



Science Meeting – Scientific Report

The scientific report (WORD or PDF file - maximum of seven A4 pages) should be submitted online within two months of the event. It will be published on the ESF website.

***Proposal Title:** Adrenal Guideline Meeting 31 October 2014*

***Application Reference N°:** 5572*

1) Summary (up to one page)

Since autumn 2013 the European Society of Endocrinology (ESE) (together with the European Network for the Study of Adrenal Tumors (ENSAT)) is working on the development of clinical guidelines on adrenal incidentaloma. After a successful first meeting in December 2013 in Amsterdam, the adrenal guideline group finalized the four key research question (assessment of malignancy, subclinical hypercortisolism, surgery, and follow-up) in February 2014.

In spring 2014, the representative of the clinical research organization, CBO, had to be replaced, which led to some delay in starting the literature search. In parallel, two additional scientific member of the guideline group were appointed, Wiebke Arlt and Irina Bancos (both UK), because they are currently performing a Cochrane Review on imaging of adrenal tumors, which will be now the basis for addressing research question on the assessment of malignancy.

During spring and summer 2014, the literature search was now performed and a second face-to-face meeting took place October 29-30, 2014, in Frankfurt.

The main results of this meeting are the following:

- agreement on the general outline of the guideline document
- consensus on the relevant outcomes for the literature search
- update on literature search of the four research questions to all group members
- agreement on the timeline for the next steps (including several telephone conferences of the subgroups)

Finally, it was decided that a next telephone conference of the entire group should be scheduled end of January and a next face-to-face meeting in May 2015.

After these meeting the members of ESE and ENSAT and representatives of suitable other societies will be asked for comments before submitting the guidelines to the European Journal of Endocrinology.

2) Description of the scientific content of and discussions at the event (up to four pages)

Since autumn 2013 the European Society of Endocrinology (ESE) (together with the European Network for the Study of Adrenal Tumors (ENSAT)) is working on the development of clinical guidelines on adrenal incidentaloma. After a very successful first meeting in December 2013 in Amsterdam, the adrenal guideline group finalized the four key research question in February 2014.

- Assessment of the risk of malignancy
- "Subclinical hypercortisolism"
- Surgery in patients, with suspected malignant tumour
- Follow-up

In the upcoming months CBO, the appointed clinical research organization, started with the literature search. Unfortunately, Hans de Beer, the representative of CBO left in spring 2014 the company, which led to some delay in the literature search. In May two other representatives (Ludeke van der Es, Erin Safarjan) were appointed and joined the group.

In parallel, it was realized that another group of researchers led by Wiebke Arlt in Birmingham started to perform a Cochrane Review on imaging of adrenal tumors. After some discussion with Wiebke Arlt, it became clear that this systematic review will have some significant overlap with research question #1 (assessment of malignancy) and the guideline group finally decided to use this systematic review as the basis of the recommendations and Wiebke Arlt and Irina Bancos were asked to join the guideline group.

During spring and summer 2014, the literature search was now performed and the different subgroups met in the meantime by email and telephone. A second face-to-face meeting took place October 29-30, 2014, in Frankfurt.

This second meeting had several goals:

- to introduce the new group members in person
- to discuss the general outline of the guideline document
- to come to a consensus on the relevant outcomes for the literature search
- to provide an update on literature search of the four research questions
- to define the timeline for the next steps

Again a get-together dinner helped to familiarize the "old" with the "new" group members.

During the main meeting on October 30, first, Ludeke van der Es gave a short refresher course on the methods of the guidelines. This was followed by an intensive discussion of the general outline and structure of the guideline document. It was agreed that the document should be written with people with medical background in mind as target audience. The document itself should be not longer than 10-12 journal pages and the main clinical recommendation should be readable as "stand alone text". The summary of

the included research articles will be put in an appendix. At the end the guidelines specific suggestions for future research should be provided. Everybody agreed that the final publication in the European Journal of Endocrinology should be published as open access document.

The group also agreed on the general structure of the guideline document (and defined already lead authors for the different sub-topics).

