

## **Allan Drash Clinical Fellowship Report**

**Fellow: Dr. Aashish Sethi**

**Mentor: Prof. (Dr.) Peter Hindmarsh**

**15<sup>th</sup> January 2020 – 26<sup>th</sup> February 2020**

It has been an honor and a privilege to be awarded Allan Drash fellowship. I had the opportunity to learn at University College of London Hospital, which is one of the world's top ranked pediatric diabetes center. Diabetes Program at UCLH is a perfect example of a multidisciplinary care including physicians, diabetes nurse educators, dietitians, social workers, and psychologist. I had the opportunity to spend six weeks from 15th January 2020 to 26th February 2020.

On the first day of my fellowship, Francesca Annan introduced me to the whole department. I met Prof. (Dr.) Peter Hindmarsh and discussed about my objectives pertaining to Allan Drash Fellowship. My main objectives were to gain better knowledge about Type 2 diabetes in young adults, continuous glucose monitoring (CGM) and its interpretation, and to have a close approach to multidisciplinary team in management of diabetes.

I had attended various multi-disciplinary diabetes clinics with Prof. (Dr.) Peter Hindmarsh, Dr. Billy White, Dr. Rakesh Amin, Dr. Catherine Peters, and Professor Russell Viner. During each multi-disciplinary clinic, patient discussion includes inputs from pediatric endocrinologist, Dietician and diabetes nurse. Blood glucose readings/HbA1c/CGM data obtained from patient during patient consultation, is analyzed and discussed. During these clinics, I had the opportunity to participate in analyzing and discussion process of patient management. I had exposure to all types of patients including type 1 and type 2 diabetes with and without co-morbidities (Celiac Disease, Hypothyroidism, Psychosocial issues etc.) of all types from age one to twenty years. Prof. Hindmarsh and Dr. Billy White had helped in learning about various complicated cases.

I had attended nurse led clinics where discussion is more about education of patients and their families. Moreover, the patient can have a trial of insertion of the pump and/or the sensor and take them at home for one to two days to decide if he/she will be comfortable with them or not. I had the opportunity of working with wonderful nurses Samantha Abbott, Nicola Birchmore, Louise Potts, Emily Newhouse, Sophie Gray, Channing Lewis, and Jennifer Pichierri. They were always ready to help out. All of them have helped me in learning various upcoming technologies and their practical aspects. I attended several pump classes (new pump and pump upgrade) educating patients about the difference between different types of pumps and the steps required before successfully starting a pump. I was exposed to different technologies including Medtronic 670G, Omnipod, Tandem, looping, Dexcom G6 and libre. I experienced the initiation of new Tandem Basal-IQ and Medtronic 640 G. Psychologist also accompanied in few of the clinics, where I was able to learn from their inputs. I

had the opportunity to discuss various psychological aspects in pediatric diabetes with psychology team and had wonderful learning experience from Halina Flannery, Louise Marshall and Lucy Casdagli.

I had the opportunity to attend exercise clinic with amazing Francesca Annan, where I learnt about various aspects of managing exercise with help of diet and insulin in type 1 diabetic patients. I also had the opportunity to attend dietician clinic with Erica Mannix and Rebecca Margetts, where I learned about glycemic index and carb counting of different foods. My knowledge regarding dietary management of diabetes, carbohydrate counting, food replacement and sick day management flourished during counseling sessions. This knowledge will help me to manage my patients of diabetes in my clinic in India.

There was a weekly meeting in UCLH, which is attended by all the diabetic team to discuss the cases admitted in the ward, the challenging outpatient cases and the referral letters from other hospitals. I was happy to be given the chance by the team to present a talk in one of the weekly meeting about my experience in India. I had also participated in ward rounds also with Prof. Hindmarsh, learning about the difficult cases.

During my time at UCLH, I had attended comprehensive whole day school education program where caregivers at school were taught about diabetes and latest technologies. I did not have the opportunity to participate in any research due to the short period of time.

I was lucky to meet Prof. (Dr.) Gary Butler, a renowned endocrinologist at UCLH during my stay UCLH. I attended his presentation on Klienfelter syndrome and also had opportunity to attend few of his clinics such as gyanecomastia clinic, klienfelter clinic and Gender Dysphoria clinic.

In short, I had an experience of lifetime to work with all stalwarts in the field of pediatric diabetes and got the knowledge required to manage the patients of diabetes. I would be very much thankful all my life to the doctors, fellows, dieticians, nurses and psychologists of Children and young people's diabetes team of UCLH.

I am planning to establish a pediatric endocrine unit in my institute and would like to give benefit of my knowledge gained during my fellowship. These include diabetes counseling and management, dietary management, glucose monitoring, sick day management use of diabetes technology (insulin pump and CGMS) and type 2 diabetes management.

I would also like to express my greatest gratitude to the whole Pediatric Endocrinology team at UCLH for being incredibly cooperative, kind, caring and willing to help at all times. Special thanks to Prof. Hindmarsh and Francesca Annan who were always ready to help, Dr. Billy White, Dr. Rakesh Amin, Dr. Catherine Peters, and Professor Russell Viner. Special acknowledgment to the wonderful diabetes nurse consultant Rebecca Martin and diabetes nurse educators Samantha Abbott, Nicola Birchmore, Louise Potts, Emily Newhouse,

Sophie Gray, Channing Lewis, and Jennifer Pichierri. Special thanks to Erica Mannix and Rebecca Margetts for the willingness to help all time. Also, my acknowledgments to the supportive endocrine fellow Preetha and Maria. Last but not least, thank you ISPAD for giving me this once in a lifetime opportunity.

Regards,

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