PedsEndo Career 101

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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

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/](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
- 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/](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/](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
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](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!
Thank You