

PRESS RELEASE

Contacts:

Megan Gell
Senior Marketing Executive
media@ese-hormones.org

Laura Beard
Marketing Manager
secretariat@eurospe.org

FOR IMMEDIATE RELEASE

ESE and ESPE launch joint transition of care guidance to improve outcomes for young people moving from child to adult endocrine care

The **European Society of Endocrinology (ESE)** and the **European Society for Paediatric Endocrinology (ESPE)** today launch a landmark Joint Clinical Practice Guidance for Healthcare Transition from Paediatric to Adult Endocrine Care, aimed at supporting structured and effective transition of young people with endocrine conditions transferring from paediatric to adult health services.

Developed by leading clinicians, nurses and other healthcare workers from across Europe who specialise in the care of children and adult patients with endocrine disorders, the Joint Guidance provides healthcare teams with practical, evidence-based recommendations to ensure continuity, safety and quality of care at a critical phase in a patient's life. The Guidance has been crafted in close consultation with patient advocacy organisations, reflecting ESE and ESPE's commitment to patient-centred excellence.

The Guidance is co-published in both the *European Journal of Endocrinology* and *Hormone Research in Paediatrics*.

"Transition from paediatric to adult endocrine care presents unique clinical and psychosocial challenges," said Sebastian Neggers, Guidance Co-Chair (ESE). "This new Guidance equips healthcare teams with clear, multidisciplinary strategies to help young people navigate this period successfully and to reduce gaps in care that can lead to poor outcomes."

Transition periods are consistently identified as high-risk moments for disengagement from healthcare, interruptions in treatment adherence and adverse health events — especially for chronic endocrinopathies such as hypopituitarism, diabetes and disorders of growth and puberty.

Enora Le Roux, Guidance Co-Chair (ESPE) commented, “The Guidance emphasises early planning, shared decision-making, coordinated clinical handovers and education tailored to patients and families. The practical, evidence-based nature of this Guidance provides a solid foundation for broad implementation and acknowledges the central role of patients as active participants in their care journey.”

Key features of the Joint Clinical Practice Guidance on Healthcare Transition from Paediatric to Adult Endocrine Care include:

- **Structured Transition Pathways:** Core steps to support transition readiness assessment, joint clinics and formal transfer planning between paediatric and adult teams.
- **Multidisciplinary Collaboration:** Practical recommendations for endocrinologists, nurses, psychologists and allied health professionals to work together in designing personalised transition plans.
- **Patient-centred Communication:** Guidance on involving young people and their families in care decisions, goal setting and self-management to empower autonomy and adherence.
- **Continuity and Safety Measures:** Suggested tools and checklists to capture medical history, risk factors and ongoing needs to minimise care fragmentation during transfer.

The Guidance has been informed by scientific literature, expert consensus and clinical experience to reflect real-world challenges in endocrine transition care. It represents a major step towards harmonising practice across Europe and improving long-term health trajectories for adolescents and young adults with endocrine conditions. The Guidance is also endorsed by the Endocrine Society (USA).

Mehul Dattani, President, ESPE, added: “This Guidance promises to standardise and improve transition care for young Europeans with lifelong endocrine conditions. To facilitate its widespread implementation, ESE and ESPE are developing joint educational initiatives aimed at addressing real-world questions and providing specialised training for healthcare professionals across Europe, fostering excellence in transition care delivery with optimisation of care and improving outcomes for patients with endocrine conditions”.

Wiebke Arlt, President, ESE, said: “Partnership between ESE and ESPE for this Guidance underscores our shared commitment to hormone health across the life course. By bridging paediatric and adult endocrinology, we are supporting clinicians and patients through a phased, coordinated approach that values continuity, engagement and clinical excellence.”

“Future efforts will focus on monitoring implementation patterns, identifying barriers and evaluating outcomes across different healthcare systems, ensuring that no young person falls through the cracks during this critical life transition.”

The Joint Clinical Practice Guidance on Healthcare Transition from Paediatric to Adult Endocrine Care is freely available online and will be accompanied by supporting educational materials for both healthcare professionals and patient communities.

Hear from the Guidance co-chairs: <https://youtu.be/eU5rXdVEGO0>

Guideline links:

European Journal of Endocrinology <https://doi.org/10.1093/ejendo/lvag020>

Hormone Research in

Paediatrics <https://karger.com/hrp/article/doi/10.1159/000550744/944793/European-Society-for-Paediatric-Endocrinology-and>

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About the European Society of Endocrinology (ESE)

The European Society of Endocrinology (ESE) provides a platform to develop and share leading research and best knowledge in endocrine science and medicine. As a focal point for endocrinology and hormone research in Europe, ESE produces clinical guidelines with recommendations for patient care, either in collaboration with other Societies or independently.

Guidelines published in 2025 include the ESE Clinical Practice Guideline for Management and Evaluation of Menopause and the Perimenopause, the ESE Revised Clinical Practice Guideline: Treatment of Chronic Hypoparathyroidism in Adults and the Endocrine Society and ESE Joint guideline: Diabetes and Pregnancy. Upcoming Guidelines include the ESE and European Renal Association Joint Clinical Guideline: Diagnosis and Treatment of Hyponatraemia, and a Joint Guideline on AVP-Deficiency with the Endocrine Society.

Through the 50 National Societies involved with the ESE Council of Affiliated Societies (ECAS) and partnership with specialist endocrine societies, ESE and its partners jointly represent a community of over 20,000 European endocrinologists.

ESE and its partner societies work to promote knowledge and education in the field of endocrinology for healthcare professionals, researchers, patients and the public. ESE informs policymakers on health decisions at the highest level through advocacy efforts across Europe

More information: <https://www.ese-hormones.org/publications/guidelines/>

Find out more: www.eso-hormones.org.

About the European Society for Paediatric Endocrinology (ESPE)

The [European Society for Paediatric Endocrinology](#) (ESPE) is a globally recognised international society registered in Europe, dedicated to promoting the highest standards of clinical care for infants, children, and adolescents with endocrine disorders worldwide. As the leading professional organisation for paediatric endocrinologists, researchers, and nurses, ESPE brings together a multidisciplinary community committed to improving outcomes for young people with endocrine conditions, including those living in less advantaged and underserved regions.

As a professional society, ESPE advocates the welfare of young people who are under the care of endocrine specialists and who may need hormone interventions. ESPE recognises the rights of all young people to be involved in decisions around their medical care. Their right to physical integrity and to self-determination should not be reduced, preventing their access to necessary endocrine support and treatments.

ESPE is present in more than 120 countries and is a member of the International Consortium of Paediatric Endocrine Societies (ICPE). Through close collaboration with specialist endocrine societies and its Affiliated Societies Group, ESPE represents a network of over 10,000 European endocrinologists, fostering education, research, and best clinical practice across borders.

ESPE clinical practice activities support the work of paediatric endocrinologists by providing high quality evidence in an easily accessible format for ESPE members worldwide. With the development of [guidelines and consensus statements](#) on the management of paediatric endocrine disorders we are able to provide best practice guidelines for clinicians and provide the best possible care to patients.

In addition to its scientific and clinical mission, ESPE actively engages with EU institutions and partner organisations to advocate for policies that support healthier environments for children and adults. By working with policymakers and stakeholders at European and global levels, ESPE seeks to ensure that endocrine health remains a priority within broader public health agendas.