

ISPAD Allan Drash Fellowship Report

Recipient: Santosh Pokhrel, MD, Butwal, Nepal

Host Center: Lucile Packard Children's Hospital, Department of Pediatric Endocrinology and Diabetes Stanford University.

Mentors: Prof. David Maahs & Priya Prahallad

Duration: 6 weeks (January 3rd to February 11th), 2022

Background:

Working as a **General Pediatrician** at Siddhartha Children and women Hospital and taking care of Type 1 Diabetes Children is a challenge in managing day to day patients. With support from Life for a Child Program (LFAC), the number of children receiving the care is increasing each year. Apart from few conferences and seminars there is no further training or learning about type 1 diabetes. So I decided to apply for Allan Drash Fellowship to learn about holistic approach, team work and newer technologies on type 1 diabetes management.

Activities

From day one, Dr Priya Prahallad arranged my postings according to the department schedule in such a way that I get exposed to learn different aspects of diabetes management. I shadowed Physicians during the out patients visit where I learn how to interpret CGM data, counseling about hypos and hyperglycemia, importance of thyroid and celiac screening, their family dynamics, need of further counseling etc. The holistic approach I learnt during new onset diabetes visit, a one day long outpatient visit for children and their parents, was very useful.

I also shadowed diabetes educators who are doing a great job. I found them as the backbone of pediatric diabetes care at Stanford. I shadowed Barry, Jeannine, Piper and Dane who explained the patients and their caretakers about diabetes and its various aspects and day to day management according to different age group. I attended different classes taken by diabetes educators. The CGM classes, the Pump start classes, new onset sessions and joining university sessions were all unique to me and very useful. I hope to recruit one diabetes educator in my clinic in the coming year.

Apart from type 1 diabetes clinic, I was surprised to see many children and adolescents with Type 2 diabetes. It was great learning about use of GLP1 agonist weekly injection. There were children with secondary diabetes due to Tacrolimus use in post organ transplant cases, which is not commonly seen in our part of world.

I attended inpatient rounds with the responsible attending physician and pediatric endocrine fellows. Managing recurrent hypoglycemia in neonates and managing Congenital adrenal Hyperplasia, De gorge syndrome, Osteogenetic imperfect and many more related to pediatric endocrinology was my additional learning.

I had the opportunity to accompany Professor Maahs, Dr. Prahallad, Dr Addala, Prof Emeritus Dr Bruce Buckingham, Dr Buckway, Dr Seeley all in-person outpatient clinic days and evaluate children with diabetes together with them. I also attended tele-health visits from home which was helpful to see how patients are managed remotely. We evaluated together the reports of the pump and continuous glucose monitoring system at each visit. I shadowed Dr Rayhan Lal who sees the patients aged between 16 to 28 years. During the telehealth visit with Dr Lal, I learned a lot about transition from pediatric to adult physician and factors taking onto consideration in managing type1 Diabetes in youth.

I also had an opportunity to present at Tuesday regular clinical meetings. I explained briefly about my centre and the things I observed there and also about how it's going to make difference at my centre.

I also attended online research meetings of the department where the various ongoing research projects were discussed.

Overall, What I observed was the team work that is needed for holistic approach in managing patients with type1 Diabetes. Use of technologies is making life of children and adolescents living with diabetes much easier. In such a small world of 21st century making sure of availability of newer technologies in developing countries like ours is must. I hope to improve our team work and try to find newer technologies in use in near future.

I would like to thank ISPAD for providing me this great opportunity to have a 6-week visit in Stanford University. I am grateful to Professor David Maahs and Priya Prahalad who were very friendly and who make be comfortable in all situations despite the prevalent Omicron pandemic during my posting.

Thank you.