message of thanks and participation in any role in future.

Prof. Dr. Gohar Rehman, Immediate Past President of PPA and Convener of PPAAHG highlighted the needs of Adolescent Physical and Mental Health and the existing services in the country of this neglected population of two million adolescents in the changing global environment of Pakistan and globally.

Pact on full filling the urgent needs of youth.

WHO representative Ms. Ellen Thom presenting a plaque to Prof. Dr. Gohar Rehman, convener of the workshop, at the end of the workshop

Prof. Dr. Iqbal Memon, President, APPA

Major areas of concern

Unintentional deaths, drug abuse, early pregnancy, improved parenting, infectious diseases, poor schooling, unemployment and mental illness, social media impact (age ZEE) are major areas of greater concern.

On the first day, experts focused on physical health issues around child and adolescent health and also positive parenthood in Pakistan. On the second day, major discussions on national strategy for adolescent mental and emotional issues, challenges, needs, recommendations advocacy beyond health, Adolescent participation in policy making were thoroughly deliberated.

Prof. Dr. Mowaddat H Rana, world renowned psychiatrist and educationist critically analysed the national strategy, political commitment and pathways undermining adolescent growth and development in Pakistan. He clearly demonstrated the importance of PPAAHG role in leading the integrated efforts towards a better future for our youth as Pakistan is one of the top countries with population of young people in majority.

Miss Ellen Thom and Dr. Qudsia of WHO emphasised the need for active participation in major interventions for Adolescent Health by PPAAHG particularly robustic data and indigenous research to plan future recommendations which will have impact on fulfilling urgent needs of youth. WHO promised full support in this issue.

Limited Role of Young Girls

Prof. Dr. Lubna Hassan, legendary gynaecologist and obstetrician gave a comprehensive account of transitional period and women empowerment, equity in health, silent cry and needs of young girls in Pakistan. She clearly demarcated all forces operational in the society leading to limited role of young girls and compromised life in a dictated environment.

Dr. Neem Zafar and Prof. Dr. Tufail Mohamad Khan gave a clear foundation role of positive parenting. Dr. Fahim from the infectious diseases group offered all possible help in this issue.

Prof. Dr. General Salman Ali summarised the workshop findings to help in formulating the way forward and continued efforts toward this cause by coordination of all major stake holders.

Prof. Dr. Iqbal Memon, President, Asia Pacific Pediatric Association (APPA), concluded the workshop with great emphasis on the work that needs to be done in the field of Adolescent Health, both preventive and protective, to create safe haven for the children and adolescents of Pakistan.

Certificate distribution, shield presentation ceremony were carried out followed by lunch.

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Group Photo

The Hong Kong Paediatric Society 60th Anniversary Celebration Scientific Conference - "Recovery of the COVID Generation"

Opening Ceremony

2022 is the 60th birthday of the Hong Kong Paediatric Society (HKPS). Formed in 1962 by a group of dedicated Paediatricians in Hong Kong, the mission of the Hong Kong Paediatric Society is to advance knowledge in child health, maintain high standards of paediatric practice, promote child health through public education, and to bring all healthcare professionals together to work for our children.

Over the past 60 years, the HKPS has flourished with over 560 members, and closely collaborates with many professional bodies and community partners in delivering educational and community activities in promoting child health. In the past 3 years, children have been facing many unprecedented challenges and threats of the COVID infection. The HKPS initiated innovative platforms to advocate child health, providing expert training to child health professionals, delivering timely recommendations and health education to parents and general public, as well as organising community services for needy children, families, and schools.

At this exceptional milestone of the HKPS, a special scientific conference was held on July 23, 2022, where leaders, policy makers, key stakeholders, and professionals in child health, from healthcare, education and social sectors, joined to explore the way forward in supporting the "Recovery of the COVID Generation", and their long-term physical and psycho-social well-being. Experts in the field shared their research and experiences on COVID-19 vaccination, management of COVID infection and its complications, and ways to tackle issues arising in the COVID era that could affect children in long term e.g. impact on the long term visual development, followed by a cross-sector panel discussion. Uniting all the key partners in child health, the HKPS moves forward to an exciting new chapter where we will walk valiantly with children in Hong Kong in the road to "Recovery of the COVID generation".

- The Hong Kong Paediatric Society

Cross-Sector Panel Discussion

A Pearl Milestone on PSPGHAN's 16th Annual Convention

The Philippine Society for Pediatric Gastroenterology, Hepatology and Nutrition (PSPGHAN) recently concluded their 16th Annual Convention last March 7-9, 2022.

The convention aimed to update health care professionals and allied health care providers handling pediatric patients with common hepatic, gastrointestinal and nutritional disorders.

The 2022 convention theme focuses on "What's IN and What's OUT: Updates in the Management of Common Digestive

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RACP Congress 2022

RACP
Specialists. Together
EDUCATE. ADVOCATE. INNOVATE

The Royal Australasian College of Physicians (RACP) Congress 2022 was held from May 12 to 14, 2022 at the Melbourne Convention and Exhibition Centre. It was a dual attendance with some delegates and presenters attending virtually.

The theme of the RACP Congress 2022 was "Climate for Change" - change is happening now and be part of the change. Factors like technology and climate, together with the global pandemic, highlight the urgent need for change.

