

How to optimally manage growth hormone therapy: Survey of Chilean pediatric endocrinologists

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Early referral is the key to the optimal management of growth failure. Evidence shows that there is no universal consensus for endocrinologists on the handling, tracking and monitoring of growth hormone (GH) treatment. The monitoring of therapy varies due to national prescription guidelines. The aim of this work was to assess the clinical management of short-stature patients who use GH prescribed by pediatric endocrinologists (n = 30) who belong to the Chilean Endocrinology Society (SOCHED). We conducted a questionnaire through an anonymous survey. We observed a large variability of responses to all of the questions. Once the clinician suggests GH treatment, patients usually begin treatment with a strong motivation, and maintenance of this motivation will improve the treatment outcomes. We propose 3-4 months of medical follow-up during which strict physician-patient communication and education is critical. Copyright © 2012 S. Karger AG, Basel.