

Fellowship in Paediatric Gastroenterology, Hepatology and Nutrition
Department of Gastroenterology, Sydney Children's Hospital, Australia
(January 2005 – December 2006)

Project: 352

Marc Sidler

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From January 2005 until December 2006, I had the opportunity to complete a fellowship at Sydney Children's Hospital, Department of Gastroenterology (Head: Dr Andrew S. Day, MB ChB MD FRACP) as part of my post-graduate training in paediatric gastroenterology, hepatology and nutrition.

The two-year program included practical training, formal education and clinical research.

Practical Training

Foremost, the practical training involved care of inpatients with complex gastrointestinal disorders such as short gut syndrome, long-term parenteral and enteral nutrition or severe failure to thrive, active participation in the gastroenterology outpatient clinics as well as performing invasive procedures (i.e. endoscopies).

As a member of the parenteral nutrition team including gastroenterologists, dietician, clinical nurse consultant for parenteral nutrition and pharmacist I was in charge of all the patients requiring parenteral nutrition.

An interdisciplinary clinic (senior gastroenterologists, dieticians, psychologist, clinical nurse consultant for gastroenterology) reviewed children with inflammatory bowel disease. Attending this clinic, I was exposed to children and adolescents with a chronic illness, involving the multiple needs of those young patients, including transition into adult care.

Over the two-year period I had an appointment as a Conjoint Associate Lecturer at the School of Women's and Children's Health, University of New South Wales (UNSW) and was involved in teaching of medical students and junior medical staff.

Formal Education

A weekly academic meeting of the Department as well as academic and research skill lectures provided a range of formal teaching in paediatric gastroenterology, hepatology and nutrition as well as on human research ethics, study design and research methodology.

I attended the following national and international meetings and post-graduate courses: FRANC Asia: Fresenius Kabi Advanced Nutrition Course; Falk Symposium: Emerging Issues in Inflammatory Bowel Disease; Statistical Methods for Research Workers, School of Mathematics, UNSW; Facilitator Training Course, Office of Medical Education, UNSW.

Clinical Research

On top of the current research of the Department of Gastroenterology (probiotics in inflammatory bowel disease, nutritional therapy in Crohn's disease), I was primarily involved in the following two clinical research projects:

- *Utility of non-invasive faecal markers of organic disease in children with gastrointestinal symptoms:* We investigated the utility of faecal markers (faecal S100A12 – a calcium-binding protein from the S100 group) in the diagnostic work-up of children with suspected inflammatory bowel disease. We were able to show that faecal S100A12 is a very specific and sensitive marker for the presence of inflammatory bowel disease.
- *Nutritional status of inpatients at Sydney Children's Hospital (SCH):* This work involved the assessment of children admitted to SCH over a two-week period looking at their status of nutrition. Furthermore, a nutritional risk assessment form tried to assess the risk of nutritional compromise during the child's hospital stay. A manuscript with preliminary results is currently being prepared.

Presentations given at international and local conferences:

- *Utility of faecal S100A12 as a non-invasive screening test for children with gastrointestinal symptoms suggestive of inflammatory bowel disease.* Poster presentation at Falk Symposium "Emerging Issues in Inflammatory Bowel Disease", Sydney, March 2006
- *Faecal S100A12 is a useful non-invasive screening test in children with gastrointestinal symptoms suggestive of inflammatory bowel disease.* Poster presentation at Digestive Disease Week (DDW), Los Angeles, May 2006
- *Faecal S100A12 as a non-invasive screening test for inflammatory bowel disease in children.* Oral presentation at the TOW Research Awards (Clinical division), Prince of Wales Hospital, Sydney, October 2006

Publications (submitted)

- *Nutritional therapy in paediatric Crohn's disease (Review).* Day AS, Whitten KE, Sidler M, Lemberg DA.
- *Intensive nutritional treatment in combination with medical therapy for the management of enterovesical fistula in paediatric Crohn's disease (Case report).* Sidler MA, Lemberg DA, Day AS.
- *Faecal S100A12 as a non-invasive screening test for inflammatory bowel disease in children.* Sidler MA, Leach ST, Day AS.