The Congress aimed to explore the impact these factors have on society and what we can do to bring about positive lasting change. The Congress has the Adult Medicine Division (AMD), Paediatrics and Child Health Division (PCHD) and Australasian Faculty of Occupational & Environmental Medicine (AFOEM) streams who had their individual programs specific to their streams, as well as some joint plenary sessions.

The plenary session on "Sustainability in Healthcare" at the RACP Congress was absolutely thrilling and will prove to be a turning point for health care providers in both Paediatrics and Adult Medicine about how we look at sustainability in our own health care areas.

1. Climate Change and its effect on health care was certainly a theme that resonated well even with the consumers and the youth of today who will inherit this earth as a residue of the carbon footprint that we choose to leave behind.

2. The evidence of early diagnosis and practice implications for paediatricians of the future to be able to help with early diagnosis/early intervention in cerebral palsy was an important "translation of research into practice" event at the RACP Congress.

3. The clinical update session on Anaphylaxis in children was well presented and received and so was the session on newer treatments in Skeletal Dysplasia.

4. The plenary session on "COVID and children" presented a spectrum of updates on vaccines, the impact of COVID on school children, and the mental health of children.

5. There were five presentations for the Best Poster Prize and seven oral presentations of various research topics in Paediatrics and Child Health.

6. The annual Howard Williams Medal was awarded this year to Prof. Dr. Wayne Cutfield (Professor in Paediatric Endocrinology, University of Auckland). Engaging, thoughtful and entertaining, the presentation was titled "Who ordered the doughnut - you or your gut bugs?"

We wish to acknowledge Clinical Professor Catherine Choong for her invaluable contribution to the Congress program as Paediatrics & Child Health Division Chair 2020-2022, and we are very pleased to welcome Dr. Niroshini Kennedy as President-elect of the PCHD from May 2022.

- Assoc. Prof. Dr. Nitin Kapur, President, Paediatrics & Child Health Division, RACP

- Dr. Divyesh Mehta, PCHD Stream Lead, RACP Congress 2022

- Dr. Mohan Swaminathan, Joint PCHD Stream Lead, RACP Congress 2022

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Issues". The three-day virtual convention highlighted recent updates on the management of liver diseases, new insights on handling common gastrointestinal disorders and relevant management plan on how to optimize nutrition among special populations and other relevant pediatric medical conditions.

The Dr. Perla D Santos Ocampo Professorial Lecture was one of the highlights of the convention. Dr. Germana Emerita V Gregorio, the only Pediatric Hepatologist in the country, was the keynote speaker who delivered the lecture on the "Evolution of Pediatric Liver Transplantation in the Philippines".

The roster of esteemed experts who presented the other scientific lectures emphasized on relevant updates on the field of gastroenterology, hepatology and nutrition. The guest speakers for this year's convention were Dr. Bernard Laya, Dr. Josefina Almonte, Dr. Wednesday Sevilla and Mr. Howel Bayona. High yield discussions on their expertise were greatly appreciated by the participants of the convention.

- Sarabeth de Castro, MD, FPPS

- PSPGHAN is a subspecialty society of the Philippine Pediatric Society (PPS) Inc.

Screen Free Day 2022

Organised by AMSA Singapore, IFMSA Thailand, AMSA Hong Kong, and AMSA Philippines, 18th June

On 18th June, **Project Heads Up**, an Asian Medical Students' Association (AMSA) Singapore initiative, along with IFMSA Thailand, AMSA Hong Kong and AMSA Philippines jointly organised **Screen Free Day 2022**, an event encouraging children to enjoy a fun-filled day beyond screens and mobile gadgets with their families. This event was made possible with the support of KK Women's and Children's Hospital (KKH) Singapore, National University Hospital (NUH) Singapore and Singapore Paediatric Society (SPS).

According to the World Health Organisation (WHO), (sedentary) screen time is defined as "time spent passively watching screen-based entertainment (TV, computer, mobile devices)". Bearing in mind the effects of excessive screen use on children development, Project Heads Up feels passionately about curbing the detrimental effects. Through the induction of Screen Free Day 2022, Project Heads Up wishes to raise public awareness and galvanise efforts against this problem such that we can expect to see an optimistic improvement in screen use among children.

All members of the family, regardless of age, were encouraged to be a part of Screen Free Day 2022. We also hosted a competition for interested participants, where they sent us entries showing us how they spent their Screen Free Day through posters, photos, videos, poems and any other means.

Educational Campaign

Leading up to Screen Free Day, Project Heads Up launched a social media campaign sharing content ranging from the impact of too much screen use to alternative activities to replace screen time. We also interviewed parents, teachers, paediatricians and children to shed light on the various perspectives regarding this topic.

My Screen Free Diary

To complement the efforts of Screen Free Day, Project Heads Up has created "My Screen Free Diary", a selfdirected tool for children and parents to embark on the journey to healthier screen use and cultivate good habits. The Diary includes many useful features such as parenting tips and suggestions, and mini-goals that children can complete with their family members. **- Singapore Paediatric Society**

To find out more, check out our
Instagram: @projectheadsup
Facebook: @projheadsup
Website: https://www.projectheadsup.amsasingapore.org