The outline of the guidelines would be the following:

- Introduction + Definition of adrenal incidentaloma
- Recommendations on imaging (based on the systematic Cochrane review)
- Recommendations on the biochemical work-up (based on the results of research question #1, but also referring to the assessment of aldosterone and catecholamine excess with reference to other established guidelines)
- Recommendations of the best surgical approaches (based on the results of research question #3)
- Recommendations on suitable follow-up (based on the results of research question #4)
- In addition, there should be clinical recommendations (without thorough literature search) on the following clinical scenarios:
 - The adrenal mass in a patient with known malignancy
 - Bilateral adrenals masses
 - The young patient, (including pregnant patient)
 - Elderly and frail patient

Furthermore, the group came to a consensus how it would define adrenal incidentaloma in the context of this guideline. An adrenal incidentaloma is an adrenal mass detected upon imaging not performed for suspected adrenal disease. However, as mentioned already above, the guideline will comment on patient with known malignancies and on patients with very small lesions (<1 cm).

Afterwards, the group agreed after an intensive discussion about a ranking of the different outcome measures for the different research questions. In the second half of the meeting, an update on the different research questions were provided by CBO and the sub-chairs for each question. After discussion of the available data, the group defined detailed action points how to progress. Finally, a timeline for the next steps were established (including a third face-to-face meeting probably May 2015).

3) Assessment of the results and impact of the event on the future directions of the field (up to two pages)

The main achievement of this second meeting of the adrenal incidentaloma guideline group was that all group member were updated on the proceedings of the different research questions and that a detailed time line was established to allow a finalization of the guidelines in 2015. The agreed outline of the guideline document will facilitate the writing process.

It is the plan to have by end of January the summary reports of the literature search for all four research questions. At that time a next telephone conference call for the entire group will take place to discuss these summaries and the drafted clinical recommendations.

However, due to the delay in the first half of 2014 it is unrealistic to present a first draft of the guideline during the European Congress of Endocrinology in Dublin in May 2015. Instead the final guidelines should be presented at the ECE in Munich in 2016.

The final face-to-face meeting to reach this goal is scheduled for May 2015. After these meeting the members of ESE and ENSAT and representatives of suitable other societies will be asked for comments before submitting the guidelines to the European Journal of Endocrinology.

4) Annexes 4a) and 4b): Programme of the meeting and full list of speakers and participants

Annex 4a: Programme of the meeting

AGENDA

2. meeting of the guideline panel on „adrenal incidentaloma“ Frankfurt 30. Oct 2014

- Welcome - Purpose of the day's meeting (Martin Fassnacht)
- General status of the project (Ludeke van der Es)
- Guideline development method- refresher (Ludeke van der Es)
- Discuss the general outline of our guideline document (Martin Fassnacht)
- Consensus on outcomes (Erin Safarjan)
- Update / discussion about the general structure of research question 3 (Martin Fassnacht) - decision required (all group members)
- Update research question 3a (Henning Dralle)
- Discussion of draft text – evidence results + possible conclusions and recommendations (all group members)
- Update research question 1 (Irina Bancos)
- Update research question 2 (Massimo Terzolo)
- Update research question 4 (John Newell-Price)
- Planning project (e.g., next steps, timeline, expectations)
- Closing comments
- End of meeting

Annex 4b: Full list of speakers and participants

Name	Background	Address	Email
Wiebke Arlt	Endocrinologist	CEDAM Centre for Endocrinology, Diabetes & Metabolism School of Clinical & Experimental Medicine Institute of Biomedical Research College of Medical and Dental Sciences University of Birmingham Birmingham, B15 2TT United Kingdom	W.Arlt@bham.ac.uk
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Olaf Dekkers	Methodologist, endocrinologist	Dept of Clinical Epidemiology LUMC Leiden	o.m.dekkers@lumc.nl
Henning Dralle	Endocrine surgeon	Department of General, Visceral, and Vascular Surgery, University Hospital, Medical Faculty, University of Halle-Wittenberg, Halle (Saale), Germany	henning.dralle@uk-halle.de
Martin Fassnacht	Endocrinologist	Dept. of Internal Medicine I University Hospital of Würzburg Germany	Fassnacht_m@ukw.de
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Anju Sahdev	Radiologist	Department of Radiology, St Bartholomew's Hospital, Barts Health, West Smithfield, London UK EC1A 7BE	anju.sahdev@bartshealth.nhs.uk
Erin Safarjan	Methodologist (external consultant)	CBO Churchillaan 11 3527 GV Utrecht	E.Safarjan@cbo.nl
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